



**ENGLAND**  
**Tug-of-War**

# UNDER 23 TUG-OF-WAR

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[tugofwar.co.uk](http://tugofwar.co.uk)



## England Under 23 Men and Ladies Tug of War

Have you ever had a dream that one day you might be able to represent your county? The chances are that you have, standing proud wearing the England rose ready to compete and give your all.

If you have the drive and ambition to realise a dream they can come true!!!

The English Tug of War Association, has a strong tradition at international tug of war winning at World, European and British Championship level.

We are currently looking to build on our England U23 programme for men and ladies.

For U23 pullers you must be between 17 & 22 before the end of the calendar year.

It is an exciting opportunity for you to aim for and to fulfil your dream. Our under 23 teams come from a wide variety of back grounds – some come from both established tug of war clubs and newer clubs in our Association and we have a strong connection with young farmers clubs, military teams and other organisations. We are open to everyone who would like to give tug of war a try.



## How do I get started?

Visit the Under 23 page of the Tug of War Association web site at [www.tugofwar.co.uk](http://www.tugofwar.co.uk)

This will provide contact details for our Under 23 England team managers Dave Knott [men's] and Dave Kitchener [Ladies] both very experienced internationals and very approachable.

On this link you will find an application form to complete as the first step to becoming a potential member of the England Under 23 squad. If you have any concerns with filling it in please just contact the team managers by e-mail or phone as we can soon get you on the right track with your application.

The England Under 23 squads meet up throughout the season at different venues throughout the country to prepare as a team so you must be able to travel to meet and train together.

This year for the first time we are having two development days run by our Association open to everyone to come and have a look – details on the fixtures page of TOWA web site - and we would love to see you there.



England Under 23 Men  
Team Manager  
Dave Knott



England Under 23 Ladies  
Team Manager  
Dave Kitchener