MOTIVATION OF RUGBY UNION PLAYERS AS A FUNCTION OF GENDER: A QUALITATIVE APPROACH
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ACKNOWLEDGEMENTS

Firstly, a big thank you to Dr. Kylie Wilson for all of her advice, help and support throughout this project.

Thanks also to the UWIC Men’s rugby first team and the UWIC Women’s rugby team, in particular those whom were interviewed, for giving their time and co-operation to help me.
ABSTRACT

The purpose of this study was to qualitatively examine men’s and women’s rugby in order to identify differences in the motivation of male and female Rugby Union players. Six participants ($M$ age = 21 years) were selected for interview by means of their motivation scores, which were acquired from participant’s initial completion of the Behavioural Regulation in Sport Questionnaire (BRSQ; Lonsdale et al., 2008). Coding of these interviews, followed by inductive content analysis resulted in the emergence of a number of common themes, through which both similarities and differences between males and females were identified. Player pathways differentiated between males and females, mainly in terms of starting age and manners in which players progressed. Both males and females were highly intrinsically motivated, despite a tendency for males to receive more extrinsic rewards. A significant theme, which was linked to the relatedness facet of motivation, emerged in the form of the social aspect of playing rugby. The findings were in line with Self-Determination Theory (SDT; Deci and Ryan, 1985), and offered practical implications for the provision of women’s rugby.
CHAPTER I

INTRODUCTION
1.1. Introduction

The psychological concept of motivation is essential to sport psychology (Cashmore, 2002) and despite motivation having been a topic of great interest for both psychologists and sports psychologists (Martens and Webber, 2002) there is little agreement within the literature to constitute its precise meaning (Cashmore, 2002; Roberts, 2001). Many definitions of motivation have been provided, for example Cashmore (2002) defined motivation as ‘An internal state or process that energizes, directs and maintains goal-directed behaviour’ (page 176). Meanwhile, Roberts (2001) described motivation as ‘A dynamic and complex cognitive process based on subjective assessments of the outcome by the participant depending on the goal of action and the meaning of the context to the participant’ (page 7). These two very different definitions of motivation demonstrate how much perceptions of motivation can differ. Despite such variations, it is widely acknowledged that understanding and augmenting motivation is essential in situations such as sport and physical activity (Roberts, 2001).

If, as the statements above suggest, motivation is responsible for directing people towards goals and also dependent on the outcome of goals, then it would appear essential for those involved in sport, to have an understanding of motivation. In particular, teachers, coaches, sport psychologists, and performers need to
understand how motivation may be enhanced in order to keep people involved as well as facilitating performance.

Motivation is important within all sports, and this project focused on Rugby Union. As an internationally widespread sport, the motivation of Rugby Union players is likely to differ enormously across varying ages, genders and levels of competition.

Rugby Union is predominantly a male-dominated sport, which was reflected by the Active People survey 2007-2008, conducted by Sport England, which showed that 213,000 adult (age sixteen and above) males participated in rugby union at least once a week for 30 minutes, compared to 17,300 females. This imbalance is also reflected by the league structure within England, which includes 113 men’s leagues across the country (RFU, No date) in comparison to only twenty-two women’s leagues nationwide (RFUW, 2004).

Despite recent increases in the popularity of Women’s rugby and consequently a growth in the sport, female rugby players are still not seen as equal to their male counterparts, with large differences between the two evident (Wightwick, 2009). This can be seen, for example, at international level. Media coverage for instance is far greater for men’s than women’s rugby meaning that many people are left unaware of the Women’s international rugby teams. This was indicated, for example in a newspaper article produced during the time of the last Women’s Rugby World Cup in 2006 (Viner, 2006). The report conveyed the English women’s rugby team’s success
in reaching the World Cup final, but focused mainly on the lack of recognition that the team had received, and perceptions of the validity of women’s rugby as a spectator sport.

Recently, such teams have received more publicity, for example the Welsh women’s rugby team have received a lot more coverage than previously, particularly following their defeat of England in the 2009 women’s Six Nations (Wightwick, 2009), an accomplishment that they had never before achieved. However, some of this coverage has highlighted the differences between men’s and women’s rugby at the top level.

Perhaps a major contemporary issue is the fact that men's rugby is professional at the higher levels, while women’s rugby remains entirely amateur, even at international level (Wightwick, 2009). This means that a great deal more rewards and support are received by males in comparison to females. A recent newspaper article concentrating on the Welsh women’s senior squad for the current Six Nations tournament describes how differently the women are treated in comparison to the Welsh men’s squad (Wightwick, 2009). This report highlighted the key differences, such as the women having to play for free, whilst maintaining full time jobs or University courses, and still being expected to train as hard as the men. A current issue brought up was that the men even get their washing done for them, whilst the women receive no such luxury and the women’s team, who find these differences frustrating, would like more recognition (Wightwick, 2006).
Such issues can impact upon motivation, since the rewards received by professional rugby players may cause important differentiations in types of motivation, in comparison to amateur rugby players (Cresswell and Eklund, 2005). This means that there may be differences in motivation of male and female rugby players at top levels, but differences may also be evident at lower levels due to the general perception of rugby as a masculine sport. The aim of the current study therefore is to examine these differences.
CHAPTER III
METHODOLOGY
METHODOLOGY

3.1. Participants

The participant sample (N= 56) comprised of male (n= 27) and female (n= 29) student players from two University Rugby Union teams. These teams were the Men’s first team and the Women’s first team, both of which compete in National Division One and BUCS Premier Leagues. All participants conformed to completing a motivation questionnaire, the scores from which were used to purposefully select six participants (see below) for interview. Following analysis, mean scores were examined and individuals were identified who had one of three profiles. One was a neutral profile (similar scores for all subscales), another was an intrinsically motivated profile (higher scores for intrinsic motivation and more self-determined forms of extrinsic motivation than less-self-determined forms) which was labelled as positive and the other was an extrinsically motivated profile (those with high scores for less-self-determined forms compared to their scores for more self-determined forms of motivation), which was labelled as negative. One male and one female were identified for each profile, depending on whose questionnaire scores best fitted the profile requirements.

Participant One was female, aged eighteen, had been playing rugby for approximately five years and played centre or wing. The motivation profile of this participant was a negative profile (IM = 7, internal regulation = 5, identified regulation = 7, introjected regulation = 6.25, external regulation = 3.5). Participant Two was a twenty-three year old female, who mainly played hooker but could also play back
row, had eleven years experience of playing rugby and had reached senior international level. The scores for this participant reflected a positive motivation profile (IM = 7, integrated regulation = 6.5, identified regulation = 5.5, introjected regulation = 1, external regulation = 1). The third female participant was aged twenty-one, had approximately 7 years experience, and played in a range of positions including wing, inside centre and full back. This participant had a neutral motivation profile (IM = 5, integrated regulation = 4.75, identified regulation = 6.25, introjected regulation = 7, external regulation = 4.25). Participant Four was a male who was aged twenty-one years, played open-side flanker and had fourteen years experience of rugby. This participant had scores reflecting a negative motivation profile (IM = 7, integrated regulation = 7, identified regulation = 7, introjected regulation = 7, external regulation = 5). Participant Five was a twenty-one year old male, with approximately five years experience of playing rugby. This participant played wing and had a positive motivation profile (IM = 7, integrated regulation = 7, identified regulation = 7, introjected regulation = 1, external regulation = 1). Lastly, participant Six was aged twenty-two years, had played rugby for sixteen years and his playing position was outside centre. The motivation profile of participant Six was neutral (IM = 6, integrated regulation = 5.5, identified regulation = 5.25, introjected regulation = 4.75, external regulation = 4.5).
3.2. Instrumentation

3.2.1. Motivation.

Behavioural Regulation in Sport Questionnaire (BRSQ; Lonsdale et al., 2008). Recently developed, this relatively new questionnaire is made up of eight subscales, five of which were used for the purpose of the present study. Subscales consisted of items following on from the phrase “I participate in my sport...” and those employed included subscales for intrinsic motivation (e.g., “because I enjoy it”), internal regulation (e.g., “because it’s a part of who I am”), integrated regulation (e.g., “because I value the benefits of my sport”), introjected regulation (e.g., “because I would feel guilty if I quit”) and finally external regulation (e.g., “because I feel pressure from other people to play”). These items were answered using a scale of 1-7 with anchors, one (not at all true), four (sometimes true) and seven (very true). The BRSQ was utilized for the present study due to concerns raised with the SMS (Lonsdale et al., 2008) and initial scores from tests aiming to measure reliability and validity of the BRSQ, which have shown internal consistency (Cronbach’s alpha coefficients for scores related to subscales; amotivation = .87, external regulation = .85, introjected regulation = .87, identified regulation = .73, integrated regulation = .71, IM-knowledge = .91, IM-stimulation = .78, IM-accomplishment = .80), acceptable scores for test-retest reliability for all subscales, as well as factorial validity (Lonsdale et al., 2008). The BRSQ and SMS were also directly compared, with results showing that BRSQ scores demonstrated equal or higher validity than the SMS scores.
3.2.2. **Interview Guide.**

A semi-structured interview approach was taken, in order to permit the author to make comparisons between interviews, whilst allowing the interview to flow and all relevant information to be obtained. The interview guide (see appendix) included an introduction (not recorded), explaining that participants had the right to avoid answering any questions they did not wish to or to stop the interview at any time. They were also encouraged to take their time remembering and to ask for clarification if necessary. The interview was then divided into several sections, with participants firstly asked some simple questions (e.g., “what is your playing position?”). Section 1 focused on how the participant began playing rugby, followed by section 2, which was about their progression in rugby. Section 3 then focused on their current position playing for UWIC and subsequently, section 4 explored the participants’ plans for the future. Finally, section 5 reviewed the previous sections, giving the subject opportunities to add anything else which they felt was important.

3.3. **Procedure**

Ethical approval for this project was granted from the University Research Ethics Committee. All participants were provided with an information sheet and asked to complete written informed consent forms prior to completing questionnaires (see appendix for consent form and questionnaire). This also included informed consent to be contacted for interview and participants were required to provide contact details, due to the necessity to later invite a number of participants to be interviewed. Questionnaires were filled out in a quiet, indoor environment either before or after a
training session. Following this, questionnaire scores were analysed and those participants selected for interview were contacted via email. A pilot interview was then conducted and changes made to the interview guide (see below). Times and venues convenient to the participants were arranged for interviews. The duration of interviews ranged from 17 minutes – 38 minutes, and all were recorded via the use of a Dictaphone, to enable the author to later produce typed transcriptions for analysis. During the process of analysis, each participant was referred to as a number in order to ensure complete confidentiality.

3.4. **Pilot Interview**

A pilot interview was conducted with a female player, from the universities Women’s rugby team, in order to ensure validity/order/appropriateness of the questions. As a result of this interview some changes were made to the original interview guide (see appendix for pilot interview guide). Changes included the wording of a probe (question 4 of section 1) from “how did this make you feel?” to “how did this make you feel at that time?” as the participant answered about how she feels presently rather than at the time. Also the order of two main probes for question four was changed, so that the question “Did you win anything?” would come before the question “Did you receive any rewards/kit/support/recognition?” Again, the order of some probes was changed in questions one and two of section 2, with the question “How did you get involved in these teams?” moved to be used as a probe for the question “What other teams or clubs did you play for becoming to University?” These
changes were made in order to allow the interviews to flow more freely and the modified interview guide (see appendix) was then used to conduct all six interviews.

3.5. **Data Analysis**

3.5.1. **Questionnaires**

The data obtained from the questionnaires was entered into SPSS (version 15.0 for Windows) for the purpose of analysis. Descriptive statistics were used in order to obtain mean values of each subscale for all individuals (see appendix for descriptive statistics).

3.5.2. **Interviews**

After transcription of the interviews (see appendix for transcribed interviews), contents were read and reread to allow the author familiarisation of the contents. Cross checking of codes between the researcher and research supervisor was then conducted to reduce bias within the coding process. Inductive content analysis in a deductive framework enabled the author to identify recurrent themes via coding using Microsoft Office comment boxes. Major themes, sub-themes and minor themes emerged and were organised (see appendix).
CHAPTER IV

RESULTS
4.1. **Results**

A number of common topics emerged from the interviews, following two major themes. The first theme was players’ pathways, which was separated into sub-themes in hierarchical models (Figures 2 and 3). This was examined in order to compare men's and women's rugby, and how pathways may affect motivation, which was the second major theme. Hierarchical models were also developed for males and females motivation (Figures 4 and 5), which was divided into three main sub-themes; competence, autonomy and relatedness.
Figure 2. Hierarchical model of female's player pathways
Because I'm from [area] there's not much rugby really up there but we um had a school team and I started playing for them

Just started through a mini rugby club there um and just went up through the age groups till sort of colts juniors, and then to um sort of age group rugby and then I came to University

I need to focus on where I, where I'm going to be working first you know before I go throwing myself, or jumping straight into playing for a rugby team which could be miles away from where I'm working

I think there's an abundance of rugby clubs around the UK so no matter where I get a job I'll always have a close link somewhere, what standard I don't really know

Figure 3. Hierarchical model of male's player pathways
**Figure 4. Hierarchical model of female’s motivation**

- **Major Theme**
  - **Females Motivation**
    - **Competency**
      - **Informational**
        - **Success**
          - We won the [region] tournament so we were like the best in England sort of thing, which was really good and we trained really hard to win that so it was good
        - **Encouragement from others**
          - I think it is easier if you know people there if you are starting a new club or a new sport then it’s easier to have friends there
        - **Other**
          - I enjoyed watching it, so I thought I’d give it a go
    - **Autonomy**
      - **Self-Determined Motivation**
        - IM to know
          - I was like one of the best in the team so that motivated me to want to continue and improve
        - **IM to accomplish**
          - I just enjoyed like learning about it
        - **IM general**
          - I think I play because I enjoy it at the end of the day and I love, at the moment I’m loving playing for my country, um if I didn’t get anything back it wouldn’t be the end of the world. I would still play
      - **Non-Self-Determined Motivation**
        - It wasn’t just doing it for fun then, you were actually like representing people so there was a bit more added pressure I think
    - **Relatedness**
      - **Participation Motivation**
        - It was nice to like to be seen as someone quite good at something
        - **Recognition**
          - Because I was kind of good at it everyone kind of like looked up to me and was like, I don’t know they looked to sort of [pause] looked at me for like support
    - **Validation**
  - **Intangible**
    - **Tangible**
      - **Rewards**
        - Receiving [nationality] kit, I always enjoy that part as it’s like, it is like a reward and like and sort of token of what you have achieved and then you can wear that kit then with pride
        - **Success**
          - At the moment just like the sort of, the reward of getting selected for the team is kind of an achievement in itself
        - **Affiliation**
          - It’s like being part of a team as well, it’s good to like, everyone really wants to achieve that goal and when you do it, it’s really good
        - **Development**
          - Then I actually developed into the under 16’s [country] team as well
**Figure 5. Hierarchical model of female’s motivation**

- **Major Theme**: Males Motivation, Females Motivation

- **Subthemes**:
  - Self-Determined Motivation
  - Non-Self-Determined Motivation
  - Autonomy
  - Informational
  - Development
  - Participation Motivation
  - Affiliation
  - Validation
  - Status
  - Tangible
  - Success
  - Encouragement from others
  - Recognition

- **IM to accomplish**
  - Was purely ambition to try and get further and play a higher standard um pushed myself basically to be the best I could be

- **IM general**
  - I really enjoyed it so I think that’s why I kept playing, that’s why I’m still playing now

- **Rewards**
  - I’ve been playing for UWIC for so long now they’ve basically got a policy where they give bursary money to player’s who have played and shown commitment over the years and regularly played first team level

- **Intangible**
  - It’s good because um we put a lot of time and effort in for um training and stuff like well actually because we train in the summer and stuff so um it’s good to be getting money back now to show that they appreciate that we are making the effort

- **Success**
  - We were getting good feedback

- **Encouragement from others**
  - Teachers really encouraged me to participate

- **Recognition**
  - It was nice again to be recognised for what, what I’ve done in my rugby I mean to work hard, train hard I got rewarded by playing for [club] and that gets looked upon as being you know someone who’s got potential, someone with a bit of class then

- **Status**
  - It’s quite a young team and um because I’ve been part of that team for a while now um I hope that people could kind of look up to me in that sense


APPENDICES
APPENDIX A. INFORMED CONSENT FORM

Informed Consent

Dear Subject,

I am a third year undergraduate sport and exercise student at the University of Wales Institute, Cardiff (UWIC) and I am currently carrying out a research project for my dissertation. I am interested in the motivation of male and female rugby players and would appreciate your help.

Participation will involve filling out a questionnaire which will take approximately 5 minutes and you may potentially be contacted for an interview which will last approximately 30-90 minutes and will be arranged at a time and place convenient to you.

There are no risks in participating in this research and participation is completely voluntary. You will be free to withdraw from the study at any stage of the process.

Confidentiality will be sustained as far as possible. Your name will not appear in the research and during the process access will be restricted to only the primary researcher (Alison Milton) and the project supervisor (Dr. Kylie Wilson).

If you are prepared to take part, please read the slip below, and then sign. If you have any questions, please contact me.

Alison Milton

I have read and fully understood the request to be a subject of the research. I understand what is required of me and that there are no risks involved. I understand that participation is entirely voluntary, and that it is possible to withdraw at any time. I understand the measures that will be taken to maintain confidentiality as far as possible.

I agree to participate.

Signature

Date

Contact Details: Please fill in your contact details if you agree to be contacted for interview.

Name:

Phone number:

Email:
APPENDIX B. QUESTIONNAIRE

Below are some reasons why people participate in sport. Using the scale provided indicate how true each of the following statements is for you. When deciding if this is one of the reasons why you participate, please think about all the reasons why you participate. There are no right or wrong answers, so do not spend too much time on any one question and please answer as honestly as you can.

I participate in my sport…

<table>
<thead>
<tr>
<th>Reason</th>
<th>Not at all True</th>
<th>Sometimes True</th>
<th>Very True</th>
</tr>
</thead>
<tbody>
<tr>
<td>Because I enjoy it.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because I like it.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because it's fun.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because I find it pleasurable.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because it's a part of who I am.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because it's an opportunity to just be who I am.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because what I do in sport is an expression of who I am.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because it allows me to live in a way that is true to my values.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because the benefits of sport are important to me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because it teaches me self-discipline</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because I value the benefits of my sport.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Reason</td>
<td>1</td>
<td>2</td>
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</tr>
<tr>
<td>------------------------------------------------------------------------</td>
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<td>-----</td>
<td>-----</td>
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<tr>
<td>Because it is a good way to learn things which could be useful to me in my life.</td>
<td>1</td>
<td>2</td>
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<tr>
<td>Because I would feel ashamed if I quit.</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>Because I would feel like a failure if I quit.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because I feel obligated to continue.</td>
<td>1</td>
<td>2</td>
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</tr>
<tr>
<td>Because I would feel guilty if I quit.</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>Because if I don’t other people will not be pleased with me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because I feel pressure from other people to play.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Because people push me to play.</td>
<td>1</td>
<td>2</td>
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<tr>
<td>In order to satisfy people who want me to play.</td>
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APPENDIC C. DESCRIPTIVE STATISTICS

Males
Dependent Variable: Response

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APPENDIX D. PILOT INTERVIEW GUIDE

Pilot Interview Guide

Introduction:
1. For the purpose of the tape, can you please state your name?

2. How old are you?

3. Approximately how long have you been playing rugby?

4. What is your playing position?

5. Do you currently play for any team other than UWIC? E.g. international teams. If yes, how long have you been playing for this team?

6. Can you tell me about your best rugby experience?

Section 1: Start

This section will focus on how and why you started playing rugby.

1. How old were you when you started playing rugby?

2. How did you start playing?
   - Were you encouraged to play by other people? Who?
   - Where?
   - What? E.g. tag rugby
   - When?

3. What team did you play for?
   - Club? School? More than 1 team?
   - Did friends play?
   - What was the environment like? How did you feel? Many players?
   - Who was responsible for that environment? What were coaches like?
   - How often did you play?
   - Any competitions? What level?

4. When you started playing rugby, what encouraged you to continue playing?
   - Did you receive any rewards/kits/support/recognition?
     i. If yes:
- What did you receive?
- Where / who from?
- How did this make you feel? Why did it make you feel that way?
- Why did you think you were receiving these rewards?
- Did you value these rewards? Were they important to you and why?
- Did this encourage you to continue? Why?
- Were there any negative aspects about receiving rewards?
- What? Why? Did this affect your participation?

ii. If no:
- Why did you think you weren’t receiving any? / Why do you think this was?
- Did others around you receive rewards? If yes, what? From whom/where?
- How did this make you feel? Why did it make you feel like that?
- Did this influence the reasons you continued playing? How? Why?

- Did you win anything?
 i. If yes:
  - What did you win? Did you receive medals etc?
  - Where? How? Was it easy/hard?
  - How did you feel about this?
  - What did it mean for you? Why?
  - Was it important for you to win? For what reasons?
  - Was it important to others?
  - Was that why you continued to play? If yes, why did it encourage you?

 ii. If no:
  - How did this make you feel? Why?
  - Was winning considered important? E.g. by you, by others? Why?
  - Did this influence your participation? If yes, how? Why?

Section 2: Progress

In this section I am going to explore how you progressed after starting to play rugby.

1. What other teams or clubs did you play for before coming to University?
   a. How long did you play for these teams? Reasons why?
   b. What level of competition was each team you played for?
      - How did you feel about playing at this level? Why?
- What was the environment like compared to before?

2. What influenced you to follow this path?
   - How did you get involved in these teams?
   - Who were the key people in your rugby progression? How were they important?
   - Were you influenced by others? How? E.g. team mates, coaches, parents. At what times?
   - What, if any, were positive aspects of this? Why was this good?
   - Were there any negative aspects? Why? What were they?

3. Did you receive any more rewards than you had previously? E.g. kit, extra coaching, winning medals, captaincy.
   a) If yes:
      - Did you perceive these any differently than before?
        i. If yes:
           - How were they different?
           - Why did you perceive them differently?
           - Did you perceive them to be positive or negative?
           - How did you feel about them? Why?
        ii. If no:
           - Why did you not perceive them any differently?
           - Did they change your reasons for playing?
             i. If yes:
                - Why did they change your reasons for playing?
                - How did they change these reasons?
                - Was this important for you to continue playing?
                - What was different?
                - Did your behaviour change? How and why?
             ii. If no:
                - Why do you think they did not affect your reasons for playing?
                - Did your behaviour change in any way? How? Why?
   b) If no:
      - How did you feel about this? Why?
      - Did it affect your participation?
Section 3: Current Position

This section will focus on the team(s) you currently play for.

1. You are currently playing for UWIC, for how long have you been part of the team?
   - Have you played since you started at UWIC?

2. What encouraged you to play for UWIC?
   - How did you know about the rugby team?
   - Was there anyone in particular who influenced you to play?
   - Others?
   - Rewards?
   - To continue playing – why did you want to continue / develop?
   - Why were these reasons important to you?

3. What do you feel is your current role within the team and what are now your reasons for playing?
   - Do you consider your role to be important?
   - What are the positive aspects of playing for UWIC? Why?
   - What are the negative aspects? Why?
   - Social role – relationships with team mates?
   - Is it important for others that you continue?
   - How much do you value being part of the team?

4. What rewards do you feel that you receive from rugby currently?
   - Why do you feel that you get these rewards?
     ● because you are a competent player
     ● for effort
     ● does receiving them make you feel like you have to go to training?
   - Do the rewards influence your reasons for playing? How?
   - How much do you value these rewards? Would you still play without them?

Section 4: Future

In this section I am going to ask you about playing rugby in the future.

1. Do you intend to continue playing rugby after you leave University?
   - Why/why not?
2. What opportunities do you think you will have to play rugby when you leave?  
   - Where? With whom?  
   - What level?  
   - How often?  
   - How different or similar do you think it will be to UWIC? In what aspects?  
   - If not many – do you think this will prevent you from playing? Why?  
   - Do you feel there will be any barriers?

3. For how long do you wish to continue playing rugby?  
   - For what reasons?  
   - Do you think this will be possible? Why / why not?  
   - Will the support/rewards etc influence your decision to keep playing? Why?

Section 5: Summary

1. So I asked you about when you started playing rugby, the reasons and people involved at that time and the factors that kept you playing, is there anything you would like to add?  
2. Then I asked you about your progress within rugby, reasons and people involved and what kept you involved, anything you would like to add?  
3. I then asked you about your current experiences within rugby at UWIC, anything you would like to add?  
4. Lastly, I asked you about your future thoughts about rugby, anything you would like to add about that?  
5. Do you feel you got to tell your story in full?  
6. Did I lead you in any way?  
7. Thank you for your time
APPENDIX E. INTERVIEW INTRODUCTION

Interview Guide

Introduction:

Hello, I am Alison Milton. Thank you for agreeing to participate in this interview. In this project, I am talking to rugby union players in order to find out more about their motivation for playing rugby.

I would like to emphasise that your personal interview information will remain completely confidential. When presenting the results, I may use quotes from the interviews in order to illustrate important points. However, these quotes will be strictly anonymous, ensuring that your identity is protected. I will be using a tape recorder in order to allow for the collection of complete and accurate information and to enable me to make a typed transcript for later examination or clarification.

As a participant, you have several rights. Your participation in this study is voluntary, and you are free to decline to answer any questions or stop the interview at any point. If you have any questions as we go along, then please ask them, as is the case for clarification, if at any time you do not understand what I am asking.

Keep in mind throughout the interview that, I will be asking you to think back to times throughout your participation in rugby and if you are unable to remember something immediately, take your time.

The interview contains several sections and at the end there will be an opportunity for you to add anything that you felt was important and not covered in the questions asked.

Do you have any questions now about what I have talked about so far? Okay, then let us start.
APPENDIX F. INTERVIEW GUIDE

Interview Guide

Introduction:
1. For the purpose of the tape, can you please state your name?
2. How old are you?
3. Approximately how long have you been playing rugby?
4. What is your playing position?
5. Do you currently play for any team other than UWIC? E.g. international teams. If yes, how long have you been playing for this team?
6. Can you tell me about your best rugby experience?

Section 1: Start

This section will focus on how and why you started playing rugby.

1. How old were you when you started playing rugby?
2. How did you start playing?
   - Were you encouraged to play by other people? Who?
   - Where?
   - What? E.g. tag rugby
   - When?
3. What team did you play for?
   - Club? School? More than 1 team?
   - Did friends play?
   - What was the environment like? How did you feel? Many players?
   - Who was responsible for that environment? What were coaches like?
- How often did you play?
- Any competitions? What level?

4. When you started playing rugby, what encouraged you to continue playing?
   - Did you win anything?
     iii. If yes:
       - What did you win? Did you receive medals etc?
       - Where? How? Was it easy/hard?
       - How did you feel about this?
       - What did it mean for you? Why?
       - Was it important for you to win? For what reasons?
       - Was it important to others?
       - Was that why you continued to play? If yes, why did it encourage you?

   iv. If no:
     - How did this make you feel? Why?
     - Was winning considered important? E.g. by you, by others? Why?
     - Did this influence your participation? If yes, how? Why?
     - Did you receive any rewards/kit/support/recognition?

iii. If yes:
   - What did you receive?
   - Where / who from?
   - How did this make you feel at that time? Why did it make you feel that way?
   - Why did you think you were receiving these rewards?
   - Did you value these rewards? Were they important to you and why?
   - Did this encourage you to continue? Why?
   - Were there any negative aspects about receiving rewards?
   - What? Why? Did this affect your participation?

iv. If no:
   - Why did you think you weren’t receiving any? / Why do you think this was?
   - Did others around you receive rewards? If yes, what? From whom/where?
   - How did this make you feel? Why did it make you feel like that?
   - Did this influence the reasons you continued playing? How? Why?
Section 2: Progress

In this section I am going to explore how you progressed after starting to play rugby.

1. What other teams or clubs did you play for before coming to University?
   c. How did you get involved in these teams?
   d. How long did you play for these teams? Reasons why?
   e. What level of competition was each team you played for?
      a. How did you feel about playing at this level? Why?
      b. What was the environment like compared to before?

2. What influenced you to follow this path?
   - Who were the key people in your rugby progression? How were they important?
   - Were you influenced by others? How? E.g. team mates, coaches, parents.
      At what times?
   - What, if any, were positive aspects of this? Why was this good?
   - Were there any negative aspects? Why? What were they?

3. Did you receive any more rewards than you had previously? E.g. kit, extra coaching, winning medals, captaincy.
   i. If yes:
      b. Did you perceive these any differently than before?
      iii. If yes:
      - How were they different?
      - Why did you perceive them differently?
      - Did you perceive them to be positive or negative?
      - How did you feel about them? Why?
   iv. If no:
      - Why did you not perceive them any differently?
   c. Did they change your reasons for playing?
      iii. If yes:
      - Why did they change your reasons for playing?
      - How did they change these reasons?
      - Was this important for you to continue playing?
      - What was different?
d. Did your behaviour change? How and why?

iv. If no:
   - Why do you think they did not affect your reasons for playing?
   - Did your behaviour change in any way? How? Why?

b) If no:
   - How did you feel about this? Why?
   - Did it affect your participation?

Section 3: Current Position

This section will focus on the team(s) you currently play for.

1. You are currently playing for UWIC, for how long have you been part of the team?
   a. Have you played since you started at UWIC?

2. What encouraged you to play for UWIC?
   a. How did you know about the rugby team?
   b. Was there anyone in particular who influenced you to play?
   c. Others?
   d. Rewards?
   e. To continue playing – why did you want to continue / develop?
   f. Why were these reasons important to you?

3. What do you feel is your current role within the team and what are now your reasons for playing?
   - Do you consider your role to be important?
   - What are the positive aspects of playing for UWIC? Why?
   - What are the negative aspects? Why?
   - Social role – relationships with team mates?
   - Is it important for others that you continue?
   - How much do you value being part of the team?

4. What rewards do you feel that you receive from rugby currently?
   - Why do you feel that you get these rewards?
     • because you are a competent player
     • for effort
     • does receiving them make you feel like you have to go to training?
- Do the rewards influence your reasons for playing? How?
- How much do you value these rewards? Would you still play without them?

**Section 4: Future**

In this section I am going to ask you about playing rugby in the future.

1. Do you intend to continue playing rugby after you leave University?
   - Why/why not?

2. What opportunities do you think you will have to play rugby when you leave?
   - Where? With whom?
   - What level?
   - How often?
   - How different or similar do you think it will be to UWIC? In what aspects?
   - If not many – do you think this will prevent you from playing? Why?
   - Do you feel there will be any barriers?

3. For how long do you wish to continue playing rugby?
   - For what reasons?
   - Do you think this will be possible? Why / why not?
   - Will the support/rewards etc influence your decision to keep playing? Why?

**Section 5: Summary**

1. So I asked you about when you started playing rugby, the reasons and people involved at that time and the factors that kept you playing, is there anything you would like to add?

2. Then I asked you about your progress within rugby, reasons and people involved and what kept you involved, anything you would like to add?

3. I then asked you about your current experiences within rugby at UWIC, anything you would like to add?

4. Lastly, I asked you about your future thoughts about rugby, anything you would like to add about that?

5. Do you feel you got to tell your story in full?

6. Did I lead you in any way?

7. Thank you for your time
Interview 1

Interviewer: For the purpose of the tape, could you please state your name?

Subject: [name]

I: And how old are you?

S: [age]

I: Approximately how long have you been playing rugby?

S: [pause] umm, about [number] years

I: And what is your playing position?

S: [position]

I: and do you currently play for any team other than UWIC?

S: I play for [county]

I: How long have you been playing for them?

S: umm

I: roughly?

S: well I’ve done all the different age groups, like under 14’s, under 18’s and I’m now in the seniors

I: Ok. Um, can you tell me about your best rugby experience?

S: um [pause] probably winning against [team], um when we won the semi-final. That’s it, I don’t know.

I: That’s fine. So now we are going to move onto section one and this is going to focus on how and why you started playing rugby. So how old were you when you started?

S: fourteen

I: so… and how did you start playing?
S: um, I was in like a tag team, [pause]

I: yea

S: um and basically my dad brought me into it

[Interruption to interview]

I: So you were in a tag team, was that like at school or a club or…?

S: um at a club

I: At a club, was that just like a local club?

S: yea

I: and how did you sort of get involved with that?

S: um, well my dad and my brother have played so I just sort of like copied them

I: yea

S: and started playing

I: um so was it like… were you encouraged by other people to play?

S: yea

I: and that was your…

S: my brother and my dad

I: Ok. [Pause] um so was it, did you just play at the club?

S: yea

I: Just tag rugby to start with?

S: yea

I: and did you have friends that played?

S: yea my best friend played with me

I: Ok. And what was like, what was the environment like within that team? [Pause] How did you feel like when you went to training and stuff?
S: I really enjoyed it and liked going

I: um, what did you enjoy about it?

S: um I liked the people I was training with and I just enjoyed like learning about it and stuff, and developing skills

I: and who was like um responsible for like the environment? Was it the coaches?

S: yes

I: and what were your coaches like? How did you find them?

S: they were nice, I liked them

I: and like how often did you train or play?

S: um, I think I trained like once a week then on a Sunday, that’s it

I: Ok. And did you enter any competitions or anything?

S: yea we had like tournaments and matches a few times but there weren’t very many girls’ teams so we didn’t get many matches but we had a few.

I: So when you started, like what encouraged you to carry on playing?

S: um well I was like one of the best in the team so that motivated me to want to continue and improve

I: um and did you, like you said you were in some um competitions and things, did you win anything?

S: yea we won quite a few matches

I: and did you like um get medals or anything when you won?

S: um yea we got like those little ones that you have round your neck and I got um player of the year one year as well so I got a big medal

I: and how did you feel about that?

S: I really liked it, I was happy

I: like why did that make you happy?
S: because it um it showed that the coaches like showed that the coaches thought I was a good player and stuff
I: um [pause] did you like find it important to win?

S: yea I’m really competitive, always wanted to win

I: Ok. Um, was it because like you won, do you think that’s like what encouraged you to carry on playing?

S: yea, probably

I: um and did you receive anything else, like did you get kit? Or you said you got like player of the year so that was recognition?

S: yea

[Pause]

I: Ok. So now we will move on to section two which is about your progress through rugby, um and I’m going to ask you about like how you progressed after you started playing. So like what other clubs or teams did you play for before coming to University?

S: um, well after I played tag we set up like a contact team. Um and then I got into Warwickshire under fourteen and fifteen and then just moved up and played like regional and stuff.

I: So you said you got into [club], how did you get involved with that team?

S: um I don’t know, I think like the coaches just mentioned it, to go to a trial and stuff

I: yea

S: and then they trial you and see if you got in or not, and then you play in like games and stuff

I: So you were encouraged by the coaches?

S: yea

I: and did you… how did you feel about it when you went there?

S: um I was probably quite nervous, I can’t really remember but I always get quite nervous at trials and stuff so

[Pause]
I: um and how long did you play for those teams?

S: um, well I’ve been playing since I started really so every like, you just move up through the age groups so I’ve been playing all the time

I: so you only left those teams because you were like moving on to the next one?

S: yea

I: Ok. So that was quite like a high level of competition you moved up to yea?

S: yea pretty high

I: and how did you feel about playing at that level? Like was it any different to before?

S: yea it was like better people and more competition and stuff to get a position

I: so how did that make you feel?

S: it made me like want to try harder and impress people when I was playing and stuff

[Pause]

I: so who were like the key people in your rugby progression do you think? Was it your coaches or…?

S: yea my dad because he was like my coach as well, he coached like some of our teams so he was like the main person

I: um [pause] ok so when you moved like, you moved up to a higher level than you started at so did you receive like any more rewards than you had previously? Like kit or extra coaching?

S: yea we got um like, you had to pay for it though but you got like kit with like [county] on or [club] on, stuff like that, so it was nice. I like kit.

I: Why do you find like that a good thing?

S: because like you can show people who you play for and it gives you like recognition

I: um, did you like win any more competitions or anything like that?
S: um last year we won um the [county] tournament so we were like the best in [country] sort of thing, which was really good and we trained really hard to win that so it was good.

I: so like um, the rewards you got from that, did you perceive them any differently than you had done before when you started playing rugby or not really?

S: not really, I just think because it was at a higher level it meant more to win than it would have before

I: why was that?

S: um I don't know, it just shows that like all the training has paid off and stuff I guess, don't know. And it's like being part of a team as well, it's good to like, everyone really wants to achieve that goal and when you do it, it's really good.

[Pause]

I: um so did like, did the things you got like change your reasons for playing at all or…

S: um yea it made me want to continue playing and I think it gave me more motivation as well to play, and when you play well you think oh yea I want to carry on and still improve

I: ok. Um now we will move on to section three which is about um what you are doing now. So you currently play for UWIC

S: yea

I: um how long have you been part of the team?

S: um, since the start of the season, like four months.

I: and you’ve played since you started at UWIC?

S: yea

I: so um what encouraged you to play for UWIC?

S: um well before I came here they like sent me a letter saying do you want to come to a training session and stuff, so I came to a few pre-season ones and I really enjoyed it so when I started I wanted to get in the team and play.

I: was there any like particular person who influenced you to play or not really?
S: [pause] um coaches were nice and I like all the players as well and they are like really supportive and want to help you improve. I like everyone there.

I: um, so how do you feel like, what is your current role in the team and what are your reasons for playing now?

S: my reasons for playing, I would like to try and get in the BUSA squad for the finals if we make it, um and I just really enjoy it and if I didn’t play rugby here I don’t know, I think I’d be a bit bored.

I: um ok, so you find it important to get in the squad, why is that like important to you?

S: um because I’ve like been training really hard um and like it is the main goal of the team, like everyone wants to do that, everyone wants to be in the final and it would just be amazing to be part of it.

I: um like, and you said you get on with everyone in the team so do you think like your relationships with team mates are important?

S: definitely, yea

I: and do you think like, it is important for other people that you continue playing?

S: yea, I guess. I don’t know.

I: um, and how much do you value being part of the team?

S: a lot, it’s like the best thing about university, playing rugby here.

I: and can you explain a bit more?

S: [pause] um don’t know, what sort of thing?

[Pause]

I: ok, don’t worry. What rewards do you feel that you get from rugby at the moment?

S: um, recognition, like everyone at University… like women’s rugby is like a major part of it. Um, people like respect you for playing and stuff and they will like notice that you play, and be like oh you play for the women’s team, and we are like yea it’s really good, blah blah.

I: so why do you find recognition important?
S: I don’t know, just because it um means you are part of a team and it means you are part of something.

I: yea, ok. [Pause] so is there any other rewards like um, like kit or anything like that or…?

S: yea we get given kit as well

I: and does that like influence your reasons for playing at all or not?

S: sort of, yea. But like it’s not all about the kit but it is nice to have kit.

I: Ok. Um ok so we will move on to section four. Um I’m going to ask you about playing rugby in the future. So do you intend to continue playing rugby after leaving university?

S: yes, as long as I don’t turn big and butch.

I: so why do you want to carry on playing?

S: um because I just enjoy it and I think it is really good

I: Ok, um and what opportunities do you think you will have to play rugby when you leave?

S: well um I’ve had like an [country] under twenties trial but I didn’t get in this year so I like really want to try and get in next time, so when I leave university, I don’t know, I’ll probably like try again or maybe play for [country] because I will be living here.

I: So you are hoping to play at quite a high level yea?

S: yea.

I: um do you think that will be um similar to UWIC or do you think it will be quite different?

S: um, I think it will be similar in the fact that we train quite a lot and we are like, we get a lot of like motivation to continue playing and stuff, but I think it will be like quite different as well because you won’t know all the people. When you like start off you will have to like make friends and all sorts. But here it’s like we are already gelled together aren’t we so.

I: So do you think that there will be any barriers to playing after you leave?

S: um, well I think it will be harder because you won’t have like a team then, you will have to like try and get in a team where as it’s already here for you.
I: um how long do you think you want to carry on playing rugby for?

S: um, until I can't walk any more. Till I'm really old.

I: and why is that?

S: um because I wouldn't be able to play very well if I couldn't run, I don't know.

I: Ok. So you think it will be possible to carry on playing for quite a while?

S: yep.

I: um, do you think like the support you get or rewards will influence your decision to keep playing at all?

S: yea

I: and why is that? Can you explain?

S: well if we won BUSA finals this year then I want to [pause] I think it would motivate me to play more and want to win again, so it's like if we lose it will be like, really upset and be like oh no we've lost. So it would be really de-motivating.

I: why do you find it motivating to win?

S: because it feels like you have achieved something and you want to continue feeling like that, and want to play even more.

I: Ok. And that is about it, section five is just a summary.

S: Ok

I: So I asked you about when you started playing rugby, and the reasons and people involved. Um is there anything you would like to add?

S: [pause] just thank you to all those people who helped me.

I: then I asked you about your progresses in rugby, the reasons and people involved, and what kept you involved. Anything you would like to add?

S: no

I: um, then I asked you about your current experiences within rugby at UWIC, anything you would like to add?
S: no

I: and lastly I asked you about your future thoughts about rugby, is there anything you would like to add about that?

S: not really, no.

I: um, do you feel that you got to tell your story in full?

S: yes

I: and did I lead you in any way?

S: no

I: ok. Thank you for your time

S: thank you.
Interview 2

Interviewer: For the purpose of the tape can you please state your name?

Subject: [name]

I: How old are you?

S: [age]

I: and approximately how long have you been playing rugby?

S: um, since I was [age]

I: ok. And what is your playing position?

S: um [position] and I also can play [position]

I: do you currently play for any team other than UWIC?

S: yea, I um play for [country] senior team

I: and how long have you been playing for them?

S: um [number] seasons now so about [number] years

I: ok, and can you tell me about your best rugby experience?

S: my best rugby experience was um actually two weeks ago, we defeated [country] for the very first time, and also scoring a try at Twickenham when playing the BUSA final.

I: Ok. So now we are going to start section 1, um which will focus on how and why you started playing rugby. So how old were you when you started playing?

S: um I was in year 7 of comp. so that’s 12 is it? Year 7 of secondary school anyway. Um, I started playing tag rugby there, played in the Millennium youth games in 2000 and then went to um join a club then, under 16’s [club]

I: ok so what um encouraged you to start playing?

S: um I enjoyed rugby, I enjoyed playing tag rugby and also found success in that, and um I enjoyed watching it, so I thought I’d give it a go.

I: um you said like you found success, so um did you find it important to be successful?
S: um, I think at the start to um, to get you into it, um I think it was important to me as I felt it was something I was good at so yea, I stuck to it.

I: yea, so you played tag rugby for a school team

S: yep

I: um how was that? Like how was the environment?

S: well first of all we um just started like training a bit and then also we um, we had to go into like a competition against all the rest of the schools in the [city] area, then we had to play against everyone in [country] and then we qualified then as the [nationality] team to go into the Millennium um Millennium Youth Games which was held in [country].

I: so you were quite successful in the youth games?

S: yep we won it

I: did you get like rewards from that?

S: um we got like medals and stuff, and some recognition which is good

I: how did you feel about that?

S: um it was nice really, just to, um for people to recognise what you’ve achieved as a team. It was good

I: ok [pause] um then you moved on to play for a club, how did you get involved there?

S: um I just looked up um the nearest club and I also knew a few girls who were already at training, um training with [club] because they are from my local area, so I decided to go along with a few other friends.

I: so when you started, what was it that encouraged you to carry on playing? You said because you were successful, was there anything else?

S: um I enjoyed it, like I really enjoyed watching the sport, that made me, that actually transferred I really started to enjoy playing it then.

I: ok. Um [pause] ok, so I think we will move onto section 2, which is about your progress. You’ve already said that you progressed on to playing for a club, um and there were some girls there that you already knew. Was it them that encouraged you to go there or...?
S: um, I think it is easier if you know people there if you are starting a new club or a new sport then it’s easier to have friends there

I: yea

S: um, the others did help a bit, but I don’t think it was a major part

I: So u how long did you play for this team?

S: I played for that team for two seasons

I: and um what competition, what level of competition was that?

S: that was um, that was under 16s, I was playing that and like league games and then and then I actually developed into the under 16’s [national] team as well.

I: ok, so um how did you feel about playing at these levels? Was it different to before?

S: Um it was different, it was new and it was like, it wasn’t just doing it for fun then, you were actually like representing people so there was a bit more added pressure I think

I: um so like, how did you feel about that? Did you enjoy it or not?

S: yea I enjoyed it um feeling a bit more pressure and thinking that like the results actually mattered not as in like it matters to the team but it matters to other people, so I enjoyed the challenge

[Pause]

I: so who would you say were the key people in your rugby progression?

S: um, key people. Um I think, moving on now um looking into when I was in Under 16’s [country] and when I actually got onto Under 19s [country], looking up to the senior squad seeing people in my position I really looked up to them and um sort of wanted to be like them then. And um also I’ve been lucky in um coaches as well, at club level and international level they really inspired me as well and helped me progress.

I: ok. So you said the um the players in the senior team inspired you so why did you want to be like them?

S: I just looked up to them and um sort of had respect for them and just felt ah I wish I could be like that, and set my sights on being that good.
I: so um you wanted to be like them, was that because they played at a higher level?

S: yea um they played at a higher level and I think um the respect that other people had for certain players within that team as well, just um seemed appealing to me and um just sort of thought what a good player they are and maybe one day I could be like that

I: ok so you gradually moved on to like higher levels, um did you receive any more rewards than you had previously, like kit or extra coaching?

S: um yea I was lucky enough to be um part of the [national] academy which um helped us a lot with um on and off the pitch stuff which really helped, um and yea being involved in [national] sport you also get added kit, which is nice.

I: so how did you feel about getting kit? Did you perceive it any differently than before?

S: um, no. Receiving [national] kit, I always enjoy that part as it’s like, it is like a reward and like and sort of token of what you have achieved and then you can wear that kit then with pride.

I: ok. Um did the rewards change your reasons for playing at all?

S: um no, it’s like, I think I play because I enjoy it at the end of the day and I love, at the moment I’m loving playing for my country, um if I didn’t get anything back it wouldn’t be the end of the world. I would still play but having those rewards is an added bonus really.

I: ok. So now we will move on to section three which is about um your current position, um and will focus on the teams you are currently playing for

S: yep

I: so you are currently playing for UWIC, how long have you been part of the team at UWIC?

S: um well I played for three years, then I had a season out with another club and then I’ve come back now so this is my fourth year.

I: ok, so what encouraged you to play for UWIC to start with?

S: um I started university here in my first year, just um, well I always knew UWIC had a high standard of women’s rugby and thought I wanted to be part of that

I: um, so you said you left and went to another club, was that any different to UWIC?
S: um, yea I actually played in the [country] premiership league for a year, um it was different, the standard was slightly higher but um I didn’t enjoy it as much even though my rugby probably improved slightly. I wasn't enjoying it and I wasn’t as motivated as I am when I play for UWIC

I: so can you explain, um why you didn’t enjoy it as much?

S: um I think it's because at UWIC I've been, well I was here for three years and I've built up some really good friendships and um friends as well, and when I played for the [country] premiership it was like people from all over like [country] and some people from [national], and we didn’t have a social side to it but with UWIC um loads of my friends are here, there's a good social side which really contributes to um being a part of the team I think

I: ok, so was like the social side of it what encouraged you to come back to UWIC?

S: um, not just the social side of it, it was just um more enjoyment then, being with my friends really.

I: ok. What do you feel like is your current role in the team now and what are your reasons for playing now?

S: um what do you mean by role?

I: um

[Pause]

S: as in what I think people see me as?

I: yea

S: well I think people like, the younger people might see me as a bit of a role model just because um I am a senior player now, I am in well I’ve been at Uni, I finished that and I’ve come back and obviously I play for [country] so I think people do um look up to me slightly

I: Ok so what are your reasons for playing at the moment?

S: um playing club level?

I: yea
S: um, really because I enjoy it and that's where um I learn most of my things, like you can only be in the gym so long doing your own individual stuff but it's actually playing as a team that helps you improve, as a rugby player.

I: and are your reasons any different for playing for Wales?

S: um, I think they are slightly different, um I play for [country] well [pause] sorry I forgot. Um it's slightly different but it's still the same as in like they are all still my friends, we are all still a tight bunch but then we um, we are also representing our country then which is an added bonus really

I: and why do you find it important to represent your country?

S: um well it's um, it's your country at the end of the day, you want to do it proud and um I love like playing for [country] because I am quite patriotic so I love just playing for [country] and putting on the [national] jersey

I: So what rewards do you feel that you receive at the moment, either from UWIC or Wales?

S: um rewards I receive, I just think are knowing that um you're doing like a job. Like its not just like you are going out to play rugby, you are going out to sort of protect your friends as well so like the rewards I'm getting is people appreciating what you are doing on the pitch and obviously other rewards like publicity we get with um [country] and UWIC as well now and um actually getting the opportunity to put the [national] shirt on

I: so like, you said about um publicity, how do feel about that?

S: um at the moment I think women's, um the amount of publicity women's rugby is getting is gradually increasing since we beat [country] a couple of weeks ago, that has really took another step on as well, more people are looking at us. It's not only just um that women's rugby side but they are actually looking at us, they want to know more and maybe um come and watch us then as well.

[Pause]

I: um, do the rewards you get influence your reasons for playing?

S: they do influence me, um playing for [country] again like nice kit, you get to travel but um it is slightly influencing but it's not a major factor I don't think.

I: so you um, do you value these rewards very much?

S: um
I: or are there other things that are more important to you?

S: I think it’s other things that are more important than rewards, like if you play well you get the reward of like winning, like if we win a competition then you get like a medal or something but it’s actually the feeling, like when you are on the pitch and like everyone being proud, and you are part of a team and if you reach a goal then people like, fifteen players on that pitch and the rest of the extended squad, they are all happy like.

I: ok. So you would still play without the rewards that you get?

S: yea, most definitely

I: so now we will move on to section four which is about your future.

S: ok

I: and I’m um going to ask you about rugby in the future. Um do you intend to continue playing rugby after you leave University?

S: yep

I: um, what opportunities do you think you will have when you leave?

S: um, I think um opportunities are slightly the same but I just can’t play Wednesday in BUCS but I’ve still got the opportunity to play for UWIC in the Sunday league.

I: um, ok and then outside that you will continue to play for Wales?

S: yep, um yea most definitely, as long as I’m playing my club rugby, enjoying it and doing well and hopefully I’ll carry on my career in the [national] squad

I: ok. Do you think you will have enough opportunities to carry on with your club rugby?

S: um, hopefully like um once you leave University it’s obviously harder with um, once you get a job and um time is obviously a factor then, but um yea hopefully I will

I: um, how long do you wish to continue playing rugby for?

S: ooh, um I don’t know, I’m just going to keep playing until um, I think the day I stop playing is the day I stop enjoying it so like I don’t think it is going to be like oh I’m going to hit an age and then I’m going to stop playing, it’s just going to, I’m going to keep on going as much as I, as long as I’m enjoying it for

I: ok, so why do you think that um you will stop when you stop enjoying it?
S: well I don’t see a point in doing a sport, especially being amateur, that you don’t do um there’s no point doing it if you don’t enjoy it. It’s like, if I got paid thousands to do it then maybe I would carry on but I’m doing it because I enjoy it really, that’s it.

I: ok, um so do you think it will be possible to carry on for as long as you want to?

S: um, well hopefully at club level although um international will be a bit more difficult as if your standard of playing is not as high then maybe you might not have the opportunity, it’s not in your hands really, how long you play for your country for. It is up to the selectors and coaches.

I: um, and do you feel that the support and rewards will influence your decision to keep playing?

S: um I think like little things like um the World Cup coming up, I’d like to get to that because that would just be a great opportunity to be part of a World Cup and the travel again you get to see countries that you might not be able to go to otherwise. Yea, it is a slight influence.

I: ok, that’s fine. So now I’m going to summarise with section five. Um, so I asked you about when you started playing rugby, the reasons and people involved at that time, and the factors that kept you playing, is there anything you would like to add?

S: um I think um it was important for me that I thought rugby, it like um it’s like stepping stones, like it follows. Like I started at Under 16’s and then um I moved to seniors and then I went from Under 16’s [country] then I moved on to Under 19’s [country], then development, and it is like stepping stones like set in place so you’ve got a path you can try and follow.

I: ok, then I asked you about your progress within rugby, reasons and people involved, and what kept you involved. Anything you would like to add?

S: um, well I just think the main point is um enjoyment again and playing with um people like your best friends really. Like the friendships I have made in rugby are like the strongest friendships I’ve got so it’s just like doing things with your friends, just like socialising really.

I: yea. I then asked you about experiences within rugby at UWIC, anything you would like to add?

S: um, well my experiences at UWIC have all been um pretty good. Since I’ve been involved with BUSA, we have reached the final three times, winning it twice so I’ll always remember those moments and I’ve still got my medals to look back on
I: Lastly I asked you about your future thoughts about rugby, is there anything you would like to add about that?

S: I’d just like to hope that, I’m only [age] so I’d like to think I’ve got a long career in front of me really, especially with Wales and club.

I: Ok. Do you feel you got to tell your story in full?

S: Yep

I: Did I lead you any way?

S: No

I: Ok, thank you for your time

S: Thank you
Interview 3

Interviewer: for the purpose of the tape can you please state your name?

Subject: [name]

I: how old are you?

S: [age]

I: approximately how long have you been playing?

S: mm [pause] [time] years

I: ok. What is your playing position?

S: uh [position]

I: uh and do you currently play for any team other than UWIC?

S: no

I: can you tell me about your best rugby experience?

S: [pause] um scoring a try at Twickenham

I: ok. Now I am going to start section 1, which is just about uh how you started playing rugby.

S: ok

I: so how old were you when you started playing?

S: um [age] or [age]

I: and how did you start playing?

S: I started off playing like tag rugby when I was like [age] and then I, one of my friends like when I was like [age] or [age], she went to county trials like contact trials, and I went down to watch and I just got involved somehow, started taking part and I got in

I: ok so you said um you played tag rugby to start with, was that at school?
S: yea, at school

I: and how did you get involved with that? Were you encouraged by other people?

S: um [pause] I was like one of the sporty kids at school so um like in, when I was in year six I got asked, like my teacher, my female teacher was really like into rugby and stuff so she got me into it a little bit so then when I got the chance to do it at year like, um I don’t know, [pause] six no it wasn’t six that was a lie, year 11 or whatever it is, um I did it

I: ok. So then um, when you played tag rugby at school did you enter any competitions or anything?

S: yea. Um the Millenium Youth Games

I: ok um and how did you get on in that competition?

S: we sucked I think we came second from bottom

I: and how did you feel about that?

S: [pause] um ok

I: so did you feel, did you feel like you got any rewards out of it or not really?

S: well I learnt to play rugby which is kind of cool but um I think that was it

I: so then you went to um you went to watch your friend do trials, can you remember how you then got involved?

S: uh I got asked to hold a tackle bag and then, in some defensive drill or something and then the, kind of one of the girls went into me and they just fell over and the coach was like oh will you, will you try doing it with the ball and stuff and I just got involved, just ran through people, and then there was a few people there, coaches there from different teams and they were like oh come play for us

I: ok so you were encouraged quite a lot by like the coaches there?

S: yea

I: um ok so then um, going back to the tag rugby, um did you train very often or…?

S: um [pause] yea kind of, like not necessarily the team that much but I got really involved with the coaches so they always like took me aside and I always got involved with stuff. Then while I was playing tag rugby I went down to, my tag rugby
coach was the coach of the local senior women’s team and I wasn’t allowed to play for them but I was allowed to train with them so

I: ok, so at school like how did you find the environment at training and games?

S: kind of cool because like it was something new to do, I think I was kind of at an age where I needed something to do because I got bored of playing every other sport

I: ok. Um so when you started what encouraged you to carry on?

S: tag rugby?

I: um yea, or contact

[Pause]

S: I was good at it

I: ok

S: in comparison to the people that I was playing with

I: yea, so you were good at it, how did it make you feel when you knew that you were good at it?

S: um it was cool, it was weird, it was like I think because I never, I’m not like, I don’t pick up things that quickly or that easily but for some reason with rugby it was just common sense and I didn’t need it to be like explained that much, with the basics I mean, nothing technical but like with the basics I just knew it and it was nice to like to be seen as someone quite good at something, well other than in other sports

I: ok. [pause] so did you feel like at the time you got any rewards from it?

S: um [pause] yea, I guess

I: can you explain what those were?

S: [pause] just being involved with the team and, I think. What, is this tag rugby again yea?

I: yea

S: um being part of a team and then because I was kind of good at it everyone kind of like looked up to me and was like, I don’t know they looked to sort of [pause] looked at me for like support and stuff
I: ok and is that like what um encouraged you like, to carry on playing?

S: yea

I: ok [pause] ok so I think we will move on to section 2 which is about your progress, um we’ve already talked a little bit about that um you said you moved on to um playing contact, did you play for a club then?

S: yea

I: and what club was that?

S: [club]

I: ok. Um so you said about the trials before, was that how you got involved?

S: yea, yea one of the, the head coach at county kind of, there was a few different club coaches there, at the county trials so they were like well you can play for county but you can’t play for county unless you play for a club and then it worked out that the easiest club to play for, well I say easiest, it took me an hour to get there by train, was [club] and they were like yea come play for us

I: ok. So um you said it took quite a long time to get there, that was quite a big commitment?

S: yea

I: um so what encouraged you to make that commitment?

S: [pause] um I thought I’d go there and be the little star of the team so it was kind of how it felt to begin with and then after a couple of training sessions there was two other girls that were pretty good and they put up a lot of competition for me and I really liked it

I: and can you like describe a bit more like why you liked that competition?

S: [pause] um because I never said that I was, then I’d never say that I was any good and these girls said that they were really good so I was kind of like oh I’ll take you off your top spot kind of thing, and one was the captain so it really annoyed me

I: right, um so how long did you play for that team?

S: um two years

I: two years, and what sort of level of competition was that?
S: that was a club but I played County and Regional

I: was that at the same time yea?

S: yea and I did um in between two performance camps

I: ok

S: whatever they are called

I: so um the club team, was that much different from school, the environment at training and stuff?

S: uh yea um [pause] uh yea there was, there was like a little, there was like more, there was more pressure on me playing for a club because um being in the school like, like my parents and stuff like that, they, like playing tag rugby or whatever, they didn’t think it was, it was cool and everything but they thought it was one of those things that was a phase and then I remember the first time my dad came to watch me play rugby, contact rugby, and he said oh, he was like you’re actually quite good and he like he thought it was just a phase but then he got really into it and realised that I was quite, well I was alright at it and then um, and then as I was one of the older girls in the team for club they um they like, the other girls parents like, I don’t know the, I don’t know what it was like the kids were like oh um, or the um sorry my team mates, they were all like oh [participant name] we, because like I got through to the PDA camps, they were all like oh [participant name] is amazing la la and I got on really well with all their parents and then all their parents were like oh [participant name] is this that and the other and then it was a bit, you know it was weird, it was really weird they all seemed to sort of think I was a bit, I was better than I was

I: and did you feel good about that?

S: yea I liked the fact that I, I had like, I could when I say control but I don’t mean control, um I had sort of um like if there, if there was like bitching and bickering in the team it like, it because in my first, in my second year I was going to leave so the end of my first year I was going to leave and then in, they said oh I had, there was an award ceremony and the coach came up to me and said oh if you stay next season we will make you captain so they, I was like ok well I’ll stay, so I stayed and then like all the girls sort of, then I was captain all the girls kind of looked up to me a little bit more so like when I say I had a little bit of control it was nice because like sometimes there would be a bit of bitching and I was able to stop it and I liked that and I liked sportsmanship and things like that and I was able to influence them because some of them were a bit chavy and I stopped some of the chaviness I think

I: ok um [pause] so then you said also you played county and regional, was that any different again?
S: yea because I thought I'd again I'd go into the team and I'd be the big, big star of the team and I wasn't, I was just an average player and then um [pause] yea that was cool, kind of

I: so um how did you feel about playing at that level?

S: it was cool I wanted more though, I wanted like um I wanted more competition because um my second year of doing county it was, again it was kind of like the same as um regional, no club where I just kind of like just became a big character in the team I think

I: ok [pause] and was the training environment, was that quite similar to club or was it much different?

[pause]

I: were the coaches different?

S: it was weird because I had no sort of um like all my motivation to play was intrinsic and I didn't really believe in what I was playing for so

I: ok so you don't, you didn't believe in what you were playing for, can you elaborate on that?

S: because there was a lot of girls in the team that I don't think should have been in the team and um and I think some of the decisions were based on what clubs you went to, what your name was and stuff as opposed to whether you were good enough

I: and why did you think that was a problem?

S: because I like sportsmanship and encouragement and stuff and like you had your little clusters of teams and stuff, of players from the same team and they all sort of walk around in their matching tracksuits and it was a bit intimidating

I: ok so what was it that influenced you to follow that path, going from club to County and Regional?

S: because when like, when I was younger I like, when I first got into rugby it was the women's um Women's World Cup 2002 I think it was or around that time and it was kind of really inspiring because everyone, it was, everyone was talking about it in women's rugby and the higher up you got the more important you felt and you, you thought it was like when you see, like when you see your idols on T.V. like you think wow I want to meet them and stuff and uh and that was cool and I think because I'm quite a shy person but rugby lets me be somebody else
I: ok, and what ways do you think it lets you be someone else? Can you explain?

S: um [pause] because it kind of gives me a little bit of empowerment when, when I was at school I was always, although I was always good at sport, I didn’t go to a sports college, or a sport school so what, like we weren’t good at sport, I was just good at like me and a couple of other girls were sort of the sports students so it’s not like we got recognised or anything and then, and then you get this I don’t know, you get this like where as I said like people you know walk around in their little like, girls from the same team they walk around in the same tracksuits and it gets a bit intimidating, I then got to walk around in the same tracksuit and um where, what I would take as intimidating, I did the opposite where I tried

[end of tape – turned over]

S: um yea, yea so I get to walk liked one of the matching tracksuits and be, sort of be part of something special, be part of something

[pause]

I: ok um so these teams you were involved in, how long did you play for these teams?

S: um

I: roughly

S: do you want me to say the names of the teams and explain it that way or?

I: yea if that’s easiest

S: um ok for [club] girls for two years, fourteen to sixteen it must have been, and the I played county for two years and the I played, whilst I was doing that I was doing regional, I think I played regional for four or five years but I went from under sixteen’s or whatever it was and then to under eighteen’s, I missed the first year of under eighteen’s, no I didn’t miss it I just didn’t bother doing it or going to trials sorry, um and then I did seniors, and I went, whilst I was, I went from [club] to [club] ladies

I: so when you moved from the one club to the other, was that just because of the age group?

S: yea and it was, it was a better standard

I: so why did you want to play a better standard?
S: [pause] um they were the team, you know I said, um my tag rugby coach was the coach for the local ladies side, [club] was the local side she coached and um I wanted to see, I just wanted to play for them

I: ok

S: I played scrum half for them

I: so the county and regional teams as well, was that just um, when you finished playing for those teams was that just because you were moving on to further teams?

S: yea when I, I think uh I don’t remember doing, I didn’t do any senior county stuff, I think that was just an under sixteen thing for me then I did regional seniors and stuff, that was it and I played for my college, I captained my college

I: ok and um also you said for regional one year you didn’t go to the trials

S: yea

I: um what was the reasons for that?

S: um [pause] I used to get really really nervous and I got too nervous the morning of the trials

I: ok um so why did that stop you going?

S: because like for some stupid reason I think some people take up like routines and they have their like um, not some stupid reason, for some reason everyone has their like routines before games and stuff and I didn’t do my routine right and, and that just like threw, I wasn’t ready, I always get nervous, I do get really nervous well I did get really nervous and then because of, it was the step up to seniors it was my first year of doing, no my second, my first year of doing under eighteen’s sorry and then it was, so it was it felt like a step up to me and then everyone does their, like I say everyone does their routines and I had a routine and then I didn’t do my routine properly and got even more nervous than I was and I was just throwing up and stuff so I didn’t go and then yea

I: so were you worried about what would happen if you went to trials?

S: [pause] yea, yea I guess so

I: ok um so looking back to the people, you said about some of your coaches, who do you think were the key people in your progression in rugby?

S: what that helped or hindered me?
I: um you can talk about both

S: [pause] um the only coach I wish I still had was uh one of the coaches from [club]

I: and why did you like that coach better?

S: she was the first coach that I had that I, that spoke that I don’t know that spoke to me like properly and wanted to push me and criticise me rather than the others, the ones before that they sort of like [pause] kissed my ass a little bit, a bit too much

I: ok so you said she pushed you, um why was that important?

S: because she played for [country] and I wanted to play for [country]

I: so you wanted to improve?

S: yea

I: ok. [pause] um were you influenced by other people, any other people in any way?

S: I was like, like I say like you see idols and stuff, people like Shelly Rae the ex-England fly half she was like a big name for me um and then I made the fatal mistake of meeting her once and she was a cow so that kind of ruined my dreams

I: oh dear, um [pause] so you were like influenced by those people because you looked up to them, were there positive, what was positive about that?

S: how do you mean?

I: um how did that um encourage you, in a good way?

S: because I saw what they had and I wanted it, and I wanted to be better and I thought I could see like, I could see myself going like I probably believed I had, like [name of coach] said I probably believed I was better than I was

I: so you say like you saw what they had, can you explain what you mean by that?

S: um

I: what did they have that was different?

S: well like, when they like when they go to like big tournaments and stuff, I remember going to the National 7’s and, and like they just walked around and they were like, they just had so much confidence and like when teams get drawn against other teams they just like when a crappy team gets drawn against a top team they
just, they they’ve already won the game because the crappy teams are really like scared

I: ok so like were there any negative aspects of being influenced by other people or not?

S: yea the like the people I thought were, what I had made out like these international players to be, they were very different like in person

I: um [pause] ok why did that um, why did that affect you negatively?

S: because I’d idolised them and then in a sporting way so I, I probably like filled in the gaps myself thinking that they were some kind of really nice person and encouraging to meet and stuff and then they weren’t, Shelley Rae was an alcoholic, well she came across as an alcoholic when I met her and then like my coaches they, I hate some of my coaches now

I: ok so um looking back like at the teams you played for, you went from club to um County and Regional so you played at higher levels, did you get any more rewards than you had before? [pause] like um kit, recognition?

S: yea the kit was really cool, but it’s kind of like now it’s lost it’s meaning I guess

I: in what way?

S: it’s like a shirt when it’s got like 2009 on it, it’s only important when it’s in 2009 and I feel like some things are such, like now, can I talk about now?

I: yea you can talk about that

S: like now like the worst feeling, the best feeling in the world is playing at Twickenham, the worst feeling in the world is about ten minutes afterwards

I: and why is that?

S: because it’s over and it’s, it’s kind of like when do we stop being the champions?

I: ok. So um [pause] you, like you don’t find the kit important now but how did you feel about it at the time?

S: when I get it, when I got it, it was an honour and it meant a lot and it was really exciting, and like I say I get to walk around and it was kind of like you were wearing armour and you could, when I was that young like I don’t know fourteen, fifteen, sixteen then uh then like you used, you used to walk around and were like yea I’m, yea I’m part of something really special especially with [country] being one of the best teams in the World and then you were like I am somebody and like I said rugby made me be somebody else than what I am
I: ok. So um was there anything else, did you like win medals or anything from competitions or you said you were captain for some teams

S: yea I was well captain um for my club, county, vice captain of my region. My college was fun that was, that was one of the best things, that was one of the coolest things

I: so it was, you enjoyed um playing for your college because it was fun?

S: because it was um it was just a team that I had set up and there was no rugby players on the rugby team apart from me and we did really well and I had helped coach and we won the [region] title two years running and it was cool because our kit was black and it was, it wasn’t like any of the other kits I’d played in before and it made me feel like I was um playing for New Zealand or something, it was cool

I: ok. Um [pause] ok I think that’s about it for that section um so we can move on to section 3 now which is about your current position um and the team you are playing for at the moment. So you are currently playing for UWIC, how long have you been part of the team?

S: um two and a half years, since I started Uni

I: since you started ok, and what encouraged you to play for UWIC when you came?

S: because I’d played rugby before

I: so why did you want to carry on with it?

S: because UWIC as far as I knew were the best Uni team so I thought it would be quite cool

I: and was there anyone in particular who influenced you to play or was it just because you wanted to play?

S: uh well I knew two of the girls that were already playing, no I lie, I knew one of the girls that was already playing and she had spoken to me, well I did regional with her and she had, had uh encouraged me to do it and, and yea just really sort of got me excited about getting involved and told me how much hard work it was, I wanted it, I wanted to put in the hard work

I: so can you explain why you wanted to work hard?

S: because I wanted to prove something to myself I think
I: ok. Um so how um, what do you feel is your current role in the team at the moment?

S: in what way?

I: um how do you think other people see you as part of the team?

S: [pause] uh useless probably

I: um so why do you feel like that?

S: because I don’t have a position or because I’m not, I always yea I always seem to be like second choice like I seem to be a first choice like one of, one of the starting wingers when somebody else is injured or I seem to fill in the gaps when somebody else is injured, I never seem to have like I never seem to start because I’m good enough

[tape stopped]

I: What do you feel are the positive aspects of playing for UWIC?

S: [pause] um I reckon uh sort of affiliation to, to the club and to the sort of big name of UWIC, um you get some pretty cool kit this year I reckon, much better than last year

I: um ok, um you said about affiliation to the club, why is that important to you?

S: um because everyone knows UWIC and um it’s nice to be a part of something and like especially at, like being at UWIC people know who you are as well, it’s like if you mention something about women’s rugby or something, like everybody knows that women’s rugby are a pretty good team um within rugby in sort of Wales wise everyone knows who UWIC are um and that’s really cool because it makes you feel like you are part of something bigger than just um an average joe team, like Severn Sisters

I: ok. You said um about kit um is that important to you?

S: um UWIC kit?

I: yea

S: uh yea because it’s kind of like um official branding and like belonging to something but it gets annoying when things kind of run out of date because it’s almost like if it’s got 2007 on it, it’s only valid in 2007

I: so do you think there are any negative aspects to playing for UWIC?
S: uh it takes like uh a lot of time um which is a good and a bad thing I guess, um the uh I can’t think of the word, the fear of failure is quite big in it, definitely [pause] um

I: so um what is it um that you think like creates that fear of failure?

S: because we never lose or [pause] it’s weird because like I didn’t have a fear of failure before I came to Uni and having come to Uni, going straight into an environment where everyone sort of spoke about, I remember talking to the girls in our first year when I’d say like oh will we have a game against so and so and they’d be like oh yea they’re really horrible they are really this that and the other, it’s like oh well is it, you know is it a tough game and they would be like oh no we will win they’re just not very nice girls and it’s just something that you came into straight away, having lost two games in two seasons, that’s quite hard, that’s quite, the pressure of not messing up is quite a lot, the consequences are a lot higher so you really think, it’s like when anyone score a try it’s like, they act like they have um won a world cup when they score against you

I: yea, so um how about the social role, do you think that that’s important within the team?

S: um [pause] yea, the social side is kind of like um it’s got a lot of barriers on it as well or barriers that’s censored quite a bit I think, it’s um not in a bad way, well I kind of agree with it um it’s nice to feel like team cohesion and things like that and uh I think definitely, most definitely you build really strong relationships when you have your, off the pitch because you learn more about each other and like I feel people have learnt more about me off the pitch than they do off the pitch like sometimes like one of my best friends on the team, and off the pitch kind of thing um we, we’re really close but then on the pitch like you know we’ll swear at each other, we’ll have a go but then as soon as we walk off the pitch it’s all um it’s all good

I: yep. So um you already said about like the kit um, are there any other rewards that you think you get from rugby at the moment?

S: [pause] uh at the moment just like the sort of, the reward of getting selected for the team is kind of an achievement in itself um especially into the knock outs and stuff like that you know it’s a big deal when you get named in the team and in the squad or you’re a part of and it, it’s really nice to be on like that side of it rather than if you don’t

I: ok that’s fine. So um we will move onto section four which is about your future, I’m just going to ask you about your thoughts for playing rugby in the future. Um do you intend to continue playing after you leave Uni?
S: um probably not immediately, uh I kind of want a like, I think I'll have to have a little break

I: can you explain why?

S: um because playing like I said before, playing for UWIC takes up so much time and it's, it's really, really really intense and it has been a big part of my life, not just like the last three years but obviously more intense, more heavy the last three years or so um it, it kind of, I don't know, I don't know how I will do it, I don't know how I'm going to be able to, I really don't think there's anything that I can do that will top off um playing at Twickenham or not so much in the Welsh Cup final but at Twickenham and um being able to say oh I'm a, I'm a champion

[pause]

I: so um you said you might not play straight away but you perhaps might after that, if you do decide you want to play do you think that there's many opportunities to play rugby?

S: um yea there's like, what me personally or um like just in general?

I: um, either

S: um yea there's like loads of clubs and what not, like popping up here there but I'd never play rugby in [country], for any other team other than UWIC um I've been asked by a couple of people that I know that are coaches in, sort of like over in [country] and playing in [region] and stuff, when you say oh like UWIC, they are like teams lower down and stuff and um well I've got a couple of friends that um a couple in sort of Premiership teams, with two, with second teams in and have said oh you know come along to the twos if I wanted to, not that I'd ever get into the ones or anything but like I don't know just get back into the different side of rugby

I: so do you feel that there would be any barriers to playing rugby after Uni at all?

S: other than if I stay in [city]um I don't know if I'll be allowed to play for UWIC, if I was to play rugby I don't think I'd be allowed to play for UWIC just because of the, the rules and, and stuff they have with who they let play um I'd never play like I said I'd never play for another [national] team, so I'd have to travel to [country]

[pause]

I: ok. So um you said you might carry on playing, if you did how long do you think you would want to carry on for?

S: I don't know, it depends on other things
I: what sort of things?

S: um I think I might, I think I probably, I want to play a different sport when I leave Uni or try or attempt other sports, I think maybe I might [pause] if I was to start playing rugby, if I was to give up and start again rugby again it would almost feel to me that I was trying to cling on to maybe something that was over and that something is my time at UWIC, now

I: yea, um so do you think rewards that you get from rugby would influence you at all, to decide whether to play or not?

S: yea maybe but I think things have changed with the way I view it because like before I came to Uni I would want, I was involved heavily with like regional and wanting to make the performance academies stuff like that where as now I’m not bothered by any of those things because I’ve got all my sort of um my buzz, if you will, just playing club rugby so I think I’d be let down quite a bit if I just, if I just played club rugby again not for UWIC and I wouldn’t get the same buzz from it because I think I’d be expecting to and not getting it

I: yea, that’s fine. Um so section five is just a summary. So I asked you about when you started playing rugby, the reasons and people involved at that time and the factors that kept you playing, is there anything you would like to add?

S: [pause] no just that I, I have met like a lot of like inspirational people and um yea, just I have met a lot of people that have inspired me on to be able to sort of play, and encouragement

I: yep. So then I asked you about your progress in rugby, reasons and people involved and what kept you involved, is there anything you would like to add?

S: [pause] no

I: um I then asked you about your current experiences in rugby at UWIC, is there anything you would like to add?

S: no

I: and lastly I asked about your future thoughts about rugby, is there anything you would like to add about that?

S: [pause] no it makes me sad thinking about it though

I: ok, um do you feel that you got to tell your story in full?

S: oh yes
I: did I lead you in any way?

S: no

I: ok, thank you very much for your time

S: you’re welcome
Interview 4

Interviewer: For the purpose of the tape can you please state your name?

Subject: [name]

I: and how old are you?

S: [age]

I: approximately how long have you been playing rugby?

S: since I was [age]

I: what is your playing position?

S: [position]

I: do you currently play for any team other than UWIC?

S: no I don’t

I: can you tell me about your best rugby experience?

S: I’d probably say um when I was in my first year at Uni, when we won the final for the fresher’s up in [team] against [team]. That’s probably my best experience to date

I: ok. So I will start section 1 which is going to focus on how and why you started playing rugby. Um how old were you when you started playing, you said [age] yea?

S: [age], yea

I: ok, so how did you get involved? How did you start playing?

S: um just through um, I lived in [country] when I was younger, just started through a mini rugby club there um and just went up through the age groups till sort of colts juniors, and then to um sort of age group rugby and then I came to University so

I: ok, so when you started would you, were you encouraged by other people?

S: yep, um my dad maybe because he played rugby as well so he sort of took me on to start mini rugby when I was [age]

I: ok so you were quite young, was that tag rugby?
S: uh yea, yea it was sort of like tag touch and then we went up to full tackle when I was about 9 or 10

I: ok so you said you played for a club yea? Um, just a local club?

S: yea just a local club from round the area where I lived

I: um ok so what, like when you went to training and stuff what was the environment like?

S: uh it was quite sort of community based um because it was sort of local to where we lived um so it was sort of quite a close-knit community so everyone knew each other, um so it was quite sort of um a fun, friendly environment to um, to start playing rugby I guess.

I: ok so who was responsible for that environment?

S: um just sort of the coaches and stuff, and it was mainly the, sort of the dads in the area who sort of started it off um, it sort of built from there so as I say it was quite sort of close-knit

I: so um how did you feel, like when you went to training and stuff?

S: um I always looked forward to it, um because it was always good fun, um and I think it just sort of expanded from there really

I: so how often did you play?

S: well we used to train um once a week on a Sunday and then we used to have um a tournament once a month just with the other mini rugby clubs

I: um yea so I was going to ask you about competitions, you had a tournament now and again?

S: yea up until, um I think it was up until about Under 12 level we just had a tournament once a month, um just to sort of keep competition up in the area and stuff like that

I: so did you win anything?

S: um yea it was just sort of um, it was just sort of like local leagues and stuff like that when I was younger, um nothing too big or anything like that

I: so how did you feel when you won?
S: um, yea it was quite satisfying I guess um because it was always quite competitive with the other, because where I was from it was um, there were a lot of kids in the, like different areas who played for different clubs and you always um everyone knew everyone kind of thing because everyone sort of went to school with each other and uh it was quite competitive so yea it was satisfying to win, if you did win and stuff like that

I: ok, so when you won was it um quite hard or easy?

S: um, it sort of varied sort of like year to year because you know some years the age group you were in you would have a quite strong team or you know some years you would have quite a weak team so it was always quite competitive and it was good fun actually

I: did you find it important to win?

S: um yea it was always important to win but I think at that age it was more about just participating, um and getting involved. It was more of, uh did it for the enjoyment of playing than the winning aspect I guess at that age

I: ok. So when you started, what encouraged you to carry on playing?

S: um, well I think my dad was a big influence but also just the satisfaction I got from just partaking in it, um just playing with your mates and stuff like that, I think that was like, that was a big thing for me because I got to sort of uh, something you can do away from school and stuff like that with your friends and it’s always good fun so

I: yea and you said um your dad was quite a big influence, was it important for him that you played?

S: um I guess so yea he always encouraged me to play, um he always supports me you know whatever team I was playing for, however well I did um so yea it was, um I’d say he did encourage me quite a bit to play

I: was that why you carried on playing or was it other things?

S: um yea that was sort of one of the main aspects but I guess I just, I really enjoyed it so I think that’s why I kept playing, that’s why I’m still playing now

I: ok, so at the time um when you started, did you receive any rewards?

S: um not really, it was sort of, it wasn’t that, it was serious but it wasn’t that serious um, rewards such as um as I say I lived in [country] so one of the rewards for us um was the season sort of finishes at the end of March in [country] and we always used to play at the [country] 7’s, um it was like our final tournament of the year as such um for all the clubs so I guess that was a reward in that sense because you get to
play on sort of the big stage so that was nice, I guess a reward for the effort you put in throughout the season

I: ok. So um we’ll move on to section 2 now which is about your progress, um you already told me a bit about the clubs you played for

S: uh huh

I: you moved on through the age groups, so did you play for the same club all the way through?

S: uh yea I did, I played for the same club up until I was um fourteen and then I moved to, when I moved to [country] when I was fourteen I played for a different place, for the school I went to and I played for the same school throughout my time till I came to University

I: ok, so you said when you came to [country], how did you get involved in the school team?

S: um, I went to a rugby school so it was sort of the main sport so um I sort of got involved through that and knew that’s what I wanted to do so I just sort of naturally went down that line because that was the main sport they played there

I: yea and you played all through school?

S: yea all through school

I: um, at the time did you play for any clubs at all or not?

S: um no I didn’t I just played for school

I: ok so what level of competition was that? Was that higher than before?

S: um yea that was higher than before I guess because I played for sort of school and then went up to like county level and so on um so yea it was sort of, it was a higher level I previously was playing when I was in [country]

I: so how did you feel about playing at that level?

S: um yea I felt comfortable playing at that level, it was just a good step up from where I’d played before um it was just a good challenge I guess

I: and was the environment um similar to before or quite different?
S: um it was quite different because I think the rugby style is quite different in [country] to what I was playing in [country], um sort of weather has quite a different sort of impact on the game and so on, um but yea it was good fun

I: ok so you moved on to county teams as well

S: yep

I: how did you get involved with that?

S: um just got selected through the school, um selectors used to come to watch our matches and used to pick players that they thought were capable of playing for the county um I think that’s just how I got involved for county level, um yea just through that

I: ok so how did you feel about playing at county level, when you got picked?

S: um yea it was nice, it was nice sort of recognition I guess, um so yea I think it was quite satisfying in that aspect to um, for other people to recognise that you were capable of playing at a higher level

I: ok. So do you think there were key people in your rugby progression?

S: sorry, say that again?

I: do you think there were like key people that

S: yea I think like my coach when I was at school was quite a big influence as well, and I think yea my, my dad always supported me like I said so um yea I think that was really it

I: and how did they influence you?

S: um they always encouraged me you know say if you go through a bad patch or say you go through a good patch they are always there for you and they always you know keep encouraging you to carry on with it, progressing and yea I think they play sort of a main role in your development and progression through whatever level you’re playing rugby at

I: ok. Um so did you receive any more rewards than you had previously?

S: um, no I didn’t

I: and how did you feel about that, did you... did it bother you?
S: not really I was just like, I was happy at the level I was playing at um it was, I probably got further than I actually thought I would so I guess it was just a bonus in that aspect, so um yea I was happy with that

I: so it didn’t influence your reasons for playing at all?

S: um not really no, it was just sort of maybe a bit more motivation to play because you know, you experience a bit of success whilst you’re playing so that sort of motivates you to you know carry on a bit more and try a bit harder because you, you know, maybe think you can go even further so it’s just, yea it’s good in that aspect

I: ok. So now we will move on to section 3 which is about your current position and the team you are currently playing for. So you are playing for UWIC at the moment, how long have you been part of the team?

S: um I’ve been playing for UWIC for three years um I’ve been involved in the firsts set up now, this is my second year um yea

I: ok so what encouraged you to play for UWIC?

S: um I just, I heard it was quite a good rugby University to come to um that’s why I came here really. Um and I think just over the time that I’ve been here it’s sort of, it’s been recognised that it’s you know it’s quite a strong club to play for so, I think that’s what encouraged me to come here

I: ok and was there anyone in particular who influenced you to play?

S: what at UWIC?

I: yea

S: um no I think it’s just sort of, it’s just the thing people do if they play rugby here I guess and whatever encourages everyone to get involved and do as well as you can so you know

I: and you wanted to continue playing, that was why you came here, so why, what were the reasons you wanted to carry on playing for?

S: um I wanted to challenge myself, come to a place which um I knew my rugby could develop at, um I think that’s why I came here

I: so what do you feel is your current role in the team at the moment?

S: in what, what do you mean?

I: like how do you think other people see you in the team?
S: um maybe as sort of like a senior player because it’s quite a young team and um because I’ve been part of that team for a while now um I hope that people could kind of look up to me in that sense because I’ve been there and um sort of for a while and played in that team for a while now so I’m quite established you might say but at the same time you know I hope that I can help um younger lads coming into the team, that have made that step up

I: yea, so um you feel like people look up to you, how does that make you feel?

S: um it’s good, it’s sort of a nice responsibility to have because you feel you can help people progress in their rugby um and get better as players

I: ok. Um so what do you think are the positive aspects of playing for UWIC?

S: um I think the um friendships that you make in the team, the teams that you play in um we’ve just sort got a very close-knit community here at UWIC and um I think those friendships that you make develop over the time that you are playing for the team um are really sort of special and I think it’s, I think University rugby in general is you know that’s something that you can really appreciate after you’ve finished playing for them so you know it’s probably one of the most satisfying things about playing for UWIC.

I: ok and what do you, uh do you think there are any negative aspects at all?

S: um sometimes yes um the pressure that we are put under possibly sometimes um can be a bit too much sometimes uh but that’s only sort of like a little thing I guess

I: ok, can you explain why being put under pressure is bad?

S: um, it sort of maybe distracts you from you know just playing your natural game because you are aware of this outside pressure that is upon you um coaches you know at University, um such as you know people expect us to win sort of like the University league and so on but it’s not as easy as that, so sort of outside pressure is always on top of you so um maybe that’s a good thing maybe it’s a bad thing, I don’t know I suppose it is different for some people so

I: do you think it’s a good or bad thing for you?

S: um a bit of both really, um it’s a good thing because clearly um you can raise your game to the level they expect you to be at um but then again it can be a bit too much pressure for some people who um, who maybe haven’t experienced that kind of pressure before because they are new to the team or the University. Um because I’m sort of you know I’ve sort of been here for three years now um sort of like, it’s
sort of I expect it anyway so it’s not as daunting maybe for me as it would be for 
some younger guys in the team

I: and do you think it is important for others that you continue?

S: um continue doing what?

I: continue playing rugby at UWIC

S: um yea I think it is, I think it is a good club to play for if you want to progress in 
your rugby so yea I think it is important to continue playing

I: and um how much do you value being part of the team?

S: yea I do value it a lot, I think um some people take it for granted at times but I 
think personally when you look back on it I think you will value it a lot you know in 
years to come, I guess it’s sort of um it’s like it’s good for a lot of people because it is 
a sort of higher level than like, than maybe a lot of other Universities would play at 
because we play in like the Saturday league as well um division one, so I think I will 
value it a lot once I’ve left University

I: and what rewards do you feel that you receive from rugby at the moment?

S: um just [pause] just um the rewards of being able to play at such a high level 
which I didn’t expect when I originally joined the University. Um, I think it’s something 
that a lot of the guys that have left do appreciate because they probably wouldn’t get 
that opportunity at a lot of other Universities like I mentioned so I think that’s a good 
reward for some people because then they get to develop as players

I: Ok, is there anything else like um kit or um extra coaching?

S: um yea like the coaching, I think the coaching that we receive here um is sort of a 
high standard really because um our coach Chris Davey he’s really one of the best 
in the area I would say, you know he knows his stuff so I think it’s quite rewarding in 
that sense because we know that we are being almost sort of, not taught by the best 
but taught by someone who knows a lot about the game so he, that can only help us 
so that is quite a reward I would say

I: so does that influence um does that influence you to play?

S: yea it does because you know that you can, you can pick up a lot of things and 
develop as a player and your game can get better so I think it is a reward and 
something which people do appreciate

I: ok. Um now we will move on to section 4, which is about playing rugby in the 
future. Um do you intend to continue playing after you leave Uni?
S: I do, yea

I: and why is that?

S: um just from the satisfaction I get from playing the game, um I really enjoy it I've played for a long time so I think there is no reason why I would stop playing after I finish University

I: so what opportunities do you think you will have to play when you leave?

S: um I think there's a lot of opportunities out there, there's a lot of clubs you can play for um so yea I think I will continue playing

I: what sort of level do you think the sort of clubs you've got the opportunity to play for?

S: um probably the same level that I'm playing at the moment for University um I'll probably stay at this level um yea

I: ok so you think it will be about the same level, do you think um like the training and stuff will be different or quite similar to UWIC?

S: um it depends what club you join, um I think the training we receive is of a higher standard for a team that's not professional um so I think that's a really good thing, maybe not necessarily the other clubs at the same level as we're playing at the moment at UWIC will be the same, they probably won't be but then, but you know I don't know anything that will you know stop me playing. I still want to play at the end of the day

I: ok. Do you think there will be any other aspects that will be different or similar to UWIC?

S: um yea I think that there will be a lot of similar aspects, the whole team bonding thing and the friendships you develop is the same at any club um I can't really think of anything, any negative aspects at the moment because I haven't really experienced them but um I'm sure there may be a few but I couldn't say at the moment what they may be

I: ok. So do you feel that there will be any barriers to playing rugby?

S: um any barriers to playing as in...?

I: um like anything that will prevent you from playing
S: um I can’t really see anything at the moment um probably, maybe it depends on what job you have once I finish University um but I think there’s always you know ways to work around that, if you want to play you play at the end of the day

I: and for how long do you wish to continue playing rugby do you think?

S: for as long as I can really

I: ok. Um for what reasons is that?

S: just because I enjoy it so much, the satisfaction I get from playing um it’s just um I find it’s really fun so why not continue doing it

I: yea, so you said you feel like there will be lots of opportunities so do you think it will be possible to carry on playing for as long as you want?

S: um yea as long as I stay injury free and continue to be motivated to play the game which I think I will be um I don’t think I see anything stopping me from playing

I: ok, and um do you think that the support or rewards you get when you move to another club will influence your decision to keep playing?

S: um I think it may do yea um it’s always nice to have the support of the club and the players you play with so I think that will influence you know my decision to keep playing but at the end of the day if I know that I want to play then I will play

I: ok, that’s fine. So section 5 is just a summary. So I asked you about when you started playing rugby, the reasons and people involved at that time and the factors that kept you playing, is there anything you would like to add?

S: um no, that’s all

I: then I asked you about your progress in rugby, the reasons and people involved and what kept you involved, anything you would like to add?

S: no

I: I then asked you about your current experiences in rugby at UWIC, anything you would like to add?

S: um no, I just think it’s um it’s a good club to play for and it’s a good experience for the time that you are here, you’re only here for one, two or three years and it’s um it’s been good to me actually

I: and lastly I asked you about your future thoughts for rugby. Is there anything you would like to add about that?
S: no

I: ok, and do you feel that you got to tell your story in full?

S: I did, yea

I: did I lead you in any way?

S: did you what sorry?

I: did I lead you in any way?

S: um no no, I think I was able to voice my opinion on things that you asked

I: ok. Thank you very much for your time
Interview 5

Interviewer: for the purpose of the tape can you please state your name?

Subject: [name]

I: how old are you?

S: [age]

I: approximately how long have you been playing rugby?

S: uh [time] years

I: and what is your playing position?

S: [position]

I: do you currently play for any team other than UWIC?

S: no

I: um, so can you tell me about your best rugby experience?

S: um best rugby experience, probably back when I was in sixth form playing for [national] colleges against [national] colleges in [town] in [country], we won, won the cup that’s probably the best

I: ok. So I’ll start section 1 which is about how and why you started playing rugby. Um how old were you when you started?

S: uh [age]

I: so how did you start playing?

S: um school team, because I’m from [region] there’s not much rugby really up there but we um had a school team and I started playing for them

I: how did you get involved in that?

S: um teachers really encouraged me to participate

I: how did that make you feel when they encouraged you?

S: yea good, thought I’d give it a go
I: um, so was that contact rugby or tag rugby?

S: yea contact rugby yea

I: ok. And um how often did you like train or play?

S: um trained once a week, played every [pause] probably every three or four weeks I suppose or couple of weeks

I: did you play for a club at all at that time?

S: no

I: um did you have like friends that played?

S: yea

I: and what was the environment like at training and stuff?

S: uh just a friendly environment, more about fun and participating than serious

I: so how did you feel when you were um in that environment?

S: um yea good, it was a good laugh I think

I: ok. And who was responsible for that environment, was it the teachers?

S: yea the teachers I suppose as well as the children

I: and do you think they influenced what it was like?

S: yea I suppose they did yea, the children

I: ok. Um any competitions? U said that you played um games now and again?

S: yea, yea for school yea played school games like a school cup, uh different schools in the area like

I: yea, [pause] so when you started playing what encouraged you to carry on playing?

S: um just like it was a good social side to it and uh don't know, just enjoyed the game

I: ok. So um did you win any of your games or anything?
S: we did yea, we were quite a successful team

I: um so did that encourage you to carry on playing?

S: yea I suppose it did yea

I: ok, um [pause] so when you won games or competitions how did you feel about it?

S: um it felt good because you know that the work you’ve done in training, and you’re winning and that’s with your friends as well so sort of, it’s good

I: ok. So was it important for you to win?

S: um yea I suppose it was

I: can you explain why?

S: um quite competitive person I suppose, like to win

I: ok um was it important for others that you won?

S: yea the teacher and the other players

I: why do you think um it was important?

S: um same I think it was quite competitive

I: yea. So how did you feel knowing that it was important to them?

S: um I felt like I wanted to do better for them as well, as well as myself

I: ok [pause] um so at that time when you started playing did you receive any rewards?

S: mm no

I: ok. Um did that bother you at all?

S: no

I: um why not?

S: um I was doing it more for the love of the game rather than for any rewards and we were getting good feedback and stuff, taught us to get motivated
I: ok so we will go on to section 2 which is about your progress um and I’m going to explore how you progressed after you started playing. Um so you started playing for a school team, how did you progress on then?

S: um then I found a club the season after and then um I broke into the [region] teams and the [national] colleges teams in a few years.

I: so first of all you got involved with the club, how did you get involved with that?

S: um they had good links with the schools um I was asked to go to training the season after, actually I was asked to go the first season but I didn’t really fancy it the first season, um I played the season after

I: so was that by your teachers or coaches?

S: yea by the teacher that encouraged me to go there

I: ok [pause] um how long did you play for that team?

S: um three years, till I came to University

I: yea ok so um you stopped playing for them because you came to University?

S: yea

I: ok, and then you said also you got involved in the North Wales teams

S: yep

I: was that through your club?

S: yea through the club yea, just scouts at the trials and stuff

I: so when you got picked to um to be in those teams how did you feel about that?

S: um yea it was good um yea it was um good achievement like and a bit of encouragement at school as well so it was good

I: ok. So was that um a higher level than you had played at before?

S: yea

I: um how did you feel about playing at that level?

S: um yea good I thought the level that we were playing at before wasn’t very good to be honest so um it was more like my level of rugby, it was better
I: ok, so um how was it different? What was the environment like?

S: um it was a lot more professional, a lot more um well not professional but you know they took it a lot more seriously and um more training, a lot of training etc

I: so how did you feel about having to do more training?

S: yea I thought it was good yea, I think I played well out of it, I enjoyed it

I: um [pause] so we’ve already talked a bit about like how you got involved in it, was it the people um like your coaches and that that influenced you to follow that path?

S: yea, yea that’s right

I: ok, was there any other key people in your rugby progression do you think?

S: um my father’s a big rugby fan so I suppose, he encouraged me a lot

I: ok, how did that make you feel when he encouraged you?

S: yea good

I: um were you influenced by anyone else at all, team mates or anything, or not really?

S: um coaches I think

I: um [pause] so you were influenced by the coaches and your dad, what do you think was positive about that?

S: um [pause] not sure, I suppose they could, they could tell me, because they were watching the games as well I could get good feedback from them about the game and stuff

I: was that feedback about your performance?

S: yea, yea performance related yea

I: was that um good feedback?

S: yea

I: were there any negative aspects do you think about being encouraged by other people?
S: um I don’t think so

I: ok um so it was a bit higher level than you started at, did you receive any rewards because you didn’t before?

S: um kit

I: you got kit

S: yea

I: and how did you feel about that?

S: yea positive, it was good

I: um can you expand a bit more?

S: um, do you mean how I felt?

I: yea

S: um yea I just felt pleased that I was getting extra kit for playing now and then it made you feel a bit more special like

I: ok um [pause] yea that’s about it for that section. Um section 3 is just about your current position, that’s like the team that you currently play for, so you play for UWIC at the moment um how long have you been part of that team?

S: um UWIC in general or just the first team?

I: um

S: both teams I’ve played for?

I: yea both

S: um I’ve played for UWIC for three years but I’m in the first team for the first year this year

I: ok. [Pause] um so you started, have you played rugby since you started at UWIC yea?

S: yea

I: so what encouraged you to play for UWIC?
S: um just love of the game when I came here and it's good banter and a good social side to the boys as well, as well a good standard of rugby so

I: ok, so it was like a good standard as well, is that partly what encouraged you to come to UWIC?

S: yea, yea definitely

I: and why was that?

S: um because I wanted to play as high standard as I could and I knew UWIC would be a good place to do that

I: ok was there anyone at UWIC who influenced you to play for them?

S: no, not particularly

I: [pause] um so what do you feel like is your current role at the moment in the team? [Pause] like how do you um think people see you in the team?

S: um [pause] I'm not sure what you mean, sorry

I: um [pause] ok, don't worry

S: sorry

I: that's alright. Um what, ok what are your reasons for playing then do you think, at the moment?

S: at UWIC?

I: yea

S: just enjoy playing, at a high standard and uh yea it's just, yea I enjoy that and training's good as well because we do a lot of training, it's good stuff

I: ok, so um you say about training, is that a positive aspect?

S: yea I'd say it is yea

I: and why?

S: it improves my overall game, like all the aspects

I: do you think there's any other positive aspects?
S: um there’s a good social side to training because all of the boys are doing it together rather than doing it individually in the gym and stuff so

I: so do you think there’s any negative aspects at all?

S: um no I don’t think so

I: ok. So you said about like relationships with team mates and stuff, do you think the social role is like an important part of why you play?

S: yea I think so yea because if there wasn’t a social side then I don’t think I’d have as much motivation to play

I: ok. So do you think it’s um important for other people that you carry on playing?

S: yea I suppose yea

I: and what people would those be?

S: um team mates, coaches

I: so why do you think um it’s important for them?

S: um because um my coach, I think that he wants to put as strong a team as he can on and at the moment I’m a member of that strong team, and for the players I suppose the same reason as well as um the social side as well for everyone because there’s a good bunch of boys there now and if it’s good socially then you can get motivated to play that way

I: yea. Ok, so um [pause] how does that make you feel, knowing that they want you to play?

S: yea it encourages me to play, so yea it’s good that

I: and how much do you value being part of the team?

S: yea a lot

I: can you um explain a bit more?

S: um, not really

[End of tape - turned over]

I: so what rewards do you feel that you get from rugby currently?
S: um currently we get um the kit, um we get, do you want me to talk about tangible rewards or like...?

I: um yea anything, tell me what do you feel to be rewards?

[Pause]

S: um well we’ve been given a financial bursary to play as well as um kit and um I suppose a reward would be the um the bonding with the team and stuff you know I suppose that’s our team, it’s a form of reward isn’t it

I: yea, so you had kit before

S: yep

I: um do you feel any differently about getting it now than you did before?

S: um not really

I: is it important to you?

S: yea I suppose it is yea

I: what reasons?

S: uh identity I suppose

I: ok. And finance as well, how does that make you feel, getting financial help?

S: yea it’s good because um we put a lot of time and effort in for um training and stuff like well actually because we train in the summer and stuff so um it’s good to be getting money back now to show that they appreciate that we are making the effort

I: ok, [pause] so why do you feel that you get these rewards like kit and finance?

S: um [pause] I suppose because we are doing um because we are quite successful and uh yea

I: ok, does receiving um does that make you feel like you have to go to training?

S: yea I suppose it encourages me to, yea but I enjoy training anyway so yea I’d be going anyway

I: so [pause] um so do the rewards influence your reasons for playing?

S: um they don’t, no not the reasons but they do help, if you know what I mean
I: yea, um so would you still play without those rewards?

S: yea

I: ok [pause] um so why would you carry on playing if you didn’t have them?

S: because, enjoyment of the game

I: ok, so now I'll move on to section four which is about your future, I’m just going to ask you about playing rugby in the future. So do you intend to carry on playing after you leave University?

S: uh yes, I think so

I: can you explain why?

S: uh I just enjoy the game, just want to carry on playing

I: ok, um what opportunities do you think you will have to play when you leave?

S: um I’m not sure, either you know you get picked up by other teams in [region] to play, or well I’ll have to go home and play for the club, club team

I: so um what level do you think that will be at?

S: um, it wouldn’t be very high when I go home but then I could always look for another team in [region]

I: ok and what about down in [region], would that be higher do you think?

S: um yea it would be a higher standard yea

I: ok. Do you think that would be different or quite similar to UWIC?

S: um I imagine it would be quite different because the training, we do all the training together in UWIC but then I suppose if I join a club, a club in [region] then training um the gym and stuff would be um for us to do individually, which I don’t think would be as good

I: you don’t think it would be as good?

S: no because of the social side and stuff

I: ok. Um do you think there will be any barriers that will stop you playing at all?
S: um no I don’t think so, injury

I: ok. Um how long do you want to carry on playing rugby for do you think?

S: um [pause] until I can’t any more, do you know what I mean

I: yea, so um can you say why?

S: again, I just enjoy it, I enjoy playing

I: um so do you think it will be possible to carry on playing as long as you want?

S: uh hopefully yea

I: so you said like um it probably won’t be as high level as UWIC

S: yea

I: so perhaps you won’t get the same rewards?

S: yea

I: will that influence your decision to keep playing at all?

S: no, no it’s just enjoyment

I: ok that’s about it. Um section five is just a summary. Um, so I asked you about when you started playing rugby, the reasons and people involved at that time, and the factors that kept you playing. Is there anything you would like to add?

S: nope

I: then I asked you about your progress within rugby, the reasons and people involved and what kept you involved, anything you would like to add?

S: no

I: I then asked you about your current experiences within rugby at UWIC, anything you would like to add?

S: no

I: and lastly I asked you about your future thoughts about rugby, is there anything you would like to add about that?

S: um no
I: ok. Uh do you feel that you got to tell your story in full?
S: yes
I: and did I lead you in any way?
S: no
I: ok, thank you for your time
S: you’re welcome
Interview 6

Interviewer: For the purpose of the tape can you please state your name?

Subject: [name]

I: How old are you?

S: [age]

I: um approximately how long have you been playing rugby?

S: [time] years, [time] years

I: ok and what is your playing position?

S: [time]

I: and do you currently play for any team other than UWIC?

S: no

I: can you tell me about your best rugby experience?

S: uh probably playing at Twickenham with uh the UWIC team in 2007/2008 season uh when we got to the final and played against Hartpury, it wasn’t a very good experience because of losing but the actual atmosphere and the, you know being there was a good experience in itself

I: um section 1 is just about how you started playing rugby and why. Um so how old were you when you started playing?

S: I was [age] when I started playing rugby um

I: and how did you start playing?

S: like from like peers and thing like that is it or…?

I: yea, yea like parents or friends or

S: yea well my brother was into it um he was a big influence, my father played as well and it was coming from that sort of are where rugby is a big thing uh everyone around me was playing rugby so when I was young you know
I: yea

S: pick up a rugby ball, throw it around the garden and then just developed into me taking it up into a club basically

I: ok, so where was that, like a local club?

S: yea, yea

I: and were you doing tag rugby then? Touch rugby?

S: no, no it was full contact

I: full contact?

S: yea I think, no was it? [pause] I don’t remember it being touch rugby anyway

I: ok, that’s fine. Um so um you said your brother played, did you have friends that played as well?

S: yea, there were friends uh I, I used to like you know have a game in the street like, purely recreational but uh obviously more sort of the same age as me, didn’t join the club until they was you know the right age like I was

I: ok

S: but uh I used to go with some older boys as well that were involved already

I: ok so when you um started playing like at the club um what was the environment like within training and stuff?

S: [pause] well it was new to begin with, I mean I’d never experienced training with any sort of club before because it was the first club I’d been involved in um where it comes from what I remember it was just your normal training on uh mid-week and a game on a Saturday, or Sunday as it was then I think, minis and juniors so

I: ok was it quite hard or was it um did you enjoy it?

S: yea I enjoyed it, I mean it was fun, it was something new it was exciting, something I enjoyed doing, a way of expressing myself uh just something I liked doing basically yea so, I mean if I didn’t like it, if I didn’t like coaches and stuff then I probably would have given up there and then and not bothered

I: so you liked the coaches? They made a good environment?
S: yea they must have made it a pleasant environment for me then because I like um I must have enjoyed it myself you know with the coaches I, I don't know if I'm making sense now but

I: yea, that's ok

S: I must have enjoyed it or I wouldn't have carried on with it

I: yea. So um you like you said you played on Sundays, did you have competitions or anything?

S: um I don't know if there was any sort of league or cup setup at that age, I don't think there was um there was just basically friendlies against other local teams uh throughout South Wales. They would have uh tournaments now and again in different areas, usually around April or May time I think when the season turned better like and the ground was less cut up like

I: ok so um like you had games, did you win much that you remember?

S: um I think we had a decent team I don't think we were world beaters at under eights uh I think it's, I couldn't say for example you know if we won every game or if we won eighty percent of our games but

I: ah no, no that's fine. Um can you remember how you felt when you did win?

S: it was nice and enjoyable I mean the experience of winning, I mean it's good at that age to experience losing as well because it gives you that quality in life to say oh maybe next time or try a bit harder but um winning was always enjoyable you know and I've always liked winning so

I: yep, and did you get any medals, rewards or anything or not really?

S: uh my first year I was a year younger than everyone else so uh, I played up a year sort of thing so I was six and everyone else was seven so I didn't really, you know I had a bit of a disadvantage there but the next year I was like, I started to get player of the year's and stuff and uh tournaments we you know we won tournaments and you get medals for that or trophies for that as well so

I: how did you feel when you got things like that?

S: it was good, it was nice to be recognised for what you do um sometimes it's hard work and you know a lot of effort goes into training, even though it's a young age you've still got to you've still got to turn up and play a part and be fit

I: yep
S: so it was nice to get that reward in the end as well

I: so when you started, what do you think were the main things that encouraged you to carry on playing?

S: uh the fact that I enjoyed it, it was good really um my friends did it, my family’s done it um sort of like my parents used to like to come and watch me I suppose, not that they forced me but I just liked to see them come and watch me I think

I: ok. [pause] ok so um we’ll go to section two which is about your progress um so you said you started playing at under eights, did you carry on then to like higher age groups?

S: ah yea, stayed with the same club um so it was under eights for two years, under nine’s, ten’s, eleven’s, twelve’s all the way through to sixteen’s, in the minis and junior section, then through to the youth section and during my last year of youth then I was also, that was when I left to go to Uni like so I was playing for UWIC as well as the youth team.

I: ok. Um [pause] so like you gradually moved on to like higher levels, was that like higher levels of competition as well?

S: what in teams like regional and things like that is it or?

I: yea did you…?

S: yea I mean under twelve’s I think district started, I was involved with that team throughout, form under twelve’s, thirteen’s, fourteen’s, I don’t think they did district in fifteen’s and they did in the under sixteen’s, and then under fifteen I think they did schools as well like uh local schools would all club together basically and make a team, that was [area] schools uh that was under fifteen’s and they selected the county team from that so I made it into the county team as well at under fifteen’s and continued with that at under sixteen’s so it was quite a lot of rugby going on in fairness

I: yea

S: um I think I played up a year then at under seventeen’s for [club1] when it was still club rugby dominant uh went in the regions setting then, I played up a year for [club2] at under eighteen’s so everyone else was seventeen, I was sixteen um then [club2] dispersed so I went to the under eighteen’s in [club3] and then through to the under twenties in [club3] um and I got involved with the [national] twenties then as well but uh they stuck with the squad basically that they had before so, but it was a good experience you know to get that far
I: yea, so um like you moved on to district and etc, like what influenced you to follow that path? How did you like get involved with the teams?

S: um just basically turned up to trials um the local trials for like districts and things like that, the coaches would be in charge of selection whether, I mean it was purely ambition to try and get further and play a higher standard um pushed myself basically to be the best I could be

I: so were you like encouraged by other people to go to trials and stuff or was it just that you wanted to do it?

S: yea I wanted to do it, I wanted to do it I mean

I: ok

S: yea

[pause]

I: um so when you got like involved in those teams how did you feel about that?

S: um [pause] well it was like again it was for uh your ability I mean worked hard, trained hard, kept my head in the game and then got rewarded for it by getting into things like that you know opportunities where you can play for teams and had the ambition to go further and still progress and play for teams that are recognised, you know people look at, like county is a recognition to get into University in UWIC you know if you want to play rugby for UWIC they say oh you must have county so I thought that was like an opportunity for me to play rugby at a higher standard again when I left school

I: yea, and when you got older you said you um played for quite a few different clubs as well was that like trials again that you went to or…?

S: uh yea trials for, uh I got into [club1] through hearsay basically people must have come to see me play and that um then, again [club2] was a bit of hearsay people coming to watch and then [club3] was following on from [club2], they got in touch with the boys who were with [club2] to bring them up to [club3] uh that continued then to the under twenties and then the [country] training was again a bit of hearsay, people watching taking account of performance basically

I: yep. Um [pause] so like you moved on to higher levels of competition, did like the rewards that you got increase as you went up higher levels?

S: in terms of like trophies now or…?

I: um yea or anything you feel is a reward
S: uh the reward was just basically getting out to play

I: mm

S: to get to the standard and be in a position to be selected to start for the team is a reward in itself you know you’re playing with boys from a much vaster area or much bigger area so you know, you’ve got a lot of talent in a, well there’s a little bit of talent in a certain area then as you get further afield there’s more talent coming together, to get the opportunity to play then and show that you are a part of, one of the best players in [region] for your age group is an achievement in itself again I think

I: yea, ok so did um, how about the material rewards side, like medals and stuff did you get more of that, like kit and things or…?

S: uh you got kit but you had to pay for it, stingy!

I: so you didn’t really see that as much of a reward?

S: well it was nice to wear for just to train in or whatever, it wasn’t something to go flashing about and say oh yea by the way I play for… uh sometimes people did recognise that and you know if you do, well I suppose it was nice but it wasn’t what I was aiming to do like you know

I: no

S: wearing kit to flash round and that um but then obviously as you get older the sort of medals are all sort of, and trophies we got for participation all sort of died out and then they uh stick to the ones that have been performing at you know end of season dinners and things like that

I: ok um like as you got, so did your like um perception of rewards change as you got older?

S: [pause] um let me think, how I can answer this one [pause] I wouldn’t have said you know, you’re rewarded it when you are young for participating and you know everyone gets a trophy or a medal for saying ah you know well done for playing all year, at the end of the season but that sort of dies off as you get older I mean and then you get rewarded for performance, on a performance basis if you’ve had a really good season you might get player of the year, if you’ve worked hard all year you might get clubman of the year uh [pause] so I think there was a basis of when I was younger yea you know, you get it for participating but still you get it for trying hard and training, consistently training and working hard and playing to your best potential you know and I suppose it carries through, throughout the years basically because if you play hard and train hard then you’re more likely to be a better player
and then you’re more likely to be up for rewards like player of the year and clubman of the year at older level

I: ok. So um now we will talk about your current position, so that will just focus on UWIC, who you are currently playing for

S: yea

I: um how long have you been part of the team?

S: uh this is my fourth year involved now, with the first team

I: so have you played since you started at UWIC?

S: yea I played, uh initially with the fresher’s but because the coaches here knew I was playing for [club] twenties as well they called me up to training quite early on um that was back in the days as well when they didn’t call everyone up like early, as early as normal, you really had to break into the team uh there was only a small number that would do that uh I didn’t really, I didn’t play my first game till you know I got training um in like October, I didn’t play my first game and it was a BUSA game until like December for the first team uh and then I didn’t play again for the first team until about February and then after that then I represented them in the National league after BUSA finished for about the last ten, twelve games of the season and from there on in I um haven’t played for anyone else basically

I: ok so did you say you played for UWIC before you came to Uni?

S: no, no not before I came to Uni

I: ok.

S: I played for the fresher’s when I came to Uni initially and then

I: ah right, yea. Ok so how did you feel like, you said you got um called up to the firsts, how did you feel about that?

S: uh it was, it was nice again to be recognised for what, what I’ve done in my rugby I mean to work hard, train hard I got rewarded by playing for [club] and that gets looked upon as being you know someone who’s got potential, someone with a bit of class then

I: yea

S: so if you get called up to the first team, you’re recognised for that then it was an achievement and I was happy
I: yep so like when you came to UWIC what um influenced you to play for UWIC?

S: [pause] well I wanted to play for UWIC before I came here, like I said it was looking, when I spoke about county level you know it was a required to play for the rugby team, that was one of the things I thought well I’ve got county level so I can play for the rugby team they’ve got there, I was prepared to work my way up, I did play for the seconds now and again as well in between uh I, well at one point I think I was playing for all three teams one week uh I think my name was down on the firsts, seconds and the fresher’s team sheet

I: ok so um do you feel that you get more rewards now than you did before? [pause] what rewards do you think that you get at the moment?

S: [pause] because we uh I’ve been playing for UWIC for so long now they’ve basically got a policy where they give bursary money to player’s who have played and shown commitment over the years and regularly played first team level so uh it was like supporting to have it last year but I’ve been playing, representing for three years but that was the first year they started to give it out to players who’d represented for three years so that was sort of a reward in itself, a bursary to say thank you and then coming back this year they’ve done the same thing because I could have gone and played elsewhere but my studies are down here like and I chose to stick with UWIC basically and they’ve again rewarded me for my hard work and um consistency in playing, playing for the first team throughout the year again

I: ok um so what do you think are your reasons for playing at the moment?

S: um purely for, it must be for enjoyment because like I wasn’t expecting a bursary last year or this year, I was just prepared to play uh first team level, it’s quite a high standard you know in Wales National one uh division one east whatever they call it um yea

I: so what do you feel are the positive aspects of playing for UWIC?

S: I think the good comradery of it I mean the boys are all together usually like I’m not so much in, in the mix as such with the boys this year in the social events that they participate in because I’ve got my studies now to worry about this year outside of, outside of the rugby but when I was here from year one to year three it was like all of us were living together, all of us training together it was a good comradery, a really friendly social group and quite, quite a lot of high achievers I know boys who were quite talented, it was good to play with

I: ok. Um do you think that there’s any negative aspects?

S: uh sometimes those social issues can pour over into the game uh not in terms of like you know boys scrapping and fighting each other but in terms of uh rather than it
being a task cohesive group where you’re looking at performing, it becomes more of a social club when the boys have got the wrong mental attitude towards games

I: ok, um do you think it is important for other people that you carry on playing?

S: uh I think it is, to be honest with you, I think it is

I: and does that like influence you to play or not really?

S: a little bit I mean I don’t like letting people down, I don’t like you know, I know people have expectations of me to perform uh and to play so I don’t like to let them down but like I said I’ve done it for my own benefit for years anyway but that’s just another little thing in the back of my mind if I did have any doubt about playing ever, it would ring a bell thinking oh well you could be letting the team down, you could be letting your friends down, you could be letting the coaches down, you could be letting your parents down, it sort of spurs me on to play again if I have a lack of motivation then I think about that like

I: ok

S: it tends to motivate me to play more

I: so um section four is about your future, and I’ll just ask you about your thoughts about playing rugby in the future. Do you intend to carry on playing after you leave University?

S: uh I intend to like I said but uh I want to continue and keep, you know I’ve got a high ambition about playing uh at least division one when I leave, hopefully premiership if anything comes along but I mean first things first is concentrating on a job, I know it’s outside what you want to hear but I need to focus on where I, where I’m going to be working first you know before I go throwing myself, or jumping straight into playing for a rugby team which could be miles away from where I’m working

I: ok so what opportunities do you think you will have to play rugby?

S: I think there’s an abundance of rugby clubs around the UK so no matter where I get a job I’ll always have a close link somewhere, what standard I don’t really know but I mean that’s, that’s not important at the moment I mean I’ve got to sort out my job first so it’s just focusing on getting a job and then focus on getting my rugby to as highest level I can again

I: ok so you said about um getting a job, do you think there’s any other barriers to playing at all?

S: women
I: what do you mean by that?

S: well I’ve got a fiancé and she’s like oh you play rugby on a Saturday, I never see you but she’s come to grips with it I think she’s come to terms with it and I think she understands now that it’s potentially you know it’s something that I can experience or express myself with and uh she’d, she’d never tell you know she never said not to play it but there’s, like I said you know I know she doesn’t always like me playing it, with the commitment it takes sometimes the training the training on a Monday, Wednesday, Friday mornings and then Monday and Thursday nights, play on a Wednesday and a Saturday, she has got a point but I mean

I: yea, so how long do you think you want to carry on playing for?

S: till I’m crippled, na till uh whenever I feel it’s necessary to step back from it, could be to do with again jobs or it could be to do with family or could be to do with uh travelling or it could be to do with injury, it could, but I mean I’ll play as long as I can probably

I: yep, so you said like you think there’s a lot of clubs, um so do you think it will be possible to carry on playing for as long as you want?

S: yea I mean you see professionals, you know the boys who have played a high standard might not necessarily play to that standard for the rest of their lives but as they got older they still play but for lower division clubs which isn’t a bad thing because as you get older it doesn’t mean so much for you to win I don’t think, it’s not about, it’s just about getting out there and playing and that’s what a lot of local sort of club teams are about lower divisions, they are just about you know getting the boys together, getting out there having a good run about and going home then, having a good piss up

I: ok, so do you think the like support or rewards you get will influence your decision to carry on playing?

S: I think it will uh if I do get, like if I get a job I’m looking at getting a car for example uh and if I do get the opportunity to play rugby next year at a high standard then hopefully it will be able to provide some sort of financial rewards towards my, paying for my car or paying for living basically and living costs are increasing so it’s quite nice to have that coming in as well um every weekend or every month or etc

I: so do you think you’ll carry, if you didn’t get that do you think you would still play or not really?

S: um yea I probably would still play uh yea probably would
I: ok that’s fine, um section five is just a summary um so I asked you about when you started playing rugby, the reasons and people involved at that time and the factors that kept you playing, is there anything you would like to add?

S: [pause] no

I: ok, then I asked you about your progress within rugby, the reasons and people involved, and what kept you involved, is there anything you would like to add?

S: no

I: I then asked you about your current experiences within rugby at UWIC, anything you would like to add?

S: no

I: ok, lastly I asked you about your future thoughts about rugby, anything you would like to add about that?

S: no

I: do you feel that you got to tell your story in full?

S: pretty much yea, as much as I could

I: did I lead you in any way?

S: no

I: ok, thank you very much for your time

S: no problem
### APPENDIX H. RESULTS TABLES

#### Pathway – Females

<table>
<thead>
<tr>
<th>Start</th>
<th>Teams</th>
<th>Progression</th>
<th>Future</th>
<th>Perceived Barriers</th>
</tr>
</thead>
<tbody>
<tr>
<td>- I was in like a tag team&lt;br&gt;- at a club&lt;br&gt;- we had like tournaments and matches a few times but there weren't very many girls' teams so we didn't get many matches but we had a few&lt;br&gt;- Year 7 of secondary school anyway. Um, I started playing tag rugby there, played in the competition] in 2000 and then went to um join a club then, under 16's&lt;br&gt;- I started off playing like tag rugby when I was like thirteen</td>
<td>- after I played tag we set up like a contact team. Um and then I got into [club] under fourteen and fifteens and then just moved up and played like regional and stuff&lt;br&gt;- then I actually developed into the under 16's [nationality] team as well&lt;br&gt;- when I was in Under 16's [country] and when I actually got onto Under 19s [country]&lt;br&gt;- I was lucky enough to be um part of the [country] academy&lt;br&gt;- I played for three years, then I had a season out with another club and then I've come back now so this is my fourth year&lt;br&gt;- I actually played in the [country] premiership league for a year&lt;br&gt;- it's like stepping stones, like it follows. Like I started at Under 16's and then um I moved to seniors and then I went from Under 16's [country] then I moved on to Under 19's [country], then development, and it is like stepping stones like set in place so you've got a path you can try and follow&lt;br&gt;- while I was playing tag rugby I went down to, my tag rugby coach was the coach of the local senior women's team and I wasn't allowed to play for them but I was allowed to train with them</td>
<td>- I think like the coaches just mentioned it, to go to a trial&lt;br&gt;- well I've been playing since I started really so every like, you just move up through the age groups so I've been playing all the time&lt;br&gt;- I just looked up um the nearest club and I also knew a few girls who were already at training&lt;br&gt;- it is like stepping stones like set in place so you've got a path you can try and follow&lt;br&gt;- one of my friends like when I was like fourteen or fifteen, she went to county trials like contact trials, and I went down to watch and I just got involved somehow, started taking part and I got in</td>
<td>- I've had like an [country] under twenties trial but I didn't get in this year so I like really want to try and get in next time, so when I leave university, I don't know, I'll probably like try again or maybe play for [country] because I will be living here&lt;br&gt;- I think um opportunities are slightly the same but I just can't play Wednesday in BUCS but I've still got the opportunity to play for UWIC in the Sunday league&lt;br&gt;- hopefully I'll carry on my career in the [country] squad&lt;br&gt;- yea there's like loads of clubs</td>
<td>- I think it will be harder because you won't have like a team then, you will have to like try and get in a team&lt;br&gt;- once you leave University it's obviously harder with um, once you get a job and um time is obviously a factor then</td>
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<tr>
<td>- that was a club but I played county and regional</td>
<td>- at the county trials so they were like well you can play for county but you can’t play for county unless you play for a club</td>
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<td>- I got through to the PDA camps</td>
<td>- I did um in between two performance camps</td>
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<td>- for [club] girls for two years, fourteen to sixteen it must have been, and the I played county for two years and the I played, whilst I was doing that I was doing regional, I think I played regional for four or five years but I went from under sixteen’s or whatever it was and then to under eighteen’s, I missed the first year of under eighteen’s, no I didn’t miss it I just didn’t bother doing it or going to trials sorry, um and then I did seniors, and I went, whilst I was, I went from [club] to [club] ladies</td>
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<td>- I played for my college, I captained my college</td>
<td>- it was just a team that I had set up</td>
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<td>- I’ve got a couple of friends that um a couple in sort of Premiership teams, with two, with second teams in and have said oh you know come along to the twos if I wanted to</td>
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Pathway – Males

<table>
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<tr>
<th>Start</th>
<th>Teams</th>
<th>Progression</th>
<th>Future</th>
<th>Perceived Barriers</th>
</tr>
</thead>
<tbody>
<tr>
<td>- because I’m from north [country] there’s not much rugby really up there but we um had a school team and I started playing for them</td>
<td>- then I found a club the season after and then um I broke into the [region] teams and the [nationality] colleges teams in a few years</td>
<td>- they had good links with the schools um I was asked to go to training</td>
<td>- either you know you get picked up by other teams in [region] to play, or well I’ll have to go home and play for the club, club team</td>
<td>- no I don’t think so, injury</td>
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<tr>
<td>- yea contact rugby</td>
<td>- just started through a mini rugby club there um and just went up through the age groups till sort of colts juniors, and then to um sort of age group rugby and then I came to University</td>
<td>- through the club yea, just scouts at the trials</td>
<td>- I think there’s a lot of opportunities out there, there’s a lot of clubs you can play for</td>
<td>- I can’t really see anything at the moment um probably, maybe it depends on what job you have once I finish University um but I think there’s always you know ways to work around that, if you want to play you play at the end of the day</td>
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<tr>
<td>- just started through a mini rugby club</td>
<td>- I played for the same club up until I was um fourteen and then I moved to, when I moved to [country] when I was fourteen I played for a different place, for the school I went to and I played for the same school throughout my time till I came to University</td>
<td>- I went to a rugby school so it was sort of the main sport so um I sort of got involved through that got selected through the school, um selectors used to come to watch our matches and used to pick players that they thought were capable of playing for the county</td>
<td>- I want to continue and keep, you know I’ve got a high ambition about playing uh at least division one when I leave, hopefully premiership if anything comes along</td>
<td>- first things first is concentrating on a job</td>
</tr>
<tr>
<td>- it was sort of like tag touch and then we went up to full tackle when I was about 9 or 10</td>
<td>- I just played for school</td>
<td>- just basically turned up to trials um the local trials for like districts and things like that, the coaches would be in charge of selection</td>
<td>- I think there’s an abundance of rugby clubs around the UK so no matter where I get a job I’ll always have a close link somewhere, what standard I don’t really know</td>
<td>- but I need to focus on where I, where I’m going to be working first you know before I go throwing myself, or jumping straight into playing for a rugby team which could be miles away from where I’m working</td>
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<tr>
<td>- just a local club from round the area where I lived</td>
<td>- I played for sort of school and then went up to like county level</td>
<td>- I got into [club] through hearsay basically people must have come to see me play and that um</td>
<td>- I’ve got to sort out my job first so it’s just</td>
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<tr>
<td>- we used to train um once a week on a Sunday and then we used to have um a tournament once a month just with the other mini rugby clubs</td>
<td>- my first year I was a year younger than everyone else so uh, I played up a year sort of thing so I was six and everyone else was seven</td>
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<td></td>
<td>- stayed with the same club um so it was under eights for two years, under nine’s, ten’s, eleven’s, twelve’s all the way through to sixteen’s, in the minis and junior section, then through to the youth section and during my last year of youth then I was also, that was when I left to go</td>
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</table>
I pick up a rugby ball, throw it around the garden and then just developed into me taking it up into a club basically
to Uni like so I was playing for UWIC as well as the youth team
I mean under twelve's I think district started, I was involved with that team throughout, from under twelve's, thirteen's, fourteen's, I don't think they did district in fifteen's and they did in the under sixteen's, and then under fifteen I think they did schools as well like uh local schools would all club together basically and make a team, that was [area] schools uh that was under fifteens and they selected the county team from that so I made it into the county team as well at under fifteens and continued with that at under sixteen's so it was quite a lot of rugby going on in fairness I think I played up a year then at under seventeen's for [club] when it was still club rugby dominant uh went in the regions setting then, I played up a year for [club] at under eighteens so everyone else was seventeen, I was sixteen um then [club] dispersed so I went to the under eighteen's in [club] and then through to the under twenties in [club] um and I got involved with the [nationality] twenties then as well but uh they stuck with the squad basically that they had before so, but it was a good experience you know to get that far
then, again [club] was a bit of hearsay people coming to watch and then [club] was following on from [club], they got in touch with the boys who were with the [club] to bring them up to [club] uh that continued then to the under twenties and then the [country] training was again a bit of hearsay, people watching taking account of performance basically initially with the Fresher's but because the coaches here knew I was playing for [club] twenties as well they called me up to training quite early
focusing on getting a job and then focus on getting my rugby to as highest level I can again whenever I feel it's necessary to step back from it, could be to do with again jobs or it could be to do with family or could be to do with uh travelling or it could be to do with injury, it could, but I mean I'll play as long as I can probably
- she never said not to play it but there's, like I said you know I know she doesn't always like me playing it, with the commitment it takes sometimes
Motivation – Females

<table>
<thead>
<tr>
<th>Participation Motivation</th>
<th>Self-Determined Motivation</th>
<th>Non-Self-Determined Motivation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Encouragement from others</strong></td>
<td><strong>IM to accomplish</strong></td>
<td>- It wasn’t just doing it for fun then, you were actually like representing people so there was a bit more added pressure I think</td>
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<td></td>
<td>- I just enjoyed like learning about it and stuff, and developing skills</td>
<td>- they do influence me, um playing for [country] again like nice kit, you get to travel but um it is slightly influencing but it’s not a major factor I don’t think</td>
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<td></td>
<td>- I was like one of the best in the team so that motivated me to want to continue and improve</td>
<td>- fear of failure is quite big in it, definitely</td>
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<td></td>
<td>- I enjoyed rugby, I enjoyed playing tag rugby and also found success in that</td>
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<td></td>
<td>- I think it was important to me as I felt it was something I was good at so yea, I stuck to it</td>
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<td></td>
<td>- I was good at it</td>
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<td></td>
<td>- I wanted more competition</td>
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<td></td>
<td>- it feels like you have achieved something and you want to continue feeling like that, and want to play even more</td>
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<td></td>
<td>- I wanted to be better</td>
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<td></td>
<td>- I wanted to prove something to myself</td>
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<td></td>
<td>- it made me like want to try harder and impress people when I was playing and stuff</td>
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<td></td>
<td>- I thought I’d go there and be the little star of the team so it was kind of how it felt to begin with</td>
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<td></td>
<td>- my reasons for playing, I would like to try and get in the BUSA squad for the finals if we make it</td>
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<tr>
<td></td>
<td>- we get a lot of like motivation to continue playing and stuff if we won BUSA finals this year then I want to [pause] I think it would motivate me to play more and want to win again, so it’s like if we lose it will be like, really upset and be like oh no we’ve lost. So it would be really de-motivating</td>
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<tr>
<td><strong>Other</strong></td>
<td><strong>IM to know</strong></td>
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</tr>
<tr>
<td></td>
<td>- I just enjoyed like learning about it</td>
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</tr>
<tr>
<td></td>
<td>- because I enjoy it and that’s where um I learn most of my things</td>
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</tbody>
</table>
- I came to a few pre-season ones and I really enjoyed it so when I started I wanted to get in the team and play
- it was something new to do, I think I was kind of at an age where I needed something to do because I got bored of playing every other sport
- I enjoyed watching it, so I thought I’d give it a go
- um I enjoyed it, like I really enjoyed watching the sport, that made me, that actually transferred I really started to enjoy playing it then

**IM general**
- I really enjoyed it and liked going
- I think I play because I enjoy it at the end of the day and I love, at the moment I’m loving playing for my country, um if I didn’t get anything back it wouldn’t be the end of the world. I would still play
- I just enjoy it and I think it is really good
- I just really enjoy it and if I didn’t play rugby here I don’t know, I think I’d be a bit bored
- I’m doing it because I enjoy it really, that’s it.
- the main point is um enjoyment again
- all my motivation to play was intrinsic
- it was just um more enjoyment then, being with my friends really
- I’m really competitive, always wanted to win
- I love like playing for [country] because I am quite patriotic so I love just playing for [country] and putting on the [nationality] jersey
- I enjoyed it um feeling a bit more pressure and thinking that like the results actually mattered not as in like it matters to the team but it matters to other people, so I enjoyed the challenge
- the standard was slightly higher but um I didn’t enjoy it as much even though my rugby probably improved slightly. I wasn’t enjoying it and I wasn’t as motivated as I am when I play for UWIC
- I think the day I stop playing is the day I stop enjoying it
- I don’t see a point in doing a sport, especially being amateur, that you don’t do um there’s no point doing it if you don’t enjoy it
- My college was fun that was, that was one of the best things
- I’ve got all my sort of um my buzz, if you will, just playing club rugby
## Motivation – Males

<table>
<thead>
<tr>
<th>Participation Motivation</th>
<th>Self-Determined Motivation</th>
<th>Non-Self-Determined Motivation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Encouragement from others</strong></td>
<td><strong>IM to accomplish</strong></td>
<td>- (rewards) they do help</td>
</tr>
<tr>
<td>- my dad maybe because he played rugby as well so he sort of took me on to start mini rugby when I was seven</td>
<td>- I felt comfortable playing at that level, it was just a good step up from where I’d played before um it was just a good challenge</td>
<td>- quite competitive person I suppose, like to win</td>
</tr>
<tr>
<td>- I think my dad was a big influence</td>
<td>- it was just sort of maybe a bit more motivation to play because you know, you experience a bit of success whilst you’re playing so that sort of motivates you to you know carry on a bit more and try a bit harder because you, you know, maybe think you can go even further</td>
<td>- winning was always enjoyable you know and I’ve always liked winning</td>
</tr>
<tr>
<td>- teachers really encouraged me to participate</td>
<td>- I wanted to challenge myself, come to a place which um I knew my rugby could develop at</td>
<td>- I don’t like letting people down, I don’t like you know, I know people have expectations of me to perform uh and to play so I don’t like to let them down</td>
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<tr>
<td>- my father’s a big rugby fan so I suppose, he encouraged me a lot</td>
<td>- you can pick up a lot of things and develop as a player and your game can get better so I think it is a reward</td>
<td>- I think it will uh if I do get, like if I get a job I’m looking at getting a car for example uh and if I do get the opportunity to play rugby next year at a high standard then hopefully it will be able to provide some sort of financial rewards towards my, paying for my car or paying for living basically and living costs are increasing so it’s quite nice to have that coming in as well</td>
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<tr>
<td>- well my brother was into it um he was a big influence, my father played as well and it was coming from that sort of area where rugby is a big thing uh everyone around me was playing rugby</td>
<td>- it was um good achievement</td>
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<td>- pick up a rugby ball, throw it around the garden and then just developed into me taking it up into a club basically</td>
<td>- I felt like I wanted to do better for them as well, as well as myself</td>
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<tr>
<td>- yea, there were friends uh I, I used to like you know have a game in the street like, purely recreational</td>
<td>- I wanted to play as high standard as I could</td>
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<tr>
<td>- I used to go with some older boys as well that were</td>
<td>- it improves my overall game, like all the aspects</td>
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<td>- was purely ambition to try and get further and play a higher standard um pushed myself basically to be the best I could be</td>
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<td></td>
<td>- had the ambition to go further and still progress and play for teams that are recognised</td>
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<tr>
<td></td>
<td><strong>IM general</strong></td>
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<td></td>
<td>- it was quite sort of um a fun, friendly environment</td>
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<td></td>
<td>- I always looked forward to it, um because it was always good fun</td>
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<td>- it was quite satisfying I guess um because it was always quite competitive</td>
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<td></td>
<td>- it was good fun actually</td>
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<td>- it was always important to win but I think at that age it was more about just participating, um and getting involved. It was more of, uh did it for the enjoyment of playing than the winning aspect I guess at that age</td>
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<td></td>
<td>- just the satisfaction I got from just partaking in it</td>
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<tr>
<td>Involved already</td>
<td>I really enjoyed it so I think that’s why I kept playing, that’s why I’m still playing now</td>
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<td>was doing it more for the love of the game rather than for any rewards</td>
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<tr>
<td></td>
<td>yea it was good fun</td>
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<td></td>
<td>I enjoyed it</td>
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<td></td>
<td>the satisfaction I get from playing the game, um I really enjoy it I’ve played for a long time so I think there is no reason why I would stop playing after I finish University</td>
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<td></td>
<td>I enjoy it so much, the satisfaction I get from playing um it’s just um I find it’s really fun so why not continue doing it</td>
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<td></td>
<td>more about fun and participating than serious</td>
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<td></td>
<td>it was a good laugh</td>
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<td></td>
<td>just enjoyed the game</td>
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<td></td>
<td>just love of the game when I came here</td>
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<td></td>
<td>just enjoy playing, at a high standard and uh yea it’s just, yea I enjoy that and training’s good as well because we do a lot of training, it’s good stuff</td>
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<td></td>
<td>if there wasn’t a social side then I don’t think I’d have as much motivation to play</td>
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<td></td>
<td>yea I suppose it encourages me to, yea but I enjoy training anyway so yea I’d be going anyway</td>
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<tr>
<td></td>
<td>I just enjoy the game, just want to carry on playing</td>
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<tr>
<td></td>
<td>I just enjoy it, I enjoy playing</td>
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<td></td>
<td>I enjoyed it, I mean it was fun, it was something new it was exciting, something I enjoyed doing, a way of expressing myself uh just something I liked doing basically</td>
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<td></td>
<td>I mean if I didn’t like it, if I didn’t like coaches and stuff then I probably would have given up there and then and not bothered</td>
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<td></td>
<td>I must have enjoyed it</td>
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<td></td>
<td>it was nice and enjoyable I mean the experience of winning</td>
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<td></td>
<td>I enjoyed it, it was good really</td>
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<td></td>
<td>purely for, it must be for enjoyment because like I wasn’t expecting a bursary last year or this year, I was just prepared to play uh first team level, it’s quite a high standard</td>
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</table>
### Rewards - Females

<table>
<thead>
<tr>
<th>Tangible</th>
<th>Intangible</th>
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</table>
| - we got like those little ones that you have round your neck and I got um player of the year one year as well so I got a big medal  
- we got um like, you had to pay for it though but you got like kit with like [region] on or [name of club] on, stuff like that, so it was nice. I like kit  
- we get given kit as well  
- we got like medals and stuff  
- yea I was lucky enough to be um part of the [country] academy which um helped us a lot with um on and off the pitch stuff which really helped, um and yea being involved in [nationality] sport you also get added kit  
- obviously other rewards like publicity we get with um [country] and UWIC as well now  
- I think like little things like um the World Cup coming up, I’d like to get to that because that would just be a great opportunity to be part of a World Cup and the travel again you get to see countries that you might not be able to go to otherwise. Yea, it is a slight influence  
- the kit was really cool  
- it was cool because our kit was black and it was, it wasn’t like any of the other kits I’d played in before  
- you get some pretty cool kit this year I reckon | - I just think because it was at a higher level it meant more to win than it would have before  
- everyone really wants to achieve that goal and when you do it, it’s really good  
- people like respect you for playing  
- rewards I receive, I just think are knowing that um you’re doing like a job. Like its not just like you are going out to play rugby, you are going out to sort of protect your friends as well so like the rewards I’m getting is people appreciating what you are doing on the pitch  
- actually getting the opportunity to put the Welsh shirt on  
- well I learnt to play rugby which is kind of cool but um I think that was it |

**Informational:**
- we had to go into like a competition against all the rest of the schools in the [city] area, then we had to play against everyone in [country] and then we qualified then as the [nationality] team to go into the [competition] which was held in [country]  
- it was nice really, just to, um for people to recognise what you’ve achieved as a team. It was good  
- (winning) it just shows that like all the training has paid off and stuff I guess  
- we won um the [region] tournament so we were like the best in [country] sort of thing, which was really good and we trained really hard to win that so it was good  
- I got um player of the year one year  
- it showed that the coaches like showed that the coaches thought I was a good player and stuff  
- at the moment just like the sort of, the reward of getting selected for the team is kind of an achievement in itself |
**Rewards - Males**

<table>
<thead>
<tr>
<th>Tangible</th>
<th>Intangible</th>
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<tbody>
<tr>
<td>currently we get um the kit</td>
<td>I think the coaching that we receive here um is sort of a high standard</td>
</tr>
<tr>
<td>we've been given a financial bursary to play as well as um kit</td>
<td>really because um our coach [name] he's really one of the best in the</td>
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<tr>
<td>I started to get player of the year's and stuff and uh tournaments</td>
<td>area I would say, you know he knows his stuff so I think it's quite</td>
</tr>
<tr>
<td>we you know we won tournaments and you get medals for that or</td>
<td>rewarding in that sense because we know that we are being almost</td>
</tr>
<tr>
<td>trophies for that as well</td>
<td>sort of, not taught by the best but taught by someone who knows a lot</td>
</tr>
<tr>
<td>you got kit but you had to pay for it</td>
<td>about the game so he, that can only help us so that is quite a reward</td>
</tr>
<tr>
<td>it was nice to wear for just to train in or whatever, it wasn't</td>
<td>I would say</td>
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<tr>
<td>something to go flashing about</td>
<td>you can pick up a lot of things and develop as a player and your game</td>
</tr>
<tr>
<td>I just felt pleased that I was getting extra kit for playing now and</td>
<td>can get better so I think it is a reward and something which people do</td>
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<tr>
<td>then it made you feel a bit more special like</td>
<td>appreciate</td>
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<tr>
<td>it's good because um we put a lot of time and effort in for um training</td>
<td>I think the training we receive is of a higher standard for a team that's</td>
</tr>
<tr>
<td>and stuff like well actually because we train in the summer and stuff</td>
<td>not professional um so I think that's a really good thing</td>
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<tr>
<td>so um it's good to be getting money back now to show that they</td>
<td>I suppose a reward would be the um the bonding with the team and stuff</td>
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<tr>
<td>appreciate that we are making the effort</td>
<td>you know I suppose that's our team, it's a form of reward</td>
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<tr>
<td>as you get older the sort of medals are all sort of, and trophies we</td>
<td>the reward was just basically getting out to play</td>
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<tr>
<td>got for participation all sort of died out and then they uh stick to</td>
<td>Informational:</td>
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<tr>
<td>the ones that have been performing at you know end of season dinners</td>
<td>we were getting good feedback</td>
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<tr>
<td>and things like that</td>
<td>one of the rewards for us um was the season sort of finishes at the end</td>
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<tr>
<td>you're rewarded it when you are young for participating and you</td>
<td>of March in [country] and we always used to play at the [country] 7's, um</td>
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<td>know everyone gets a trophy or a medal for saying ah you know</td>
<td>it was like our final tournament of the year as such um for all the</td>
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<tr>
<td>well done for playing all year, at the end of the season</td>
<td>clubs so I guess that was a reward in that sense because you get to play</td>
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<tr>
<td>as you get older I mean and then you get rewarded for</td>
<td>on sort of the big stage so that was nice, I guess a reward for the</td>
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<tr>
<td>performance, on a performance basis if you've had a really good</td>
<td>effort you put in throughout the season</td>
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<tr>
<td>season you might get player of the year, if you've worked hard all</td>
<td>the rewards of being able to play at such a high level which I didn't</td>
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<tr>
<td>year you might get clubman of the year uh</td>
<td>expect when I originally joined the University</td>
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<tr>
<td>when I was younger yea you know, you get it for participating but</td>
<td>I probably got further than I actually thought I would so I guess it was</td>
</tr>
<tr>
<td>Informational:</td>
<td>a just a bonus in that aspect, so um yea I was happy with that</td>
</tr>
<tr>
<td>- we were getting good feedback</td>
<td>well it was like again it was for uh your ability I mean worked hard,</td>
</tr>
<tr>
<td>- one of the rewards for us um was the season sort of finishes at the</td>
<td>trained hard, kept my head in the game and then got rewarded for it by</td>
</tr>
<tr>
<td>end of March in [country] and we always used to play at the [country]</td>
<td>getting into things like that you know opportunities where you can play</td>
</tr>
<tr>
<td>7's, um it was like our final tournament of the year as such um for all</td>
<td>for teams</td>
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<tr>
<td>the clubs so I guess that was a reward in that sense because you get to</td>
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<tr>
<td>play on sort of the big stage so that was nice, I guess a reward for</td>
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<tr>
<td>the effort you put in throughout the season</td>
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</tbody>
</table>
still you get it for trying hard and training, consistently training and working hard and playing to your best potential you know and I suppose it carries through, throughout the years basically because if you play hard and train hard then you’re more likely to be a better player and then you’re more likely to be up for rewards like player of the year and clubman of the year at older level
- I’ve been playing for UWIC for so long now they’ve basically got a policy where they give bursary money to player’s who have played and shown commitment over the years and regularly played first team level
- I’ve been playing, representing for three years but that was the first year they started to give it out to players who’d represented for three years so that was sort of a reward in itself, a bursary to say thank you and then coming back this year they’ve done the same thing because I could have gone and played elsewhere but my studies are down here like and I chose to stick with UWIC basically and they’ve again rewarded me for my hard work and um consistency in playing, playing for the first team throughout the year again
- to get to the standard and be in a position to be selected to start for the team is a reward in itself you know you’re playing with boys from a much vaster area or much bigger area so you know, you’ve got a lot of talent in a, well there’s a little bit of talent in a certain area then as you get further afield there’s more talent coming together, to get the opportunity to play then and show that you are a part of, one of the best players in South Wales for your age group is an achievement in itself again I think
# Social – Females

<table>
<thead>
<tr>
<th>Orientation Toward Affiliation</th>
<th>Orientation Toward Social Validation (Recognition)</th>
<th>Orientation Toward Social Validation (Status)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- it's like being part of a team as well, it's good to like, everyone really wants to achieve that goal and when you do it, it's really good</td>
<td>- I was like one of the best in the team so that motivated me to want to continue and improve</td>
<td>- they played at a higher level and I think um the respect that other people had for certain players within that team as well, just um seemed appealing to me and um just sort of thought what a good player they are and maybe one day I could be like that</td>
</tr>
<tr>
<td>- coaches were nice and I like all the players as well and they are like really supportive and want to help you improve. I like everyone there because it um means you are part of a team and it means you are part of something</td>
<td>- it was like better people and more competition and stuff to get a position</td>
<td>- I think people like, the younger people might see me as a bit of a role model just because um I am a senior player now, I am in well I've been at Uni, I finished that and I've come back and obviously I play for Wales so I think people do um look up to me slightly</td>
</tr>
<tr>
<td>- I liked the people I was training with</td>
<td>- people like respect you for playing and stuff and they will like notice that you play</td>
<td>- because I was kind of good at it everyone kind of looked up to me and was like, I don't know they looked to sort of [pause] looked at me for like support</td>
</tr>
<tr>
<td>- When you like start off you will have to like make friends and all sorts. But here it's like we are already gelled together</td>
<td>- it made me like want to try harder and impress people when I was playing and stuff</td>
<td>- I'd never say that I was any good and these girls said that they were really good so I was kind of like oh I'll take you off your top spot kind of thing, and one was the captain so it really</td>
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<tr>
<td>- I decided to go along with a few other friends</td>
<td>- it was nice really, just to, um for people to recognise what you've achieved as a team</td>
<td>- then I was captain all the girls kind of looked up to me a little bit more so like when I say I had a little bit of control it was nice because like sometimes there would be a bit of bitching and I was able to stop it and I liked that and I liked sportsmanship and things like that and I was able to influence them annoyed me</td>
</tr>
<tr>
<td>- I've built up some really good friendships and um friends as well, and when I played for the [country] premiership it was like people from all over like [country] and some people from [country], and we didn't have a social side to it but with UWIC um loads of my friends are here, there's a good social side which really contributes to um being a part of the team I think</td>
<td>- Receiving [nationality] kit, I always enjoy that part as it's like, it is like a reward and like and sort of token of what you have achieved and then you can wear that kit then with pride</td>
<td>- you had your little clusters of teams and stuff, of players from the same team and they all sort of walk around in their matching tracksuits</td>
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<tr>
<td>- you are going out to sort of protect your friends as well</td>
<td>- the rewards I'm getting is people appreciating what you are doing on the pitch</td>
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really. Like the friendships I have made in rugby are like the strongest friendships I’ve got so it’s just like doing things with your friends, just like socialising really.
- being part of a team
- I think because I’m quite a shy person but rugby lets me be somebody else
- so I get to walk liked one of the matching tracksuits and be, sort of be part of something special, be part of something
- you used to walk around and were like yea I’m, yea I’m part of something really special especially with [country] being one of the best teams in the World and then you were like I am somebody and like I said rugby made me be somebody else than what I am
- I reckon uh sort of affiliation to, to the club and to the sort of big name of UWIC
- everyone knows UWIC and um it’s nice to be a part of something and like especially at, like being at UWIC people know who you are as well, it’s like if you mention something about women’s rugby or something, like everybody knows who UWIC are um and that’s really cool because it makes you feel like you are part of something
- it’s kind of like um official branding and like belonging to something
- it’s nice to feel like team cohesion and things like that
- I think definitely, most definitely you build really strong relationships
- especially into the knock outs and stuff like that you know it’s a big deal when you get named in the team and in the squad or you’re a part of it

is amazing
- it showed that the coaches like showed that the coaches thought I was a good player and stuff
- (kit) because like you can show people who you play for and it gives you like recognition
- people like respect you for playing and stuff and they will like notice that you play
- we got like medals and stuff, and some recognition which is good
- more people are looking at us. It’s not only just um that women’s rugby side but they are actually looking at us, they want to know more and maybe um come and watch us then as well
- I remember the first time my dad came to watch me play rugby, contact rugby, and he said oh, he was like you’re actually quite good
- being at UWIC people know who you are as well, it’s like if you mention something about women’s rugby or something, like everybody knows that women’s rugby are a pretty good team um within rugby

and it was a bit intimidating
- I just kind of like just became a big character in the team I think
- when I first got into rugby it was the women’s um Women’s World Cup 2002 I think it was or around that time and it was kind of really inspiring because everyone, it was, everyone was talking about it in women’s rugby and the higher up you got the more important you felt like when you see your idols on T.V. like you think wow I want to meet them
- it kind of gives me a little bit of empowerment
- you see idols and stuff, people like Shelly Rae the ex-England fly half she was like a big name for me
- I saw what they had and I wanted it
- I’d idolised them and then in a sporting way
- it was an honour and it meant a lot and it was really exciting, and like I say I get to walk around and it was kind of like you were wearing armour
- I always yea I always seem to be like second choice like I seem to be a first choice like one of, one of the starting wingers when somebody else is injured or I seem to fill in the gaps when somebody else is injured, I never seem to have like I never seem to start because I’m good enough
### Social – Males

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<tr>
<td>you’re winning and that’s with your friends as well so sort of, it’s good</td>
<td>it made you feel a bit more special</td>
<td>I’ve been there and um sort of for a while and played in that team for a while now so I’m quite established you might say but at the same time you know I hope that I can help um younger lads coming into the team</td>
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<tr>
<td>it’s always nice to have the support of the club and the players you play with</td>
<td>identity I suppose</td>
<td>it’s sort of a nice responsibility to have because you feel you can help people progress in their rugby</td>
</tr>
<tr>
<td>the whole team bonding thing and the friendships you develop is the same at any club</td>
<td>I think it was quite satisfying in that aspect to um, for other people to recognise that you were capable of playing at a higher level</td>
<td>it’s quite a young team and um because I’ve been part of that team for a while now um I hope that people could kind of look up to me in that sense</td>
</tr>
<tr>
<td>I think the um friendships that you make in the team, the teams that you play in um we’ve just sort got a very close-knit community here at UWIC and um I think those friendships that you make develop over the time that you are playing for the team um are really sort of special</td>
<td>it was good, it was nice to be recognised for what you do um sometimes it’s hard work and you know a lot of effort goes into training, even though it’s a young age you’ve still got to you’ve still got to turn up and play a part and be fit</td>
<td></td>
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<tr>
<td>I suppose a reward would be the um the bonding with the team</td>
<td>well it was like again it was for uh your ability I mean I worked hard, trained hard, kept my head in the game and then got rewarded for it by getting into things like that you know opportunities where you can play for teams and had the ambition to go further and still progress and play for teams that are recognised, you know people look at, like county is a recognition to get into University in UWIC</td>
<td></td>
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<tr>
<td>the satisfaction I got from just partaking in it, um just playing with your mates and stuff like that, I think that was like, that was a big thing for me because I got to sort of uh, something you can do away from school and stuff like that with your friends and it’s always good fun so</td>
<td>it was nice to wear for just to train in or whatever, it wasn’t something to go flashing about and say oh yea by the way I play for… uh sometimes people did recognise that and you know if you do, well I suppose it was nice but it wasn’t what I was aiming to do like you know</td>
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</tr>
<tr>
<td>I felt like I wanted to do better for them as well, as well as myself</td>
<td>well it was like again it was for uh your ability I mean I worked hard, trained hard, kept my head in the game and then got rewarded for it by getting into things like that you know opportunities where you can play for teams and had the ambition to go further and still progress and play for teams that are recognised, you know people look at, like county is a recognition to get into University in UWIC</td>
<td></td>
</tr>
<tr>
<td>it’s good banter and a good social side to the boys as well</td>
<td>it was nice to wear for just to train in or whatever, it wasn’t something to go flashing about and say oh yea by the way I play for… uh sometimes people did recognise that and you know if you do, well I suppose it was nice but it wasn’t what I was aiming to do like you know</td>
<td></td>
</tr>
<tr>
<td>it was sort of quite a close-knit community so everyone knew each other, um so it was quite sort of um a fun, friendly environment</td>
<td>it was nice to wear for just to train in or whatever, it wasn’t something to go flashing about and say oh yea by the way I play for… uh sometimes people did recognise that and you know if you do, well I suppose it was nice but it wasn’t what I was aiming to do like you know</td>
<td></td>
</tr>
<tr>
<td>everyone knew everyone kind of thing because everyone sort of went to school with each other and uh it was quite competitive</td>
<td>it was nice to wear for just to train in or whatever, it wasn’t something to go flashing about and say oh yea by the way I play for… uh sometimes people did recognise that and you know if you do, well I suppose it was nice but it wasn’t what I was aiming to do like you know</td>
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<tr>
<td>just like it was a good social side to it</td>
<td>it was nice to wear for just to train in or whatever, it wasn’t something to go flashing about and say oh yea by the way I play for… uh sometimes people did recognise that and you know if you do, well I suppose it was nice but it wasn’t what I was aiming to do like you know</td>
<td></td>
</tr>
<tr>
<td>there’s a good social side to training because all of the boys are doing it together rather than doing it individually in the gym</td>
<td>it was nice to wear for just to train in or whatever, it wasn’t something to go flashing about and say oh yea by the way I play for… uh sometimes people did recognise that and you know if you do, well I suppose it was nice but it wasn’t what I was aiming to do like you know</td>
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<tr>
<td>if there wasn’t a social side then I don’t think I’d have as much motivation to play</td>
<td>it was nice to wear for just to train in or whatever, it wasn’t something to go flashing about and say oh yea by the way I play for… uh sometimes people did recognise that and you know if you do, well I suppose it was nice but it wasn’t what I was aiming to do like you know</td>
<td></td>
</tr>
<tr>
<td>the social side as well for everyone because there’s a good bunch of boys there now and if it’s good socially then you can</td>
<td>it was nice to wear for just to train in or whatever, it wasn’t something to go flashing about and say oh yea by the way I play for… uh sometimes people did recognise that and you know if you do, well I suppose it was nice but it wasn’t what I was aiming to do like you know</td>
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get motivated to play that way
- my friends did it, my family's done it um sort of like my parents used to like to come and watch me I suppose, not that they forced me but I just liked to see them come and watch me I think
- to get the opportunity to play then and show that you are a part of, one of the best players in [region] for your age group is an achievement in itself again I think
- when I was here from year one to year three it was like all of us were living together, all of us training together it was a good comradery, a really friendly social group

| playing for [club] and that gets looked upon as being you know someone who's got potential, someone with a bit of class then |
| so if you get called up to the first team, you're recognised for that then it was an achievement and I was happy |
### Success:
- We won um the [region] tournament so we were like the best in [country] sort of thing, which was really good and we trained really hard to win that so it was good.
- (winning) it just shows that like all the training has paid off and stuff I guess.
- (winning) it feels like you have achieved something and you want to continue feeling like that.
- We had to go into like a competition against all the rest of the schools in the [city] area, then we had to play against everyone in [country] and then we qualified then as the [nationality] team to go into the [competition] which was held in [country].
- It was nice really, just to, um for people to recognise what you’ve achieved as a team. It was good.
- Then I remember the first time my dad came to watch me play rugby, contact rugby, and he said oh, he was like you’re actually quite good.
- The coach came up to me and said oh if you stay next season we will make you captain.
- The amount of publicity women’s rugby is getting is gradually increasing since we beat England a couple of weeks ago, that has really took another step on as well, more people are looking at us. It’s not only just um that women’s rugby side but they are actually looking at us, they want to know more and maybe um come and watch us then as well.
- Especially into the knock outs and stuff like that you know it’s a big deal when you get named in the team and in the squad or you’re a part of it.

### Development:
- I got into [club] under fourteen and fifteens and then just moved up and played like regional and stuff.
- Then I actually developed into the under 16’s [nationality] team as well.
- I was lucky enough to be um part of the [nationality] academy.

### Rewards:
- Receiving [nationality] kit, I always enjoy that part as it’s like, it is like a reward and like and sort of token of what you have achieved and then you can wear that kit then with pride.

### Relatedness
- Like it is the main goal of the team, like everyone wants to do that, everyone wants to be in the final and it would just be amazing to be part of it.
- Just because it um means you are part of a team and it means you are part of something.
- I just looked up to them and um sort of had respect for them and just felt ah I wish I could be like that, and set my sights on being that good.
- They played at a higher level and I think um the respect that other people had for certain players within that team as well, just um seemed appealing to me and um just sort of thought what a good player they are and maybe one day I could be like that.
- I have met like a lot of like inspirational people and um yea, just I have met a lot of people that have inspired me on to be able to sort of play, and encouragement.

### Demands
- There was more pressure on me playing for a club.
- The pressure of not messing up is quite a lot.
- Playing for UWIC takes up so much time and it’s, it’s really, really really intense.
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<th>Development:</th>
<th>Relatedness:</th>
<th>Demands:</th>
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<tr>
<td>- then um I broke into the [region] teams and the [nationality] colleges teams in a few years</td>
<td>- identity I suppose</td>
<td>- it sort of maybe distracts you from you know just playing your natural game because you are aware of this outside pressure that is upon you um coaches you know at University, um such as you know people expect us to win sort of like the University league and so on but it’s not as easy as that, so sort of outside pressure is always on top of you so um maybe that’s a good thing maybe it’s a bad thing, I don’t know I suppose it is different for some people so</td>
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<td>- they had good links with the schools um I was asked to go to training</td>
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<td>- I got into [club1] through hearsay basically people must have come to see me play and that um then, again [club2] was a bit of hearsay people coming to watch and then the [club3] was following on from [club2], they got in touch with the boys who were with the [club2] to bring them up to the [club3] uh that continued then to the under twenties and then the [country] training was again a bit of hearsay, people watching taking account of performance basically</td>
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<td>- you really had to break into the team uh there was only a small number that would do that</td>
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<td>- so if you get called up to the first team, you’re recognised for that then it was an achievement and I was happy</td>
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<td>Success:</td>
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<td>- I probably got further than I actually thought I would so I guess it was just a bonus in that aspect, so um yea I was happy with that</td>
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<td>- the rewards of being able to play at such a high level which I didn’t expect when I originally joined the University</td>
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<td>- we were getting good feedback</td>
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<td>- they were watching the games as well I could get good feedback from them about the game</td>
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<td>- because we are quite successful</td>
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<td>- it was nice again to be recognised for what, what I’ve done in my rugby I mean to work hard, train hard I got rewarded by playing for the [club] and that gets looked upon as being you know someone who’s got potential, someone with a bit of class then</td>
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<td>Rewards:</td>
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<td>- one of the rewards for us um was the season sort of finishes at the end of March in [country] and we always used to play at the [country] 7’s, um it was like our final tournament of the year as such um for all the clubs so I guess that was a reward in that sense because you get to play on sort of the big stage so that was nice, I guess a</td>
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<td>reward for the effort you put in throughout the season</td>
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<td>- I just felt pleased that I was getting extra kit for playing now and then it made you feel a bit more special like</td>
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<td>- it's good because um we put a lot of time and effort in for um training and stuff like well actually because we train in the summer and stuff so um it's good to be getting money back now to show that they appreciate that we are making the effort</td>
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<td>- it was good, it was nice to be recognised for what you do um sometimes it's hard work and you know a lot of effort goes into training, even though it's a young age you've still got to you've still got to turn up and play a part and be fit</td>
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<td>- well it was like again it was for uh your ability I mean worked hard, trained hard, kept my head in the game and then got rewarded for it by getting into things like that you know opportunities where you can play for teams</td>
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<td>- as you get older the sort of medals are all sort of, and trophies we got for participation all sort of died out and then they uh stick to the ones that have been performing at you know end of season dinners and things like that</td>
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<td>- as you get older I mean and then you get rewarded for performance, on a performance basis if you've had a really good season you might get player of the year, if you've worked hard all year you might get clubman of the year uh</td>
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<td>- when I was younger yea you know, you get it for participating but still you get it for trying hard and training, consistently training and working hard and playing to your best potential you know and I suppose it carries through, throughout the years basically because if you play hard and train hard then you're more likely to be a better player and then you're more likely to be up for rewards like player of the year and clubman of the year at older level</td>
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<td>- I've been playing for UWIC for so long now they've basically got a policy where they give bursary money to player's who have played and shown commitment over the years and regularly played first team level</td>
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<td>- I've been playing, representing for three years but that was the first year they started to give it out to players who'd represented for three years so that was sort of a reward in itself, a bursary to say thank you and then coming back this year… they've again rewarded me for my hard work and um consistency in playing, playing for the first team throughout the year again</td>
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| - it can be a bit too much pressure for some people who um, who maybe haven't experienced that kind of pressure before |