[Your full name]

[Main position] | [Second position]

[Phone number] | [Email address]

YOUR DETAILS

Date of birth	[DD Month YYYY]	Current team	[Team name]
Height	[cm]	Level	[League or competition]
Weight	[kg]	Kicking foot	[Left or right, if you kick]

ABOUT YOU

[One sentence on what kind of player you are. For example: Tighthead who holds up a scrum and carries hard over the last few metres.]

PLAYING HISTORY

Team	Level	Seasons	Starts	Position
[Team]	[League]	[2025-26]	[0]	[Position]
[Team]	[League]	[2025-26]	[0]	[Position]
[Team]	[League]	[2025-26]	[0]	[Position]
[Team]	[League]	[2025-26]	[0]	[Position]

YOUR NUMBERS

Number	A match	Matches counted
[For example: tackles]	[0]	[0]
[For example: carries]	[0]	[0]
[For example: turnovers won]	[0]	[0]
[One recent fitness result, with the date]	[0]	[Date]

HIGHLIGHTS AND A FULL MATCH

Highlights reel	[Link to a short reel]
Full match	[Link, with the opposition and the date]

HONOURS

[Representative selection, with the year]
[Captaincy or player of the season, with the year]
[League or cup win, with the year]

REFERENCES

Name	Role	Phone	Email
[Name]	[Current coach]	[Number]	[Email]
[Name]	[Previous coach]	[Number]	[Email]

Delete the words in square brackets, then save as a PDF before you send it. Template from framesports.ai