

FALL 2016



RUGBY

Take a break from technology and enjoy the freedom of playing rugby!

Skills Development Clinic

From 7 to u16yrs

No bench warming boredom - Maximum fun and participation!

Brought to you by

The City of Salem

Recreation Department AND

North Shore Youth Rugby Football Club

The NSYRFC, in conjunction with **The City of Salem Recreation Department**, is introducing a rugby program for boys and girls aged 7 through 16, from **Sunday, October 2nd through November 20th** at **Palmer Cove Park** in Salem from 2.00 pm to 3.30pm. Learn the skills necessary to play this exciting International and Olympic sport! Some day play for your country with the US Eagles National team in the Rugby World Cup or in the Olympics!

This program is set up to introduce all ages to rugby through learning the basics of the game and to be ready to enjoy playing the game in the Spring and Summer of 2017. Coaching stations will be set up according to age grades.

****Learn basic rugby skills: tackle safely - how to pass - evasive running - kick 'n catch a rugby ball ****

Players do not play contact rugby until deemed 'ready' by our certified coaches. Rugby is a game for kids of all shapes and sizes, which promotes teamwork, honesty and respect.

Registration costs **\$80**, and is open to surrounding towns on the North Shore, not just Salem residents. **Registration** is available at www.salemrec.com

Elementary, Middle school players must also register with North Shore Youth RFC-Trailblazers at www.myrugby.org High School (9th + 10th Grade) players register with North Shore Youth RFC- Colts at www.myrugby.org for mandatory Liability Insurance. The cost is \$20 for all 'non-contact' beginners for this Skills Program only and players will have to re-register to play Spring/Summer contact rugby program.

The \$30 registration fee for **Elementary / Middle school contact players** and \$40 for High School/Club contact rugby players who want to avail of the Skills Program will be current from September 1st, 2016 through to August 31st, 2017. The NSYRFC will **not** be accepting registrations directly. If you have any questions, contact Des Crowley at tagrugby@nsrfc.com Visit our website at www.nsyrfc.com.



