



SERVING BOSTON'S NORTH SHORE

Spring + Summer 2017

Give Rugby a Try !

Elementary School – Middle School – High School
From 8 to 16yrs

No bench warming boredom - Maximum fun and participation!

Enjoy the continuous motion and exhilaration of a skillful contact sport
 Brought to you by

The City of Salem Park, Recreation & Community Services

AND

The 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 8 through 16, from 2.00pm to 4.00pm **Sunday, April 16th through June, and through July for High School, Middle and Elementary school at Palmer Cove Rugby Field** in the heart of Salem, Massachusetts. Come join us and learn the skills necessary to play this exciting International and Olympic sport!

Rookie Rugby is a non-contact sport designed to introduce children and teenagers to Rugby Union Football. We develop basic skills in a fun, encouraging environment. Similar to flag football, the rules for flag rugby are modified to eliminate contact, and “tackles” occur by pulling one of two velcro tags from a ball carrier’s belt. We use the rugby ball in all facets of learning the basics of the game, enhancing both skills and physical fitness!

Players do not play contact rugby (U12 and up) until deemed ‘ready’ by our certified coaches. Rugby is a game for kids of all shapes and sizes, which promotes discipline, teamwork, honesty and respect. Everyone is guaranteed playing time and is coached individually in the basic skills of the game building the confidence necessary to play in this ultimate team game. Bring a friend!----

Registration costs **\$80**, and is open to surrounding towns on the North Shore, not just Salem residents! Rugby jerseys and shorts will be available for purchase. **Registration Forms** are available at www.salemrec.com

In addition, Rookie Elementary and Middle school players will need to register with **North Shore Youth RFC-Trailblazers** and **ALL High School players register with North Shore Youth- High School Colts** at www.myrugby.org
 The registration cost is \$10 for all Rookie Rugby ‘non-contact’ Elementary School beginners. There is a \$37 registration fee for **Middle School players** and \$47 for **High School/Club contact rugby**, and will be current through to August 31st, 2017.
 The NSRFC will *not* be accepting registrations directly. If you have any questions, contact Des Crowley at nsyouthrugby15@gmail.com Visit our website and Facebook at www.nsyrfc.com for directions and more information.

