



SERVING BOSTON'S NORTH SHORE

Spring + Summer 2019

Give Rugby a Try !

Elementary School – Middle School – High School

From 7 to 18yrs

No bench warming boredom - Maximum fun and participation!

Enjoy the continuous motion and exhilaration of a skillful 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 7 through 18, from 2.00pm to 4.00pm **Sunday, April 28th through to July 28th, 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 as well as, respect, character building, competition and teamwork.

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 **\$90**, and is open to surrounding towns on the North Shore, not just Salem residents!

First sibling \$90; Second sibling \$50; Third sibling \$0; program registration.

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- Rookie (non-contact) grades 3-6 @ \$17; and North Shore Trailblazers-Middle School 7's (contact) grades 7-8 @ \$37; and ALL High School players register with North Shore Colts- Summer 7's @ \$47;** on Mass. Youth Rugby Organization (MYRO) website at www.myrugby.org

The MYRO registration will be current through to August 31st, 2019.

The NSRFC will **not** be accepting registrations directly. There will be a program registration link to Salem Rec. provided on our website. 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.

