



NORTH SHORE RUGBY AND MANCHESTER-BY-THE-SEA RECREATION

FALL 2011

YOUTH RUGBY PROGRAM



The NSRFC, in conjunction with **Manchester-by-the-sea Recreation**, is running a rugby program for boys and girls **aged 6 through 15**, from Sunday, October 2nd through November 13th at **Sweeney Park** in Manchester.

Tag Rugby is a non-contact sport designed to introduce children and teenagers to rugby and develop basic skills in a fun, encouraging environment. Similar to flag football, the rules for tag rugby are modified from official IRB rules to eliminate contact, and "tackles" occur by pulling one of two velcro tags off a ball carrier's belt.

The U-11's through U-15's will also be introduced to **Intermediate Contact Rugby** and will be required to wear a mouthguard. Rugby is a game for kids of all shapes and sizes, that promotes teamwork, honesty and respect.

NSRFC will provide coaching and referees for practice and games **every Sunday from 2pm to 4pm**, starting October 3rd.

Practice will include coaching on basic skills, such as passing, receiving, sidestep, draw & pass and tackling techniques. Parents and other supporters are encouraged to attend games and to cheer the teams on. All age groups and teams will be a mix of girls and boys except during contact rugby. Registration costs **\$60**, and is open to surrounding towns on the North Shore, not just Manchester residents. Rugby jerseys and shorts will be available for purchase. Forms are available at www.manchester.ma.us/recreation. The NSRFC will *not* be accepting registrations directly. If you have any questions, feel free to contact Des Crowley at tagrugby@nsrfc.com and send rugby jersey and short sizes.



For more details and pictures from past camps, visit www.nsrfc.com/youth.

