



NORTH SHORE RUGBY AND DANVERS RECREATION

SPRING 2011 YOUTH RUGBY PROGRAM



The NSRFC, in conjunction with **Town of Danvers Recreation**, is running a tag rugby program for boys and girls **aged 6 through 12**, mid-April through June, at Plains Park in Danvers.

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-9's and U-12's will be introduced to **Intermediate Contact Rugby** and will be required to wear a mouthguard.

Both parents and registered players will be provided with a copy of intermediate contact rugby laws and rules. NSRFC will provide coaching and referees for practice and games **every Sunday from 1:30pm to 3:30pm**, starting **April 17th** for ten weeks until the end of June.

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 **\$70.00**, includes a T-shirt (please note your child's size on the form), and is open to surrounding towns on the North Shore, not just Danvers residents. Forms are available at **danversrec.com**. The NSRFC *will not* be accepting registrations directly. If you have any questions, feel free to contact Des Crowley at **tagrugby@nsrfc.com**.



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

