



# NORTH SHORE RUGBY AND THE TOWN OF DANVERS RECREATION **SPRING 2012** YOUTH RUGBY PROGRAM



The NSRFC, in conjunction with **the Town of Danvers Recreation Department**, is running a rugby program for boys and girls **aged 7 through 15**, on Sundays, from 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. Tag rugby will be played by all age grades.

The U-12's through U-15's will also be introduced to **Intermediate Non-Contact Rugby** and full contact rugby sevens and will be required to wear a mouth guard. 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 in mid-April. There will be three home and three away games in the schedule as well as participation in a family day Youth Rugby Jamboree.

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 Danvers residents. Rugby jerseys and shorts will be available for purchase. Forms are available at <http://www.danversrec.com/registration.htm>. The NSRFC will *not* be accepting registrations directly (in the list of available programs, look for 165302-09: *Summer Rugby* at the end). NSRFC will not be accepting registrations directly.

If you have any further questions, feel free to contact Des Crowley at [youth@nsrfc.com](mailto:youth@nsrfc.com)

For more details and pictures from past camps, visit [www.nsrfc.com/youth](http://www.nsrfc.com/youth).

