



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

FALL 2010 YOUTH RUGBY PROGRAM



The NSRFC, in conjunction with **Manchester-by-the-Sea Recreation**, is running a tag rugby program for kids **aged 6 through 13**, late September through the end of October, in Manchester-by-the-Sea.

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. NSRFC will provide coaching and referees for practice and games **every Sunday from 2 to 4pm**, starting **September 26th** and finishing on **October 31st**.

Practice will include coaching on basic skills, such as passing, receiving, sidestep, draw & pass. 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. Registration costs **\$60.00**, 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 Manchester residents. 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.

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

