



BROCK FLAG RUGBY 2023

Celebrating 13 years of Fitness, Friendship & Fun!
Non-Contact Flag Rugby Program for Boys and Girls

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|---|----------------|-------------|
| Age Groups for 2023 are the following years of Birth: | Little Ruggers | 2020 - 2019 |
| | U6 | 2018 - 2017 |
| | U8 | 2016 – 2015 |
| | U10 | 2014 – 2013 |
| | U12 | 2012 – 2011 |

The sessions will run on Saturdays from 9:00 - 10:30 am at the Brock Rugby Club, except Little Ruggers will end at 10:00 am. There is no travel involved with this program. The Brock Rugby Club is located in Blackwater, just East of Hwy #12 and Durham Road #13. For specific directions, visit our website at www.brockflagrugby.com

All age groups play at the same time. **(Great for parents with multiple players!)**

The program will focus on physical activity, coordination, teamwork and most of all FUN, along with learning the fundamentals and basics of the game of Rugby.

The season starts on Saturday April 22, 2023 and runs for nine weeks. There will be no session on Victoria Day weekend. The final day will take place on Saturday June 24, 2023. The program ends before summer break!

Cost: \$100

This includes liability insurance, Brock Flag Rugby T-Shirt, and Final day Celebration

Registration: www.brockflagrugby.com

- Complete the on-line Registration Form and Waiver. Submit the forms on-line.
- Complete the on-line payment option or mail payment to the address below with a cheque payable to Brock Flag Rugby.

Brock Flag Rugby
C/O Kevin Bagshaw
S380 Concession 4
Sunderland, ON, L0C 1H0



For more information, please contact Kevin Bagshaw (Brock Flag Rugby President) at: bagsrugby@hotmail.com

All registrants will receive an email prior to the first session with more information.