



Southtowns Youth Rugby

Winter 2020 Flag Rugby Session

All Boys and Girls ages 5-13

Cost: \$70 (\$60 to Southtowns Rugby \$10 annual Rugby NY registration)

Friday evenings February 7 - April 3

Register @ www.southtownsaxons.com/youth-rugby

Follow us on Facebook @ Southtowns Youth Rugby

Questions? Contact Emerson southtownsrugby@gmail.com

Or call or text 716-465-9092



Friday, February 7

Friday, February 21

Friday, February 28

Friday, March 6

Friday, March 13

Friday, March 20

Friday, March 27

Friday, April 3

ADPRO Fieldhouse 6:00-7:00 pm

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ECC Turf Gym 6:00-7:00

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ADPRO Fieldhouse 6:00-7:00 pm

ECC Turf Gym 6:00-7:00

ADPRO Fieldhouse 6:00-7:00 pm



The main focus at this age is to be safe and HAVE FUN! The coaches are supportive of the athletes and provide an education-based approach to player development. Players will begin to learn rugby skills early. This includes ball handling, evasion, playing as a team, but most importantly, having fun. Our younger athletes will be exposed to skills-based games and progress to touch and flag rugby games. Our more experienced athletes will be introduced to the concepts of contact and gameplay pattern.