

# BROCK FLAG RUGBY 2021

Celebrating 10 years of Fitness, Friendship & Fun!  
Non-Contact Flag Rugby Program for Boys and Girls

This year we are excited to offer a new program.  
"Little Ruggers"

This program will be for boys and girls with birth years of 2017 - 2018

The sessions will run on Saturdays from 9:00 – 9:40 am at the Brock Rugby Club. We are proposing a 40 minute time as we feel this would be sufficient for this age group.

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.

**Session Dates are: July 10, 17, 24, August 7, 14, 21, 28, September 11, 18, 25**

Cost: \$60

This includes a Brock Flag Rugby T-Shirt.

Registration: [www.brockflagrugby.com](http://www.brockflagrugby.com) or [www.brockrugby.com](http://www.brockrugby.com)

- Complete the Registration Form and Send to [bagsrugby@hotmail.com](mailto:bagsrugby@hotmail.com)
- Payment will be taken on the first day and can be cash or cheque payable to Brock Flag Rugby.

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

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