



BROCK FLAG RUGBY

www.brockflagrugby.com

Non-Contact Adult Women's Flag Rugby 2025

Teams will be fluid; we will wear double sided shirts to creating an option for a dark & light team. We will divide players once we have warmed up each night. Players will be introduced to game concepts, rules of the game, proper ball handling and improved physical fitness. Each night will consist of warm-up games, some basic ball handling, and Flag Rugby games.

Time: Monday 7:30 – 8:45 pm

Cost: \$100

If you do not have a reversible pinny from last year or need a new one, they will be an additional cost of \$30.

All Registration is done on-line through our website www.brockflagrugby.com

The first night will be Monday May 5th, 2025, at 7:15 pm for jersey pick up and organization. We will use the Team Reach app. as our communication for the season.

The season will run until July 28th, 2025. There will be no sessions on May 19th and June 30th for the long weekends.

Join our Facebook group Women's Flag Rugby at Brock Rugby Club for updates For more information, please contact Beth Van Harten at s.b.van.harten@gmail.com or Kevin Bagshaw at bagsrugby@hotmail.com

