



Spalding RFC
Founded 1923

COME & GIVE RUGBY A TRY!

Join our Mini Rugby



**WOULD YOUR CHILD LIKE TO LEARN A NEW SPORT,
DEVELOP SKILLS FOR LIFE AND HAVE FUN WITH A WELL
ORGANISED, FRIENDLY CLUB!**

THEN COME ALONG AND GIVE RUGBY A TRY!

Mini rugby (from **U6/Year 1 to U12/Year 7**) is a great team sport offering boys and girls the opportunity to develop skills for life.

PHYSICALLY - sport skills, co-ordination, improving physical conditioning/fitness and good health habits.

SOCIALLY – make new friends, develop self-confidence, learn team co-operation and appropriate standards of behaviour.

Our Minis start with Tag Rugby at **Under 6 (Reception & Year 1)** where there is no contact and the children then develop their skills and knowledge through appropriate coaching and a carefully graduated set of rules year by year so they learn to play the adult game safely and successfully.

We train/play every Sunday mornings from 10am at the main Rugby Club at St Thomas's Road (Grammar School Fields). **So, come along and give us a try!**

To find out more visit our website www.spaldingrfc.co.uk or contact our Mini Co-ordinator, **Peppa** on **07917 411928** or at peppa_saunders@yahoo.co.uk