

2008 MYSTIC YOUTH RUGBY FAQ's



Q: What is Mystic Youth Rugby?

A: It is NON-CONTACT flag rugby where children learn basic rugby skill while having fun running around with a ball. (It is almost like an organized game of tag!)

Q: What are the ages?

A: The program is for boys and girls age 6-14.

Q: Who are the coaches?

A: The coaches are parent volunteers and players from the Mystic River Rugby Club. (CORI forms are required and coaches will be certified by Boston Youth Rugby)

Q: What equipment is needed?

A: Soccer or football cleats and shorts. T-Shirts will be provided.

Q: What skills will be developed?

A: Running, Kicking, Passing, Catching, Teamwork and Self-Confidence. But most of all this is about kids having fun running around with a rugby ball.

Q: What if we can't make it every week?

A: We know its summer, so we keep things low key – the commitment level is entirely up to you.

Q: When does the program start and where will it be held?

A: The program runs Thursdays nights starting June 19 through July 31 at Pine Banks from 7pm-8:30pm each week. There will also be opportunities to play other programs on weekends or at the season ending Jamboree.

Q: How do I sign up?

A: Thursday June 12 at 7pm there will be an informational meeting and sign-up at Pine Banks Park in Melrose. Or please contact Dave Rudzinsky @ 781-224-3325 or email drudzinsky@hologic.com if you are interested in registering your child or finding out more about the program. Cost is \$30.

To learn more about youth rugby go to www.bostonyouthrugby.com or www.mysticrugby.com

MYSTIC YOUTH RUGBY Give it a TRY!