



CAINSCROSS RUGBY CLUB

NEW PLAYERS WANTED...

TO JOIN OUR U12s - U14s TEAMS.



COME TO OUR
RUGBY TASTER SESSION
WEDNESDAY 21ST OCTOBER
4PM-5PM AT VICTORY PARK.



CAINSCROSS RUGBY CLUB

WE'RE LOOKING FOR SOME NEW TEAM MATES TO JOIN OUR CLUB!

If you're in **Years 7, 8 or 9**, come along to our Rugby Taster session on **Wednesday 21st October** and see what it's all about.

- >> Take part in training and games
- >> Challenge yourself and learn some new skills
- >> Stick around for a free hot dog afterwards
- >> Never played rugby before? No worries - we'll show you everything you need to know.

Whether you're already into sport or just fancy trying something different, come and get involved.

Interested?

Contact Jo on 07568 548 172 or CainscrossMinis@gmail.com for more info.

 Cainscross RFC Minis & Juniors

WHY SHOULD YOU CHOOSE CAINSCROSS RUGBY CLUB?

- >> We're a friendly, family club
- >> Affordable membership: £55 for the season
- >> Dedicated, DBS checked, first aid trained coaches
- >> Midweek and Sunday morning training sessions
- >> FREE hot dog after Sunday training
- >> Christmas party and End of Season fun day
- >> Regular social events like ten pin bowling and more!
- >> The home of HEADS UP - our very own Minis & Juniors mental health & wellbeing programme



TEAMWORK • RESPECT • ENJOYMENT • DISCIPLINE • SPORTSMANSHIP