



England Rugby



BASINGSTOKE RUGBY CLUB

Girls Rugby

**Summer
training
Sundays 1 - 3pm
Starts 2nd June
FREE**



Welcome to Basingstoke Rugby Club, where we are focused on developing individual long term athletic skills in a team environment, on learning to play hard but fair, on playing the game to the best of individual ability, on learning equally from winning or losing, on developing friendships that will last a lifetime, and on having fun.

We're incredibly proud of our high standards of coaching, organisation and providing a healthy and safe environment for all our players. We think there is no sport like Rugby Union which requires a mix of so many physical, mental and social skills, leadership, partnership and friendship.

Each girls' age group (Under 12's (School Years 6/7 in Sept 24), Under 14's (Years 8/9), Under 16's (Years 10/11) and Under 18's (Years 12/13) has RFU-Qualified, DBS-checked Coaching staff and trained First Aiders.

We train and play on a Sunday afternoon from 1.00pm to 3.00p.m.

Additionally, our U14's, U16's and U18's have mid-week training on a Wednesday at 6.30pm (for U14's) and 7.30pm (for U16's and U18's).

Free Summer Training sessions start Sunday 2nd June 1pm – 3pm – from Year 6 this September (current Year 5 welcome) - Give us a call or message if you'd like to give it a Try!

For any enquiries, contact Michele Amos (Basingstoke RFC Girls Rugby Manager) on maddog.amos@talktalk.net or phone 07884 271543

Visit the website
<http://www.basingstokercfc.com/teams>

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP

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Basingstoke RFC –
post code for Sat Nav
RG22 5HH