

**FREE
EVENT**

Girls Rugby

Pitch up and play



25th February 2018, 10.00-12.00

Old Ruts is hosting Surrey Rugby's "Pitch Up and Play" event for girls aged 5 to 13. It's absolutely FREE and no experience of rugby is required. Girls decide whether they wish to play contact or non-contact (tag) rugby. We coach tag rugby at ALL age groups. It's great fun, there is a bbq afterwards and we require no further commitment from you.

**Rugby improves confidence, communication, decision-making and fitness.
Please register at bit.ly/girlsrugby**

For girls aged 5-13 years (from September 2017).

Old Ruts, Poplar Road, London SW19 3JS. oldrutsrugby.com/minis/girls-tag

For further info contact Karen at karensrobertson@googlemail.com