



Get Into Rugby is an introductory program for kids of all ages to learn the Rugby basics or develop their current skills at a club nearest to them.

It's a super fun and social program for kids of all ages.

The program runs for 5 weeks at AR Hurst to **commence 12th February 2020** the cost is included in your child's 2020 rego fees.

Each session runs for approximately one hour each week and is packed with drills that will test your skills. As well as learning tons of new skills and meeting new people. While developing current Rugby kids skills and introducing new kids to the sport, its all about having fun and learning the game.

You can learn the non-contact format of rugby, for U6s and U7s, then as the program progresses U8s and up will learn tackle components.

It's also great for those looking to switch formats, keep fit or make a bunch of new mates.

After the training wraps up there's plenty of fun to be had off the field with barbecues and time to chat.

Get into Rugby will be providing training and resources to deliver the program in line with the desired outcomes and experience for the participants from NSW Rugby development staff.

Not only is Get into Rugby a program for the kids but it also includes training and development for the Parents/Coaches. Anyone can get involved and it will provide parents and Coaches the tools to Coach the kids. For more information on the coaching section click below.

<https://australia.rugby/participate/get-into-rugby/club-resources>

To be part of the coaching program in 2020 please get in touch with us via sylvaniabulldogs@gmail.com

Great news is your child becomes a part of the program when they register as a Bulldog for the 2020 season from January 3rd 2020!

Want more info?

<https://australia.rugby/participate/get-into-rugby>

<http://www.sylvaniarugby.com/home>

or email us on sylvaniabulldogs@gmail.com

