



# WARRIORS

YOUTH & ROOKIE RUGBY CLUB

WarriorYouthRugby@gmail.com ♦ @WarriorsYouthRugbyClub

## ST. LOUIS WARRIORS YOUTH & ROOKIE RUGBY CLUB

Interested in playing rugby? Youth rugby for all levels

### YOUTH RUGBY

11-14 years  
(Grade 5-8)

Contact

### ROOKIE RUGBY

Boys & Girls 5-12 years

Non-Contact

[www.facebook.com/WarriorsYouthRugbyClub/](http://www.facebook.com/WarriorsYouthRugbyClub/)

### ***Why Play Rugby?***

***USA's fastest growing sport!***

- Create friendships
- Adopt rugby's core values
  - Teamwork
  - Discipline
  - Respect
  - Sportsmanship
  - Enjoyment
- Health Benefits
  - 60+ minutes of exercise
  - Muscle strength development
  - Bone strength development
- Player Safety
  - Qualified & certified coaching staff
  - Concussion education certified
- Life-long Connections

***Practices begin Sunday 8:30am March 22<sup>nd</sup>, then Saturdays 8:30am until May 16<sup>th</sup>  
at Lou Fusz Soccer Complex on Rugby Field to Left of Turf Field***

*2155 Creve Coeur Mill Rd, St. Louis, MO 63146*

*If interested, contact Colin Heath (colin9174@gmail.com; 314-265-8729)*

*or Doug Reckamp (douglasreckamp@yahoo.com; 636-485-6230)*