



Give Rugby a Try

ALFORD YOUTH RUGBY CLUB

Our aim is to give all boys and girls of primary age the opportunity to play rugby locally. We play at the Alford primary school pitches on Sunday morning from 10.00am to 11 am for the P1-P3's and 9.30am to 11am for P4-P7 age-groups.

No specialised kit is necessary however loose fitting tops, a breathable waterproof jacket and appropriate footwear (boots/ studded trainers) is recommended, a light snack and water/ non fizzy drink is necessary.

Anyone interested in learning an exciting and fun game then please contact Norman Rae on 019755-64033 or Brian Mercer on 019755-64012.

Also, please check out the website [www. http://www.alfordyouthrugbyclub.com](http://www.alfordyouthrugbyclub.com) for more photos and the Club Constitution to get an understanding of what we are all about.

Fun for all ages, good exercise and some good clean competition

