

GIVE GIRLS RUGBY A TRY!

Worthing R F C

**FREE OPEN EVENING MARCH 7TH
6PM FOR YEARS 4, 5, 6 & 7**

CONTACT GIRLSRUGBY@WORTHINGRFC.COM 07967 274413

Worthing Girls Rugby are looking for Year 4, 5, 6 and 7 girls to join our fun and friendly 10s and under, under 11 and under 12 Girls teams.

On Tuesday March 7th from 6pm-7.15pm, we are running an open try-it-out session so if your daughter is interested, they can come along to see what it is like:

*All new girls will receive a free gum shield when they attend

Please email **Fliss at girlsrugby@worthingrfc.com or call 07967274413** to secure a place and for further details .

All shapes, sizes and fitness levels are welcomed and encouraged.

No experience, knowledge of rugby or expensive kit is needed and full training and support is provided by our amazing coaches.

Training is on Tuesday evenings and Sunday mornings.