

2nd Annual Rugby Bootcamp for High School Athletes

- Ready to step up your athletic performance?
- Want to play the world's #1 contact sport?
- Looking for a sport you can play in college?
- Like the idea of using a sport as a means to travel the world?
- Want to train for the newest Olympic sport?
- Want to train with rugby champions?

Don't spend your off-season idle! Come train with the NorCal champion Cavaliers Rugby! High school athletes will master rugby passing, tackling, rucking, scrums and lineouts, in a high performance training environment. New players will be joined by veteran Cavalier high school rugby players & experienced coaches, eager to win yet another rugby championship. On the final day of camp, players will be tested with a full rugby scrimmage. Don't miss out!

- What: Three Day Rugby Bootcamp for High School Athletes
- Who: High School Men & Women in grades 9-12
- No rugby experience required; For new & experienced players
- When: 9am - 12pm, Mon., Tues & Wed., Nov. 25, 26 & 27 2013
- Where: Fallon Sports Park, 4605 Lockhart Street, Dublin, CA
- Cost: \$80. Includes Cavaliers rugby T-shirt & final day BBQ
- **Register today:** www.cavaliersrugby.com
- Questions?: president@pleasantonrugbyclub.com

Cavaliers 15s Rugby Season 2013/2014

- Who can play 15s rugby for the Cavaliers?:
 - Youth athletes, both boys & girls, ages 5 through 12th grade
 - The Cavaliers field teams at 7 different age levels: U8, U10, U12, Middle School, Boys JV, Boys Varsity & Girls Varsity
 - Football players, Soccer players, Basketball players, Baseball players, Track athletes and others all bring valuable skills to rugby.
 - Youth athletes from every city in the area, including Pleasanton, Livermore, Castro Valley, Dublin, San Ramon, Sunol, San Leandro, Tracy, Modesto, Fremont and beyond.
 - No experience? No problem! New players learn rugby quickly
- The 15s Rugby Season: When is it?
 - Practices begin in December 2013 and continue through March (U12 & younger) or April 2014 (MS & HS). Practices are in Dublin & Livermore.
 - Matches start in January and continue through March 2014 (MS & younger) or April 2014 (High School).
- Rugby Matches: When & Where
 - High School: Friday nights, Saturdays or Sunday afternoons
 - U8, U10, U12 & Middle School: Saturdays or Sundays
 - Where: Home: In the Tri-Valley. Away: Throughout the Bay Area
- How much?
 - Boys Varsity, Girls Varsity & Boys JV (9th, 10th, 11th & 12th grade): \$350
 - Middle School (7th & 8th grade): \$300
 - U8, U10 & U12 (Age 11 and younger): \$275
 - Great value: This is less than \$5/hour for a great rugby experience
- What do I get?
 - The opportunity to learn a new sport. Rugby is the most popular contact team sport in the world. Rugby will be a medal sport in the 2016 Olympics.
 - 30+ practices on all-weather turf at Las Positas College
 - 10 to 18 rugby matches vs. the best youth rugby competition in the USA
 - Rugby uniform (jersey, shorts, socks)
 - Great after-match meals
- **Register today:** www.cavaliersrugby.com
- Curious? Come work out with us: The first practice is FREE!
- More questions?: president@pleasantonrugbyclub.com