

If you can't play nice  
play rugby

### **Girl's Rugby with the Carlisle Cougars**

Sessions for girls, 12 to 18 years old  
20th and 27th July @ Carlisle Rugby Club.  
10 am - 4pm.

These sessions will be run by Graham Kidd, Community Rugby coach for Carlisle and the Carlisle Cougars.

### **Kick! Tackle! Pass! Ruck! Maul! and Score!**

Registration needs to be completed in advance, a form is available from [www.carlislerugby.co.uk](http://www.carlislerugby.co.uk).

**Cost £2.50 per session, all attendees will receive a free rugby gift.**

### **North Cumbria Girls Rugby Development Sessions**

Develop skills further at the North Cumbria girl's development sessions in August. Rob Thompson (RFUW Club Coach officer) will be running skills development sessions for girls aged 12-18 at Carlisle and Keswick. Registration is free.

### **Mixed touch rugby with the Cougars**

Play touch rugby - Monday nights during the summer with the Carlisle Cougars. 6.30 - 7.30 pm. All welcome whether interested in playing contact rugby or not. Over 12s to any age. Bring your friends.

### **Club fixtures and training**

Carlisle U18s and U15s girls teams have fixtures in the North East and Cumbria and festivals of rugby in Carlisle and Keswick. Club training starts Monday 7th September. Coaching sessions for girls aged 12 to 14, and 15 to 18 on Monday nights at Carlisle Rugby Club. Individual and team skill development for the seasons fixtures. Registration to the club costs £20

### **Keen to play at higher levels?**

Girls County and Regional teams will be selected at trials again this year. County trials 27th September. Regional trials 17th January 2010.

[www.carlislerugby.co.uk](http://www.carlislerugby.co.uk)  
for more info!