

# Chelmsford Youth Rugby Winter Training

Sponsored by Chelmsford All Sports Boosters

Chelmsford Youth Rugby is getting a jump on the upcoming spring Massachusetts Youth Rugby Organization (MYRO) season with winter training starting February 7, 2023. Training will be held at the Town Hall Gym every Tuesday through mid-April, from 6:00-7:30PM.



Rugby training indoors on a parquet floor initially sounds painful, but we have developed a training program focused on conditioning, game-play, and teambuilding to increase player's rugby IQ. With the great success from our multiple learn-to-play sessions held throughout 2022, we are looking

forward to taking our club to the next level in 2023 by joining in with MYRO in their competitive season.

Not familiar with Chelmsford Youth Rugby? This organization serves all of Middlesex County, focused on teaching grades 5-8 the greatest game on earth (that's rugby by the way...no contest...don't even try to debate it). There are multiple team levels being offered, including grade 5/6 and 7/8 flag teams, and a grade 7/8 tackle team. All teams are co-ed. With enough interest, we also look to field a grade 7/8 all-girls flag and tackle team, partnering up with Girls Rugby Massachusetts (Instagram: girlsrugby.massachusetts) to grow the next great generation of female ruggers.

Signups can be found on the Chelmsford Boosters website at <https://www.chelmsfordboosters.org/ms-rugby-registration>. Winter training fees are \$100, and includes each player's registration with USA Rugby and MYRO.

Still on the fence? Feel free to come try a session or two and see if it is a good fit for your athlete. For all information on Chelmsford Youth Rugby, follow us on Twitter or Instagram @chelmlyouthrugby, or email directly [chelmsforyouthrugby@gmail.com](mailto:chelmsforyouthrugby@gmail.com). We do ask that anyone planning on trying out a session before signing up to send an email or DM prior to attending.



## #riseofrugby

## #noquit