



# TRY RUGBY AT FORDINGBRIDGE RUGBY CLUB



Training

Playing

Making  
Friends

Having  
Fun



## Senior Training

Senior Men train at the Recreation Ground Tuesday & Thursday nights at 07:00pm

Contact: Ian Brown  
07590 920795

## Ladies Training

Senior Ladies Tag train at the Recreation Ground Wednesday nights at 7:00pm

Contact: Lizzie Grayshon  
07779 419358

## Colts Training

Colts (U17-U18) train at the Recreation Ground on Sunday & Thursday nights .

Contact: Edward Douglas  
07816 994596

## Youth Training

Mini's Training (U5-U12) & Junior (U13-U16) train at the Recreation Ground Sundays from 09:30am

Contact: Edward Murphy  
frfcmunis@outlook.com

## Walking Rugby

Walking Rugby Training (U14-All ages) train at the Recreation Ground Fridays at 06:30pm

Contact: Nikki Stockley  
07887 724701