

**NO HELMETS. NO PADS.
NO PROBLEM.**

**PLAY
RUGBY.**



Big and bad? Small and swift? No matter who you are, the Newport News Rugby Football Club has a spot for you. Toughen up, stay fit, and try the hardest thing you'll ever do in knee-high socks.

**SPRING PRACTICES BEGIN
JANUARY 31**

**Every Tuesday and Thursday
7:00pm
Crittenden Middle School
6158 Jefferson Avenue
Newport News, VA**

**For more information, contact:
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President
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NNRugbyFC@gmail.com
Facebook: Newport News Rugby
www.newportnewsrugby.com**

**MAKING BOYS
INTO MEN AND
MEN INTO
CHAMPIONS
SINCE 1978.**



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