



Senior Rugby Team Building Competition Sat 20th August– 10am - 5.30pm

Our aim is to run a team building event for all senior rugby squad members at Bury St Edmunds RFC during pre-season to allow players to compete, and learn in a fun environment.

The emphasis of the day will be to enjoy each other's company while developing a range of skills within a relaxed team environment that can be transferred into our successful season ahead.

Players will be asked to compete in small teams in a range of indoor and outdoor challenges over the duration of the day and be given the opportunity to win prizes for the success of their team throughout the day.

Players will be provided with lunch and the afternoon will finish with a BBQ and prize giving.

You will require the following– training kit, trainers, boots, towel, change of clothing for evening BBQ

It would be great to receive your support at such a fantastic event and recognise the importance of creating a successful team environment early in the season.

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