



RUGBY FOOTBALL
FOUNDATION



RFU

**THIS IS
RUGBY.**

GET QUALIFIED AND GET INVOLVED

The Entry Level Referee Award (ELRA) is a practically based course that will give you the core skills to referee rugby union. Get qualified and get involved with the game.

Find out more and enrol at rfu.com/referee or contact the Referee Development Team.

Dates: Sundays 24th & 31st October 2010
0930 – 1600

Venue: Nottingham Casuals
Canalside, Meadow Road, Beeston NG9 1JQ

For any further information please contact Paul Freestone (details below)



SCRUM ENGAGEMENT

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**MIND
BODY &
SOUL**