



**NORTHWICH R.U.F.C**

**U12'S**

**"RECRUITING NEW PLAYERS"**



**6 WEEKS TRAINING SESSIONS**  
**FITNESS**  
**HANDLING SKILLS**  
**POSITIONING**  
**TEAMWORK**  
**SPRINTS**  
**• GAME PLAY**  
**TOUCH RUGBY**  
**WEDNESDAYS FROM 6PM**

• Northwich RUFC  
Moss Ln  
Northwich  
CW8 4BG

Contact -  
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Northwich RUFC Superstars

**NEW PLAYERS ALWAYS WELCOME**  
**NO PREVIOUS EXPERIENCE NECESSARY**

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CHESHIRE



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