## **Union County Youth Tackle Rugby**

Work on your personal conditioning in the off-season, as well as a variety of transferable skills for your YOUTH or HS football team:

Ball Handling, Open Field Tackling, Evasive Running, Communication, Field Vision, Decision Making



EVERYONE CARRIES & PASSES THE BALL
EVERYONE TACKLES & PLAYS DEFENSE
U12, U14, U16 and U18 sides fielded.
www.mudturtlerfc.com

