

# MOTLEY – UPCOMING EVENTS

**Summer Sevens** - Begins May 14 – every Tuesday and Thursday.

Practice venue – TBD

U10s, 12s and MS.

Practice times – 7:00 – 8:00

What to bring: **A Friend or two!** Cleats, mouthguard, water.

We provide jersey.

Cost: \$100 for the entire season.

Tournaments – likely six consecutive Saturday tournaments beginning early June. In Sacramento, Dixon and Bay Area.

**Rhinos Rugby FIFTEENS** - Begins NOW. Through May 21.

Practices will be Thursdays, starting this week 3/21, at our facility at 1940 Railroad Dr. Sacramento.

- U10 & U12 will practice from 5:00-7:00 PM. Middle School from 5:30-7:30 PM.

- Practice will include one hour of strength and conditioning, geared for their age, and one hour of rugby training.

- We will schedule some games with teams in the Bay Area but will not play every weekend.

- **We will have an end of season jamboree with the Rhinos teams in Irvine. We plan on having this in San Luis Obispo or somewhere else half-way between. This would be Saturday May 18th.**

- Cost is \$50 a month and the season will be 2 months