



# SOUTH SHORE ANCHORS RFC

## 2009 Summer 7's

The South Shore Anchors are entering our 10th summer running our summer 7's rugby program. We are proud to welcome all college and high school students who would like to learn not only the 7's style of play, but rugby in general.

### **Summer Tournaments:**

June tournaments include – Seacoast 7's, Worcester 7's

July tournaments include – Acton 10's, Newport 7's

August tournaments include – Middlesex 7's

### **Practices:**

We will practice 2 times a week beginning June 2nd in two locations to accommodate the most people. We encourage every player to make as many practices as they can.

**On Tuesdays** – we will practice at our regular practice field @ Weymouth High School. 1 Wildcat Way. 7- 8:30pm.

**On Thursdays** - we will practice at Cambridge R&L High School on the turf field. 7- 8:30pm.

<http://www.cpsd.us/crls/athletics/teams/RUGBY/>

- PLEASE REFER TO OUR WEBSITE – [www.ssrugby.com](http://www.ssrugby.com) for any other details you may need.

- We will setup carpools to and from each location as much as possible to accommodate as many players as possible. The two locations are due to the growing number of players we are getting from around the city.

### Contact Info:

Jay Donovan – SSARFC 7's coach, SSARFC 15's Captain  
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Brad Dzierzak – SSARFC President  
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<http://www.ssrugby.com>