

LANSDOWNE Rugby Practice Schedule All Teams 2016-17

All Flyers must be on time, (Punctual) for Practices

Team	Practice Day	Practice Time	Coach
Grade 7/8 Either Boys Under 160lbs	Monday Thursday	3:00pm-4:00pm 3:00pm-3:45pm	Coach Rae
Grade 6/7 Boys Under 130lbs	Wednesday Friday	3:00pm-3:45pm 3:00pm-3:45pm	Coach Matt Coach Conor Coach Gavin R.
Grade 6/7 Boys Under 100lbs	Tuesdays Thursday	3:00pm-3:45pm 3:00pm-3:45pm	Coach Caleb H. Coach Gavin H.
Grade 6/7/8 Girls Team	Wednesdays Friday	3:00pm-4:00pm 3:00pm-3:45pm	Coach Matt Coach Conor Coach Gavin R.

Note: Game Days

Locations: TBA

Boys 7/8 Under 160lbs

Thursdays

Boys 6/7 Under 130lbs

Wednesdays

Boys 6/7 Under 100bs

Tuesdays

Girls 6/7/8 Rugby

Wednesdays