

BREVARD OLD RED EYE RUGBY FOOTBALL CLUB



Rugby

It's 90% physical. The other half is mental.

Give it a TRY!

Red Eye Hotline (321) 727-2203

www.oldredeyerugby.com

Rugby is a full contact sport that takes fitness. The action is non-stop; there are no downs, times-out or substitutions. But there are some rules. So if you want to get in shape and you've found that softball or flag-football just don't cut it and you'd like to learn about "scrums", "rucks" and "mauls", come out to a practice on Tuesdays and Thursdays from 6-8PM. We welcome all players - new or used.