

RUGBY JENA

Five Reasons
why
YOU

should play
Rugby with us!



I - TEAMPLAY

Rugby is a game with some players on the pitch, even more on the bench and a lot more in the whole family. Stand together on and beyond the field is the key.



II - FOR EVERYBODY

In our game everybody is welcome.
You can not be too small, too big or
anything else.



III - OVERALL FITNESS

Rugby will improve your fitness in any way. There is no skill which isn't of use. Including also your brain! ;-)



IV - SOCIAL SKILLS

Our Team gives you the opportunity to participate in many different projects and train your social skills. Giving practice on schools is just one example.



V - FRIENDSHIP

You will meet a bunch of interesting people in the big family of Rugby! Some of them will be true friends for life!

