

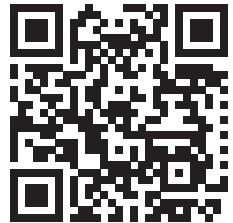


FREE YOUTH CAMP

May 30th, 9am-1pm • Arcata Sports Complex

Our **FREE** camp in **May**, for boys and girls ages 5-18, is the perfect way for new players to learn the basics, with a focus on fundamental drills, game strategy, and fitness preparation.

For more information, contact Ed Sonia at 707-502-9373, or visit www.humboldtrugby.com/youth



Get ready for the speed and thrills of **Rugby 7s**! Join us for our exhilarating summer series running through **June** and **July**. This format is quick, dynamic, and a ton of fun for players of all ages. **Sign up now!**