

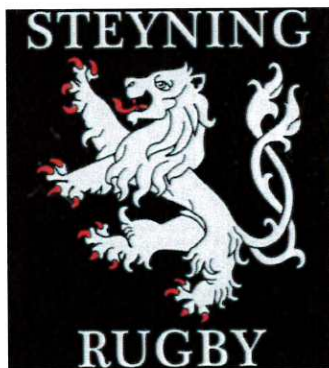


Rugby in Steyning

It was nice to see so many people at The Steyning Country Fair recently. As we were explaining on the day we are looking at ways in which we can better promote our wonderful game to the wider community. It must be said we are a little stunned by the level of interest from all, as such we have set out some plans for the coming months and hopefully for the foreseeable future...

There are many opportunities to come and join in! Frisbee or Touch Rugby for example are both non contact and open to men and women alike.

Below are three sections on ways for you and your family to enjoy our sport, share in its values and have some fun in our community...



We will be running a number of taster sessions for YOUTH RUGBY though both July and August.

These will be Sunday mornings and hosted by us at Steyning Cricket Field. Dates will be confirmed in the next week or so. Do [e-mail us](#) to register your interest for these.



Touch Rugby is increasingly popular. A great way to get fit and have some fun... It is also a wonderful way to step into rugby or indeed retire gracefully from the full game. Simple rules, no contact but encompassing the core values of our great game.

We will be hopefully launching a full on [O2 Touch Rugby](#) programme shortly. [E-mail us](#) for details.



In Steyning since 1993 under the guise of [Norfolk Arms RFC](#), many successful years, last season - Sussex Plate Finalists & promotion from Sussex 2 too...Come and watch or join in our training sessions, in particular the next few weeks. we play Frisbee (Tuesdays) or touch rugby (Thursdays) at Steyning Cricket field from 7pm...

If you have any questions about what we are doing or getting involved please drop us a line at steyningrugby@hotmail.com