

MARCH 2018

# BULLDOGS RUGBY

NEWSLETTER

## Bulldogs Cheers

Congratulations to **Cindy Nelles** (coach), **Joleen Mason**, and **Callum O'Neil** on representing the Bulldogs at the Tropical 7s in Florida. The Junior Boys finished 4<sup>th</sup> and the Toronto Elite Reds were tournament champions. Congratulations to **Jo Robinson** who was awarded Rugby Canada's Coach of the Year at the Annual Awards Ceremony in Vancouver earlier this month.



## Try Rugby Days & Touch Rugby

Boys and girls are encouraged to come give rugby a try at one of our FREE Try Rugby Day (see details below). Players can register for the Touch Rugby program at both of the Try Rugby Days listed below.



## Registration

For those playing contact rugby (U13 to Old Boys) - please visit our website for more details on how to register for the 2018 season.

Link: <http://www.bulldogsrugby.com/regInstruct.asp>

## College & University Rugby

Congratulations to **Jordan Semark** who was awarded MVP and to **Lauryn Bons** who was named Rookie of the Year for Trent University Women's Rugby team.

Congratulations to **Shelly Malette** and **Kierstyn Bennett** for winning MVP and to **Bailey Meraw** for being awarded the Fair Play Award for the Loyalist Lancers' 7s team. Congrats to former Bulldog **Ryan McDougall** for winning the Coaches Encouragement award at Loyalist College.

## Junior & Senior Indoor Training

The last indoor training session will be held on Sunday, April 8 at the Loyalist Dome. Junior boys and girls will train from 2-3pm and the senior men and women will train from 3-4pm. The cost is \$5/player for juniors and \$10/player for seniors. Cleats are not permitted.

### SAVE THE DATE

April 16	April 21	End of April
5:30 pm Coaches Meeting at QSS in Room 210	1 - 4 pm Horseshoes for Senior Players \$5 each	Men's and women's training at MA Sills Turf