



● U14, U16 AND U18 YEARS MALE TEAMS ● TRAINING WEDNESDAYS 4-5.15PM ● CAPRICORNIA COMPETITION RUNS 7/5 - 13/8/22 ● REGISTER VIA RUGBY XPLORER APP - CLUB: NOGOA RED CLAWS ● Contact Nogoa Red Claws Teen Coordinator/Coach: Lincoln Job 0404 083 438



● U13, U15 AND U17 YEARS FEMALE TEAMS ● TRAINING MON 4.30-6 & WED 5-6.30PM ● MACKAY & REGIONS COMP BEGINS 16/7 ● REGISTER VIA RUGBY XPLORER APP - CLUB: CENTRAL HIGHLANDS TITANS ● Contact CH Titans Head Coach: Gee Martin 0418 440 462

● ALL CENTRAL HIGHLANDS TEAMS: CQ MUSTER 30/4 - 1/5/22 ● MACKAY CONTOR CUP (DATE TBC), EMERALD FORD NOGOA CUP 8-9/10/22 & WHITSUNDAY VIKING CUP 22-23/10/22 ● GREAT REGISTRATION VALUE: \$96.90 FOR ENTIRE SEASON ALSO INCLUDES FREE BUS TRAVEL, PLAYER SHORTS AND SOCKS ● www.chjru.com ● FB @nogoaredclaws ● FB @chtitansgirls ●