



## INTERESTED IN PLAYING

### u/21s RUGBY

#### WORLD CLASS FACILITIES

- Elite Performance Gym
- Floodlight pitch & 4G & 3G training pitches
- Performance Analysis Centre
- Performance Labs



# **I.T. CARLOW U/21s RUGBY**

## THE ONLY u/21s TEAM IN THE SUNNY SOUTH EAST PLAYING IN THE JP FLANAGAN LEAGUE

- I.T. Carlow is the newest rugby club in Leinster established in 2009.
- Fantastic training facilities.
- Coached by Professional Coach
- Playing in the JP Flanagan League

TRAINING STARTS: THURSDAY 18<sup>th</sup> August 2011@ 7.00pm

TRAINING EVERY TUESDAY & THURSDAY 7.00pm @IT CARLOW

### NEW PLAYERS VERY WELCOME



*All Ireland Colleges Champions 2011  
O'Boyle Cup winners 09,10 & 11  
All Ireland 7s Champions 2011*



### FOR STUDENTS & NON STUDENTS

[rugbyclub@itcarlow.ie](mailto:rugbyclub@itcarlow.ie)

