

Upper Ottawa Valley Rugby Club

Rugby Club open to all. No experience needed. We have both a women's and men's team playing in the Eastern Ontario Rugby League. If you're 16 and over come and join us to play some rugby. Indoor practices will start in February with the season beginning in May. Referees, coaches, and rugby enthusiasts are all welcomed to contact us. Hope to see you in great numbers for this year's summer rugby season.

Come to our website where you will find all the information you need; Indoor practice, tournaments, club info, cost, playing field, all on our website at www.uovrugby.com.

You can also join our Facebook page at www.facebook.com/group.php?gid=53658273392

Please contact Veronique Fontaine at 613-687-6109 or email her at UOVRC@hotmail.com if you have any questions.



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