



COME & JOIN OUR AWESOME CLUB

Coaches - Hale T-Pole & Seilala Mapusua

*FREE Harbour training top
to every registered player in 2016!*

5 reasons why:

- ✓ Fantastic coaching
- ✓ Lots of fun
- ✓ Great Support
- ✓ Life long friendships
- ✓ Part of a family

Pre-season training Tuesdays & Thursdays
6.00pm Ravensbourne grounds.

Harbour 10 seater van available
for pick ups and drop offs

**Harbour Rugby Club - Winner
Galaway Trophy 2015**

*Full gym facilities available at
Ravensbourne Clubrooms*

**Contact Kerri Spence 021 972 730
OR**



Harbour Hawks

HARBOUR RUGBY ACADEMY

Our newly formed academy offers athletes a range of opportunities to further their rugby careers. This includes:

- ✓ Personal and professional development skills training
- ✓ Strength and conditioning training
- ✓ Fitness programmes and testing
- ✓ Free Harbour gym membership
- ✓ Mentoring and specialist coaching

Academy Manager/Mentor -

Hale T-Pole, Phone 021 164 6491

Gareth Waldren, Phone 027 547 1600

Located just 2 minutes from
the Forsyth Barr Stadium

