

FLAG GRIDIRON COME AND TRY DAY

FAR
WEST
PROUD

NSW

Love where you live!

Thursday 2 March 2023
4pm to 7pm
E.T. Lamb Memorial Oval
125 Boughtman Street Broken Hill

Bring it on Sports are pleased to offer a free afternoon teaching the fundamental skills, rules and tactics of Flag Gridiron to the Broken Hill Community.

Flag Gridiron:

- is suitable for all ages 5 to Adult ,
- Can be played by both boys and girls
- non - contact
- Fun
- Safe
- Inclusive



**Regional
Development**
Australia
FAR WEST NSW

Your coach for the day is Bring It On Sports Director Paul Manera, who is the current NSW State Head Coach for Flag Gridiron. Paul will be visiting Broken Hill to be inducted into the RDA Far West NSW Sporting hall of fame for his achievements as a Gridiron Player and Coach. You can read more about the hall of fame here: <https://lovethefarwest.com.au/far-west-nsw-sporting-hall-of-fame/>

Over the years, Paul has played a major role in developing the sport of Flag Gridiron in schools in the Sydney Metropolitan area working with people aged 5years to adult. Paul has also coached at the Club , State, National and International level.

- To participate please arrive at the field 15 minutes prior to start time.
- Please wear comfortable sports clothes, running shoes (no football boots) and sunscreen & cap or hat.
- Please also remember to bring your own water
- Assistance from volunteers who would like to help is also greatly appreciated.
- Parents/Guardians must remain at the venue if they are bringing their child to participate.
- **To Register to either participate or volunteer please complete the form**
<https://form.jotform.com/BringitonSports/flag-gridironcometrydayBrokenHill>

Web: www.bringitonsports.com.au
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Phone: 1300 611 211

