



 **PLAY**

My team. My mates.  
My game. My life.

**Play.**

Tying my boots and taping up. The clatter of studs. Tension. Anticipation. I know what's coming. We all do. Even after not playing for a while. But it still stirs me, like it's always done. I'm part of something that matters, that everyone around me treasures. Why does it mean so much? Maybe it's that great explosion of energy and adrenalin. The thrill of contact and scrambling for possession. A killer tackle. The feeling when it all comes together. Or a pint with your mates in the clubhouse. One thing I do know. I couldn't live without it.

# Can you?

Visit [www.goplayrugby.com](http://www.goplayrugby.com) or text 'Play' and your postcode to 64411 to find your nearest club.

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