



Bayside Sharks Taping Workshops

Wednesday, February 10th, 2016 @ 7-9pm

@ Rotary Field House

Open to all current Bayside Members:

Coaches, Managers, Players & Parents

Cost - \$5.00

- Taping demonstrations & hands-on practice
- Taping techniques for ankles, thumbs, wrists/hands

Space is limited.

RSVP by Monday February 8th to Trishsl@telus.net.

All Bayside Coaches, Managers, Medical Team, please check out the [World Rugby Player Welfare/ Rugby Ready](#) online workshops on concussion management and injury prevention. Please register & take the concussion segment. See links below:

<http://playerwelfare.worldrugby.org/concussion>

<http://www.irbpassport.com/>