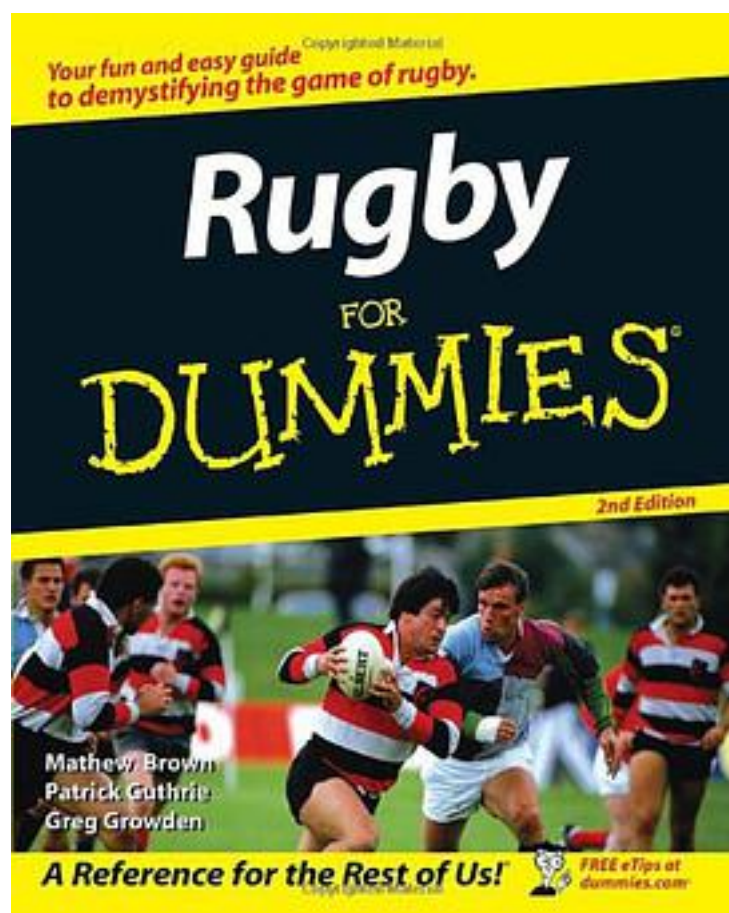


Rugby For Dummies



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For every rugby enthusiast at every level of interest! Discover why rugby is North America's new favourite pastime. Now, you can learn and love the game of rugby as a

player, coach, or fan. From drills and shape-up exercises, to helpful tips on safety and injuries, this book is packed with information for every rugby admirer. Explanations in plain English. The Dummies Way® "Get in, get out" information Icons and other navigational aids Tear-out cheat sheet Top ten lists A dash of humor and fun Get smart! @ www.dummies.com Find listings of all our books Choose from many different subject categories Sign up for eTips at etips.dummies.com--This text refers to an out of print or unavailable edition of this title.

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