

RUGBY

→ RUGBY OVERVIEW - SCRUM & RUCKING DEMO

Basic overview of Rugby and the fundamentals of play. Will also have a scrum and rucking demonstration.

Frank Grieco

Head Coach, 2008 Empire State Games Long Island Women

Frank Grieco has been a Rugby coach for twelve years. He has been the coach of the Suffolk Rugby Club since 2005 and most recently was Head Coach of the LI Women's Rugby Team that played in the 2008 Empire State Games. Frank has also coached the Stony Brook University Women's Team to a third place finish in Division One. He is a Social Worker in the Smithtown School District.