



We build strong kids,
strong families,
strong communities.

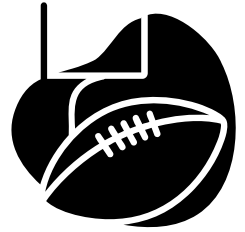


2009 San Luis Obispo NFL Flag Football

Presented by the
San Luis Obispo County YMCA and Parks & Recreation



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Program Description

NFL Flag, the NFL's official non-contact Flag Football League, emphasizes basic football skills such as passing, catching, defending, and running. Learn about formation, pass patterns, and different types of defense. For more information on Flag, visit www.NFLflagfootball.com

Cost and Fees

Cost*: \$75 per participant
Late Fee: Add \$10 after August 8th

*\$15 goes to the NFL for uniform and equipment cost. A portion of the proceeds goes to the Boomer Esiason Foundation for Cystic Fibrosis

Ages

A DIVISION	AGES 5-6
B DIVISION	AGES 7-8
C DIVISION	AGES 9-11
D DIVISION	AGES 12-14

Age divisions might vary, depending on the number of participants registered

Required Equipment

- Colored Mouth Guard (*NOT* Clear)
- Loose/athletic clothing (no pockets)
- Jersey (included)
- Plastic Cleats

Important Dates & Information

Registration: June 1st-August 8th
Season: September 14th - November 13th
Practice: September 8th - September 11th
Practice Locations: San Luis Obispo Schools
Game Locations: Damon-Garcia & Stockton Field
*Games are played on Tuesdays & Thursdays
Parents, Your Weekends are Free!!!*

Coaches Meeting

Date: Tuesday September 1st (Tentative)
Location: TBA

To Register

By Mail – Fax – In Person
San Luis Obispo County YMCA
Attn: Cortney Stafford
1020 Southwood Drive
San Luis Obispo, CA 93401
Phone: 805-543-8235
Fax: 805-543-6202

Financial Assistance Available

Contact the City of SLO Parks and Recreation at 805-781-7300.

Questions - Please Call
YMCA- Cortney 805-543-8235
Parks & Rec.- Amy or Rich 805-781-7300