

YMCA

YOUTH FLAG FOOTBALL LEAGUE

The youth flag football league is designed to provide a fun, learning experience for participants without a high level of competition. No league standings or score will be kept and no trophies will be awarded. Teams are formed randomly by school and residence. This program is possible through the generous help of volunteer coaches.

As with all YMCA Youth Sports programs... "Everyone Plays and Everyone Wins!"

GAME DAYS/SITE:

Saturdays – Sept. 18, 25 Oct. 2, 9 & 16
Minot State University Practice Field

EQUIPMENT:

Tennis Shoes (No Spikes)
Gym clothes
All players are required to wear mouth guards

DIVISIONS:

Grades 1 & 2

PRACTICE TIME:

Coaches will schedule day, time & site.

COACHES MEETING:

Date: Thursday, September 9, 2010
Time: 6:00pm

PRACTICES:

Teams may begin practicing
Friday, September 10

COST:

\$30.00 YMCA Members
\$40.00 YMCA Non Members

VOLUNTEERS:

Complete form on the reverse side.

REGISTRATION DEADLINE:
Tuesday, September 7th, 2010



Youth Flag Football Registration Form

Last Name _____

First Name _____

Birth Date ____/____/____ Age _____

School _____ Grade _____

Team Played for in 2009 _____

Home Phone _____

Work Phone _____

Waiver: In consideration of the acceptance for the entry, I for myself, my heirs, executors and administrators waive and release all rights and claims for damages I and/or family members may have against the Minot Family YMCA and or its agent, representatives, or employees, of any and all claims or demands for damages, loss or injuries incurred by me and/or family members at the Minot Family YMCA Youth Flag Football League.

Signature _____ Date _____
(Parent/Guardian)

Print Name _____

FOR OFFICE USE ONLY

Date _____ Amount Paid _____

Receipt # _____ Staff Initials _____

FORMS AND FEES CAN BE MAILED OR DROPPED OFF AT:

Minot Family YMCA
Youth Flag Football League
3515 16th St SW, P.O. Box 69
Minot, ND 58701

VOLUNTEER COACHES

If you are interested in coaching a football team please fill out the information below and return to the YMCA.

NAME: _____

PHONE: (H) _____ (W) _____

REFEREES

If you are interested in refereeing for the Minot Family YMCA Youth Football League please fill out the information below and return to the YMCA.

NAME: _____

PHONE: (H) _____ (W) _____

For additional information contact Michael Hunter at the Minot Family YMCA (701) 852-0141 or mhunter14@srt.com



MINOT FAMILY YMCA



Youth Flag Football League

Grades 1 & 2
Boys and Girls