



We build strong kids,
strong families,
strong communities.



San Luis Obispo County YMCA South County NFL Flag Football 2010



YSPORTS™

We build strong kids, strong families, strong communities.



Program Description

NFL Flag, the NFL's official non-contact Flag Football League, emphasizes basic football skills such as passing, catching, defending, and running. Kids learn about formation, pass patterns, and different types of defense.

Cost

\$95.00* per participant
\$90.00* for additional sibling

* \$22 goes to the NFL for uniform and equipment cost. A portion of the proceeds goes to the Boomer Esiason Foundation for Cystic Fibrosis.

Ages

**ELEMENTARY
DIVISION OPEN TO
BOYS/GIRLS**

GRADES 4TH – 6TH
of the 2010/11
school year

**JR. HIGH DIVISION
OPEN TO
BOYS/GIRLS**

GRADES 7TH – 8TH
of the 2010/11
school year

Required Equipment

- Colored Mouth Guard (*NOT* Clear)
- Loose athletic Shorts / Jersey (included)
- Plastic Cleats

**Any Questions? Please Call
Dave Ross at 710-1714 or Gilbert Almendarez
at 543-8235 ext.124**

Important Dates

Registration: Now-July 26th (Limited Availability)

Season: August 24th - November 4th

Practice Begins: August 10th

Jr. High Tryouts: Sunday, August 1st

Game Information

Location: All Games are played at Pennington Field in Arroyo Grande

Game Times: 4:15pm or 5:15pm

Games Days: Tuesdays – Thursdays

******Parents, Your Weekends are Free!!!!******

Registration

Can be accomplished in 3 ways...

1. Flag Football Sign-Up Night:

Date: May 26th

Time: 6pm – 8pm

Place: Mission Inn Hotel – Pismo Beach

2. On Line: www.sloymca.org

3. In Person:

San Luis Obispo County YMCA

1020 Southwood Drive

San Luis Obispo - open daily

Financial Assistance Available

Contact Dana Vicars at 543-8235 or go to our website at www.sloymca.org for more information.