



# Foothills Area Family YMCA Co- Ed Flag Football Youth ages 7-12

Registration through Friday, March 2<sup>nd</sup> (or when team limits are filled)

Two age divisions: 7-9 year olds and 10-12 year olds

Teams are co-ed with an emphasis on participation, skill development, competition and fun.

#### FLAG FOOTBALL BENEFITS:

- Fewer players per team equals more focus on the drills.
- Smaller 'teams' when games are played which allows for more ball time.
- More attention to each player.
- Offers Parent/coaches an opportunity to grow in progressions as well.
- No Refs- NO pressure
- Better fitness training and players physically match field size.
- Micro Football offers natural progressions up to full sized teams of Flag Football

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**\*A parent is needed to fill in for coaches on March 20<sup>th</sup> - C.U. Spring Break \***  
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**FEES for all divisions:** F.A.F YMCA Members \$40 Non-YMCA Members \$60

Registration fee includes: Team shirt for all players; 7 weeks of play; skills learned; fun had and an end of season celebration for all players and coaches.

**Sponsor the league for \$300 and get your Company name on all the team shirts!**

All divisions will practice and play games at Hwy 93, Y-Barn Fields.

Games and Practices will be on Tuesdays from 5:45 – 6:45

**Practice will start:**

TUESDAY, March 6<sup>th</sup> for all Age Groups

The season will last seven weeks, ending April 17th!

**REGISTRATION ENDS FRIDAY, March 2<sup>nd</sup>, 2012**



For more information call or email the YMCA office at 888-0622 or [programs@Y4all.org](mailto:programs@Y4all.org)

10121 Clemson Blvd. Suite F, Seneca, SC 29678

(inside the RANKIN REAL ESTATE building)

Checks made payable to: F.A.F. YMCA

Visit our website for all information about the Foothills YMCA: [www.Y4all.org](http://www.Y4all.org)