

FLAG FOOTBALL



AGES 1ST-4TH GRADE
DATES Sept. 5 - Oct. 8
PRICE (35.00) Includes T-Shirt

*****REGISTRATION DUE BY May 31st*****

GOALS

1. INTRODUCE YOUNG PEOPLE TO THE GAME OF FOOTBALL
2. TEACH INDIVIDUAL FOOTBALL SKILLS.
3. EXPERIENCE THE IMPORTANCE AND EXCITEMENT OF TEAM PARTICIPATION.
4. EXERCISE AND CONDITIONING
5. HAVE FUN

OPPORTUNITY

1. ALL TEAMS WILL PRACTICE 2 NIGHTS/ WEEK
2. ALL TEAMS WILL PLAY 5-6 GAMES
3. ALL TEAMS WILL BE A GUEST AT A VARSITY "BENGAL"
FOOTBALL GAME.

THIS LEAGUE WILL BE A LIMITED CONTACT LEAGUE. BLOCKING WILL BE LIMITED TO THE INTERIOR LINE OF SCRIMMAGE. THE REST OF THE RULES WILL BE PRESENTED LATER. THE GAME WILL BE FAST AND FUN. IF YOU HAVE ANY QUESTIONS, PLEASE CALL TONY ARNTSON 459-6006.

NAME _____

GRADE (FALL 2017) _____

T-SHIRT SIZE _____

SCHOOL _____

PHONE # _____

WILLING TO COACH YES OR NO _____

****MAKE CHECKS PAYABLE TO CAPITAL CITY FOOTBALL****

****SEND REGISTRATION TO: 1300 BILLINGS AVE, HELENA, MT 59601**

I GIVE MY SON/DAUGHTER PERMISSION TO PARTICIPATE IN THE 2017 FLAG FOOTBALL LEAGUE. BY GIVING THIS PERMISSION, I UNDERSTAND I AM FULLY LIABLE FOR ANY INJURIES THAT MAY OCCUR DURING THESE 6 WEEKS. ALTHOUGH THIS IS A LIMITED CONTACT ACTIVITY, I UNDERSTAND THAT IN ALL ATHLETIC ACTIVITIES THERE IS A SLIGHT RISK OF INJURY.

PARENT/GUARDIAN SIGNATURE _____

DATE _____