

FLAG FOOTBALL



AGES 1ST-4TH GRADE

DATES Sept. 01-Oct. 03

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 2015) _____

T-SHIRT SIZE _____

PHONE # _____ WILLING TO COACH YES OR NO _____

SCHOOL _____

****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 2015 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 CAMP, I UNDERSTAND THAT IN ALL ATHLETIC ACTIVITIES THERE IS A SLIGHT RISK OF INJURY.

PARENT/GUARDIAN

SIGNATURE _____ DATE _____

