



WOLFPACK
VALLEY FOOTBALL & CHEERLEADING ASSOCIATION

COED FLAG FOOTBALL SIGN-UPS!
RED & BLACK FLAG FOOTBALL

Saturday, January 28th, 2012

Sumner High School
Registration 8:00 am-9:30am (if spots are available)
Conditioning Drills 10:00am—2:00 pm
Flag football is a no contact activity for kids in grades 1 thru 8.

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Division 1 : 1st thru 3rd grade (coach is quarterback)

Division 2 : 4th and 5th grade

Division 3 : 6th thru 8th grade

Due to field limitations we will have to limit each division to 108 kids. **We will sign up on a first come basis so pre-registration is encouraged.** Everyone who signs up goes into a draft and will be assigned a team. Print the Flag Football **Registration form** and **Concussion Form** from the Handouts section and send it along with a **check for \$50 per player** to: PO Box 1701, Sumner WA 98390.

We need to receive this by January 21st. If you don't pre-register you can still sign up on the 28th if spots are available. (Registrations turned in after January 21st will be charged an additional \$10 late registration fee). When we reach 108 kids in a division, it is full.

All players need to be at Sunset Stadium on Saturday, January 28th at 9:45am for drills. Games begin Sunday, January 29. Saturdays: Feb 4, 11, 18, playoffs Feb 25. Sunday: Feb 26 Championship games.

**Division 3 games are usually between 8-10, Division 2 games between 10-12,
& Division 1 games between 12-2.**

Everyone who signs up goes into a draft and will be assigned a team. Requests for friends to be on the same team will not be accepted. Secure your spot by printing the Flag Football Registration form from the Handouts section of the website <http://valleywolfpack.com> and sending it in to:

Valley Football & Cheerleading Association
PO Box 1701
Sumner, WA 98390

**We need coaches, any adults that are interested in coaching,
please let us know by calling**

Brian Simons, bandksimons@comcast.net | (253) 886-2395 (cell)

Reasons to play flag football:

- It's a great way for youth to get acquainted with our organization and become part of Valley Wolfpack pride.
- Introduction to football through a non-contact environment emphasizing skills training and teamwork.
- Flag Football is a great conditioning sport.
- There are no weekday practices. Opening day is the only warm-up day.
- There is no off season for our veteran football players- flag football allows the players to stay in touch with their football buddies.
- Cheerleaders get a chance to play ball.