



WOLFPACK
VALLEY FOOTBALL & CHEERLEADING ASSOCIATION

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

Sunday, January 31, 2010

Sumner High School
Registration 8:00 am-9:30am (if spots are available)
Conditioning Drills 10:00am—12:00 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

We need to receive this by January 31st. If you don't pre-register you can still sign up on the 31st if spots are available. When we reach 108 kids in a division it is full.

All players need to be at Sunset Stadium on Sunday, January 31st at 9:45am for drills. We will start games on Saturday February 6th. Games will be played on Saturdays and Sundays at either Sunset Stadium or Bonney Lake HS.

Division 1 games are usually between 8-10, Division 2 games between 10-12 and Division 3 games between 12-2. A schedule will be available on Saturday the 7th.

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**

Dan Weed, dandtweed@comcast.net | (253) 230-4843 (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.