

Hoboken-North Hudson YMCA NFL Youth Flag Football



Offered in the Fall Season to Boys and Girls age 5-14

When does registration start?

July 30, 2007

Practice and Game Information

All players practice one night during the week and play games on Saturday mornings or Sunday afternoons.

What equipment is needed?

The YMCA will supply reversible jerseys with NFL Logos and flags

Volunteers....are you interested?

Our sports program relies on volunteer head coaches, assistant coaches, team parents and referees to help run the program. We are always in need of more people to help coach a team, referee. If you are interested in volunteering, please note this when registering.

Have you always had the urge to play football, but thought it was too dangerous? Well, now the YMCA proudly brings you 5-on-5 non-contact NFL Youth Football. Flag football was designed to introduce the game of football in a safe and productive environment that focuses on skill development, teamwork, sportsmanship and family fun!

FEE INCLUDES: 7 week season, NFL team jersey, individual football flag belt & flags, certificates, recognition item, and league administration.

COST: \$75 members/\$100 non-members

REGISTRATION: Must be done in two (2) places – In person at the Hoboken-North Hudson YMCA, 1301 Washington St. Hoboken, NJ 07030 & **ONLINE AT**

www.active.com/event_detail.cfm?event_id=1469666

THREE DIVISIONS (GAMES PLAYED IN LOCATION CLOSE TO EACH DIVISION)

North - Union City/North Bergen/West NY/Guttenberg – Games location to be determined

Central– Hoboken/Weehawken/JC Heights – Games at Moma Johnson Field, Hoboken

South– Jersey City – Games at Lincoln Park, Jersey City

Ages are as of September 1st, 2007

GAMES START Weekend of September 22/23

A 5-6 Saturday -9:00 a.m.

B 7-8 Saturday-10:00 a.m.

C 9-11 Saturday - 11:00a.m.

D 12-14 Saturday-12:00 noon

PRACTICES: Practice will be held before the game on Sunday. All games are coed

SEASON DATES: September 22-November 4th 2007

REGISTRATION DATES: July 30-September 5th, 2007

REQUIRED EQUIPMENT: Sneakers or cleats (no metal cleats) and mouthpiece.

I am willing to participate as a volunteer in support of this program as: (circle)

Coach— (choose team– first come basis)

My NFL team 1st _____

(choices) 2nd _____

Assistant Coach Referee Sponsor Other: _____

VOULUNTEER COACHES NEEDED

Please call 201-963-4100, ext 24