



2019 NFL YOUTH FLAG FOOTBALL



The League

Flag football teaches boys and girls the fundamentals of football, good sportsmanship and teamwork in a fun, recreational way. Practices begin in August with day, and time determined by the coach. In this league, all players receive an official NFL jersey, flag belt, mouthpiece, individual photo, team photo, and an award.

Ages

Division 1 — Age 11-14
 Division 2 — Age 8-10
 Division 3 — Age 5-7

Location

Laguna Community Park
 9014 Bruceville Road
 Elk Grove, Ca 95758

Dates/Times

Coaches Meeting August 8: 7 pm at Wackford Complex
Player Clinic Day August 10: Division 1, 11am @ Laguna Community Park
 Division 2, 9am @ Laguna Community Park
 Division 3, N/A
Picture Day September 4: Bartholomew Sports Park
Games September 8 — November 2 (No Games 10/5)
Games played on Saturdays between 8 am – 3 pm

Registration Info

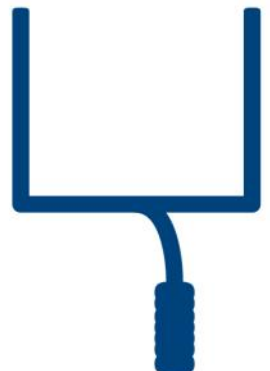
(By mail, online or in person)

Regular Registration: May 18 – July 16 • \$135 per player
Late Registration: July 17 – July 27 • \$145 per player if space available

Registration Locations:

Wackford Community and Aquatic Complex
 9014 Bruceville Road, (916) 405-5600
 Open Everyday, 8am–8pm

CSD Administrative Office
 8820 Elk Grove Blvd, (916) 405-5300
 Open Monday–Friday, 8am–5pm



Volunteer Coaches Needed!

- Mandatory Training Provided
- 1–2 Hrs/Week Commitment
- 1 Practice & 1 Game Per Week

