

**POCONO FAMILY YMCA PRESENTS  
NFL FLAG FOOTBALL**



This new program has the YMCA and the NFL teaming up to bring kids the opportunity to experience the excitement of the NFL. With an emphasis on teamwork and participation, NFL Flag Football provides kids with non-contact, continuous action. During a one-hour practice participants will learn skills development through game activities and informal flag scrimmages. Participants must wear mouth guard to practices and games. Registrations will be accepted between February 15<sup>th</sup> and March 25<sup>th</sup>, 2012, registrations will be accepted on a first come, first serve basis. This league is open to all ages and will begin on April 14<sup>th</sup> at Stroudsburg Middle School. The league will last for 7 weeks. For more information contact Nicole at 570-421-2525 ext. 124 or [nhill@poconoyymca.org](mailto:nhill@poconoyymca.org)

**Ages:** 6 years thru 12<sup>th</sup> grade  
**Fees:** \$35 members/ \$60 non-members  
**Volunteer Coaches**



Volunteer coaches are needed for our NFL Flag Football programs. Duties include directing the team's practice and play in games. Detailed lesson plans are provided. This small investment of your time will have a great impact on the children on your team. Help us build strong kids with NFL Flag Football.

**Coaches Meeting:** You will receive and email or phone call with meeting time and date.

Player's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Birthdate: \_\_\_\_\_ School: \_\_\_\_\_ Email: \_\_\_\_\_

Previous Coach: \_\_\_\_\_ Carpool Request: \_\_\_\_\_

**Division:**                    \_\_\_ Age 6-2<sup>nd</sup> Grade                    \_\_\_ 3<sup>rd</sup>-4<sup>th</sup> Grade  
                                          \_\_\_ 5<sup>th</sup>-7<sup>th</sup> Grade                    \_\_\_ 8<sup>th</sup>-12<sup>th</sup> Grade

**Jersey Size(circle):**

**Youth:**            Small    Medium    Large                    **Adult:**    Small    Medium    Large    X-Large

**Volunteers are needed to:**                    Coach                    Asst. Coach

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I assume all risks and hazards incidental to the conduct of program activities and transportation to and from the activities. I hereby release, absolve, indemnify, and hold harmless the Pocono Family YMCA, administrators, supervisors, coaches, or anyone else involved. In case of injury to my child, I hereby waive all claims against the Pocono Family YMCA coaches or anyone else involved. The YMCA has secondary insurance only.

Signature of Parent/Guardian \_\_\_\_\_

**ADDITIONAL WAIVER FOR THE NFL MUST BE COMPLETED BY PARENT/GUARDIAN.**  
*Paper waivers will be available at the YMCA.*

<p><b>Refund Policy (requests must be submitted in writing):</b>          1 month before the start of the program 90% cash/100% credit          2 weeks before the start of the program 75% cash/100% credit          1 week before the start of the program 60% cash/80% credit          After the start of the program 50% cash/75% credit          After the program has ended No Refunds or Credit</p>	<p align="center">For Office Use</p> <p>Reg Fee: CK \$ _____ Cash \$ _____ CC \$ _____</p> <p>MSA _____ Date _____ Rec# _____</p>
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