

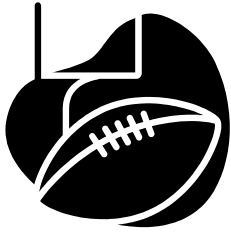


We build strong kids,  
strong families,  
strong communities.



# 2010 San Luis Obispo NFL Flag Football

Presented by the  
**San Luis Obispo County YMCA and Parks & Recreation**



## Program Description

NFL Flag, the NFL's official non-contact Flag Football League, emphasizes basic football skills such as passing, catching, defending, and running. Learn about formation, pass patterns, and different types of defense. For more information on Flag, visit [www.NFLflagfootball.com](http://www.NFLflagfootball.com)

## Important Dates & Information

**Registration:** June 1<sup>st</sup> - August 27<sup>th</sup>  
**Season:** September 14<sup>th</sup> - November 13<sup>th</sup>  
**Practice:** September 7<sup>th</sup> - September 10<sup>th</sup>  
**Practice Locations:** San Luis Obispo Schools  
**Game Locations:** Damon-Garcia & Stockton Field  
*Games are played on Tuesdays & Thursdays  
 Parents, Your Weekends are Free!!!*

## Cost and Fees

**Cost\*:** \$75 per participant  
**PAYS:** \$5 \*One time fee, per family.\*  
**Late Fee:** Add \$10 after August 8<sup>th</sup>

*\*\$15 goes to the NFL for uniform and equipment cost. A portion of the proceeds goes to the Boomer Esiason Foundation for Cystic Fibrosis*

## Registration

### For New Families

**Date:** Wednesday May 26<sup>th</sup> (Tentative)  
**Location:** TBA  
**Time:** 6:00-7:00pm

### Returners

\*\* Online registration begins June 1<sup>st</sup> \*\*

## Ages

<b>A DIVISION</b>	<b>AGES 5-6</b>
<b>B DIVISION</b>	<b>AGES 7-8</b>
<b>C DIVISION</b>	<b>AGES 9-11</b>
<b>D DIVISION</b>	<b>AGES 12-14</b>

**\*Age divisions might vary, depending on the number of participants registered\***

## To Register

### By Mail – Fax – In Person – Online

San Luis Obispo County YMCA  
 Attn: Sports Department  
 1020 Southwood Drive  
 San Luis Obispo, CA 93401  
[www.sloymca.org](http://www.sloymca.org)

**Phone: 805-543-8235**  
**Fax: 805-543-6202**

## Required Equipment

- Colored Mouth Guard (*NOT* Clear)
- Loose/athletic clothing (no pockets)
- Jersey (included)
- Plastic Cleats

## Financial Assistance Available

Contact the Dana at the YMCA at 805-543-8235.

Questions - Please Call  
 YMCA- Cortney 805-543-8235  
 Parks & Rec.- Allison or Rich 805-781-7300