

**City of Mayfield Heights presents...
1st and 10 Spring Flag Football**



2019 1st & 10 Spring Flag Football

**This year's program will be held at Wildcat Sport & Fitness.
Below is our schedule for the season:**

Wednesday March 20th -- Start to pass out uniforms at the Recreation Department in City Hall.

- Saturday March 23rd Practice
- Saturday March 30th Practice
- Saturday April 6th Game
- Saturday April 13th Game
- Saturday April 20th Game
- Saturday April 27th Game
- Saturday May 4th Game

**K & 1: 12:15—1:10 (unless otherwise noted)
2 & 3: 1:15—2:10 (unless otherwise noted)**

**Cost - \$55 per child
REGISTRATION BEGINS:
January 28 for Mayfield School District Residents
February 11 for Non Residents
SPOTS ARE VERY LIMITED**

The City of Mayfield Heights Parks and Recreation is Partnering with NFL Flag and NFL Play 60 to bring back our Spring 1st & 10 flag football!

This league is for children in grades K-1 & 2-3 Each child will have fun and learn the basics of flag football:

- Offensive and defensive formation and plays
- Flag pulling
- And much more

Each session will consist of skills and drills, agility, teaching aspects of the game, followed by a non-competitive game for the younger ages and competitive game for the older ages.

Parents are encouraged to volunteer to coach. All coaches will be provided with practice plans, drills and other aides from the NFL Flag Football website to help instruct the children.

\$55

For questions & info:
Contact the City of Mayfield Heights at:
440-442-2627

Register online @ www.mayfieldheights.org

OR

Remit payment to:

City of Mayfield Heights
6154 Mayfield Road
Mayfield Heights, Ohio 44124

1st and 10 Spring Flag Football Registration Form: Please Print

Participant's Name: _____

DOB: _____ / ____ / ____

Parent Name: _____

League: _____

(K-1, 2-3 OR 4-5)

Address: _____

***Residents of the
Mayfield School District will be able to
sign up for 1st and 10 Football 2
weeks prior to those who do not live
in the district.***

Home Number: () -

Cell Number: () -

Mother or Father

Circle One

Email Address: _____

Jersey Size:

Size Chart:

	Small	Medium	Large	XL	YS	YM	YL	YXL
Chest	33"	34"	36"	37"				
Length*	23"	23.5"	24.5"	25"				

(Circle One)

* Length measured from shoulder to bottom hem

I would like to :

HEAD COACH _____

ASSISTANT COACH _____

CREDIT CARD ONLY

Credit Card Number: _____

Expiration Date: _____

_____/____/____

CVC # _____
