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

2020 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 18th -- Start to pass out uniforms at the Recreation Department in City Hall.

- Saturday March 28th  Practice
- Saturday April 4th  Practice
- Saturday April 11th  Game
- Saturday April 18th  Game
- Saturday April 25th  Game
- Saturday May 2nd  Game
- Saturday May 9th  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 31 for Mayfield School District Residents
February 10 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: __________

Address: ____________________________________________

Home Number: ( ) - Cell Number: ( ) -

Email Address: ________________________________________

Jersey Size:

<table>
<thead>
<tr>
<th>Size Chart</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>XL</th>
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</thead>
<tbody>
<tr>
<td>Chest</td>
<td>33&quot;</td>
<td>34&quot;</td>
<td>36&quot;</td>
<td>37&quot;</td>
</tr>
<tr>
<td>Length*</td>
<td>23&quot;</td>
<td>23.5&quot;</td>
<td>24.5&quot;</td>
<td>25&quot;</td>
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<td>(Circle One)</td>
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I would like to: HEAD COACH ______ ASSISTANT COACH ______

CREDIT CARD ONLY

Credit Card Number: _______ _______ _______ _______

Expiration Date: ______/____ CVC # _______