

# REGISTER HERE

Please Print Legibly.

Participant First & Last Name \_\_\_\_\_

D/O/B \_\_\_\_\_ Age \_\_\_\_\_

Gender (circle one) M F Unspecified

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

## Shirt Size (circle one)

Adult: S M L XL

Youth: XS S M L

## Age Division (circle one)

4-6 yrs old 7-9 yrs old 10-12 yrs old

## Skill Level (circle one)

Beginner Intermediate Advanced

## Contact Person Information:

\*all communications will be sent to the following:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

D/O/B \_\_\_\_\_

Please check here if interested in coaching.

I hereby consent to participate in this program and agree to release the Harrison Family YMCA, league volunteers and sponsors from any claims that may arise from injuries suffered while participating in the program. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature \_\_\_\_\_

NONPROFIT ORGANIZATION U.S. POSTAGE **PAID** ROCKY MOUNT, NC PERMIT NO. 290

Date \_\_\_\_\_

HARRISON FAMILY YMCA  
1000 Independence Drive  
Rocky Mount, NC 27804  
P 252-972-9622  
harrisonfamilyY.org

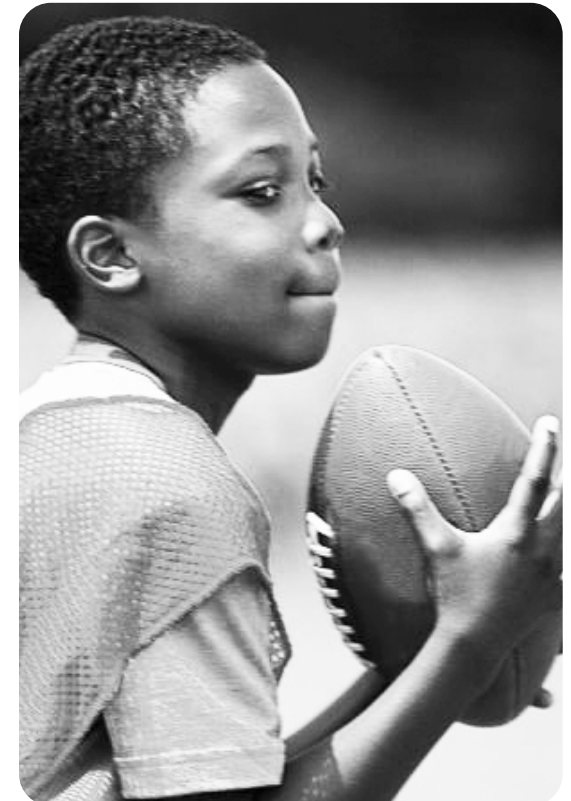


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG CHARACTER STRONG PLAYERS

Spring Youth Flag Football  
REGISTER BY MON, APRIL 13

HARRISON FAMILY YMCA



# SPRING YOUTH FLAG FOOTBALL

Flag Football at the Y is a co-ed league, non-contact sport using flag belts. We will be using USA Football curriculum and the NFL Flag Rule Book, guidelines and coaching resources.

## DEVELOPING CHARACTER

All of our programs focus on developing the character traits of **Honesty, Caring, Respect and Responsibility**. Staff also work with youth through the following practice areas:

### EMOTION MANAGEMENT

Adults support youth to be aware of and constructively handle both positive and challenging emotions.

### EMPATHY

Adults work with youth to relate to others with acceptance, understanding, and sensitivity to diverse perspectives and experiences.

### PERSONAL DEVELOPMENT

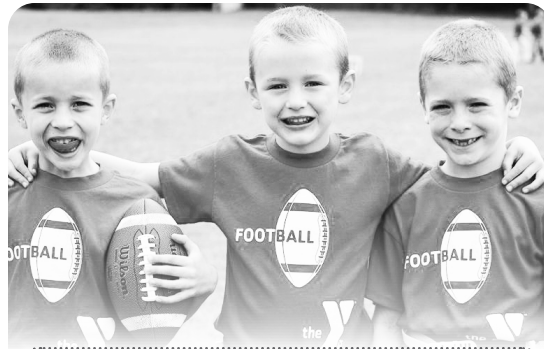
Adults encourage youth to act, persist, and initiate goals and outcomes even through the ups and down of difficult situations and challenges.

### RELATIONSHIP BUILDING

Adults foster experiences where youth plan, collaborate, and coordinate action with others.

### RESPONSIBILITY

Adults develop youth to be reliable and committed and to fulfill obligations and challenging roles.



## HOW ARE TEAMS MADE

They are made based off age, playing experience, and practice time availability. We will honor as many team requests as we can; however, requests are not guaranteed.

## VOLUNTEER DRIVEN

Participants are broken into teams and are led by volunteer coaches. All Volunteer Coaches go through our volunteer process including signing waivers and completing a background check, as well as training. Opportunities are available for Coaches and Assistant Coaches for each team. The program is managed and led by the Youth & Family Director.

## NEEDED EQUIPMENT

### Required:

- All players must have and wear a mouth guard and wear athletic bottoms with no pockets during play.

### Recommended:

- Cleats

### Provided by the Y:

- Team Jersey
- Flag Belts
- Footballs
- All game day and practice equipment

## AGE GROUPS

4 - 6 year olds

7 - 9 year olds

10 - 12 year olds

- Age groups are subject to change based on registration numbers

## FEES & INFO

\$50/YMCA Members

\$60/Community Members

- 15% of program fee will be non-refundable should the registration be cancelled by the participant
- \$10 fee will be charged for returned payments

## REGISTRATION

Register online at [harrisonfamilyY.org](http://harrisonfamilyY.org) or at the Y on 1000 Independence Drive in Rocky Mount by completing the form in this brochure.

### REGISTRATION IS REQUIRED BY APRIL 13<sup>TH</sup>

- If registering after this date, the child will be placed on teams at random

## SEASON SCHEDULE

Week of April 20<sup>th</sup> - May 25<sup>th</sup>

6 Week Season with 5 Games

### Tentative Game/Practice Schedule

Practices on Tuesdays or Thursdays

Games on Saturdays

## FINANCIAL ASSISTANCE

Financial Assistance is available to those who apply and qualify. Annual Campaign Funds are raised by staff and volunteers each year to help provide this program to the community. Please ask for a financial assistance form at the front desk or download and print from our website.

## MAKE A DIFFERENCE IN YOUR COMMUNITY

If you are looking for a way to make a difference in your community as well as a way to advertise your business, consider sponsoring this program or a team. Your contribution helps our program become as successful as possible, and helps to create healthier lifestyles in our community. Contact Ivy Averette, Youth & Family Director for more info at [iaverette@rmymca.org](mailto:iaverette@rmymca.org)