



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# RUN PASS SCORE

## 4th-6th Football

- **Summer Football Camp for Grades 1-6**
- **4th Grade Padded Football Program**
- **5th/6th Padded Football Program**



**Forest City Y  
916 West I Street  
Forest City, Iowa 50436  
641-585-5220  
[www.forestcityymca.org](http://www.forestcityymca.org)  
[info@forestcityymca.org](mailto:info@forestcityymca.org)**

## **JUNE 10 PRE- REGISTRATION DEADLINE**

The Forest City Y is excited to announce our summer and fall **football** programs for **youth grades 4-6**. The Y football programs are designed to teach the skills, fundamentals, teamwork and sportsmanship needed in the game of football.

### **Forest City Y Padded Football League Registration Information**

- **To comply with league rules, please pre-register with partial payment of \$40 by June 10, 2016. This will allow the Y to let the league know how many teams we will include.**
- Register in person at the Forest City Y or online (members) at [www.forestcityymca.org](http://www.forestcityymca.org).
- Rosters/schedules/padded football registration packets are available at [www.forestcityymca.org/youth sports](http://www.forestcityymca.org/youth sports) or at the Y.
- See the reverse side of this flyer for more information!

## **Summer Football Camp**

Join Waldorf University's head football coach Kent Anderson, his coaching staff and players for a fun camp! Fundamentals of stretching, defense, passing and catching will be stressed. A great way to have fun and prepare for fall football.

- July 21 & 22
- Children entering grades 4-6, 10-11:30 a.m.
  - \$30/member, \$35/guest
- Children entering grades 1-3, 9-10 a.m.
  - \$25/member, \$30/guest



# HUSTLE HIT NEVER QUIT

## Padded Football League

The Y's padded football league will be offered to children entering grades 4,5 and 6. The league will run in conjunction with the Forest City High School coaching staff's philosophies and plays.

The Y is part of a football league called North Iowa Padded Football. Our teams will play against teams from Garner/Hayfield/Ventura, Lake Mills and West Hancock on **Sunday afternoons**. Our 4th grade teams will compete against other 3rd/4th grade teams and combined 5th and 6th grade teams will compete against other 5th/6th grade teams. **NEW THIS YEAR —SUNDAY ONLY GAMES.**

## Important Dates

- Parent Meeting/Equipment sizing—6 p.m. on Monday, August 15th at the Y
- Practices—Tuesdays and Thursdays, 5:15-6:45 p.m., August 16-October 6, north of the elementary school by the wind turbine.
- Games—The schedule with game dates, times and locations will be handed out at the start of the season.

## Cost

- **To comply with league rules, please pre-register with partial payment of \$40 by June 10, 2016. This will allow the Y to let the league know how many teams we will include.**
- \$80 for YMCA members, \$105 for guests of the Y.
- The fee covers a t-shirt, use of all equipment and league fees.

## Sign Up/Requirements to Play

- **Pre-registration and partial payment due June 10.**
- Players must be registered and paid in full by August 15 (payment can be made in two installments).
- A physical form and signed waiver are required and must be completed by August 15. **Players will not be allowed to practice without these signed forms.**
- Watch our web site, [www.forestcityymca.org/youth sports](http://www.forestcityymca.org/youth sports) for registration packets, game and practice schedules and any announcements. Schedules subject to change.
- Register in person at the Forest City Y or online (members) at [www.forestcityymca.org](http://www.forestcityymca.org).