



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUN PASS SCORE



Forest City Y
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The Forest City Y is excited to announce our fall football programs for **youth grades 1-6**. 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 for youth grades 4-6 **Registration Information**

- See the reverse side of this flyer for more information!

Forest City Y Flag Football for youth grades 1-3

- Practices on Tuesdays and Thursdays; games played on Thursday nights.
- Watch for registration open date and more information on this program

Junior Football ages 4-6

An introduction to football skills that allows parents to have some fun interaction with their young athletes (boys and girls) while teaching them important parts of the game. Volunteer coaches are needed and a t-shirt is included in the cost.

- Tuesdays
- Watch for registration open date and more information on this program

Football Camp with Waldorf Football coaches and players

- August 2 & 3
- Going into **grades 1-3**; 9-10:30 am.; **grades 4-6**, 10:30-12:00 pm
- \$35 for members/\$50 guest; includes t-shirt

Cheer Camp with Waldorf Cheer coaches and cheerleaders

- August 2 & 3
- Going into **grades 1-3**, 9-10:30 am; **grades 4-6**, 10:30-12:00 pm
- \$35 for members/\$50 guest; includes t-shirt

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 4th grade teams, 5th grade will compete against other 5 grade teams and 6th grade will compete against other 6th grade teams.

Important Dates

- Parent Meeting/Equipment sizing—6:00 p.m. on Monday, August 14th at the Y
- Practices—Tuesdays and Thursdays, 5:15-6:45 p.m., at the fields by the Elementary School. Starting date of practice will be announced at the parent meeting.
- Games—The schedule with game dates, times and locations will be handed out at the start of the season.

Cost

- \$100 for YMCA members, \$125 for guests of the Y.
- The fee covers a t-shirt, use of all equipment, and league fees.

Volunteers

- If you are interested in being a coach for padded football, please contact the Y for a volunteer packet. Child Abuse training and other online trainings are mandatory. Volunteers will be subject to criminal and sex offender background checks.

Sign Up/Requirements to Play

- **Register at the YMCA, in person or online** Players must be registered and paid in full by August 14 (payment can be made in two installments).
- **Complete enclosed forms** A physical form and signed waiver are required and must be completed by August 14. **Players ARE NOT allowed to practice without these signed forms.**
- Watch our web site, www.forestcityymca.org/youth_sports for registration packets, game and practice schedules and any announcements. Schedules subject to change.