

GameDay



Training Camp

"10th Season"

August 31, 2016

Green Valley Sports Complex

5:30PM – 7:30PM

WELCOME!

We would like to welcome everyone to the first day of 'Training Camp' for the FFL! Today we are going to give all of the players a good work-out in order to get them ready for the 'Season Opener'! ☺ We will also be getting all of the kids info to help with putting them on their teams and getting coaches for all of the teams. Season schedules will be given out to all of the players next week. Please double check your schedule every week for game times & locations.

We would like to thank all of the parents & coaches for your interest in our program and for helping to make our "10th Season" a tremendous success so far.

Thanks Again!

Volunteer Coaches

If anyone is still interested in helping coach and needs some ideas, I have a lot of information posted on our website www.molineparks.com. It is listed under the 'flag football' page. These are some things to get you started, but feel free to implement other drills that you think may help the kids.

I will also need all of the coaches to fill out/sign a volunteer coach form which will also include a background check. This is a City policy that we have to follow for FFL. I'm always at the program, but I can't be on all 4 fields at the same time. This is just a safe-guard for everyone. The background check is 100% private and we do not see any of the results. We will only be alerted if something 'hits'. They are not looking for parking tickets, jay-walkers or anything minor – they are looking for felonies & anything involving kids. If something does come up, it will be handled professionally & privately.

Practice Schedule

Time	September 7 th Green Valley
5:30 PM	PreK – Kindergarten
6:30 PM	1 st – 4 th Grades

NO PRACTICE on Monday – September 5th.
(Labor Day Holiday)

**Teams will be formed next Wednesday.*

(OVER)

Rain-Out Line

I know there are still quite a few people who I don't have e-mails for or that don't have access to a computer all the time, so I want everyone to be aware of the 'Rain-Out' line.

In case of inclement weather, please call the rain-out line to check the status of that night's games. I will have the line updated no later than 4:00pm. If the weather turns bad between 4:00-5:30pm, I will update the line as soon as games are cancelled. I will also e-mail out a notice if games are cancelled when possible.

'Rain-Out' Line
309-524-2425

League Objective:

Establish a premier flag football league for boys & girls ages 3-11. This program will provide young players with a fun and exciting opportunity to engage in continuous action while learning lessons in teamwork.

League Goals:

- *Promote & encourage active, healthy lifestyles for QCA youth.
- *Educate players, coaches, officials, and parents on the importance of sportsmanship, value of participation, and opportunities to learn life lessons as a result of participation.
- *Support & encourage participation, fundamental skill development and teamwork.



Take Time To Play ... FLAG FOOTBALL!