

NFL flag & NFL cheer

Jr. NFL Flag mini-camp (Ages 3–5)

This mini-camp is a non-contact fundamental football camp designed to improve your child's beginning football skill level. Campers will be taught progressively, with the idea of "crawling" first, then "walking, jogging, and finally running." "Chalk Talk" guest speakers will feature local college, high school, and NFL Flag coaches. All participants will receive a t-shirt, award, and NFL certificate.

Resident \$35.00
 Non-Resident \$40.00

Brown Park 2010 N Main St, Rockford

SATURDAYS ID# 448102-00
 Sept 11–Oct 2, 10 | 8:30–9:15 am

NFL Cheer—Rockford (Girls ages 5–14)

NFL Cheer is comprised of girls ages 5–14 and will cheer for NFL Flag Football of Rockford. There are no tryouts, all cheerleaders cheer therefore, squads may be of differing abilities. All cheerleaders are coached by a head coach and school cheerleader mentors. The purpose of NFL Cheer is to develop, organize, and promote cheerleading activities for our youth participants. NFL Cheer will also encourage good sportsmanship and fun for all our participants. The first week of practice will be Mon–Thurs. The following weeks, practice will be held on Tuesdays and Thursdays.

New participant (Resident) \$165.00
 New participant (Non-resident) \$175.00
 Returning participant (Resident) \$85.00
 Returning participant (Non-resident) \$110.00

Brown Park 2010 N Main St, Rockford

PRACTICE TUES & THURS; GAMES SAT
 ID# 448101-00

Aug 23, 10–Oct 30, 10 | Practice 6:00–7:00 pm;
 Game times will vary by squad

**FEE ASSISTANCE
 AVAILABLE**

See pg 33 for details.



NFL Flag Football (Ages 5–14)

Practices are held in various schools and parks. All participants will receive an official NFL Flag Football jersey, a set of flags, trophy, and a NFL certificate. All games are held on Saturday.

Games at Brown Park 2010 N Main St, Rockford

SATURDAYS

Sept 11, 10–Oct 30, 10 • 8:30 am–1:00 pm
 ID# 448103-01 Ages 5–8

ID# 448103-02 Ages 9–11

ID# 448103-03 Ages 12–14

New participant (Resident)\$85.00
 New participant (Non-resident)\$95.00
 Returning participant (Resident)\$50.00
 Returning participant (Non-resident) . \$55.00

quick facts

AGES 5–17 (as of Jan 1, 10)

LOCATIONS Brown Park,
 other locations TBD

REGISTRATION ends the 1st day of
 the program (or when capacity is reached)

YOUTH FOOTBALL



fostering identity recreation & education



F.I.R.E. Speed camp (Ages 5–18)

As the sports world has become more competitive, speed and agility have become very important qualities for athletes of all ages. F.I.R.E. track coaches, trainers, and experienced instructors will help you identify problems in your running form that are preventing you from reaching your top

potential running speed. With a focus on footwork, balance, and explosive drills, we can help an athlete become quicker and more agile. This 3-day camp will focus on a variety of training techniques used to enhance quickness, improve balance and agility, develop speed, and build confidence. Athletes from all sports will benefit from our training; space is limited, so register early!

Resident \$25.00
 Non-resident \$30.00

Auburn High School 5110 Auburn St, Rockford

MON–THUR ID# 407604-01
 Sept 20, 10–Sept 23, 10 | 5:30–6:30 pm