

Pleasant Hill








Youth Flag Football

Boys & Girls
Grades 3-8!

Everybody plays!

Football 2011

Coed Divisions: Grades 3-5 and Grades 6-8

-  **FREE** NFL Punt, Pass & Kick Contest – September 24, 10 am, Pleasant Oaks Park
-  Practices begin late September / early October
-  Season begins in October; runs through mid-November (6 weeks)
-  Cost includes a NFL sports jersey, a football, and flag belt
-  All games played at baseball fields behind PHEC

Registration Deadline: Friday, September 16

Fee: \$139* / Dist. Res. \$129*

*A \$50 refund will be given to any parent who volunteers to coach or assist a coach and completes the training program provided by the District.



Pleasant Hill Recreation & Park District
People, Parks & Programs Since 1951

147 Gregory Lane, Pleasant Hill, CA 94523
www.pleasanthillrec.com

----- Detach & Return to PHR&PD • 147 Gregory Lane • P.H. • CA • 94523 or Call 682-0896 -----

Calling all 3rd through 8th Graders!

Register Today! Walk-in: Administration Office, 147 Gregory Lane. Monday-Friday, 9 am-5 pm; fax 682-1633; call **682-0896** or register online at www.pleasanthillrec.com



NAME _____ DATE OF BIRTH _____ AGE _____ GRADE _____ Boy ___ Girl ___

ADDRESS _____ CITY _____ ZIP _____ PHONE _____

SCHOOL _____ PARENT WORK PHONE _____ PARENT NAME _____

PRIOR EXPERIENCE _____



We need parent participation:
 I would like to coach
 I would like to assist a coach

NAME _____ DAY PHONE _____

SHIRT SIZE	
YM	YL
AS	AM
AL	AXL

OFFICE USE ONLY		
Cash	B/C	Check
Amount \$		
FFB		

Parents must fill out and sign Medical Release & Waiver Form before child can participate.