

ADULT FLAG FOOTBALL



Spring 2010



**Pleasant Hill
Recreation & Park District**
People, Parks & Programs Since 1951
147 Gregory Lane, Pleasant Hill, CA 94523
www.pleasanthillrec.com **682-0896**

Drop-In Sports

Pleasant Hill Recreation & Park District Presents:

Adults Only!

Drop-In Basketball

Saturday 7–9 am
Sunday 8–10 am
Monday, Wednesday & Friday 4–6 pm
Cost: \$5 per person

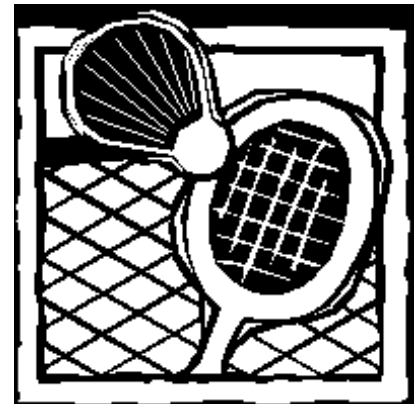


Drop-In Volleyball

Tuesday & Saturday 7:30–10 pm
Cost: \$5 per person

Drop-In Badminton

Sunday 11:00 am-1:00 pm
Cost: \$5 per person



B.Y.O.R.

Bring your own Racket
and Birds

Program for Adults, 18 years and older. All Drop-In programs are held at the Pleasant Hill Education Center Gym, located at 1 Santa Barbara Road, Pleasant Hill

For more information call
(925) 682-0896



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

DATE: January 18, 2010
TO: Team Representatives
FROM: Pleasant Hill Recreation & Park District
RE: Adult Flag Football Program — 2010 SPRING SEASON

The Pleasant Hill Recreation & Park District is announcing our 2010 SPRING Adult Flag Football League. Teams will be taken on a first come first serve basis.

The Spring Season will consist of a Six (6) game schedule followed by playoffs. All games will be officiated by two referees.

<u>League Fee</u>	<u>Registration Begins</u>	<u>Registration Closes</u>
\$500+ NR*	January 18, 2010	March 5, 2010

* NR= non-resident. Each player not living in the District must pay an additional fee of \$8. **A maximum of 4 non-residents will be charged.**

The season will begin on March 16 or 17 and will run through May.

A percentage of your league and non-resident fees will be designated for improvements to comply with the American Disability Act, and to pay for the increased electrical rates for the field lights & more.

PHILOSOPHY:

One of the goals of the Pleasant Hill Recreation & Park District is to provide recreational opportunities for people of all ages. The Adult Flag Football League provides the community with an opportunity to participate in an organized sport activity. The leagues are organized for competitive play but the overall goal is enjoyable participation for all. The District is not offering professional leagues. **The main emphasis of the league is the recreational elements including the fun, enjoyment, good sportsmanship, and friendships that are developed.**

REGISTRATION:

Turn in Rosters & Fees by mail or in person at:

(DO NOT MAIL CASH)

Attn: Adult Flag Football League
Pleasant Hill Recreation & Park District
147 Gregory Lane
Pleasant Hill, CA 94523

There are no refunds once a team is placed in a league. If league(s) are cancelled money will be refunded.

Any incomplete item can result in the entire packet being returned to the Team Representative – thereby losing priority for team entry into the league. Pleasant Hill Recreation & Park District reserves the right to make FINAL JUDGMENT ON TEAM PLACEMENT.

ROSTERS:

Be sure ALL information is completed on your roster. **If information is left out or your check bounces, the packet will be declared incomplete.**

Roster additions and deletions must be made before 5:00 pm, Monday through Friday, prior to your game. This must be done in person at the Administrative Office or by mail with the League's "Roster Addition Form" (referees and scorekeepers do not handle any additions or deletions). An added player may not use a dropped player's non-resident fee after **March 16.** Teams may carry a maximum of fourteen (14) players on their roster.

ABRIDGED RULES:

Rules, regulations, schedules and other information will be discussed and handed out at the Annual Team Representatives Meeting to be held **Tuesday, March 9, 8:15 pm, at the Pleasant Hill Community Center, 320 Civic Dr.. All Team Representatives are required to attend this annual meeting. (SEE ATTACHED FLYER)**

LEAGUE INFORMATION:

The league is TENTATIVELY scheduled to play on Tuesday nights. (possibly Wednesday or Saturday nights)

NOTE: Teams may play on other nights not designated as above due to field availability, play-offs, makeup games, and/or size of a particular league. Remember, Pleasant Hill Recreation & Park District reserves the right to make FINAL JUDGMENT on TEAM PLACEMENT and does not guarantee placement of any team.

League fees cover: The specified number of games, referees (2), scorekeeper (1), footballs, field maintenance and lighting.

Adult Flag Football TEAM REPRESENTATIVE MEETING

Tuesday • March 9 • 2010

8:15 pm

Pleasant Hill Community Center

320 Civic Drive

(near the PHPD)

Schedules & League Information
will be handed out at this meeting.

Those teams who do not attend will be charged
\$20 to attend a special meeting at the office.



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PLEASANT HILL RECREATION & PARK DISTRICT

2010 SPRING FLAG FOOTBALL LEAGUE

ROSTER, AGREEMENT, WAIVER & RELEASE FORM

MEN'S: _____

Team Name: _____ Team Rep: _____

Home Phone: _____ Work: _____ e-mail: _____

Address: _____ City: _____ Zip: _____

Asst. Team Rep: _____ Home Phone: _____ Work: _____

Address: _____ City: _____ Zip: _____

Other leagues played in – City & level: _____

Returning Teams—Previous Team Name & Season: _____

Please check here if you want your name & phone number given out to prospective players: []

NOTE: Any player information left blank, invalidates that person as a legitimate player on this roster.
 Please be sure an assistant representative has been specified, including their home and work phone number.

In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity. I understand that no medical insurance is provided. I am eighteen years of age or older.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY FREE WILL.

Last Name, First (Print):		Signature:	
Street:		City:	Zip:
Phone:	Driver's License:	Birth Date: /	

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