

# Jr. NFL Flag Football League



## Boys and Girls ages 5—14

Carmichael Recreation and Park District is partnering with Fair Oaks Recreation and Park District to offer Jr. NFL Flag Football program the fall. Jr. NFL Flag Football provides opportunities for children to enjoy America's favorite sport! Players benefit by being physically active through **non-contact**, continuous action while learning the fundamentals of football, lessons in teamwork and sportsmanship.

For more information please email us at [sports@carmichaelpark.com](mailto:sports@carmichaelpark.com) or call our office at 483-7826.

### League Dates & Information:

- 8/11 Mini Camp at Fair Oaks Park (F.O.P.) 10am—12pm
- 8/18 Mini Camp/Evaluation at F.O.P. **(Mandatory)** 10am—12pm
- 9/8 Scrimmages at F.O.P.
- 9/22 Opening Day Games at F.O.P.



**Each player receives their own NFL team jersey and personal flag belt!**

**PRACTICES:** Teams practice twice a week.  
Practice days, times, and location are determined by the coach.

**GAMES:** All games are on Saturday mornings at Fair Oaks Park at 11549 Fair Oaks Blvd.  
Season ends in November.

**FEE:** Registration open 6/28—8/17: \$105 (Resident) \$110 (Non-Resident)

### REGISTRATION:

**How to Register:** In person at our La Sierra Community Center 5325 Engle Rd, Suite 100 in Carmichael (drop box located outside office for after hours registration), by fax at 483-7861 or by email at [sports@carmichaelpark.com](mailto:sports@carmichaelpark.com).

**JERSEY INFO:** Each player will receive a jersey of an NFL team. Please indicate jersey size on the registration form

**REFUNDS:** Refunds will not be given after 8/8/18

### **Are you a parent who would like to Volunteer Coach?**

**Please contact us for more information about coaching your child's team at [sports@carmichaelpark.com](mailto:sports@carmichaelpark.com)**

Partial Scholarships Available. Please contact 485-5322 ext. 29 for more information.



**REGISTRATION FORM FOR  
Jr. NFL Flag Football League 2018**



Registration will be accepted via mail, walk-in at the address below or use the drop box located outside the La Sierra Office.  
**LA SIERRA COMMUNITY CENTER SPORTS OFFICE**  
**5325 ENGLE RD, SUITE 100, CARMICHAEL 95608**

For more information and questions please contact the Sports Office at 483-7826

**FEE: \$105 per participant (Resident) \$110 (Non-Resident)**

**Payment must accompany registration**

**Make Checks payable to C.R.P.D.**

How are you paying? (please mark one):     Check                       Cash                       Money Order                       Credit \*  
Visa or Mastercard

Total Amount Paid \$ \_\_\_\_\_ Office Receipt # \_\_\_\_\_

\*Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ X \_\_\_\_\_

Players Name: _____	Date of Birth: ____ / ____ / ____	Male or Female
School Name: _____	Grade: _____	Jersey Size:    YS    YM    YL    YXL AS    AM    AL    AXL    AXXL <p align="center"><b>Circle Size Needed</b></p>
Parent/Guardian Name: _____		
Address: _____	City: _____	Zip: _____
Primary Phone #: _____	Secondary Phone #: _____	
Email Address: _____		



**Carmichael Recreation & Park District**  
5325 Engle Rd, Carmichael, CA 95608 • (916) 483-7826 • FAX: (916) 483-7861  
**JR. NFL FLAG FOOTBALL LEAGUE 2018**  
**AGREEMENT, WAIVER, AND RELEASE**

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, officials, 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 injury or property damage that I may sustain while participating in said activity.

**PHOTO RELEASE:** By signing this agreement, you are agreeing to release photo rights to Carmichael Recreation & Park District. Carmichael Recreation & Park District reserves the right to photograph facilities, activities, and program participants for potential future use. All photos will remain the property of Carmichael Recreation & Park District.

**PARENTAL CONSENT:** (To be completed and signed by parent/guardian if applicant is under 18 years of age).  
I hereby consent that my son/daughter \_\_\_\_\_ participate in the above activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which may incur as a result of the death or injury or property damage that said minor may sustain while participating in said activity.

**I have carefully read this Agreement, Waiver, and Release and fully understand its content. I am aware that this is a release of liability and a contract between myself and Carmichael Recreation & Park District and I sign it of my own free will.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name (Printed): \_\_\_\_\_  Parent                       Guardian