

About CNYFSC Flag Football

General Information

Our objective with the CNYFSC Flag Football program is Player Development. Competitive games & training sessions are what each player needs at the younger ages. Winning and losing should not be the priority. The games are used as a training tool. CNYFSC Flag Football training sessions are skill sessions. You will not train as a team. The sessions are geared towards improving each players individual skills.

All CNYFSC Flag Football Teams will be formed with a first come first serve basis. Players will be placed on teams until the roster is full. The number of incoming players will determine the number of Flag Football formed.

Individual players interested in joining a team can sign up for any of our CNYFSC Flag Football Teams. Each one of the age groups will have competitive teams.

Field Size

185 ft x 85ft

Number of Players

7v7 - You can run and pass at all times

GAMES START FRIDAY DECEMBER 9TH

- One time-out per half
- The top four teams reach the playoffs
- Overtime ONLY in playoffs
- 7 v 7 on the field
- You can run and pass at all times
- Kicking game included
- One man motion
- Two referees will oversee each game
- Absolutely NO Cleats will be permitted



About The Sports Centre

Featuring Indoors

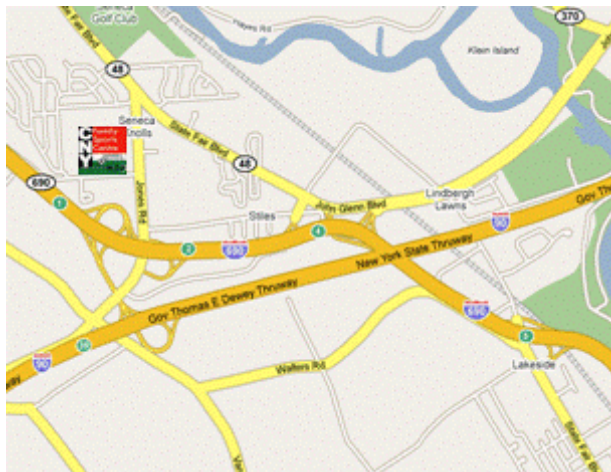
- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dashboards
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center / Team Meeting Room
- ◆ Video arcade
- ◆ Upper Level Mezzanine for spectator viewing
- ◆ 9ft x 12ft Big Screen TV
- ◆ WiFi, Wireless internet access

Featuring Outdoors

- ◆ Three 110 yd. x 70 yd. multipurpose natural grass fields
- ◆ Two 70 yd. x 40 yd. multipurpose natural grass fields
- ◆ One 90 yd. x 60 yd. multipurpose natural grass field
- ◆ Family picnic area
- ◆ 250 car parking lot



**Conveniently located off Route 690 at Jones Road
or Exit 39 of the NYS Thruway**



FLAG FOOTBALL Individual

Registration 2012

Indoor Flag Football

Games Every Friday Night
VARSITY(15-17)



Contact Information

Flag Football Director

Jeff Halsey

Phone: (315) - 751-4259

Email: jeffreyhalsey@yahoo.com

If you can not reach our Flag Football Director feel free to contact a member of the Sports Centre staff at 638 - 8866 or at SportsCentre@aol.com

WANTED:

Coaches for all levels!
If you are interested in coaching a team at any level
Please Contact:

Flag Football Director
Jeff Halsey or

Call the Sports Centre and a member of our staff will assist you.

All the important contact information is located above!

Game & Training Times Registration Form

CNYFSC Flag Football Games

Day: Wednesday & Friday nights

Game dates: January—April

End Date: April 2011

Game Times: 6:00pm-9:00pm

Price: \$85.00 Per Player (Games & Jersey)

Location of Games:

The CNY Family Sports Centre
7201 Jones Road
Syracuse, NY 13209

The CNYFSC Flag Football games will be played on Wednesdays and Friday evenings beginning in **January**. Each player will play 9 games and the season will end in **April 2011 with Playoffs**. The games will begin anytime from **6:00pm-9:00pm**. Each game is 40 minutes long consisting of four 10 minute quarters, with a running clock. The CNY Family Sports Centre will provide each individual with a CNYFSC Flag Football jersey. The players will be placed on a team coached by a member of our staff or a **volunteer parent** (parents are encouraged to volunteer).

Jerseys for the flag football program provided by:



Located inside the Sports Centre:



Upstairs inside the Sports Centre:

Fully Equipped Gym
Team and Individual Sports Training

CNYFSC FLAG FOOTBALL INDIVIDUAL REGISTRATION FORM WINTER 2011

Player's Name: _____

Date of Birth: _____ Age: _____

Shirt Size: (Circle) YM YL AS AM AL AXL

Parent's Name: _____

Address: _____

City: _____ Zip: _____

Day Phone: _____

Cell Phone: _____

E-Mail Address: _____

Credit Card: (Only if paying with credit card)

Visa ___ MasterCard ___ Discover ___

Expiration Date: _____ CVC2 Code: _____

Card Holder: _____

Signature: _____

Volunteer Coaching Opportunities

- ⇒ Please register at the Sports Centre by **November 26th** if you are interested in coaching a CNYFSC Flag Football Team
- ⇒ Contact Jeff Halsey @ 751-4259 if you are interested in the volunteer coaching positions.

CNYFSC Flag Football - Individual Registration

Fee: \$85.00 per player

Includes: 9 Games, & Jersey



Please make checks out to:
CNYFSC