

Flex Program Overview

We know as new parents to the program that you will probably feel overwhelmed from all the information outlined below. We want you to have as much information as possible so that you understand the commitment involved.

Teams

This year we are proud to offer a team. We will have a co-ed team for grades K/1.

Season

Our season traditionally begins the first week of August. You will be contacted by a coach in July with details on when practice will begin. It typically is 2-3 nights per week for about 1-1/2 hours during August and then 1-2 nights during the week once school begins.

Registration Fee: \$175 with early registration discount of \$25 if signed up before May 31st.

Tentative 2022 Dates:

- Paperwork Hand In: Monday August 1st 5:30pm
- First Practice: Monday August 1st 6:00-7:30pm
- Jamboree & Certification: August 20th - 21st
- End of Season: End of October

Equipment provided:

Flex Flag Players are issued the following:

- Uniform
- Flex Padding (soft shell shoulder pads and cap)

It is **highly recommended** to purchase the following:

- Cleats or sneakers
- Protective Cup and Athletic Supporter
- Mouthpiece

Paperwork:

Our league is part of the Central Mass Youth Football and Cheer Conference (CMYFCC) which is affiliated with American Youth Football (AYF) League. AYF is the world's largest youth football and cheer league. Being part of this conference/league requires us to follow certain policies and procedures for insurance purposes. The following paperwork will need to be submitted to play:

- Birth Certificates: 1st time participants are required to submit a Birth Certificate with a raised seal to show proof of age.
- Physical/Medical: All participants should be medically cleared by a doctor to play any sport. It must be dated for the year of participation.
- Year End Report Card from the prior school year.
- Complete players packet found at your SportsSignUp account.