

SUNRISE RECREATION AND PARK DISTRICT  
7801 AUBURN BLVD. CITRUS HEIGHTS, CA PHONE: 725-0186

# YOUTH FLAG FOOTBALL LEAGUES FOR BOYS & GIRLS, AGES 6 - 11

This program provides young players a fun and exciting opportunity to engage in non-contact, continuous action, while learning fundamental skills. The season will include one Saturday of conditioning and skill development with Antelope High School Football Coaching Staff. Teams will be announced on Saturday, September 26th. Following team selections, participants will receive schedules for practices and games, which will begin the week of 9/28.

The age group in which a player participates should be determined by the player's age, as of September 1st of the current year.

**Football  
Clinic**

**Saturday, September 19th @ Rusch Park Diamonds 1 & 2**

**8810.305 Ages 6 - 8, Co-ed 9:00 - 9:45 am**  
**8810.306 Ages 9 -11, Co-ed 10:00 - 10:45 am**



**LEAGUE DATES: SEPTEMBER 19 - NOVEMBER 7**

**TIME:** On Saturday, September 26, schedules will be distributed to all participants.

**LOCATION:** RUSCH PARK DIAMONDS 1 & 2

**FEE:** \$80.00 Checks payable to: S.R.P.D.

**REGISTRATION:** ON-LINE REGISTRATION BEGINS AUGUST 24th.

**On-line:** [www.sunriseparks.com](http://www.sunriseparks.com)

**Mail-in:** S.R.P.D., 7801 Auburn Blvd., Citrus Heights, CA 95610

**Walk-in:** Monday - Thursday from 8:15am - 6:00pm @ Rusch Park Office  
Fridays - 8:15am - 4:45pm @ Rusch Park Office



This is not a program of San Juan Unified School District and San Juan accepts no liability or responsibility for this program.

**PLEASE SEE REVERSE SIDE FOR WAIVER FORM. PARENT MUST SIGN (AGREEMENT, WAIVER RELEASE) FORM BEFORE PARTICIPANT CAN PLAY.**