

Dear Parent/Guardian:



Thank you for enrolling your child(ren) in the NFL FLAG Football Program with the Jefferson City Parks and Recreation Department. We hope you and your child(ren) have a great season!

I wanted to give you some information regarding the league.

Your coach should have requested forms from you (Parent's Code of Ethics and Indemnification/Medical Information Form). You can download these forms at the website below. These forms need to be returned to your coach, not to Parks and Recreation. The assistant manager form, rules, and field map are also located on this website.

NFL Flag Football Forms 2016 (<http://bit.ly/nflflagfb>)

- Youth NFL Flag Football Assistant Manager Form 2016
- Parents Code of Ethics
- Indemnification/Medical Form 2016
- NFL Rules Packet
- NFL League Modifications
- Map of Game Fields and Parking - Optimist Sports Complex
- Map of Practice Fields (North Jefferson Recreation Area – Fields #1 – 10)

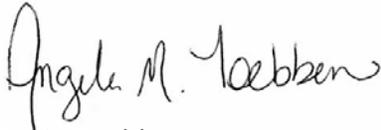
IMPORTANT INFORMATION!

- **LEAGUE START DATE:** We will be starting the week of August 28.
- **NFL Punt, Pass and Kick Local Competition** – 6-15 year olds - Sunday, September 11, 2016 – 1 pm – Jefferson City High School Football Field. For details/registration information, please visit us at www.jeffersoncitymo.gov/parks.
- **NFL FLAG Belts and Jerseys** – these are yours to keep but we do recommend to the coaches that they keep the flag belts during the season and give to you after the last game. We have also asked coaches to label and trim the flag belts for each child on the team so the excess belt does not get mixed up as an actual flag.
- **Spectators** will be able to sit along the sidelines behind a designated spectator line – you will need to bring your own seating. Please make sure you sit on the same side as your team and on either side of the coach/player box or behind an end zone.
- **Reminder:** **NO pets, tobacco products, alcoholic beverages or glass containers** allowed at our ballparks during youth sports – this is a health and safety issue!
- Jerseys must be tucked in at all times. **Jerseys are reversible. Teams listed as home will wear dark side out. Teams listed as away will wear light side out.**
- **SHORTS/PANTS:** shorts/pants cannot have belt loops or pockets. If they do, they must be taped.
- Your child will need to wear a **mouth piece**. If you purchase a mouth piece that has the piece for a helmet, please remove that piece or cut it off so that an opposing player cannot grab it by accident and possibly injure your child. Mouth pieces will be sold at the concession stand as well.

- **Team Website:** some teams may be setting up a team website. This website is through Shutterfly and is free. If your coach has not set up the website and you are willing to set it up for him/her, please let them know. They have the directions on setting up the site.
- **Schedules are posted on-line** at www.teamsideline.com/jeffersoncity. Just click on the + signs next to NFL FLAG Football, grade, team name, etc. You can print the schedule for just your team or for all the teams in your league. You can also download your child's football schedule to your calendar if you use Outlook or Google Calendar. The schedule lists home and away – this determines if you wear the light side or dark side for your child(ren)'s jersey.
- **In case of inclement weather, you can sign up for a league text** message (will be emailed out and given to coaches), **call our Hotline at 634-6485 ext 4 or visit our website at www.jeffersoncitymo.gov/parks.**

If you have any questions and/or concerns, please don't hesitate to contact me.

Thank You,



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