



MRC K- 1 Instructional Flag Football



For each date listed below all kids signed up for K-1 Flag Football will show up together and be split into small groups. In these small groups volunteer coaches will teach basic football knowledge, put them through beginning football drills and on the Saturdays play short controlled games after the weekly skills and drills review. Contact Gabe Prescott at 241-0363 or gabeprescott@ymca-mrc.com if you would like to help or have questions.

	Date	Time	Field #
Practice	Saturday, September 05, 2009	9:00am -10:00am	2
Practice	Tuesday, September 08, 2009	6:00pm - 7:00pm	2
Practice	***Saturday, September 12, 2009***	9:00am -10:00am	2
Practice	Tuesday, September 15, 2009	6:00pm - 7:00pm	2
Games	Saturday, September 19, 2009	9:00am - 10:00am	2
Practice	Tuesday, September 22, 2009	6:00pm - 7:00pm	2
Games	Saturday, September 26, 2009	9:00am - 10:00am	2
Practice	Tuesday, September 29, 2009	6:00pm - 7:00pm	2
Games	Saturday, October 03, 2009	9:00am - 10:00am	2
Practice	Tuesday, October 06, 2009	6:00pm - 7:00pm	2
Games	Saturday, October 10, 2009	9:00am - 10:00am	2
Practice	Tuesday, October 13, 2009	6:00pm - 7:00pm	2
Games	Saturday, October 17, 2009	9:00am - 10:00am	2



Saturday, September 12, 2009 NFL PUNT, PASS, AND KICK

PPK At McPHERSON STADIUM

Anyone age 8 to 15 is welcome to come and participate in this free event from 3pm to 5pm. All participate will be able to attend for the game between McPherson College and Friends University for Free! We will announce the winners at half time of the game. No Cleats

Cancellations due to weather/wet fields will be decided **after 8:00 a.m.** on game day. Information will be available on the web site www.mcphersonrecreationcommission.com, call the hotline 620-241-1331 or listen to KNGL/KBBE for game information. You can also receive email notification on the field condition by sending an e-mail request to sportsdept@ymca-mrc.com.

Other programming notes:

- 1) Sundance Photography will be contacting coaches to take team and individual pictures for all who would like to order them. Coaches will be given order sheets or you can print one off at www.sundance-photo.com.
- 2) Please remember for future programs that **online program registration is available at www.mrc-ymca.com**.