



Winter Flag Football

Starting in January 2012

**Saturday mornings at Seneca High School. Specific start times to follow.*

Features of Winter Football league:

Specialized position and skill coaching

 *Passing*  *Catching*  *Kicking*
Blocking  *Pass coverage*

Conditioning and Agility/Speed training

Offensive and Defensive Play development.

Flag football league to put skills into action!

Don't Wait...Sign Up Today!

ONLY \$30.00

Registration for the Season for ages 7-13

***ALL PLAYERS RECEIVE A SENECA YOUTH FLAG FOOTBALL TEE SHIRT!**

On Line **NOW** At <http://www.senecaeagles.com>

For more information call **Andy** @ 609-617-9969 after 3 pm
or email coachcunard@comcast.net