



Southborough Recreation
Building a Healthy Community



New for 2017

Flag Football League for Grades 2—7

Southborough Recreation will partner up with Northborough and Westborough to offer a co-ed flag football league for Grades 2 to 7. This program is the perfect opportunity for a child to learn, or enhance the fundamental skills of football in a safe and fun environment with an emphasis on participation, teamwork and good sportsmanship.

Teams will be formed randomly in each of the following age divisions:

Grades 2/3—between 4 to 7pm, times will change depending on game scheduled.

Grades 4/5—between 4 to 7pm, times will change depending on game scheduled.

Grades 6/7—between 4 to 7pm, times will change depending on game scheduled.

Games and practices will be held weekly on Sundays from 4 pm to 7 pm.

Each team will have a 90 minute combined practice and game each week. The first 30 minutes will be dedicated to practice, where players will be taught the fundamentals of positions and skills that will be able to be executed in the game immediately following practice.

The goal of practices and games are to ensure that all players receive thorough instruction and gain a comprehensive understanding of the sport, and develop the skills and techniques necessary to succeed. All games will be played in Northborough, Westborough and Southborough.

Schedules will be available at <http://southborough.recdesk.com/recdeskportal/> after teams are made.

Registration will begin February 1, 2017

Cost: \$90/pp

Volunteer coaches are needed for each of the teams. Please contact our office at 508-229-4452 or email jhom@southboroughma.com if you are interested.

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<http://southborough.recdesk.com/recdeskportal/>

