



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PULL THE FLAG FOR VICTORY!!!



Adult Flag Football THE YMCA OF CATAWBA VALLEY

Get your team ready for the gridiron! Our Adult Flag Football League is designed to be an aid and tool in the development and growth of the participants. The Y is not a building, athletics field or just a gym; it is an association of people who use Y programs to foster physical, mental and spiritual growth.

Ages:

For Men and Women ages 18 and up

When:

Registration is from July 18th - September 4th
Games will be played on Sundays

Where:

Season will start September 18th
Games will be played at the
Hickory Branch.

Tournament will be November 13th and 20th

Registration Information:

TEAM:

Members \$55 and non-members \$90
Per person (Minimum of 5 People on a
team NO maximum), includes 6 regular
season games , t-shirt and single
elimination tournament

INDIVIDUAL:

Member \$55 and non-member \$90
includes team placement, 6 regular
season games, t-shirt and single
elimination tournament

For more information contact Abbey Tarr at abbeyt@ymcacv.org for both Hickory Foundation YMCA and
Adrian L. Shuford, Jr. YMCA



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Sports Waiver: In Consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assignees, release and discharge the YMCA of Catawba Valley, its Board of Directors, employees, members, sponsors, and program volunteers of any liability from injury, illness or loss which may occur during my participation to, during and from YMCA of Catawba Valley Adult Sports leagues. I specifically release and discharge said promoters and sponsors from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such events, the same being my sole responsibility.

I also understand the rules and guidelines given to my team captain by the YMCA. I understand that if I do not follow the rules and guidelines, or if my behavior is against that of which the YMCA desires, I may be expelled from the league, forfeit my team and receive no refund.

I understand that there is a registration deadline, which the YMCA must enforce, and there are no refunds as the program is conducted. COVID-19 Refund Policy: Should the YMCA have to cancel fall sports in whole or partially due to a stay-at-home order or for any other reason, the YMCA will issue a pro-rated system credit to be used for any YMCA programming/membership at a future date.

Participant Name: _____ D.O.B. ____/____/____

Cell Number: _____ Email: _____

Address: _____

Emergency Contact: _____ Contact's Cell # _____

(Circle One) T-Shirt Size: AS AM AL AXL AXXL AXXXL

(Circle One) I am registering as:

Part of a **TEAM**

As an **INDIVIDUAL**

(Circle One) I am registering as a:

Hickory YMCA Player

Shuford YMCA Player

If part of a TEAM fill in the information below:

Team Name: _____

Team Captain's Name: _____

Team Captain's Cell #: _____

If **YOU** are the team Captain list your top 3 uniform color choices :
