

REGISTRATION NOW OPEN!

Metro Youth Football, the area's premier youth football program since 1971, is proud once again to offer Tackle Football for 4th-8th grade this fall. Also, for the first time, MYFA is offering a Developmental League for 3rd grade to help ease the transition from flag to tackle.

Cedar Rapids, Iowa

INTRODUCING FOR THE FIRST TIME 3RD GRADE FALL DEVELOPMENT LEAGUE

\$65 if registered by June 30 • \$75 after June 30 Helps transition from flag to tackle. Games will be flag rules but with helmets and shoulder pads - no tackling. Each practice will include Heads Up blocking & tackling instruction.

Players are issued:
Regular tackle helmet, shoulder pads and flag belts for use
Mouthpiece and mesh jersey to keep

Registration includes: End of year trophy for everyone Team photo

Practice starts August 21 6 game season over 5 weekends

TACKLE FOOTBALL Includes divisions for each grade, 4th - 8th

\$110 if registered by June 30 • \$130 after June 30 Head coaches are USA Football certified and teach Heads Up blocking and tackling techniques. MYFA appoints player safety coaches per USA Football.

Players are issued: Helmet, shoulder pads and game jersey for use Mouthpiece and padded pants to keep

Registration includes: End of year trophy for everyone Team photo

Practice starts August 14



Go to www.metroyouthfootball.com and register today!