

# Livingston Recreation Flag Football Clinic FAQ



## New to Livingston

This program is designed to teach basic flag football fundamentals to all the program participants. This league is coed and players are divided into age groups as follow: 6-7 years, 8-9 years, 10-11 years 12-13 years and 14-17 years. Each team will consist of 10 players and there will be 7 on the field at a time.

## The goals for this camp are as follows:

- Learn Football Fundamentals keeping it simple and fun.
- Develop Teamwork, discipline, respect, and sportsmanship.
- Develop physical fitness.
- Prepare participants for the next level of play.



## When, Where, What

The Clinic will be held at the Max Foster Sports Complex at 2600 Walnut Avenue in Livingston. The program lasts 5 weeks and is held on Friday nights beginning February 23 through March 22. Practice begins at 5pm and ends at 7pm. Except for the first day of the clinic, the first hour is the practice play model and the second hour is the game play model. All Participants will gather on the upper soccer field near the picnic shelter and the coaches will take their division to their assigned practice area.

Players need to dress appropriately for practice. Since it is still chilly outside dress in layers. Soccer or football cleats are recommended but not required. No Jewelry is allowed or must be taped if it can not be removed for safety reasons. Please put long hair in a ponytail. We do ask that players use the restroom prior to practice so players do not miss anything as the restrooms for some of the practice areas are a distance.

**Each child will receive a black and a white T-shirt for game play. Please bring a backpack with both shirts in it as well as bottled water for hydration.**

Please show up on time and pick up your player on time. **Please note that siblings are not allowed to run freely on the practice fields and parents will be asked to control their children for safety sake of the clinic participants as well as the sibling. SNACK BAR IS OPEN FOR YOUR CONVENIENCE.**

## Coaches Needed:

The Recreation Department is always in need of coaches. If you are interested in coaching, please visit the city website [cityoflivingston.org](http://cityoflivingston.org) and go to the recreation page to get a coaching application. All coaches must be cleared by the department before coaching is allowed. A coaching certification from another league does not qualify for clearance for any city recreation department leagues.

Other questions or concerns can be directed to the Recreation office 209-394-8830 or email: [ibenoit@livingstonca.gov](mailto:ibenoit@livingstonca.gov)

The recreation office is located in City Hall, 1416 C Street in Livingston.