



**BISMARCK PARKS AND  
RECREATION DISTRICT**  
Est. 1927



**MID DAKOTA CLINIC**  
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## **Bismarck Parks and Recreation District 2022 Fall 3<sup>rd</sup> thru 6<sup>th</sup> Grade Flag Football Program**

### **General Program Description**

The purpose of the flag football program is to teach basic skills, fundamentals and sportsmanship. Participants will learn through practices and games. The flag football season begins August 25th and ends on, September 29th. A jamboree will take place October 1st. Each team will practice one day per week and play two games per week. Practices will be the first two weeks. After the first two weeks, practice will be on Mondays and games on Tuesdays and Thursdays. All practices and games will be held at the Sam McQuade Sr. Softball Complex. Teams will be arranged by schools, and some schools may be combined due to low numbers.

### **Goals of Program**

- ◆ To teach fundamentals of football
- ◆ Equal participation
- ◆ Development of skills
- ◆ Fun
- ◆ Safety of participant

### **Age Groups Served**

- ◆ This program is offered to participants in grades 3<sup>rd</sup> thru 6<sup>th</sup>.
- ◆ Teams are coed and are split up by the following age groups:
  - ◆ 3<sup>rd</sup>-4<sup>th</sup> grades
  - ◆ 5<sup>th</sup>-6<sup>th</sup> grades

### **Length of Program**

- ◆ This is a six-week program beginning August 25th and concluding on October 1st.
- ◆ **No Flag Football on September 5th.**
- ◆ All participants meet three times per week with each age group on Mon., Tues. & Thurs.
- ◆ 3<sup>rd</sup>-4<sup>th</sup> grades from 5:30 to 6:30pm
- ◆ 5<sup>th</sup>-6<sup>th</sup> grades from 6:30 to 7:30pm

### **Location of Program**

- ◆ Participants register to play at the Sam McQuade Sr. Softball Complex, 1100 North Washington Street.

### **Team information**

- ◆ Teams will be arranged by schools, and some schools may be combined due to low numbers.

### **Staffing**

- ◆ This program is directed by Ethan Eberle, and Spencer Aune Recreation Specialist's with BPRD.
- ◆ There is a Site Supervisor(s) at the location.
- ◆ Coaches
  - ◆ **IF YOU WANT TO COACH, PLEASE SUBMIT A COMPLETED JOB APPLICATION ASAP. WE NEED YOU!**

### Equipment

- ◆ Footballs, belts, flags and jerseys will be provided.
- ◆ Please have participants dress comfortably (shorts or sweats) and wear tennis shoes. Jewelry should not be worn and is not allowed during practices or games.
- ◆ Participants can not wear cleats. Tennis shoes only.
- ◆ Participants must wear a mouthguard.

### Photographs

- ◆ Photographs are taken of each team and of every participant, you will have the opportunity to purchase photos.
  - ◆ Order forms will be handed out with schedules and shirts.

### Cancellations

Call the info line at 222-6479, “Like” the BPRD Facebook page or visit [www.bisparks.org](http://www.bisparks.org). There are no make-up dates; the program will meet on specific days outlined above, in activity guide, and online.