



**FOR
ATHLETES
5TH- 8TH
GRADE**

(23-24 SCHOOL YEAR)

VALENTINE FOOTBALL LEAGUE

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JULY 24TH-AUGUST 3RD

**ALL OF VALENTINE & SURROUNDING
AREAS ARE INVITED**

COST: \$40

**(INCLUDES A T-SHIRT, EQUIPMENT RENTAL,
MOUTH PIECE, & COACHING)**



**Use this QR Code to Join the Valentine Football
League Band App. Here you can receive more
info about the league, updates, changes to
scheduling, and ect.**



VFL

2022 PRACTICE SCHEDULE

VALENTINE YOUTH FOOTBALL LEAGUE WILL BEGIN AGAIN AFTER A SUCCESSFUL YEAR LAST YEAR. THIS HAS BEEN A HUGE SUCCESS IN PREVIOUS YEARS AND A STEP FOWARD FOR OUR FUTURE HIGH SCHOOL FOOTBALL PROGRAM. THIS YEAR THE HIGH SCHOOL AND MIDDLE SCHOOL COACHES WILL BE RUNNING A 2 WEEK SUMMER SESSION THAT IS DESIGNED TO LEARN THE HIGH SCHOOL PLAYBOOK AND LEARN INDIVIDUAL POSITION DRILLS AND TECHNIQUE. THIS WILL ALLOW FOR ALL OF THE FOOTBALL TEAMS TO BE ON THE SAME PAGE AND WILL BUILD A TRADITION OF WINNING AT ALL LEVELS OF PLAY.

MON. JULY 24TH	6:00-7:00 PM	GEAR CHECK OUT
TUES. JULY 25TH	7:30-9:00 PM	PRACTICE FIELD
WED. JULY 26TH	7:30-9:00 PM	PRACTICE FIELD
THURS. JULY 27TH	7:30-9:00 PM	PRACTICE FIELD
TUES. AUG 1ST	7:30-9:00 PM	PRACTICE FIELD
WED. AUG 2ND	7:30-9:00 PM	PRACTICE FIELD
THURS. AUG 3RD	7:30-9:00 PM	PRACTICE FIELD

IMPORTANT DETAILS

**** REGISTRATION IS OPEN UNTIL JULY 24TH (\$40 FEE)**

**** ALL PLAYERS NEED TO HAVE AN AAU CARD!**

***PLEASE GO TO [AAUSPORTS.ORG](https://aausports.org) TO CREATE A USERNAME AND PASSWORD & SELECT EXTENDED COVERAGE.**

***CLUB NAME: HEARTCITYSPORTS**

***CLUB CODE: WYWY50**

**** EQUIPMENT CHECKOUT FOR ALL PARTICIPANTS WILL BE BETWEEN 6:00 PM & 7:00 PM ON MONDAY JULY 18TH.**

***5TH & 6TH GRADERS WILL MEET AT THE OLD GYM**

***7TH & 8TH GRADERS WILL MEET AT THE MIDDLE SCHOOL**

**** FIRST PRACTICE WILL BE ON TUESDAY JULY 25TH AT 7:30 PM AT THE VALENTINE PRACTICE FIELD. NEXT TO VALENTINE GAME FIELD. ALL PRACTICES WILL LAST APPROXIMATELY 1 HOUR AND 30 MINUTES.**

**** ALL PRACTICES AND GAMES ARE SUBJECT TO CHANGE DUE TO WEATHER.**

WARNING: THE PURPOSE OF THE WARNING IS TO BRING TO YOUR ATTENTION THE EXISSTENCE OF POTENTIAL DANGERS ASSOCIATED WITH ATHLETIC PARTICIPATION. PARTICIPATION IN ANY ATHLETIC ACTIVITY MAY RANGE FROM MINOR CUTS, BRUISES, SPRAINS, AND MUSCLE STRAINS TO MORE SERIOUS INJURIES TO THE BODY'S BONES, JOINTS, LIGAMENTS, TENDONS, OR MUSCLES, TO CATASTROPHIC INJURIES TO THE HEAD, NECK AND SPINAL CORD. ON RARE OCCASIONS, INJURIES CAN BE SO SEVERE AS TO RESULT IN TOTAL DISABILITY, PARALYSIS, OR DEATH.

