



K-6 Spring Football Event

This event will be held at De Soto High School Track, for all interested in playing either flag football (k-2nd grade) or tackle football (2nd through 6th grade):

Sunday, May 31st 2009
5:30 p.m.

The event is **FREE**, but bring water and cleats, as we'll be on the field for football type activities. Each grade level team will have coaches on hand to organize and run their own activities. The activities should last around 60 minutes. The following activities are an example of what the players will do.

Physical measurements (height and weight)
40 yard sprint time
3 cone pro shuttle time
Triangle Agility drill
Shuttle run time

Measurements will be compared between Spring and Fall. The participants will be instructed on summer conditioning programs to help improve their measurements and prepare them for fall football.

This should be a fun event for anyone who is committed to playing football, or would like to find out more about the program. Coaches will be on hand to answer any questions you have about our football program, and **fall football sign-up forms will be available.**

Also, you can obtain football sign-up forms from our website: **www.desotofootball.org**

Any questions, or to volunteer to help, please call:

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