

PAL YOUTH FLAG FOOTBALL



PAL FLAG Powered by USA Football provides opportunities for children age 5-10 to enjoy America's favorite sport. Players benefit by being physically active through less contact, continuous action while learning the fundamentals of football, lessons in teamwork and sportsmanship.

Season starts May 7th



Play ON OUR Team



**8 – 10 game schedule
Including Play-offs**

Boys, Girls and co-ed ages 5 – 10 yr old

**Each player receives a
“PAL Flag Starter Kit”**



For more information, Contact your local PAL Football Club

Suffolk County PAL Football - Yaphank NY

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