

Cedar Valley SportsPlex

Flag Football Fundamentals Clinic **Preschool - Kindergarten**



Where active lifestyles take shape

300 Jefferson St. Waterloo, IA 50701

(P) 319-291-0165 www.CVSportsPlex.org

Boys and girls will receive 5 meetings of instruction in football fundamentals and scrimmages at the Cedar Valley SportsPlex. Participants will meet on Monday and Wednesday evenings. Coaches will focus on teaching proper mechanics and terminology necessary for players to experience success and enjoy the game of football. The program begins on **September 2nd** and will conclude on **September 21st**.



Site: Cedar Valley SportsPlex Field House

Rate: \$45

Member Rate: \$35

Registration Begins: August 3rd, 2026

Registration Deadline: August 28th, 2026

Program: Monday/Wednesdays 5:15 pm
6:15 pm

Cedar Valley SportsPlex

Flag Football **1st Grade - 6th Grade**



Sponsored by the Waterloo Optimist Club, this program is an exciting 6 on 6 version of flag football. In this game every child will have a chance to be a receiver, a runner and a passer. The program begins **September 22nd** and concludes on **October 22nd**. Teams will meet two times a week. Practices and games are approximately 50 minutes. **Practices will be held at registered time, but due to the number of players we cannot guarantee that games will be held at the registered time.** Mouth guards are highly recommended for participation.

1st-3rd Grade

Tuesdays & Thursdays
5:15 pm or 6:15 pm

4th-6th Grade

Tuesdays & Thursdays
6:15 pm or 7:15 pm

Registration Begins: August 3rd, 2026

Registration Deadline: September 11th, 2026

Site: Riverfront Sports Park

Fee: \$75

Member Rate: \$60



Registration

Register online, email or return
form to: 300 Jefferson St.
Waterloo, IA 50701
319-291-0165
www.cvsportsplex.org
leisure.services@waterloo-ia.org

Parent's/Guardian's Name		Email	
Address		City	Zip
Phone: Home		Cell	Work
CVSP is committed to inclusion. Does your child require any modifications to help him/her be successful?			

Participant's Name (Last, First)	M/F	Birth Date	Grade for 2025 School Year	Program Name	Program #	Fee
		/ /				
		/ /				
						TOTAL \$
Method of Payment ☐ Cash ☐ Check ☐ Visa ☐ Mastercard ☐ Discover				*FOR OFFICE USE ONLY Amount: _____ Date Received: _____ Staff Initials: _____		
Card Number _____				CVV _____		
Exp. Date (Month/Year) _____						

Important Information

The City of Waterloo, Waterloo Leisure Services and the Cedar Valley SportsPlex are committed to conducting its recreation programs and activities in the safest manner possible and hold the safety of the participants in the highest possible regard. Participants and parents/guardians registering their child/ward in recreation programs must recognize however, that there is an inherent risk of injury when choosing to participate in recreation activities. *The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist, and it is impossible to eliminate the risk that participants could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease.* The Waterloo Leisure Services & Cedar Valley SportsPlex continually strive to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect participants' safety.

Warning of Risk

Recreation activities are intended to challenge and engage the physical mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreation activities/programs exist. In this regard, it must be recognized that it is impossible for Waterloo Leisure Services and the Cedar Valley SportsPlex to guarantee absolute safety.

WAVIER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the identified program(s), you will be expressly assuming the risk and legal liability, waiving and releasing any and all claims for injuries, damages or loss which you or your minor child/ward might sustain arising out of or as a result of the activities of this program (including transportation services/vehicle operation, when provided). As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I voluntarily agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims my minor child/ward or I may have (or accrue to me or my child/ward) as a result of participating in the program against Waterloo Leisure Services and Cedar Valley SportsPlex, including officers, officials, agents, volunteers, independent contractors, instructors, servants and employees. I further agree to indemnify and hold harmless and defend Waterloo Leisure Services and Cedar Valley SportsPlex staff to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's/ward's immediate care and I agree that I will be responsible for payment of any and all medical services rendered.

PHOTO POLICY: The Waterloo Leisure Services and Cedar Valley SportsPlex may video tape or take photographs of participants enrolled in Waterloo Leisure Services and Cedar Valley SportsPlex activities, classes, or programs or may take photographs. These photographs and/or video tapes are for use in future program magazines, brochures, promotional literature, websites, or for use on cable television. **REFUND POLICY:** Refunds are issued in full if a class is full or cancelled by the Sports Department. Refunds for personal reasons must be submitted in writing. Approved refunds prior to the start date will be assessed a \$5 administration fee. Refunds may not be issued after team assignments have been made. Refunds approved after the first meeting will be charged a \$10 administrative fee. The Waterloo Leisure Services Department reserves the right to deny a request for a refund. If your request has been denied, you will be contacted by a staff member from the Leisure Services Department. All refunds will be issued within three weeks.

If registering online, via phone or email, my facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and full understand the above important information, warning of risk, waiver and release of all claims and assumption of risk, permission to secure treatment and photo/video authorization.

X _____
Signature of Parent, Guardian or Participant (Under 18) Date

X _____
Print Name of Parent, Guardian or Participant (Under 18) Date

Volunteer Opportunity

The City of Waterloo and the Cedar Valley Sportsplex offers a wide variety of youth sports activities. With the number of participants in each sport rising, it becomes difficult to find coaches for each team. In order to do so, it is often necessary to recruit parents of participants or other individuals in the community to coach. Our goal is to have volunteers who have significant experience in playing or coaching a particular sport, but that is not always possible with limited numbers. Volunteers are an instrumental factor in helping our programs and teams run efficiently. If you can help out or know of someone suitable please call Alex Hildman at 319-291-0165 or email at alex.hildman@waterloo-ia.org.

Some of the benefits to the City of Waterloo and the Cedar Valley Sportsplex utilizing volunteer coaches are:

- Saving on staff costs and keep program costs from rising
- Each team benefits in having at least one coach
- More coaches per team allow each player to receive more individual attention and skill development
- More coaches per team helps control and monitor the behavior of the individual players