



2015-2016 SPRING VALLEY ELEMENTARY FLAG FOOTBALL TEAM

Millbrae Elementary Sports

2016

WOULD YOU LIKE TO VOLUNTEER?

2016 Fall Sports

Millbrae Recreation Department

The after school sports program runs all year at Green Hills, Lomita Park, Meadows, and Spring Valley and include: flag football, volleyball, basketball, kickball, and badminton. These programs are open to all 4th & 5th grade students of the Millbrae School District. Practices are held at each school site from the last dismissal bell until 4:30p (4:15p for Green Hills). Flag football games are held at Green Hills, and volleyball games are held at Taylor middle school. Parents must provide transportation to games. Emphasis is on skill development, teamwork, and fun! Fall sports end no later than November 10, 2016.

Co-ed Volleyball

Open to all 4th and 5th graders. Participants will work on skills and learn the rules so that they can understand and enjoy the game. Teams will meet on Mondays and Thursdays for practice and games on Friday. Season begins on 9/12. Fee is \$150 + \$9 for uniform. Minimum of 6 participants to form team.

- 15865 Green Hills
- 15866 Lomita Park
- 15867 Meadows
- 15868 Spring Valley

Co-ed Flag Football

Open to all 4th and 5th graders. We offer a safe, instructional, and fun environment for all our participants to improve confidence, develop teamwork, and discover joy in playing sports. Teams will meet on Mondays and Thursdays for practice and games on Friday. Season begins on 9/12. Fee is \$150 + \$9 for uniform. Minimum of 7 participants to form team.

- 15861 Green Hills
- 15862 Lomita Park
- 15863 Meadows
- 15864 Spring Valley

NO PRACTICE ON 10/10/16 FOR ALL SPORTS PROGRAMS.

Please register your child before the start of each program online at www.ci.millbrae.ca.us/recreation or in person at the Millbrae Recreation Department, 621 Magnolia Ave., Millbrae, CA 94030

If you are interested in becoming a volunteer or paid coach, please contact the Recreation Department at 650.259.2365.



LOOKING FOR COACHES

PARENTS, FRIENDS, FAMILY MEMBERS, & CLUB COACHES ARE WELCOME TO APPLY!

We are looking for aspiring and experienced coaches who are passionate about teaching skills, player development, leadership, and sportsmanship for our elementary and middle school sport programs. Sign up online at <http://bit.ly/2aicSyO> to become a volunteer or contact 650-259-2365 if you have any questions.

Please contact the Recreation Department for any questions regarding our program.

650-259-2365 / ggabriel@ci.millbrae.ca.us / www.ci.millbrae.ca.us/recreation