



[www.frontroyalflames.com](http://www.frontroyalflames.com)

## Front Royal Flames Instructions for Fall, 2009 Sports

**1) *Email the following information to [flamesmoney@yahoo.com](mailto:flamesmoney@yahoo.com)***

1. Parents' names
2. Address
3. Phone numbers...please include home AND a cell if applicable
4. Names AND ages of each child participating
5. List all sports associated with each child.
6. IF you are new or need a shirt / uniform, please indicate size desired.

**2) *Print the second page of this document, sign it, and bring it to our first practice along with your check (Please make all checks payable to Front Royal Flames)***

**Costs are as follows for each child:**

Soccer only	\$20 plus uniform / shirt
Football only 3 <sup>rd</sup> - 5 <sup>th</sup> grade	\$10
Football only 6-11 <sup>th</sup> grade	\$30
Soccer and Football younger group	\$30 total (plus uniform / shirt)
Soccer and Football older group	\$35 total (plus uniform / shirt)

**Schedule for each event is as follows:**

Football will be held on Mondays. 3<sup>rd</sup> – 5<sup>th</sup> grades will begin at 4:30 and end at approximately 5:30. 6<sup>th</sup> – 11<sup>th</sup> grades will start at 5:00 pm and end approximately 7:30. All practices will be held at the 4H Center. Our first meeting will be August 24, 2009.

Soccer will be held on Thursday afternoons at the Rivendell club in Front Royal. U8, U10, and U12 groups will start at 3:30 and end at 5:00pm. Middle School and High School students will practice from 5-7 pm.

U8 = ages 5,6,7    U10 = ages 8,9    U12 = ages 10,11  
Middle school = grades 6-8<sup>th</sup>    High School = grades 9-12<sup>th</sup>

Directions on page 3..

[www.frontroyalflames.com](http://www.frontroyalflames.com)

**-- RETURN WITH YOUR REGISTRATION --**

### **Sign Medical Release / Conduct Agreement**

**Medical Release and Commitment Agreement**

Acting as the parent or legal guardian, I retain full liability for any physical injury to my child(ren) which occurs during participation in any Front Royal Flames Sports Association event or activity during the 2009-10 school year . Further, I hereby give Front Royal Flames leaders permission to render such medical and hospital care as, in their judgment, may seem advisable for my child(ren) in the event of injury, illness or accident.. My signature also signifies that I **agree** to follow Front Royal Flames Standards of Conduct on page 3.

Signed on the \_\_\_\_\_ day of \_\_\_\_\_, 2009

\_\_\_\_\_ *Parent's signature*

YOUR COPY TO KEEP, Directions below....

## **Front Royal Flames Standards of Conduct**

**{ All persons attending Flames' sponsored activities shall abide by these Standards of Conduct }**

7. Parents are responsible for their children's behavior. (Parents are encouraged to assist each other in monitoring children's behavior at Flames' events.)
8. Modest and appropriate attire and behavior are required at all Flames' sponsored activities. (1 Thessalonians 4:1-8)
9. All Flames participants and spectators shall show respect for those in authority.
10. HSPN participants encouraged to exemplify Christian love in all interactions at HSPN activities in accordance with 1 Corinthians 13.
11. **Clean up after activities is EVERYONE'S responsibility.**
12. Proper respect for all personal property and public facilities shall be shown.
13. As a courtesy to others, punctuality is expected at all Flames' activities.
14. All Flames activities are nonsmoking, nonalcoholic and drug-free events.
15. No profanity or coarse jesting is acceptable at Flames Activities.
16. Players are to wear seat belts when traveling to and from games and practices.
17. At Rivendell, only ages 8 and under are allowed on playground equipment WITH parental supervision. No playground gravel is allowed to be thrown or placed on playground equipment.
18. At Rivendell, cleats are NEVER allowed inside the building. Please remove before entering.
19. If you are offered a ride to a game or practice, please make sure to remove your belongings and trash, and of course, thank the driver.
20. Please remember to take a minute and thank your coach after a practice or game.

**Directions to Rivendell:** Follow 522 through Front Royal. Note "Animal Shelter" or "Christendom College" signs. At intersection of 6th Street, turn left (coming from north, turn right - coming from south). This changes name to Happy Creek Rd. Follow Happy Creek for several miles, notice RR tracks on left. At intersection of Rt 606, turn left. Again, follow Animal Shelter, or College sign. This is Shenandoah Shores Dr. Follow for about 1 mile. Turn left onto Progress Rd - follow to the very end

**Directions to the 4-H Center:** Located on Rt 522 a few miles south of Front Royal. Take the Harmony Hollow Rd exit and follow for about 4 miles. Follow straight past Maintenance building on right, gated entrance to the soccer field is on the left, follow up the hill to the soccer field and shelter.