

# Bulldog Sports and Fitness Flag Football League



Join our exciting kids flag football league! You can register your child with a team of his/her choice or as an individual player. Teams will meet once a week for some fun football activities including drills and games that teach basic football fundamentals. In addition to games such as football tag, capture the football, punt/ pass/ kick competitions and more, kids will be instructed on speed, strength and agility by our dedicated coaches



## [Class Details](#)

1 Session: 8 Classes

Sundays

September 12-October 31

Ages: 5-6 & 8-9

Team of 7 players: \$1400 (preferably one check)

Individual players \$240 ( your child will be placed on a team)

**Contact us today to sign up!**

[coachlaw@bulldogsportsandfitness.com](mailto:coachlaw@bulldogsportsandfitness.com)

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

**408-417-7769**

Coach Lawrence McNeil was born and raised in the San Mateo area. Growing up he played various organized sports including Little League and Pop Warner. While an accomplished athlete on all fields, Coach Lawrence's dedication and love of athletics allowed him to excel in football, his "first love" in particular. Throughout his football career, he played at the College of San Mateo, Menlo College, and Fresno State, and was regularly voted team captain, all conference and received MVP team honors in 1995-96. Now with 10 years of experience and working with children and multiple academic achievements, Coach Lawrence brings a level of dedication and commitment to your health and fitness goals that is unparalleled in the area.

