

The Navigator



Training Camp

"4th Season"

February 13, 2010

Coolidge Gym

8:00AM – 11:30PM

WELCOME!

We would like to welcome everyone to the first day of *Training-Camp* for Season IV of the Quad City Mini-Wheelers Indoor Flag Football League! Today we are going to give the kids a little taste of what it's like to be a *real* Steamwheeler! ☺ We're going to get them checked in, stretched out, and run them through several stations just like they do at any pro football camp.

Thanks Again,

Justin

COACHES

I will need coaches for this session (all leagues). If anyone is interested in being a coach for a Mini-Wheelers team, there will be a Coaches Meeting prior to each practice time next week. We will go over rules, regulations, and expectations for all involved with this league.

All potential coaches are required to attend this meeting. Volunteers will not be allowed to coach until they have met with Moline Parks staff. If you have any questions, call Justin at (309) 524-2423 or e-mail jbrandt@moline.il.us.

Practice Schedule

Time	February 20 th COOLIDGE GYM
8:00 AM	5 th - 9 th Grades
9:00 AM	3 rd - 4 th Grades
10:00 AM	1 st - 2 nd Grades
11:00 AM	PreK - K

**Season Schedules will be given out next week.*

Points of Emphasis

The Navigator/Information Table/E-Mail

It is important that everyone check the information table & Navigator *every* week. This is the place where you will find information on upcoming events or promotions, along with helpful reminders. This is the easiest way for me to keep everyone informed and up to date on what is happening with our league. A *little* reading now could save a *LOT* of questions later.

I also like to e-mail copies of the Navigator, along with any upcoming league events/reminders, out on a weekly basis. If you would like to add your e-mail to the list, please sign-up at the information table.

**Coaches...this means you too! ☺*