

# RIDER

## CLUB FOOTBALL

Established 2010



[www.youthsportsfoundation.org](http://www.youthsportsfoundation.org)

**Rider Club Football is a youth tackle football program that is available to any Des Moines Roosevelt area youth entering the 3<sup>rd</sup> through 7<sup>th</sup> grades in the fall of 2015.  
RCF teams participate in the Youth Sports Foundation league**

### MISSION

Rider Club Football is committed to providing a fun and safe environment for children to learn and play the game of football

### Schedule

- **Registration – first sign-up is April 11 from 9a to 12p in the TRHS Commons; second sign-up is May 28 from 6p to 9p in the TRHS Commons**
- Late July – free weekly skills sessions Sunday nights
- Early / Mid-August – practice begins (3-4 nights/week)
- Early September – games begin (six game schedule; games played on Sundays)

### Be Safe, Learn the Game, Have Fun!

- Coaches are certified and undergo background checks
- Players are taught safe tackling techniques
- No prior experience need to play or coach
- Cost of ~\$150 includes all equipment (shoes not provided)
- Scholarships are available

### More Information

- To learn more about RCF's 3<sup>rd</sup>/4<sup>th</sup> grade, 5<sup>th</sup>/6<sup>th</sup> grade and 7<sup>th</sup> grade teams, contact: Adam Claypool (515-491-9009, [adamsclaypool@gmail.com](mailto:adamsclaypool@gmail.com)) or Coach Mike Holland ([michael.holland@dmschools.org](mailto:michael.holland@dmschools.org))
- For more information about Youth Sports Foundation, contact: Dennis Heiman (563-260-6328, [dheiman@centurylink.net](mailto:dheiman@centurylink.net))



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