

# Suffolk Adult Men's SPRING Flag Football League



*Sign Up Now!*



**Ages:**  
**18 yrs & Up**

**Registration Deadline: Feb 25, 2011**

**Cost: \$320 per team**

Payable to: Ronald H. Williams, Treasurer

**Interest meeting:**

**Monday, January 31st @ 6:00pm &  
Tuesday, Feb. 15, 2011 @ 6:00pm**

**League Coach's Meeting:  
March 4th @ 6:00pm**

Meetings will be held at East Suffolk Recreation Center  
138 S. 6th Street, Suffolk, VA 23434

**Games begin Sunday, March 13th**

For more information, contact Athletics Office  
@ 757-514-4504 or 757-514-7254  
Email: [jjones2@suffolkva.us](mailto:jjones2@suffolkva.us),  
[anowlin@suffolkva.us](mailto:anowlin@suffolkva.us)



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