



Nitro Athletic Programs AAU Sports Girls Football Programs

“It’s Here Ladies”

Girls Flag Football

Nitro AAU 8-Person Flag Football for Ages 10 thru 16

Girls Uniformed Flag Football

Nitro AAU Uniformed Flag Football for Ages 14 thru 16

Girls Tackle Football Programs

Nitro AAU Tackle Football Program for Ages 14 thru 16

New in Fall 2005

For Information & Registration Check out Our Web-Page
at www.nitroprograms.org Football

Pass This Flyer on to another Player!



Nitro Athletic Programs Inc
Girls Football Programs

AAU Sports Programs – www.aausports.org

**Nitro AAU 8-person Flag
Football:**

A program for girls, ages 10 thru 16 years of age. Designed to teach girls the basics of football offensive, and defensive strategies, at the same time allowing them to experience the game. Maximum number of players per team is 12 to 16. (Each player must have a valid AAU registration card when signing up) **Cost per player: \$ 50.00**

**Nitro AAU 11-Person Uniformed Flag
Football:**

A Program for girls, ages 14 thru 16 years of age. Players in this program must play at least one season of 8-person flag football to be eligible for uniformed flag teams. Uniformed Flag is designed to prepare players for our tackle program. Each team has a maximum of 37 players. (Each player must have a valid AAU registration card when signing up.) **Cost per player: \$ 65.00**

**Nitro AAU Girls Tackle Football
Program: **New to AAU Fall 2005****

A Girls Contact Tackle Football Program and League. Teams have a maximum of 47 players, designed for girl's ages 14 thru 16 years old. Players have to purchase pants, hip and knee pads. All members must have at least one season of uniformed flag to be eligible for the tackle program. Players must have a special AAU card when signing up, which can be purchased directly from the AAU office.) **Cost per player: \$ 95.00**

For more information or to pick a team and sign up, check out our web-page at Go to www.nitroprograms.org - www.aausports.org to register your team

“Sports for All Forever”