



FirstOntario
CREDIT UNION

Program Overview

First On the Field program welcomes 50 students in grades 4, 5, and 6 to a safe and fun environment at Tim Hortons Field*. Students will be coached through fundamental flag football skills and drills by Tiger-Cats players. The program is **free of cost including bus pickup and drop off** (Hamilton areas). The Hamilton Tiger-Cats will schedule all bus transportation through Attridge and supply the school contact with confirmation details.

*This is an outside event at Tim Hortons Field. Please ensure all students are wearing active wear and have the appropriate apparel for outdoor weather.

First On the Field Program Outline (2 hours)

Introduction (20 minutes) - 'Huddle Up' with Coach Butler & introductions

Warm Up (10 minutes) - Explanation of activities & warm up drill

Activities (40 minutes) - Four (4) stations of activities on Agility, Throwing, Catching, & Defense

Exhibition Flag Football Games (30 minutes) - Students will be divided into 8 teams

Conclusion (10 minutes) - Motivational words of encouragement from players & giveaways

Scheduled Dates

The below dates are available for program bookings. Bookings are scheduled for the two (2) hour time frames listed below (not including transportation time). The dates will be allocated on a first come, first serve basis.

April 23, 2019 @ 12:00pm-2:00pm

April 24, 2019 @ 12:00pm-2:00pm

April 30, 2019 @ 12:00pm-2:00pm

May 1, 2019 @ 12:00pm-2:00pm*

May 6, 2019 @ 9:30am-11:30pm

May 7, 2019 @ 12:00pm-2:00pm

May 14, 2019 @ 10:30am-12:30pm

May 15, 2019 @ 12:00pm-2:00pm

*Media will be scheduled for this date. Please have media release forms signed for each student.

Contact Information

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