

# GREAT BEGINNINGS



## FOOTBALL WITH ED GREEN & STAFF

PARENT/CHILD PROGRAM

Children 4 – 7  
Adults 18 – 100

**SPONSORED BY THE CITY OF SALEM PARKS AND RECREATION DEPARTMENT**

### WHAT IS GREAT BEGINNINGS?

Great Beginnings is a five week instructional program targeted to four, five, six, and seven year olds. The goal of this program is to help prepare young children for the challenges of organized sports in a non-threatening atmosphere without the worry of competition. Each child along with his or her parents work together to learn the basic motor skills needed to successfully move on to more organized sports in years to come. As the program progresses and children show improvement, the skill stations are altered so that each child remains challenged. Parents spend quality time together with their child while learning how to properly teach and support them in sports. The program is designed to have interaction. There will be no tackling, blocking – only skills (passing, catching, cutting, footwork, kicking, coordination and additional skills.) This will be a fun time for all who attend.

### WHAT ARE SOME OF THE BENEFITS OF GREAT BEGINNINGS?

- Builds confidence and self-esteem in children
- Fun and positive early experience in sports
- Helps prepare kids and parents for future sports participation
- Quality time together for parents and child
- Helps parents learn how to support and teach their child

**KEEP THE TOP PORTION OF THIS SHEET FOR YOUR SCHEDULE. DON'T FORGET TO MARK YOUR CALENDAR!!!**

### DID YOU KNOW?

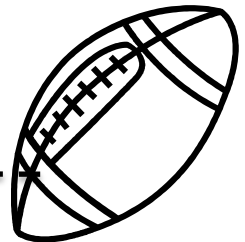
Studies have shown that 49% of kids do not have the basic skills they need to compete in youth sports programs. The results often lead to frustration, embarrassment and fear that cause over 70% to drop out of organized sports altogether by age 13.

### WHO IS ED GREEN?

Ed Green has over 40 years combined experience as a coach at the college and high school level. He is known throughout Virginia and the Roanoke region for his innovative and fun approach to teaching and coaching kids of all ages. His knowledge and that of his staff will help lay foundation for you and your child to build upon for an enjoyable sports experience.

### WHEN, WHERE, WHAT TIME, AND HOW MUCH?

When: Beginning on Sunday, September 18 and continuing four (4) weeks (Sundays, Sept. 25, Oct. 2, 9, 16)  
 Where: West Salem Elementary School Field, Salem, VA  
 What Time: 2:00 pm – 3:00 pm  
 How Much: \$65.00 per parent/child group  
 What to Bring: Small football and water bottle



To sign up please call Ed Green at 387-9516 or mail the following registration information to:

Make checks payable to Ed Green and send form to:

Ed Green, Great Beginnings  
2636 Clover Street  
Salem, VA 24153

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent or Legal Guardian: \_\_\_\_\_

Email: \_\_\_\_\_

**REGISTRATION DEADLINE IS SEPTEMBER 17, 2011**