



# Transforming Young Lives Using the Power of Athletics!

## NAofA Flag Football Club

**9/13 - 10/18 Friday's**  
**Grades 3-6 \$92**

The NAofA Flag Football Club will allow children to throw, catch, cover, and run without the worry of contact! Emphasis will be on proper conditioning, warm-ups, footwork drills, agility, passing, receiving, handoffs, and positions.

Football is a great cardiovascular sport and teaches kids teamwork, accountability, leadership, and resilience.



## AFTER SCHOOL SPORTS CLUB'S

In Partnership with Proctor Terrace Elementary

## NAofA Soccer Club & Jr Academy Soccer Club

**9/11 - 10/16 Wednesdays**  
**Grades 1 - 3 & 4 - 6. \$92**



Our Jr. Academy Soccer Club will introduce young children to the fundamentals of soccer. They will learn to kick the ball, stop the ball with their foot, and not use their hands. NAofA coaches will use positive reinforcement as they dribble, pass and shoot, play games, and have fun!

Grades 4-6 will do drills to improve a child's touch and ball control, passing accuracy, dribbling, and shooting. They will learn key lessons like decision-making, teamwork, and perseverance. Small-sided scrimmages and challenges will introduce kids to healthy competition where they will learn to let go of mistakes, celebrate success, and win and lose with dignity.



**JOIN THE FUN AT  
PROCTOR ELEMENTRY!**



**REGISTER  
TODAY!**



**[naofa.info/ProctorFall](http://naofa.info/ProctorFall)**

The National Academy of Athletics is on a mission to bring our youth programs to kids throughout the nation. We teach sports fundamentals to promote positive physical and mental development. Our goal is to diminish childhood obesity by advocating for healthy lifestyles while providing tools to boost confidence, optimism, enthusiasm, and personal growth.