

Biddeford Recreation Department

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Dear Families,

We're excited to welcome you to **Tiger Recreation Flag Football – Spring 2026** with Biddeford Recreation! This fast-moving, fun-filled program is a great introduction to football for players in **1st through 5th grade** and is designed to keep kids active, engaged, and excited to play each week.

Led by experienced coaches, Tiger Flag Football focuses on **skill development, teamwork, and enjoyment of the game** in a **non-contact environment**. Whether your child is brand new to football or looking to sharpen their skills, this program meets athletes where they are and helps them grow with confidence.

Program Details

Dates: Wednesdays, **April 29 – June 10, 2026**

Time: 5:00 PM – 6:15 PM

Location: TBD (based on weather and field availability)

Grades: 1st – 5th

Fee: \$50.00 Resident / \$55.00 Non-Resident

Equipment & Attire

Participants should come prepared for outdoor activity with:

- Comfortable clothing for running and movement
- Sneakers (no cleats required)
- A water bottle

All flag football equipment will be provided by Biddeford Recreation.

Program Format

This is a **non-contact, clinic-style flag football program**. Each session will include a combination of:

- Skill-building drills (passing, catching, running, agility, and football awareness)
- Small-group instruction
- Pick-up style games

Players will be grouped by age and ability to ensure a positive experience for all participants. There are **no scheduled league games and no travel**, making this a low-pressure, high-fun way for kids to enjoy football while building skills and confidence.

Our goal is simple: keep kids moving, smiling, and coming back each week excited to play.

We're looking forward to a great spring season! If you have any questions or need additional information before the first session, please don't hesitate to reach out.

See you on the field,

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