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Flag football association celebrates 40th year of operation

The Conejo Youth Flag Football Association is celebrating its 40th year of providing children a fun and safe place to play America's favorite sport. The association started in 1970, giving a growing community an opportunity for both boys and girls to participate in flag football without having to drive the long distances to compete in similar programs.

The association is one of the oldest youth sports organizations in the Conejo Valley. The program brings in children from as far as Ventura and the San Fernando Valley.

The association is committed to coaching all participants in the fundamentals of competitive football in a safe, instructional and positive environment.

One of the benefits of flag football is to educate young people about football while emphasizing participation and sportsmanship. Players learn skills and lessons that can help them succeed both on and off the field.

"At a time where youth obesity rate is at an all-time high, we are proud to offer a challenging and relatively safe sport in a structured and fun environment," said Greg LeGore, association president. "Whether our players continue to play beyond high school or for only one year, these memories will last a lifetime for both the child and their parents."

The teams are grouped by ages from 5 to 14 and are small, giving everyone a chance to play. Practices are limited to two per week during the school year. All games are played on Saturday at Redwood Middle School in Thousand Oaks, which has been hosting the games for the past 10 years.

Team sign-ups will be from noon to 3 p.m. Sun., May 2 at the Sports Chalet, 1350 N. Moorpark Road, Thousand Oaks, or register online at www.cyffa.com.

For more information, e-mail Greg LeGore at glegore@adelphia.net.

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