



COED SPORTS:
KICKBALL, FLAG FOOTBALL,
DODGEBALL, WIFFLEBALL,
HOME RUN DERBY,
SOCCER, VOLLEYBALL

CENTRAL VIRGINIA FOOTBALL ASSOCIATION



Fall 2010 Flag Football Leagues Now Forming!

- Mens A and B Level
 - Coed A and B
 - Public Service
- 7 on 7**



Public Service League= police, fire, EMT, military, teachers
is yours the best company in Central VA?? Prove it!!!!

Leagues Monday nights, Saturdays, Sundays
Games Played at SportsQuest on TURF!



Registration Deadline Aug 18
Games Begin after Labor Day!

Track your Stats, get your VFFA tournament bids,
Have fun, get exercise, meet new friends
Individuals and Teams Welcome

804.349.3220

www.cvfa.vffa.com



SPORTSQUEST PRESENTS
THE CENTRAL VA FOOTBALL ASSOCIATION