



**Pro Motions PATRIOTS Flag Football Teams consist of Teams in the 4th thru 8th Grade divisions. Pro Motions has been successfully training athletes for the past 13 years and is pleased to bring its knowledge and training expertise to its own Flag Football Teams.**

**The Pro Motions PATRIOTS teams are designed to bring its players a complete program consisting of training, teaching and coaching. The Pro Motions Training Flag Football Teams learn and grow under the direction of Coach Brad Listorti. Coach Brad provides a structure in a support network that provides our players with football, strength, speed and agility training, all designed to give each of our players every advantage to realize their full potential as a player. With the help of Coach Brad and the dedication of our players, our goal is to develop successful, fundamentally sound teams.**

**The Pro Motions PATRIOTS Flag Football Teams will consist of Fall and Spring teams. Each season will incorporate a vigorous schedule of football training, team practices, strength, speed & agility training, all designed to fully prepare our players for their game schedules.**

**The PATRIOTS Flag Football Teams play in the NJ Flag Football Association, NFL Sanctioned League in Wayne, New Jersey. The PATRIOTS is looking for a group of football players with a desire to learn and grow as athletes and teammates, and a willingness to dedicate time, integrity and hard work.**