

Ipswich Cardinals

AMERICAN FOOTBALL

BECOME A CARDINAL!

REGULAR TRAINING

EVERY SUNDAY (11 AM – 2 PM)

SENIOR & JUNIOR (U18's) TEAMS

TRAINING OPEN TO ALL

PLEASE BRING FOOTWEAR SUITABLE FOR ASTROTURF & GRASS SURFACES, CLOTHING SUITABLE FOR SPORTS AND DRINKING WATER.



JOIN SUFFOLK'S LONGEST ESTABLISHED AMERICAN FOOTBALL CLUB

- ◆ CLUB ESTABLISHED IN 1985
- ◆ QUALITY COACHING FOR ALL ABILITIES
- ◆ NEW PLAYERS WELCOME
- ◆ PLAY THE ULTIMATE CONTACT SPORT
- ◆ PLAYERS OF ALL SIZES ARE WELCOME: WE CAN FIND YOU A SPOT ON OUR ROSTER!
- ◆ THE CARDINALS OFFER ONE OF THE BEST GAME DAY EXPERIENCES IN UK AMERICAN FOOTBALL

VENUE: NORTHGATE STADIUM, SIDEGATE LANE WEST, IPSWICH, IP4 3DJ



FOR FURTHER INFORMATION:
WWW.IPSWICHCARDINALS.CO.UK

