

# Ipswich Cardinals

## JUNIOR TEAM

**BECOME A CARDINAL!**

**REGULAR TRAINING**

**EVERY SUNDAY**

**11 AM UNTIL 1 PM**

**OPEN TO ALL – 14-18 YEARS OLD**

**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!

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



**FOR FURTHER INFORMATION:  
[WWW.IPSWICHCARDINALS.CO.UK](http://WWW.IPSWICHCARDINALS.CO.UK)**

