

# Tackle Football

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For more than 69 years, Tab Recreation has been part of the youth football tradition in Indianapolis, and we're excited to continue that legacy with the return of tackle football for the 2026 season.

Our football program is built around player development, teaching young athletes the game the right way through age-appropriate instruction, safe technique, consistent coaching, and positive mentorship. Whether a player is brand new to football or continuing to grow their skills, our goal is to help every athlete gain confidence both on and off the field.

Tab Recreation proudly partners with USA Football to provide a high-quality youth football experience. All coaches complete USA Football certification and training prior to the season to ensure instruction remains focused on safety, development, and proper fundamentals.

## Throughout the season, athletes will focus on:

- Tackling and blocking fundamentals
- Position-specific skill development
- Football IQ and game understanding
- Speed, movement, and conditioning
- Teamwork, discipline, and leadership

*Just as importantly, we remain committed to developing character and community through the core values that define Tab Recreation: Faith. Teamwork. Sportsmanship. Fun. Fellowship. Service to Others.*

## Season Timeline

- Season Begins: June 20, 2026
- Season Ends: Early October 2026

## Divisions

## 2nd Grade Division

*(Players must currently be in 2nd grade during the 2026 school year)*

- Introduction to tackle football
- Development-focused environment
- Emphasis on fundamentals, movement, and confidence building
- Full-field tackle football experience

## 3rd-4th Grade Division

*(Players must currently be in 3rd or 4th grade during the 2026 school year)*

- Developmental and competitive environment
- Fast-paced, team-oriented football
- Advanced skill progression and football IQ
- Full-field tackle football experience

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## The Tab Saints Experience

Families can expect a program that values development over pressure, mentorship over ego, and community over individual success. From the turf field to the sidelines, Tab Recreation is committed to creating an environment where young athletes feel supported, challenged, and proud to represent the Tab Saints.