

# Flag Football Reminders

First day: Check in! Arrive approximately 10 minutes early

## Flag Football League

- First week: Check in & Flag Football Clinic. **Plan for 2 ½ hours.** No Child drop offs.
- 2<sup>nd</sup> week: Practice only 60 minutes
- 3<sup>rd</sup> –last week: Practice/Game back to back. Plan for approximately 90 minutes

## Games

Practice & Games are back to back (on same day). Plan for 90 minutes each Saturday

## Attire & To Bring

- MUST have mouth guard in order to practice & play games.
- Wearing Cleats or Sneakers is highly recommended.
- We provide game team t-shirts and all other equipment.
- Bring plenty of water! Optional: Snack for your own child.

## Weather

Dress for the weather. It can change hour to hour. If there is a cancelation, you will be notified via email and posted on our website

## Parents

Please no parent outbursts. Any concerns or questions to be directed to SportsMix Staff, not to instructors. Thanks for understanding!

Remember...you are your child's role model and they will ALWAYS be watching & learning from you!

*Have Fun. Play Sports!*