**Girls Flag Football 25/26**

**Flag Football Strength and Conditioning:**Feb 10th. Monday-Friday

Orange Days- Weight Room at 3:30pm

Black days- Track at 2:30pm. We will mix up conditioning and a lot of on-field agility work.

***This schedule will run through the end of the school year.***

**On-Field Summer Practices:** Begins Monday, June 16th

Practice times: Monday/Wednesdays from 5pm-7pm

Strength and Conditioning times: Tuesdays/Fridays @ 10am.

***Our last day of summer practice will be Friday, July 25th.***

**Tryouts:** Aug 11th-15th

Tryout times: 4pm on Orange days and 3:30 on Black days.

***Roster Announcements: I will plan to post final team rosters no later than the evening on the 16t***h.

**Teams:** Varsity and JV

How many players on each team: 21 roster spots max on each team

**Plan to be 100% COMMITTED! CCS begins this year. I need all players and coaches to be all in.**

I hope this information is helpful to you all and allows you to plan accordingly. I am always available to you all anytime if you have questions.

For those that do not have my email, it is **coachjreinman@lgsuhsd.org**