

Northgate Flag Football

2025 Summer Practice

Tuesday July 22nd: 9-11AM

Thursday July 24th: 9-11AM

Tuesday July 29th: 4:30-6:30PM

Wednesday July 30th: 4:30-6:30PM

Thursday July 31st: 4:30-6:30PM

Tuesday August 5th: 3:40-5:40 PM (Registration day @ Northgate)

Thursday August 7th: 3:40-5:40 PM (2nd day of school)

Thursday August 7th: 6-8 PM Sports Physicals @ Northgate
\$100 per student/\$150 per family

All practices are at the Northgate Football Field. We will start promptly at the listed time.

Please bring:

- Mouthguards
- Cleats/Turf Shoes
- Shorts with NO Pockets
- Water Bottles
- Receiving Gloves (Highly Recommended)