

2026 Northgate Flag Football

SUMMER PRACTICE SCHEDULE

Date	Time	
Tuesday July 21st	9-11AM	@Castle Rock
Wednesday July 22nd	9-11AM	@Castle Rock
Thursday July 23rd	9-11AM	@Castle Rock

Tuesday July 28th	9-11AM	@Castle Rock
Wednesday July 29th	9-11AM	@Castle Rock
Thursday July 30th	9-11AM	@Castle Rock

Tuesday August 4th	3:45	
Wednesday August 5th	3:45	
Friday August 7th	3:45 (2nd Day of School)	

All practices will start promptly at the listed time.

Please bring: Mouthguards, Cleats/Turf Shoes, Shorts with NO Pockets, Water Bottles, Receiving Gloves (Highly Recommended)

Thursday August 6th	5pm Fall Sport Parent Night (Gym)
	5:20pm Preseason Parent Meeting
	6pm Fall Sports Physicals

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