



Varsity Girls Flag Football 2024 Season

Coach Cavotta : cavottath@egcsd.org

Coach Boom: boomhowerme@egcsd.org

Coach Kennedy: kennedysi@egcsd.org

Tryouts

****YOU MUST BE REGISTERED AND CLEARED ON FAMILY ID****

DO NOT BE LATE

Monday March 11	2:30-4:30pm	TURF
Tuesday March 12	2:30-4:30pm	S119
Wednesday March 13	2:30-4:30pm	TURF
Thursday March 14	2:30-4:30pm	S119
Friday March 15	2:30-4:30pm	TURF
Saturday March 16	8:00-10:00am	TURF

Athletes must be prepared for the following:

- Run a timed one mile
- Agility/footwork drills
- Conditioning/sprints
- Throwing and catching a football
- Taking a handoff
- Flag pulling
- Showcasing teamwork, sportsmanship, leadership, and a positive attitude
- Learning and following rules and drills for a new sport!

Please bring the following to tryouts each day:

- Water
- Running shoes AND cleats
- Indoor AND outdoor athletic wear

Athletes must attend all tryout dates



Remind: @chsgirlsff



Instagram: @columbiaflagfootball