



# Varsity Girls Flag Football 2026 Season

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

**Goff students must pass Athletic Placement Process (APP)**

Monday March 9	2:30-4:30pm
Tuesday March 10	2:30-4:30pm
Wednesday March 11	2:30-4:30pm
Thursday March 12	2:30-4:30pm
Friday March 13	2:30-4:30pm
Saturday March 14	7:30-10:00am (Individual Meetings End)

**DO NOT BE LATE** (Locations to be updated on Remind)

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 (if you have cleats)
- Mouthguard \*(if you do not have one we will provide one)\*
- Indoor AND outdoor athletic wear

Athletes must attend all tryout dates



Remind: @chsgirlsff



Instagram: @columbiaflagfootball