



# AFTER SCHOOL ATHLETICS FLAG FOOTBALL PROGRAM



Dear LASD Parents;

We are excited to announce our 7th year of the LASD After School Flag Football Program. This is a co-ed recreational program intended to allow your child to have fun, participate in a school related sport and learn some skills in the game of football. Everyone will play!!

Flag Football is a minimum contact sport and has been played at all levels from children to adult. Our program had over 300 participants for grades 4 thru 8 last season.

The Elementary League will be organized around grade levels 4, 5 and 6. Each Elementary School in the district will field an A Team (5<sup>th</sup>/6<sup>th</sup> grade) and a B Team (4<sup>th</sup>/5<sup>th</sup> grade). Each team will play the other schools in a Fall 2011 season starting in September and ending by November 5th. There will be one practice on Wednesdays (Santa Rita and Almond) and Fridays (Covington, Gardner-Bullis, Loyola, Oak and Springer) and one game per week on Mondays and or Wed./Friday practice slot for all Schools. Both will be scheduled in the 3:30 to 5:00 PM slot on a weekday after school. This is intended to be a recreational sport and we are not discouraging kids from participating in other sports or activities. Our approach is to have fun.

Egan and Blach will play games with surrounding area schools including Palo Alto, Menlo Park Middle Schools. Both Egan and Blach will have 7<sup>th</sup> grade and 8<sup>th</sup> grade teams. Their games will also be played after school either home or away. Again, this is recreational and not to interfere with regular Egan and Blach League Sports. The season will end with playoffs Nov. 1st, 3<sup>rd</sup> and 5th.

We require Parent Volunteers for Coaches, Assistant Coaches, as well as team parents (not football knowledgeable, but will help with organization, etc.). Attached is a Volunteer Form where you can indicate your interest and return it to us. The fee for the season will be \$175 for registration and payment before June 30, 2011 and \$185 after June 30, 2011. Fee for additional children from the same family is \$170. All equipment, except cleats will be provided by the league.

For prospective coaches, we will conduct a coach's clinic to teach you some skills and drills you can use as well as some strategies on the game for kids at this age level.

We will also be looking for high school students or 8<sup>th</sup> graders for our referee program. We will train them and pay \$20.00 per game. We will also expand our High School Coaches program and will be looking for additional High School students.

We look forward to your child's participation in this program. Please feel free to contact us with any questions you may have regarding the program, coaching, etc.

*Please pass this along to any friends or classmates interested in participating!!!*

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**Register at**

**[www.afterschoolathletics.com](http://www.afterschoolathletics.com)**