

A League of Their Own

Girls Flag Football

Goals of the program:

- Flag Football is the fastest growing High School sport for girls. The reason for it's popularity is simple: It's fun!
- The program is designed to introduce girls to flag football, and give them the knowledge and skill to explore this sport.
- We'll provide an inclusive environment with older high school players to help them.
- Each day we'll have drills and skills followed by a scrimmage game.
- Join us in creating a trans-formative experience for girls through "A League of Their Own" – where athleticism meets empowerment!

Who Can Participate?

- The program is designed for girls in 4th-8th Grade.

When is the Program?

- The program is 8 weeks long taking place on Friday evenings from 4pm - 5pm.
- March 22nd - May 17th

Where is the Program?

Hawes Field - 1148 Hudson Street,
Redwood City, CA



What to Expect?

Each session we will begin with drills and skills pertinent to flag football. Topics include:

- Discussion of Rules
- Offense
- Defense
- Passing
- Catching
- Designing Plays
- Defense Strategies

We will have some of our High School girls share their advice on playing flag football. We then will break out into teams for a game.



Registration Information

Register via Redwood City After School Sports

- \$120 (plus \$50 material fees for jerseys and flags)
 - Scholarships available
- Register Online:
 - www.teamsideline.com/redwoodcity.
- In person - Red Morton Community Center, 1120 Roosevelt, Redwood City, CA
- Go to www.yepsf.org for more information or call 650-279-1147.

