

# Cascade Flag Football League

**What:** 2019 Cascade Flag Football League

**When:** September 9th - October 31st

**Time:** Wednesday and Thursday nights

**Where:** Cascade High School

**Who:** 3rd, 4th, 5th and 6th grade students (2019-2020 school year)

**Cost: \$100**



This league is in its second year. We had a great showing in 2018 and are excited for the growth of the league. This flag football league will be for third, fourth, fifth and sixth graders. The league will be composed of teams with 5-6 players per team. Third/Fourth graders will be teamed up and fifth/sixth graders will be teamed up. You will need to provide your own cleats. This league will require linemen. The goal of this league is to teach the fundamentals of Cascade Football, pursuit angle, proper coverage, and the Cascade Offense/Defense. It will be 5 on 5 or 6 on 6 football. **There will be no tackling since it is flag football.** Practices will be Wednesday nights and games on Thursdays at 5:00p.m. Games will be 30 minutes long. Each team will play two games per night.

If participating in the league, please fill out the bottom portion and return to Donna Schnepf with cash or check made out to Cascade Football. Donna Schnepf, 13024 Mountain View Ln, Turner OR 97392. **Registration for this league will be May 29, 2019 through August 30, 2019.**

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Player's Name: \_\_\_\_\_

Grade / School: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_