

Flag Football Practice Calendar

September/October 2023 —Sign up on FinalForms Parent Playbook. Salk's page – Activities - Sports

Coaches: Steven Carnell; StevenC@spokaneschools.org; Richard McCloud; Richardmc@spokaneschools.org

Ross Theis? Chris Trechter?

Coaches Pre-Season Meeting: Sept 13- Teams- 7:30am

Monday	Tuesday	Wednesday	Thursday	Friday
September 18 FIRST DAY OF PRACTICE, dress down, must have physical, 3:40-5:15	19 Practice 3:40-5:15	20 Practice 3:40-5:15	21 Practice 3:40-5:15	22 No practice
25 Practice 3:40-5:15	26 Practice 3:40-5:15	27 Practice 3:40-5:15	28 Practice 3:40-5:15 Grade Check	29 No practice
October 2 Practice 3:40-5:15 Uniform distribution and pictures	3 Salk vs. Garry @ Salk 4:15pm Need Refs	4 Practice 3:40-5:15	5 Salk vs. Flett @ Salk 4:15pm Grade Check Need Refs	No practice
9 Practice 3:40-5:15	10 Salk vs. Chase @ Chase 4:15pm	11 Practice 3:40-5:15	12 Salk vs. Peperzak @ Peperzak 4:15pm	13 No practice
16	16	17 Awards Morning – Certificates/ awards @8:30am in Rm 225 Bring washed uniforms	18 Uniforms fines submitted! ~\$35 per article of clothing fine	19

- We will start ALL games at 4:15pm or 15 minutes after the last bus arrives.
- If you are able, please provide a snack for your athlete to eat before the race.
- You may take your athlete from the meet. Please remember to sign out your athlete. We encourage athletes to stay and cheer on their teammates if you are able. **Only parents/guardians may sign out their athletes.**
- There will be an activity bus to take athletes home after the meet if there is no one available to pick up.
- Game times will be posted outside Coach's room, or your athlete may check times at the next practice. Nothing is posted online.

Get text message reminders here: www.remind.com/classes/a92ea9c or text @a92ea9c to **81010**