

Lady Lancers

FLAG FOOTBALL

Follow on Instagram (@ladylancersflagfootball) for schedule change, updates, etc

Must have a VALID Physical to participate
Items to bring and wear:

- *Water*
- *Cleats (No Metals)*
- *Gloves (Optional but Encouraged)*
- *Athletic Shorts and Shirt*

Conditioning @ EU Practice Field

July 15-18 & July 22-26 *9-11am

Try Outs @ EU Practice Field

July 29 - August 2 *4-6pm

Times Subject to Change

Contacts:

Head Varsity Coach -
Steve Jackson
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Head JV Coach -
Remberto Lopez
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**Tradition
starts today**

