



YMCA OF SNOHOMISH COUNTY

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# FREE GIRLS FLAG FOOTBALL CLINIC



## GIRLS BELONG ON THE FOOTBALL FIELD

Girls will learn flag football fundamentals like passing, catching, routes, and defense through drills, scrimmages, and team activities led by experienced YMCA coaches and special guests. The clinic promotes empowerment, sportsmanship, and community building, aligning with our girls-only leagues and spring programs. Perfect for newcomers or those gearing up for our Spring NFL Flag Football League starting March 2.

### Why it's important:

We believe that every girl deserves the opportunity to participate in sports and experience the numerous benefits it offers. Our Girls Flag Football Program aims to create a supportive and inclusive environment where your daughter can thrive and enjoy the wonderful world of flag football.

"I didn't know flag football was for me... until I tried it."

That's the kind of transformation we see every season. In our Girls-Only NFL Flag Football League, girls don't just learn to play—they discover their voice, their confidence, and their competitive spirit.

Cost:  
**FREE**

### Camp Location/Dates:

GRADES: 1-12

DATE: February 1, 2026

TIME: 10 am-12:00 pm

LOCATION: Cascade High School,  
801 E Casino Rd, Everett, WA 98203

[ymca-snoco.org/sports](http://ymca-snoco.org/sports)

### Girls Flag Football Season Details:

Dates: March 2 – May 2 (Open to Girls K-12)

Finale: Exciting Playoffs & Bowl Games Weekend!

Family-Friendly Scheduling: One weeknight practice and one Saturday game. Set schedules mean you always know what to expect!

