



Sunrise Mountain



GIRLS FLAG FOOTBALL



INTRAMURAL PRACTICE



SATURDAY
SEPTEMBER 12TH



9:00AM



ON THE
FOOTBALL FIELD

TEXT THE CODE

TO KEEP IN CONTACT
WITH **COACH WILLIAMS**.

TEXT @4B2E6E
TO THE
NUMBER 81010

COME PREPARED WITH:



**CLEATS/
TENNIS SHOES**



**SHIRT/
SHORTS**



WATER



**A POSITIVE
ATTITUDE**



**ANYTHING YOU NEED
TO PERFORM YOUR
BEST!**



Practices will be
EVERY SATURDAY *until*
November!