

# Cascade Flag Football League

**What:** 2021 Cascade Flag Football League

**When:** September 6th - October 26th

**Time:** Monday and Tuesday nights

**Where:** Cascade High School

**Who:** 1st, 2nd, 3rd, 4th, 5th and 6th grade students (2021-2022 school year)

**Cost: \$75**



This league is in its fourth year. We had a great showing in 2020 (over 180 kids) and are excited for the growth of the league. This flag football league will be for first through sixth graders. The league will be composed of teams with 5-6 players per team depending on numbers. First/second, Third/Fourth 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 depending on numbers. **There will be no tackling since it is flag football.** Practices will be Monday nights @6:00 pm and games on Tuesdays @ TBA p.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. Questions- [cascadefootball2019@gmail.com](mailto:cascadefootball2019@gmail.com) **Registration for this league will be July 1st, 2021 through September 6th, 2021.**

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

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

Shirt size \_\_\_\_\_

Parent Name \_\_\_\_\_

Phone # and Email \_\_\_\_\_