





# Flag Football 2015

Schedule & Equipment you will need.

[www.PSPSportsAndMore.com](http://www.PSPSportsAndMore.com)  
[contact@pspsportsandmore.com](mailto:contact@pspsportsandmore.com)



 Nov. 3 Tuesday <b>Registration &amp; Orientation</b> <b>1:30 pm</b> Practice 2:00pm – 4:00pm
Nov. 10 Tuesday 2:00pm – 4:00pm
Nov. 17 Tuesday 2:00pm – 4:00pm
Nov. 24 Tuesday 2:00pm – 4:00pm 

## 1. Shoes

We will be playing on grass. Players must wear closed toes shoes. Football cleats are encouraged (but not necessary); however cleats with exposed metal are not allowed and must be removed. We have some rental cleats, \$2 for the season.

## 2. Football

PSP Sports And More will provide a football for practices. It would be helpful for players to have a football to practice with at home. When buying a football, find one that the player can grip the stitching about 2/3 of the way up the ball and hold it with one hand. It should be comfortable to hold & throw. Here are recommend sizes by age:

- 8-12 (girls or boys)—Junior or Youth size
- 13 & up girls—Junior, Youth or Official size
- 13 & up boys—Official size

Synthetic leather (“indoor/outdoor”) is your best choice for material.

## 3. Water

Players will need plenty of water. Make sure each player has their own water bottle (32 oz or larger) at every practice!

## 4. T-Shirts / Sweat Shirts

Wear your PSP Sports And More tee shirts or other loose fitting tee shirts or sweat shirts. Shirts must not cover the flags. Must be modest! (See our dress code)

## 5. Shorts / Sweats / Loose Fitting Pants

Wear loose-fitting clothing. Pants or shorts with belt loops or pockets must be taped. Must be below the knee! (See our dress code)

## 6. Flag Football is for the family—Ages 8 & up

Pre-Reg. \$50 per player ages 8 thru adult (Post marked by 10/23/15). After 10/23 the cost will be \$55 per player-age 8 thru adult. Parents/Grandparents are free. Extra \$5 discount per player for membership in CHEA, HSLDA, & supporting FPM (\$40 annually-minimum).

**Practices held at:**

*Brewster Park (Field 11), 21024 Otoe Rd., Apple Valley (off of Dale Evans Parkway).*

**PSP Sports And More (760) 515-2572**

