

# TJ Girls Flag Football



**Head Coach:** Suzanne Meyer [smeyer3@dpsk12.net](mailto:smeyer3@dpsk12.net)

**Assistant Coach:** Abby Griffin [abigail\\_griffin@dpsk12.net](mailto:abigail_griffin@dpsk12.net)

**Remind app:** Athletes and parents please sign up for our remind group @tjgirls for all updates and reminders.

**Fall Preseason:** August 4th-8th from 12:30pm until 2pm These are not mandatory practices, but we will be going over drills and how to play. Regular practice starts Monday August 11th. During the regular season, practices are mandatory. If you are not showing up for practices, you will not be allowed to play in games. If you have situations that come up that will require you to miss practice, it is your responsibility to send a message to both coaches on Remind. Practices are designed to help athletes improve in football so attendance is key. Practices will be from 3:45pm to 5:15. We will also have some weight room days, those will be announced in advance.

*Practices are closed, that means only coaches, football players, and managers are allowed at practice. No parents and no friends should be attending practices!*

You will be required to sign up for Girls Flag Football on the TJ athletic site and have an up to date physical turned in to be able participate in practice.

**What you will need:** Football cleats and a mouth guard are required. You will also want to make sure you bring water to practice and games!

**Game Info:** It will be the responsibility of the football player to make sure they get to games on time for warm-up. Early Release information will be sent via

Remind. Black shorts, or leggings for games with no pockets. If you wear pants with pockets to a game, you will not be allowed to play. If you forget your mouth guard, you will not be allowed to play in the game. You will have a TJ jersey and bag that you are responsible for during the season. You will need to return the jersey and football bag at the end of the season.

**Game Schedule:** (Subject to change)

Date	Game Start Time	Location
Sat Aug 23	10:00am	@Northfield
Sat Sept 6	11:00am	@All City vs. North
Tues Sept 9	4:30pm	@GW
Thurs Sept 11	4:30pm	@TJ vs. Regis Groff
Sat Sept 13	Time TBD	@Monarch
Tues Sept 16	4:30pm	@Hinkley
Thurs Sept 18	4:30pm	@Lincoln
Thurs Sept 25	4:30pm	@TJ vs. Bruce Randolph
Tues Sept 30	4:30pm	@West
Tues Oct 7	4:30pm	@TJ vs. JFK
Thurs Oct 9	4:30	@TJ vs. Manual Senior Night
4A Play-offs	TBD	TBD

**Grades:** At TJ, you are a student first. You are expected to keep up with your school work to be eligible to play in football games. 2 or more F's means you are ineligible for any games that week and until your grades come up.