



CHICO AREA RECREATION AND PARK DISTRICT

545 VALLOMBROSA AVE, CHICO, CA 95926

PHONE (530) 895-4711 FAX (530) 895-4721

FLAG FOOTBALL

Returning Coaches

Meetings and trainings must be attended by head and assistant coaches in order to be eligible to coach for CARD.

Coaches Deadlines

- Application: 8/12 (all returning and new coaches must fill out a volunteer application)

Coaches Trainings (receive rosters/call teams)

* All coaches (head/asst. and new/returning) must attend. Trainings will be divided up based on division. Training will last approximately two hours, and will be on-site at DeGarmo. Each coach will be asked to present one basic drill appropriate for the division they are coaching. Rosters will be handed out at the end of this training. **Please bring: your cell phone, a clip board and paper/pencil.**

- 3rd/4th: Wednesday 8/24 @ 6:00pm-8:00pm at DeGarmo Park
- 5th/6th and 7th/8th: Friday 8/26 @6:00pm-8:00pm at DeGarmo Park

Practices/Games

Practices will begin August 29. **What do you need to do?** You will want to begin thinking about a location and time for your practices. You are mandated to have at least one practice a week. You will need to have at least one practice before your first game. At your first practice, you need to hold your parent meeting. **Due to high numbers, CARD may not be able to provide the velocity of practice flags that we have in the past...but will definitely provide game flags/balls.**

Games will approximately fall on these days...but may fluctuate due to number of teams and field space:

- 3/4 grade league: Tuesdays (no tournament)
- 5/6 grade league: Thursdays (tournament 10/22 AND 10/23)
- 7/8 grade league: Wednesdays (tournament 10/22 AND 10/23)

You typically play one game a week. Game times are at 4:00pm, 5:00pm, and 6:00pm. Please make sure the above information fits into your work schedule, etc (also don't forget you must have one practice a week!)