



FLAG FOOTBALL @ ABBY MIDDLE

Welcome to Year 6 of Flag Football here at Abby Middle! The first rule of Flag Football is straight forward: there's no contact allowed. That includes tackling, diving, blocking, and screening. Instead, players wear flags that hang along their sides by a belt. To "tackle" the person in possession of the ball, the opposing team needs to pull one or both of their flags off.

While flag football rules are designed to keep players safe, you'll find that they also create an engaging, fast-paced version of football without the physical contact. Since there is no contact, we are able to offer Flag Football to all grades here at Abby Middle.

Players will be taught the fundamentals of the game by a team of coaches here at Abby Middle: Mr. Brosseau, Mr. Howe, Mr. Friesen, Mr. Sheppard. All of our coaches have a wealth of experience and are excited to teach the game of football, but more importantly, they focus on the development of sportsmanship and character through the lens of football.

EQUIPMENT NEEDED:

Players are expected to have appropriate clothing to participate in active gameplay - shorts, t-shirts, and sneakers. Players are also encouraged to bring a water bottle. Cleats, football gloves, and other football accessories are not required; however, players can choose to purchase and wear at their own discretion. Players will also be given a jersey to be worn on gamedays.

PRACTICE:

Practices will run from 2:45 – 3:45 on **Monday** on the Abby Middle field. Players are highly encouraged to not miss practice, as we use practices to prepare for games and learn necessary skills. The first week will also have practice on Wednesday and Friday instead of games.

GAME SCHEDULE:

The football season runs from September to November. We end the season when the weather is no longer favorable to continue. Players will be divided into

four teams and will play games every **Wednesday and Friday**. Games have 20-minute halves and a 5-minute halftime. We aim to end games before 4pm, but games will occasionally run late. We are continuing to run our flag football as intramural – we will practice and play against each other. Last year we hosted Gordie Howe for two games, and we will try to host a couple of games this year as well.

NOTES TO PLAYERS + PARENTS:

- Players need to understand and practice the concept of **STUDENT ATHLETE**. It is expected you work hard at your studies (this comes first). Coaches are in constant contact with teachers.
- Players must communicate with the coaching staff if they are unable to attend practice **PRIOR** to practice for any legitimate reason. Remember that your teammates are counting on you to be present at practice and games!
- Students must be in good standing academically and behaviorally to participate in extra-curricular activities (as per the AMS Athletics Handbook).

COST - \$40 + PERMISSION FORMS

The cost for the season is \$40. This includes a jersey and pizza to celebrate the end of the season. Once rosters are set, names will be sent to the office, and fees will be uploaded into SchoolCashOnline (abbotsford.schoolcashonline.com). Coaches will notify students when fees will be available to be paid online.

It is our goal to make Flag Football affordable and accessible for all students. If there is financial hardship, please contact Mr. Mani or Mrs. Reid and arrangements can be made.

We are looking forward to a great season of Flag Football here at Abby Middle!

Mr. Josh Friesen
Mr. Tyler Brosseau
Mr. Chris Sheppard
Mr. Zach Howe

