



General Information



Practices: location Elms Park-(except Poms)

Tackle Football- Monday-Friday 5:30pm-7:30pm

Flag Football- (Coach Choice) 2-3 days per week (most still fall between 5:30pm-7:30pm)

Tackle Cheer- (Coach Choice) Minimum 2 days per week (5:30pm-7:30pm)

Flag Cheer- (Coach Choice) 2-3 days per week (5:30pm-7:30pm)

*Poms- 1 day per week (most likely Wednesday (non competitive) Saturday (Competitive))
(Choreography Week Practices will differ)*

Conditioning Week: location Elms Park for everyone

(Mandatory for Tackle, Tackle Cheer and Poms / Coaches Choice for Flag and Flag Cheer)

Monday - Thursday from 5:30pm-7:30pm

Games: (location differs- home games are at the High School)

Saturday- (anywhere from 8am-8pm start time)

(all makeup games will be played on the following Sunday)

We are not guaranteed a game schedule until the week of the 1st Game!

Please See the Website Calendar for tentative start dates

(these are based on past years and are not 100% yet)