



EVEREST ACADEMY

# Mountaineer League

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## NOC NFL Flag Football Information

The Mountaineer league Everest flag football program is open to all first through fourth-grade students. The Everest flag football program partners with the NFL flag football program to offer this exciting opportunity for elementary students to learn the basic fundamentals of the game. This program is overseen by the Everest Collegiate High School & Academy coaching staff.

### WHEN:

- Saturday, September 10 – 8:30-9:45 A.M.
- Saturday, September 17 – 8:30-9:45 A.M.
- Saturday, September 24 – 8:30-9:45 A.M.
- Monday, September 26 – 6:00-7:15 P.M. (During EC Monday night football practice.)
- Friday, October 7 (Under the lights at halftime of the 7:00 P.M. EC football game.)
- Saturday, October 15 – 8:30-9:45 A.M.

**WHERE:** The athletic field on Everest Collegiate High School & Academy's campus. The athletic field is located straight ahead when you enter campus.

**WHO:** Any first through fourth-grade student

**REGISTRATION:** Click on the link to register: <https://payit.nelnet.net/form/O53Nb6k4>

**RULES:** Players will be placed on teams of 6-8 players for 5-on-5 play. A practice only session will be held the first date. The following Saturdays will consist of both 25 minutes of skills and drills and 40 minutes of games for all grades run by the coaching staff.

### WHAT TO BRING:

- All participants must wear a mouthpiece and their jersey. Athletes who do not wear a mouthpiece will not be able to play in the game or practice for the day.
- A water bottle or a drink is suggested.
- Tennis shoes may be worn, but athletes will find cleats work better when playing outside.

Please contact Coach Pruchnicki at (810) 964-2612 if you have any questions.