



## Flag Football 2024

### **FLAG FOOTBALL INFORMATION**

- \*\*Coach- Nick Rogich (253) 820-4300**
- \*\* Boys in grades 4-8 are invited to participate.**
- \*\*The season runs from Thurs, September 5 (first practice) through Tuesday, October 29 (last game).**
- \*\*Practice is 3:30 PM - 5:00 PM on Tuesday & Thursdays on the upper field at PLS.**
- \*\*Players should be picked up at 5:00pm. Those not picked up at 5:00pm will be escorted to Extended Care. Parents will be billed accordingly.**
- \*\*The sport's fee for flag football is \$50.00. Please do not send payment with this permission slip. You will be billed with your November tuition.**
- \*\*Our league rules are designed for teams of 7-on-7, however, if we have fewer players, games will be played with teams of 5-on-5.**
- \*\*Flag football uniforms consist of a flag football jersey (ordered by PLS, please see below), black shorts or sweats, a protective mouthpiece (mouthpieces are mandatory) and cleats (cleats are optional)- NO METAL SPIKES, all provided by parents,**
- \*\*Our schedule includes schools from Tacoma – Lake Stevens. The shuttle bus will be available on game days to the first 12 players indicating by 12:30 (on game day), a ride is needed.**
- \*\*A concussion form must be completed each school year before students participate in sports at PLS.**

\*\*\*\*\*Cut & return\*\*\*\*\*

I give \_\_\_\_\_ permission to participate on the 2024  
(Please Print Student's Name)

Flag Football team at PLS. I understand I will be billed a \$50.00 sport's fee and will transport or arrange transportation to and from games for my child.

**I also understand it is important that players attend all scheduled practices (unless they are ill).**

\_\_\_\_\_  
(Parent/Guardian Printed Name)

\_\_\_\_\_  
(Parent/Guardian Signature)

**PLS will order jerseys once the roster is made. The cost of the jersey is included in the sport's fee. Jerseys are to be worn on game days along with black shorts or sweats.**

\_\_\_\_\_  
(Player's Name-Please Print)

**Size (please circle one)**  
Youth – M L XL    Adult: S M L XL

If you have questions regarding our flag football program or would like to volunteer, please contact our Athletic Director, Mrs. Rogich at [crogich@parklandlutheran.org](mailto:crogich@parklandlutheran.org)