

PAL Varsity Girls Football 2017

Coaches: Rich Romo, Dave Vierra,

This is a no cut sport!

- **Your attendance at practice is required to play on game days**

Practices will be held on St Ignatius field

Team Practices:

- Team practices will always be held on Mondays, Tuesdays, and Thursdays after school.
- We will drop Thursday practices-League Play begins

Time:

- 3:15-5:00pm

Attire:

- Loose shirt
- Athletic Shorts
- Molded Football or Soccer Cleats
- Mouth Piece

Other must needs:

- Sunscreen
- Water
- Bug Spray

All Players must contact Mr. Romo for missing practices and games 2 days before the designated team gatherings.

***Exception is being absent from school**

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