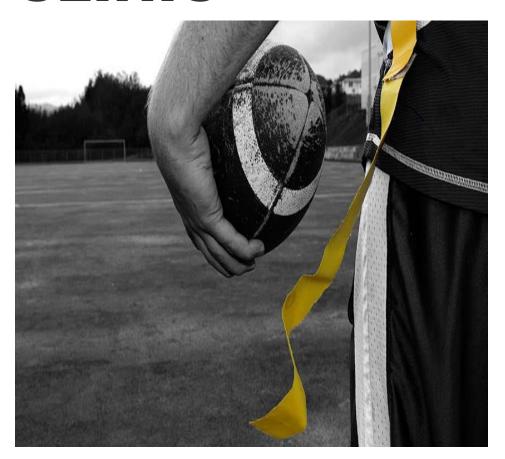


## FLAG FOOTBALL CLINIC



## **Clinic Description**

Clinic will start with some stretching then we will start with different stations, and every station will be a different drill, from throwing, flag pulling, catching and more. After drills we will play a scrimmage. 2 half's of 20 minutes each. We will be taking registrations on this day. We will only be accepting cash, and we won't have any change to give back as well.

Date: 10/26/19

Time: 9am- 10:30am

Location: Boys &
Girls Club of South
County

Completely free for any children enrolled in before/after school program Flag Football team.

Please bring athletic clothes, comfortable shoes, and plenty of water!!

## **OSCAR HERNANDEZ**

**Sports Park Director** 

(619)934-9137

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