



March 11, 2013

Attention: All Sports Representatives  
All School Administrators

Once again I would like to invite any and all schools to become involved in this years SD 73 Flag Football season. In 2005 we began a Flag Football league in our district and it has been going strong ever since. We started with 6 teams and have progressed to a high of 22 teams and well over 400 students participating two years ago. We would like to continue with this impressive number, one that is envied by many other districts, by once again providing an opportunity for our students to play this fun game.

So what is involved with this league? We run the league using the same format as is used for volleyball and basketball. The games will be scheduled for Tuesdays and/or Thursdays and, depending on the response this year we may need to divide into zones as well. This is a coed league with each team needing to have a minimum of three girls on the field at all times. (If you are skeptical about this trust me when I say the girls are often the best players on the field). Each team needs to field nine players (my recommendation is to have at least 18 players – offence and defence.) The league will run for five weeks beginning Tuesday April 9<sup>th</sup> and ending with a Jamboree on Thursday May 16<sup>th</sup> at MacPark. There will be more information regarding the Jamboree to come. Please make sure you read that information carefully as people have missed important details in the past.

I would like to encourage all schools to consider this sport option for your students as it is an excellent spring opportunity for your kids. If you are interested in joining the league this year may I also suggest an intramural program for your school to a) enhance the skill level of your team and b) to provide an excellent lunch time activity for those students who need a little more focused direction during their noon hour break.

If you are a coach or an administrator who would like to get your school involved in the SD 73 Flag Football league please contact me at Brock Middle School (374-1232) or email me at [bpenner@sd73.bc.ca](mailto:bpenner@sd73.bc.ca) . I have developed a detailed coach's manual that will assist anyone in creating a solid flag football intramural program as well as a successful league team.

Finally, I would like to say that if you don't feel 100% comfortable (or even 80%) with coaching football the high schools are all on board to provide training and to come and assist you to develop new players. The coaches I have talked to are all eager to get their paws on up and coming football players.

Once again, if you are interested in participating this year please let me know as soon as possible so that I can start drafting a league schedule.

Bruno Penner  
District Flag Football Coordinator.