

get active.

2023 Youth Flag Football

Equipment/Uniforms

No jewelry will be allowed to be worn by any player during the game.

No metal cleats

All players must wear the team jerseys supplied by the Recreation Department. Players are to wear athletic shorts with no pockets.

Mouth guards **are** required.

Please bring water!

For weather updates, practice times, schedules, go to: <http://www.quickscores.com/myseminole>

Parents, Family and Friends

Be respectful to players, coaches, Field Officials/Managers and other families. **Any negativity will not be tolerated and you may be asked to leave.** We are about building sport specific skills, fostering social interactions and prepping players to participate in lifelong sports and fitness.

CONTACT PETE FOR MORE INFORMATION.

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www.getseminole.com

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