

Important Information regarding PAL Girl's Flag Football 2012

1. Flag Football practices can begin Monday, February 27, 2012.
2. Intent forms will be sent to Athletic Director to be completed and brought by a coach to the coaches meeting.
3. The mandatory coaches meeting will be held Thursday, March 8, 2012 at Christian Brothers High School in the cafeteria from 6:00 to 7:30pm
4. **Beginning fall 2010-11 all coaching certification will be conducted online and will have multiyear recognitions as follows:**
 - a. **Positive Coaching Alliance – 2 years**
 - b. **Catholic Coaching through American Sport Education Program (ASEP) – 3 years**
 - c. **National Coaching Certifications for high school coaches – forever**
 - i. **ASEP**
 - ii. **National Federation of State High School Associations (NFHS)**
5. Coaches must present certificate of successful completion of coaching certification as well as team roster at first league contest.
6. Coaches are required to show medical clearances for each athlete prior to competing each week.
7. Schedule will be posted in mid-March after coaches meeting.
8. League play begins the week of March 19
9. Flag Football tournament of champions will run May 7 – 9