

Uptown JCC-U9 Flag Football

Date	Event	Location
(T) April 2	Practice-5:00-6:00 PM	Uptown JCC
(S) April 7	Practice-3:00-4:00 PM	Uptown JCC
(T) April 9	Practice-5:00-6:00 PM	Uptown JCC
(S) April 14	Game-3:00-4:00 PM	Uptown JCC
(T) April 16	Practice-5:00-6:00 PM	Uptown JCC
(S) April 28	Game-3:00-4:00 PM	Metairie JCC
(T) April 30	Practice-5:00-6:00 PM	Uptown JCC
(S) May 5	Game-3:00-4:00 PM	Uptown JCC
(T) May 7	Practice-5:00-6:00 PM	Uptown JCC
(S) May 12	Game-3:00-4:00 PM	Metairie JCC
(T) May 14	Practice-5:00-6:00 PM	Uptown JCC
(S) May 19	Game-3:00-4:00 PM	Uptown JCC

What to wear

- Tennis shoes/Cleats (no crocs)
- Shorts/t-shirt or light, comfortable clothing

What we will learn

- Fundamentals of football, both skills and general concepts
- How to practice and what it means to be on a team.
- Sportsmanship: what it means and how to implement it.

What is your role as a Parent or Guardian?

- Have your child ready to practice by having him/her on time and dressed.
- Reinforce good sportsmanship and help explain ways to deal with frustration.
- Trust the JCC Sports Staff during sessions and only intervene in moments of danger or when prompted by a staff person. Please communicate with coaches prior to the start of practice or game any concerns you may have.

Inclement Weather Policy

- In times of inclement weather, a decision on if and where event will be held will be made two hours prior to the scheduled start time.