

# 2019-20 Irvine Youth Sports Tournament of Champions – **Flag Football**

(<https://ocyouthsports.org/irvine/tournaments/winter-bowl/>)

## **Attention ALL 3<sup>rd</sup> - 6<sup>th</sup> girls & boys!!**

### Westpark Elementary Team Tryouts

Tuesday, 12/10, 2:45-3:45PM, Westpark field

#### Volunteer coaches (to date):

6<sup>th</sup>: Rich Stevenson ([richst182@hotmail.com](mailto:richst182@hotmail.com))

5<sup>th</sup>: Matt Hoffman ([mahoffman@deloitte.com](mailto:mahoffman@deloitte.com)) and

Monte Scheinblum ([Monte.scheinblum@yahoo.com](mailto:Monte.scheinblum@yahoo.com))

5<sup>th</sup>/6<sup>th</sup> GIRLS: Stacy Garner ([stacyggarner@gmail.com](mailto:stacyggarner@gmail.com))

4<sup>th</sup>: Richard Rodrigues ([richthetowguy@yahoo.com](mailto:richthetowguy@yahoo.com))

3<sup>rd</sup>: (none yet)

3<sup>rd</sup>/4<sup>th</sup> GIRLS: Emily Kong ([EmilyKong@iusd.org](mailto:EmilyKong@iusd.org)) and

Erin Condy ([ErinCondy@iusd.org](mailto:ErinCondy@iusd.org))

\*Please contact the appropriate coach if you have any questions or concerns.

Tryouts will consist of basic football skills such as:

- **Running**- Straight line speed and ability to make cuts
- **Passing**- Throwing to a receiver and making good decisions as QB
- **Catching**- Ability to run basic routes and catch in a variety of ways
- **Pulling Flags** on defense- Good hands and consistency
- **Basic Football IQ**- Basic knowledge of the game

#### Commitments:

- Participate in the tryouts
- Attend weekly 60-90 min. practices (details subject to change)
- **Attend games on Saturday, January 25, 2020**
- Registration fee is \$35\* (only required for those who make the team)



\*No child will be denied the ability to play on the team due to the registration fee. Please let the coach know if this is a concern.

