

Trabuco Hills Girls Flag Football 2024

FAQ's

- **When and where are tryouts?** Tryouts will be held on June 28 at Trabuco Hills High School at 4:30 PM. A make-up tryout session may be scheduled in July, if necessary, TBD. All participants must be cleared through the athletic clearance process and have a mouth guard prior to participating in summer camp and tryouts. Information regarding the athletic clearance process can be found on the school website.
- **When and where are summer practices?** The THHS Girls Flag Football Summer Camp will begin on Monday, June 17 and end with team tryouts on June 28. Camp will be held Monday through Friday for two weeks on the THHS Upper fields from 4:30 to 6:30 PM. Students who are selected for the Varsity and JV teams will begin Fall 2024 Season Practices on July 29. Quarterbacks and Receivers will report on July 22. Practices will be Monday through Fridays on the Upper fields from 4:30 to 6:30 PM. Practices may be modified based on the season schedule and school schedules.
- **When and where will games be played?** The league schedule is still being finalized but games will begin the week of August 12 and continue through October 16. CIF playoffs will begin on October 22 through November 9. There will be one or two games per week depending on the schedule. There will usually be one home game and one away game played on Tuesdays and Wednesdays. There will also be a couple tournaments during the season which are usually played on Fridays and Saturdays.
- **How many games will there be?** There will be a total of 8 league games, 6-8 non-league games and one or two tournaments with as many as 4-6 games each. The maximum number of games allowed per CIF rules not counting playoffs is 28.
- **Which schools are in our league?** There are a total of five schools in the South Coast league for 2024: Trabuco Hills, El Toro, Mission Viejo, Tesoro, and Aliso Niguel.

- **What type of flag football game will be played?** The rules allow for a 7 vs. 7 player format on a maximum 45yd x 80yd field. Blocking and/or moving screens are not allowed.
- **What equipment is needed to participate?** All participants must wear a mouth guard at practices and games. Cleats and gloves are also strongly recommended. Other optional equipment not provided by the school may include elbow sleeves/guards, knee sleeves/guards, softshell protective head gear, no hard plastic pads or hardshell helmets are allowed.
- **What is the suggested donation amount for the 2024 Flag Football program?** The suggested donation amount is still being finalized but will be approximately \$350.
- **Will there be fundraising activities for the flag football program?** Yes, we plan to have some fundraising opportunities during the season.
- **How will I know if I have made the team?** Rosters for Varsity and Junior Varsity teams will be announced and posted no later than July 22.
- **Can I play flag football if I am already in another sport/activity?** The short answer is yes, if the practice and game schedules do not overlap.
- **Who should we contact for additional information and/or questions?** You can send an email to the head coach at Richard.Metzdorff@svusd.org I will do my best to answer your questions promptly and/or direct you to the proper person or agency that can help you.