



### **\*NEW Coaches Introduction to Flag Football**

**Virtual- Thursday, April 4<sup>th</sup>- 3:30-4:15pm**

\*\*\*\*\*Meeting will be recorded and archived on the IHSA website. Introduction to flag football drafted rules and regulations. How to get started.

**[Join virtually Thursday, April 4<sup>th</sup>](#)**

### **\*Free In-Person- Coaches Clinic- All Coaches (New & Returning)**

**Willowbrook High School (1250 S. Ardmore Ave., Villa Park)**

**Sunday, April 7<sup>th</sup> 9am-11:30am**

\*\*\*\*\*Lunch provided by the Chicago Bears along with giveaways.

**[Registration link for April 7<sup>th</sup>](#)**

#### **Agenda for April 7<sup>th</sup>**

9:00-9:05 am-Introductions

9:05-9:20 am- IHSA Updates

9:20-9:45 am-Drafted rules and regulations- hear from officials

9:45-10:00 am- Q & A on the Rules

10:00-10:15 am- Transition to the gym or outside/break

10:15-11:15 am--Rachel Karos Willowbrook and two other coaches run a session on 4-5 different drills (ex. flag pulling, offensive and defensive drills, QB, etc.)

11:15-11:30 am: Q and A on the session

### **\*Coaches Q & A**

**Virtual- Thursday, April 11<sup>th</sup>- 3:30-4:15pm**

\*\*\*\*\*Meeting will be recorded and archived on the IHSA website

**[Join virtually Thursday, April 11](#)**

### **\*Assistance from the Chicago Bears**

Does your school have interest in starting a girl's flag team at your high school needs some assistance and/or guidance? Below are helpful links. The first is a short presentation giving some background on girl's flag football and the second is a short application for funding. Funding is **not guaranteed** but will be based on first come and needs basis, while available. Equipment is available for new schools that includes flag belts, footballs, cones pinnies, etc. (\$1500 value) while supplies last and based on need. **Schools that have received funding from the Bears in past years are not eligible to receive funding again.**

**[2024 Girls Flag Football Presentation.pptx](#)**

**[Chicago Bears Donation Request](#)**