



# TRAVEL FLAG SCHEDULE

**Tryouts:** 3/1 and 3/8 from 8-10 AM at MSA Woodland

**Preseason:** weeks of 3/15, 3/22, & 3/29 will have 1 practice and 1 performance & skill session

**Spring Season:** weeks of 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, & 5/31 will have 1 practice, 1 scrimmage (non-tourney weeks), 1 performance & skill session per week, and the following

May 2nd	Wilmington, DE	Unrivaled Sports First State Frenzy
May 23rd	Chicago, IL	Midwest Flag Football Monsters of the Midwest
<b>Summer Season:</b> weeks of 6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, and 8/2 will have 1 practice, 1 scrimmage (non-tourney weeks), 1 performance session, 1 performance & skill session, and the following		
June 6th/7th or June 13th/14th	Bradenton, FL or Baltimore, MD	Unrivaled Sports Battle at IMG Academy or Baltimore Blitz
June 20th/21st	Canton, OH	Unrivaled Sports Summer Nationals
June 27th/28th or July 11th/12th	Caledonia, MI	NxtGen Sports West Michigan Flag Championship
<i>Not public but will be in this gap and a short drive</i>		NFL FLAG Nationals
July 31st to Aug 2nd	Des Moines, IA	AAU Junior Olympics

*\*Exact dates may change based on tournaments*

## COMPONENTS

- **Practice:** teach concepts via whiteboard/film followed by applying on the field in drills
- **Scrimmages:** scripted scenarios and simulated games against competitive teams
- **Performance Training:** Speed and agility training with TPT
- **Performance & Skill Training:** speed and agility training with TPT and skill (QB/WR/DB) sessions with specialized coaches
- **Tournaments:** opportunity to compete against the best teams in the country