



**Join us** for another season of FASST Flag Football in Dubuque! This program is an exciting opportunity for both boys and girls entering grades 1 through 6 to learn, grow, and play football.

### **Schedule & Information:**

- Season starts the first week of school (DCSD) August 20 and ends on October 12
- Training Camp – Week 1
  - Tuesday, August 20 (football camp in grade level groups) 5:15-6:30pm
  - Thursday, August 22 (football camp in grade level group) 5:15-6:30pm  
*\*Team draft and coaches meeting to follow Thursday practice\**  
**Teams/schedules announced by Friday, August 23 at 9pm**
  - Saturday, August 24 (practice with your team) 9:00-11:00am
- Practices on Tuesdays and Thursdays from 5:15-6:30pm
  - Tuesday and Thursday, August 27, 29 and September 3, \*5\*
  - Continue each Tuesday and optional Thursdays based on coach discretion  
*\*First games for Grade 1-2 are Thursday, September \*5\**
- Games for 1<sup>st</sup>/2<sup>nd</sup> grades on Thursday evenings at 5:30pm and 6:30pm
  - Game dates will include Thursdays, September 5, 12, 19, 26, October 3
- Games for 3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> grade teams on Saturdays at 8am, 9am, and 10am
  - Game dates will include Saturdays, September 7, 14, 21, 28, October 5
- Final tournament on Saturday, October 12 starting at 8:00am for all grades/teams

### **Location:**

- Practices & Games – McAleece Park & Recreation Complex – 1801 Admiral Sheehy Drive

### **What does it cost?**

- 1st/2nd grade teams – 5v5 - \$105 *\*includes camp shirt, game jersey & mouthguard*  
*Roster limit of 10 per team and 6 teams max. We will NOT accept any additional registrations First come-First served.*
- 3rd/4th grade teams 5v5 - \$125 *\*includes camp shirt, game jersey & mouthguard*  
*Roster limit of 10 per team and 6 teams max. We will NOT accept any additional registrations. First come-First served.*
- 5th/6th grade teams 7v7 - \$125 *\*includes camp shirt, game jersey & mouthguard*  
*Roster limit of 14 per team and 6 teams max. We will NOT accept any additional registrations. First come-First served.*  
***\*2024 season includes new camp t-shirt and 1 additional week of football***

**REGISTER ONLINE – Registration opens on April 1, 2024 – [www.fasstsport.com](http://www.fasstsport.com)**

Email us at [fasstflagfootball@gmail.com](mailto:fasstflagfootball@gmail.com)



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