

# COME JOIN EMPOWER GIRLS FLAG FOOTBALL LEAGUE THIS SUMMER!



**Middle and High School Girls**  
**Ages 13-17**

**Every Saturday June 14 - July 12**  
**7:30am-9:30 am**

**Oak Valley Ranch Park**  
**2539 Silent Rain Dr.**  
**Colorado Springs, CO 80910**



## REGISTER ONLINE

Registration opens May 17  
[www.egffl.org](http://www.egffl.org)  
Limited spots available.  
**COST: \$50**

## SUMMER PROGRAMMING TO LEARN THE GAME OF FLAG FOOTBALL INCLUDING:

- FUNDAMENTALS
- HISTORY OF THE GAME
- TEAM BUILDING
- SCRIMMAGE PLAY

## WHAT TO BRING:

- CLEATS
- WATER BOTTLE
- GLOVES (OPTIONAL)

## CONTACT

Coach Curtis Colons -  
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