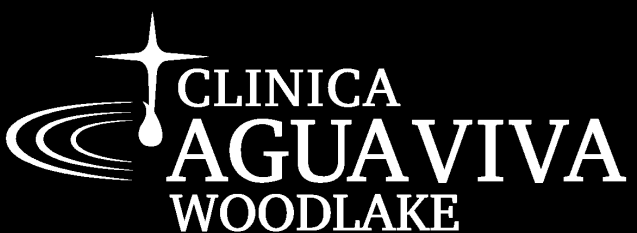


CO-ED YOUTH

# FLAG FOOTBALL

## 2024 INFORMATION PACKET

THANK YOU TO OUR FLAG FOOTBALL SEASON SPONSORS!

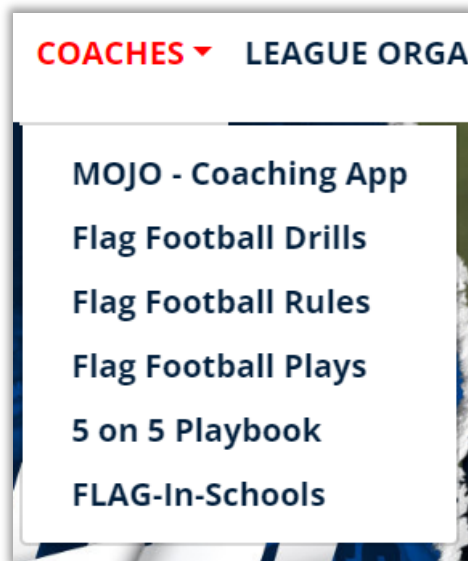
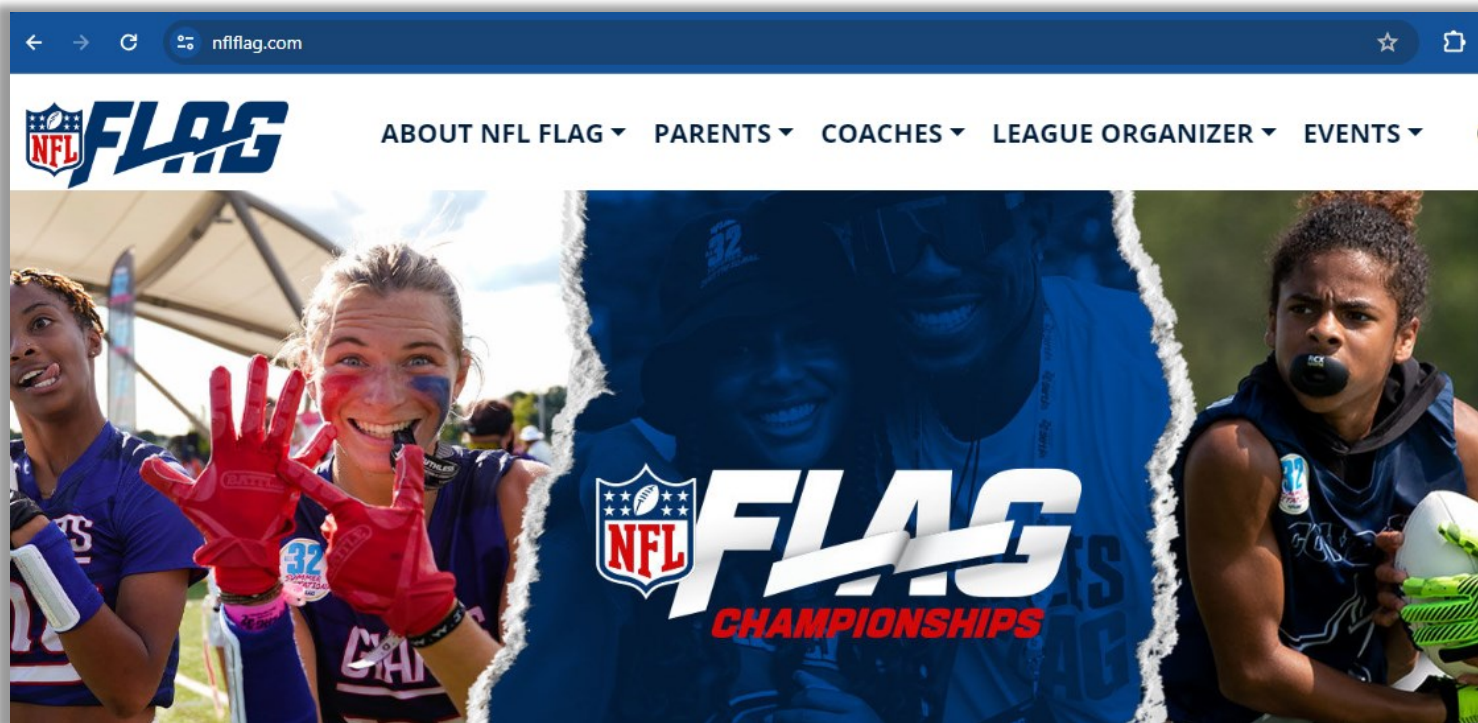


# 2024 SEASON INTRO

Welcome to the Woodlake Park & Recreation Youth Flag Football League! This is only our 2nd year offering this program for kids TK to 8th Grade, and we nearly doubled the League's size!

In addition, we have also incorporated an affiliation with the NFL Flag program. What this means for participants is that you all have access to TONS of resources that the NFL Flag program puts out for parents & coaches—including drills, rules, playbooks, access to regional tournaments, camps, and more!

Make sure you check out [www.NFLFlag.com](http://www.NFLFlag.com)!



# PRE-SEASON SCHEDULE

## JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7 <b>ROSTERS ANNOUNCED</b>	8 <b>DICK'S SPORTING GOODS DISCOUNT WEEKEND</b>
9	10	11	12 <b>COACHES MEETING</b>	13	14	15
16	17	18	19	20	21	22 <b>WHS F.F. CLINIC</b>
23	24 <b>OPENING WEEK BEGINS</b>	25	26	27	28	29 <b>GAMES + PICTURE DAY</b>
30	1	2	3	4	5	6

**(OFF WEEK FOR JULY 4TH)**

**JUNE 7:** Rosters announced—posted on [www.CityOfWoodlake.com](http://www.CityOfWoodlake.com), emailed to participants with email addresses listed on their registration forms, & link posted on social media so that parents can see which team their child is on and uniform info.

**WEEKEND OF JUNE 7-9:** Dick's Sporting Goods in Visalia is offering our participants an extra 20% off! In this packet, you'll see the rosters posted & what your uniform looks like. The equipment that is NOT provided are mouth guards & socks. Don't forget to check if you need any new cleats, accessories (gloves, sweatbands) or water bottles! Each coach will be provided with 2-3 footballs, as well as cones & an agility ladder.

**JUNE 12:** Coaches will meet together this evening to pick up their team's equipment, meet other coaches, and we'll all talk through the rules, answer any questions, etc. After this meeting, coaches will reach out to their teams & coordinate practices over the next week & a half. Uniforms will arrive the week of June 17th & will be dispersed to all teams before Opening Week.

**JUNE 10-14:** Coaches will be contacting their teams to arrange practices (practice dates & times are dictated by the Coaches & their availability). Also after June 13th, the City will post the next wave of season information (at [www.CityOfWoodlake.com](http://www.CityOfWoodlake.com), on social media, and emailed out to participants with email addresses) which will include: **Season Rules, Opening Day details, Picture Day details, and Full Game Schedules.**

**JUNE 22:** The WHS Football Team is hosting Flag Football Clinics for kids 5 to 13. Registration is \$20 per child, includes a t-shirt, and is a fundraiser for the WHS Football program.

**WEEK OF JUNE 24:** Games will begin this week.

**JUNE 29:** Opening Saturday! All teams will play & take team pictures, giveaway items, photo backdrop, and more!

# WEEK DAY SCHEDULE OVERVIEW



## 2024 FLAG FOOTBALL SCHEDULE OVERVIEW CASTLE ROCK FIELDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00PM	Available for Practices	(game prep)	(game prep)	(game prep)	Available for Practices
5:30PM					
6:00PM					
6:30PM		Field #2: 8U Games @ 6:30 & 7:30pm	Field #1: 13U Game Field #3: 13U Game	Field #2: 6U Game	
7:00PM					
7:30PM			Field #3: 13U Game	Field #2: 6U Game	
8:00PM		Field #3: 10U Games @ 7pm & 8pm			
8:30PM			*7:30pm: Fields 1 & 2 Available for Practices*	*Fields 1 & 3 Available for Practices*	
9:00PM					

### OTHER AVAILABLE PRACTICE LOCATION OPTIONS AT CITY PARKS:

Many of our City Parks have open grass areas that will be conducive for flag football practices!

Click [HERE](#) to view a map of each of our parks & where they are located.

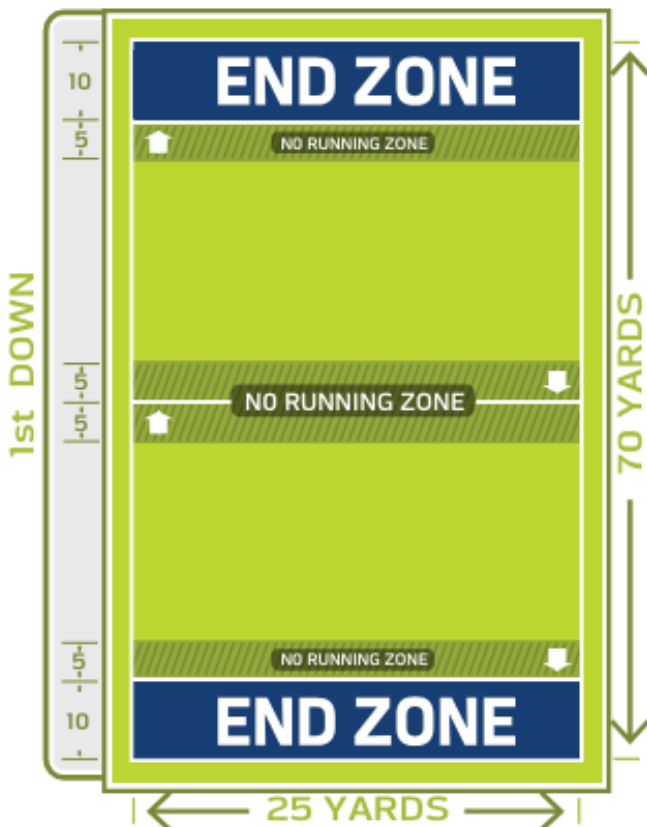
We would recommend these parks for practice locations:

- City Park
- Hillside Estates Neighborhood Park
- Valencia Heights Park
- Alsumiri Park (for 6U teams)
- Willow Court Park (in the outfield of baseball/softball fields)

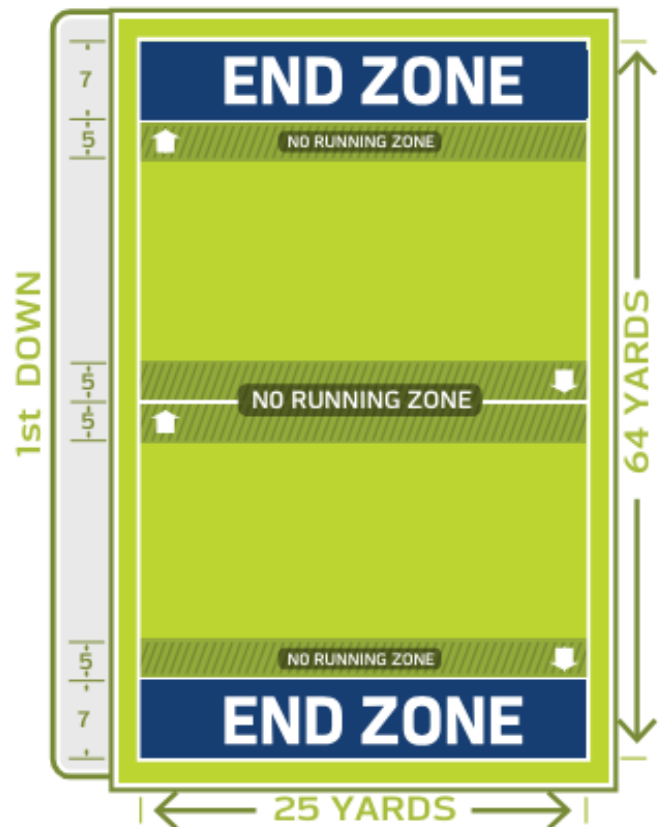
# BASIC FLAG FOOTBALL OVERVIEW

- **Games Length:** two (2) 24-minute halves with a running clock, plus a 2-minute half time (50 mins total)
- **Players on the Field:**
  - \* 6U: 6 v 6
  - \* 8U: 8 v 8
  - \* 10U: 8 v 8
  - \* 13U: 8 v 8
- **Game Balls:** Teams work together to provide their NFL Flag balls for use in games
- **Link to NFL Flag Rule Book:** [NFL Flag Rulebook](#)
- **Link to NFL Flag "How to Play" Video:** [How to Play Video](#)
- **Link to NFL Flag Videos on YouTube:** [NFL Flag YouTube Channel](#)
- **Field Sizes & Set-Up:**

CASTLE ROCK FIELDS 1 & 3  
10U & 13U Teams



CASTLE ROCK FIELD 2  
6U & 8U Teams



# FLAG FOOTBALL EQUIPMENT



WOODLAKE REGISTRATION PROVIDES:

- Reversible Jersey
- Shorts
- Flag Belt

Read more about NFL Flag Equipment [HERE!](#)

**6U**



MINI

**8U**



PEE WEE

**10U & 13U**



JUNIOR

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# TIGERS IN TRAINING WOODLAKE

2024 YOUTH FLAG FOOTBALL CLINIC

**SATURDAY, JUNE 22ND**

**WHS FOOTBALL FIELD**

**AGES 5-7 @ 8:00-9:00AM | AGES 8+ @ 9:30-11:00AM**

**\$20**  
**PER PLAYER**

Cost includes a t-shirt (thanks to Living Water Clinic & State Foods!) and fundamental instruction by the WHS Football Team!

Proceeds go to the WHS Football Team as a fundraiser for their program. Pay with credit card at City Hall or over the phone. Day-of registration (if spots are available) will be cash-only.



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AGUAVIVA  
WOODLAKE

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UPERMARKET  
Fresh & Local

## QUESTIONS / REGISTRATION:

[www.CityOfWoodlake.com/Recreation](http://www.CityOfWoodlake.com/Recreation)

JReynolds@ci.woodlake.ca.us

City Hall: 350 N. Valencia Blvd.

CITY OF  
WOODLAKE  
**W**  
PARKS & REC

Click [HERE](#) for the Registration Form





**PRESENTED BY:**



# FLAG FOOTBALL OPENING SATURDAY



**SATURDAY, JUNE 29TH**

- ▶ **PICTURE DAY!**
- ▶ **EVERYONE PLAYS A GAME**
- ▶ **DRAWSTRING BAG GIVEAWAY**
- ▶ **WATER BOTTLE GIVEAWAY**
- ▶ **PHOTO BACKDROP**
- ▶ **FOOD VENDORS**





**PHOTOS BY:**

**Roy Dressel**  
**PHOTOGRAPHY**

# FLAG FOOTBALL OPENING SATURDAY

**SATURDAY, JUNE 29TH**

## **TEAM PICTURE LINEUP:**

8:00am: Steelers (10U)  
8:15am: Jaguars (10U)  
8:30am: Ravens (6U)  
8:45am: Panthers (6U)  
9:00am: 49ers (10U)  
9:15am: Chiefs (10U)  
9:30am: Dolphins (6U)  
9:45am: Patriots (6U)  
10:00am: LA Rams (13U)  
10:15am: Raiders (13U)  
10:30am: Colts (8U)  
10:45am: Eagles (8U)  
11:00am: Packers (13U)  
11:15am: Vikings (13U)  
11:30am: Broncos (8U)  
11:45am: Seahawks (8U)  
12:00pm: Bengals (13U)  
12:15pm: Cowboys (13U)

Roy Dressel Photography is the organization taking the pictures.

You can order packages in advance at:  
[WWW.ROYDRESSELPHOTO.COM/WFF](http://WWW.ROYDRESSELPHOTO.COM/WFF)

Please arrive 10 minutes early to your photo time to get the team organized & checked in.

Photo packets will be distributed with uniforms.

Cash, check, and credit card are all accepted!

# 6U DIVISION: TK to Kinder



**Coach:** Horacio Pena  
**Sponsor:** M&M Healthcare

# of Players	Name
1	Brielle Galvan
2	Adriel Pena
3	Liam Valencia
4	Jesus Trujillo
5	Dominik Contreras
6	Wyatt Romandia
7	Lexi Rubio
8	Liam Ponce

**REVERSIBLE JERSEY & SHORTS PROVIDED:**



**Coach:** Abraham Rodriguez  
**Sponsor:** Heiskell's Feed Depot

# of Players	Name
1	Emery Rodriguez
2	Nathan Carrasco
3	Kenzo Castillo
4	Aria Laine
5	Jacob Santibanez
6	Freddy Josiah Chavez
7	Josiah Gutierrez
8	Alexandra Madrid

**REVERSIBLE JERSEY & SHORTS PROVIDED:**



**Coach:** David Ramirez  
**Sponsor:** Griswold & LaSalle Law Firm

# of Players	Name
1	Ian Prince Hernandez Kim
2	Ayden Casas
3	Elena Aguirre
4	Josiah Eli Martinez
5	Landon Ramirez
6	Brixton Taylor
7	Everett Taylor
8	Brody Guzman

**REVERSIBLE JERSEY & SHORTS PROVIDED:**



**Coaches:** Gabriela Marquez + Nestor/Daisy Parilla  
**Sponsor:** Llamas Landscaping

# of Players	Name
1	Uriel Medel
2	Dominic Ceballos
3	Mateo Parrilla
4	Roselyn Cisneros
5	Alexander Gonzalez
6	Benjamin Arzola Marquez
7	Leonardo Arzola Marquez
8	Luke Hernandez

**REVERSIBLE JERSEY & SHORTS PROVIDED:**





# 6U FLAG FOOTBALL SUMMER SCHEDULE

PRE-K TO KINDER | 1 HOUR GAMES | 6 V 6  
GAMES PLAYED AT CASTLE ROCK FIELDS

TEAM 1



TEAM 2



TEAM 3



TEAM 4



Thu, June 27

6:30pm	1 vs 3	Field #2
7:30pm	4 vs 2	Field #2

Sat, June 29

9:00am	2 vs 1	Field #2
10:00am	3 vs 4	Field #2

*\*Picture Day\**

Thu, July 11

6:30pm	2 vs 3	Field #2
7:30pm	4 vs 1	Field #2

Thu, July 18

6:30pm	3 vs 1	Field #2
7:30pm	2 vs 4	Field #2

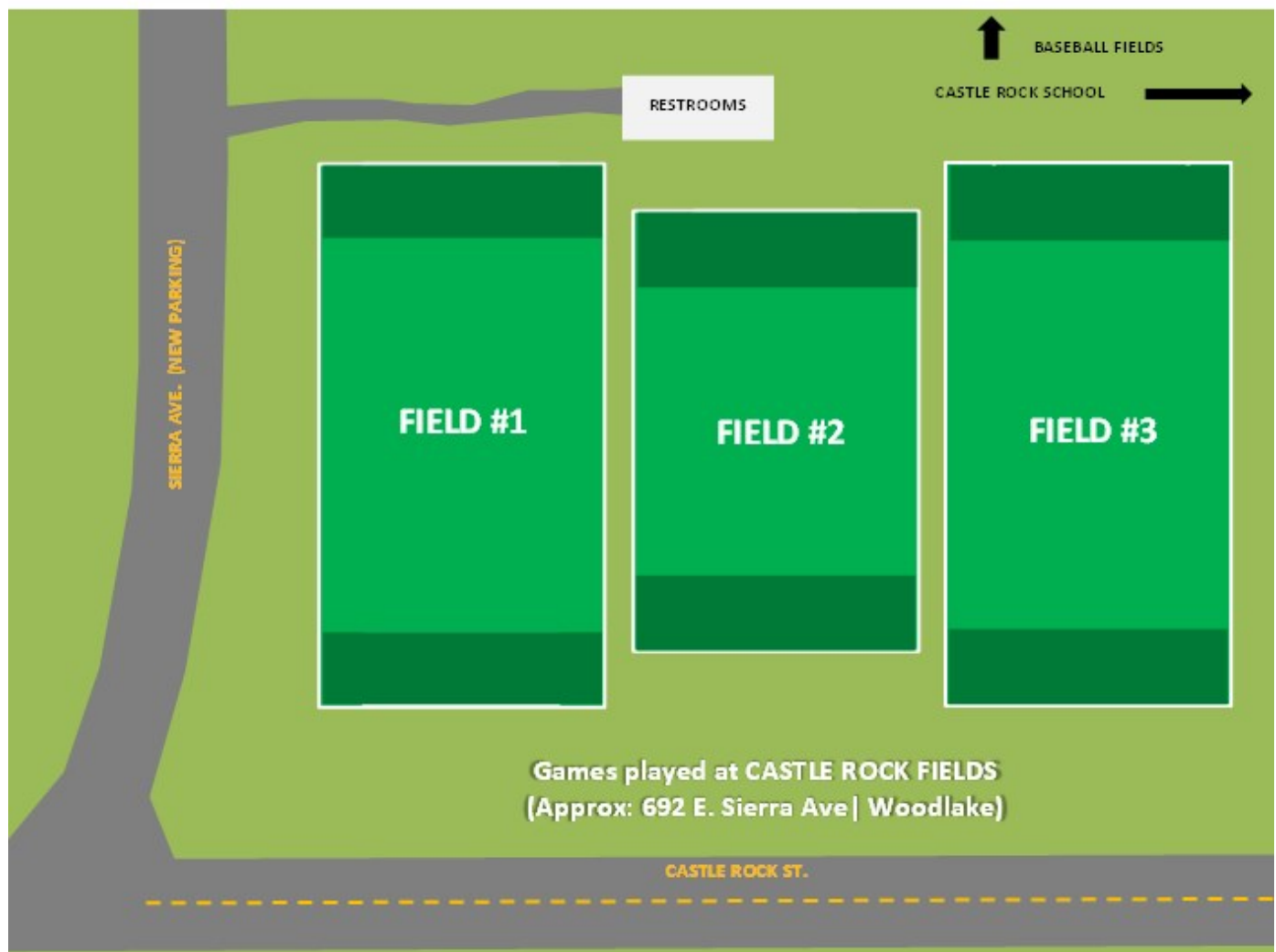
Thu, July 25

6:30pm	4 vs 3	Field #2
7:30pm	1 vs 2	Field #2

Thu, Aug 1

6:30pm	3 vs 2	Field #2
7:30pm	1 vs 4	Field #2

**DON'T FORGET:**



# 8U DIVISION: 1st Grade to 8 Years Old



**Coaches:** Chris Taylor & Clayton Reynolds  
**Sponsor:** Reynolds Farming

# of Players	Name
1	Waylon Pascoe
2	Lyle Pascoe
3	Cason Taylor
4	Colt Pascoe
5	Maverick Reynolds
6	Madden Nava
7	King Analla
8	Joselyn Cisneros
9	Maram Alfakih
10	Anthony Alcaraz

**REVERSIBLE JERSEY & SHORTS PROVIDED:**



**Coaches:** Jose Rodriguez & Michael Rodriguez  
**Sponsor:** LE Homes



# of Players	Name
1	Dionysus Rodriguez
2	Dominus Rodriguez
3	Jacob Reyes
4	Eder Rincon Rosales
5	Analia Rodriguez
6	Brandon Alvarez
7	Keith Goldberg
8	Noah Gutierrez
9	Isaac Arceo
10	Elena Rodriguez

**REVERSIBLE JERSEY & SHORTS PROVIDED:**



**Coach:** Alex Valencia  
**Sponsor:** Knights of Columbus 6913



# of Players	Name
1	Richard Valencia
2	Santiago Valencia
3	Giovanni Garcia Gutierrez
4	Joshua Anaya
5	Elijah Gabberd
6	Matthew Longoria
7	Madelyn Jimenez
8	Benjamin Esquivel
9	Malachi Whittaker
10	Vienna Diaz

**REVERSIBLE JERSEY & SHORTS PROVIDED:**



**Coach:** Dario Cardenas  
**Sponsor:** Mid Valley Disposal



# of Players	Name
1	Elias Cardenas
2	Kastiel Azevedo
3	Tate Cerros
4	Jacob Cardenas
5	Adriel Garfield
6	Abryn Garfield
7	Tina Sandoval
8	Barron Brown
9	Athena Laine
10	Isaac Collins

**REVERSIBLE JERSEY & SHORTS PROVIDED:**





# 8U FLAG FOOTBALL SUMMER SCHEDULE

1ST GRADE TO 8 YEARS | 1 HOUR GAMES | 8 V 8  
GAMES PLAYED AT CASTLE ROCK FIELDS

TEAM 1



Tue, June 25

6:30pm	4 vs 2	Field #2
7:30pm	1 vs 3	Field #2

Tue, July 16

6:30pm	2 vs 4	Field #2
7:30pm	3 vs 1	Field #2

TEAM 2



Sat, June 29

11:00am	2 vs 1	Field #2
12:00pm	3 vs 4	Field #2

\*Picture Day\*

Tue, July 23

6:30pm	4 vs 3	Field #2
7:30pm	1 vs 2	Field #2

TEAM 3



Tue, July 9

6:30pm	2 vs 3	Field #2
7:30pm	4 vs 1	Field #2

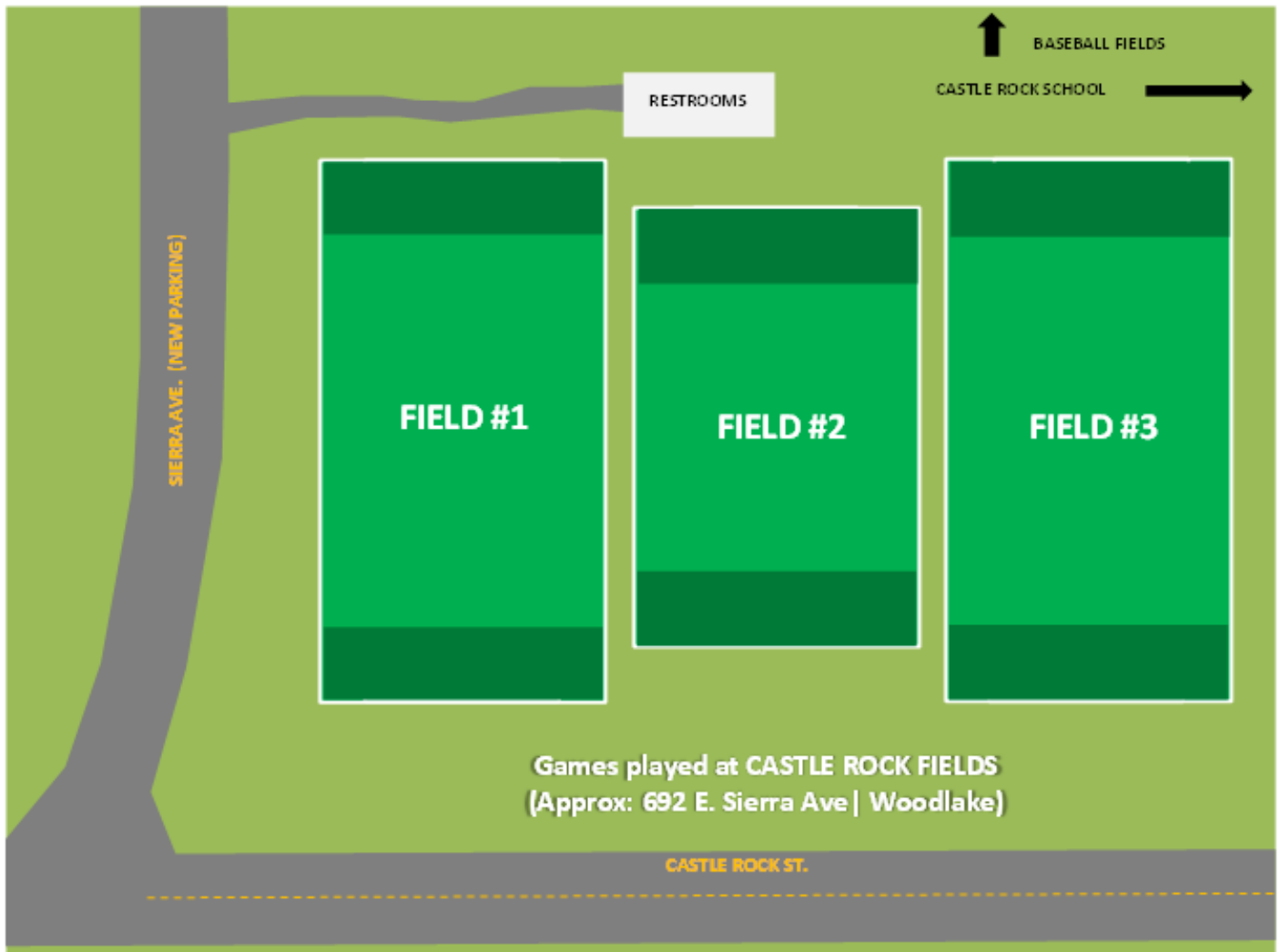
Tue, July 30

6:30pm	3 vs 2	Field #2
7:30pm	1 vs 4	Field #2

TEAM 4



**DON'T FORGET:**



# 10U DIVISION: 9 Years Old to 4th Grade



**Coach:** Daniel Leon  
**Assistant:** Matthew Garcia  
**Sponsor:** Vilma's Pupusas

**REVERSIBLE JERSEY & SHORTS PROVIDED:**

# of Players	Name
1	Sebastian Jaimes Rincon
2	Dominic Cuevas
3	Giovanni Sanchez
4	Jonah Gomez
5	Granite Garcia
6	Sebastian Esparza
7	Nathaniel Cuevas
8	Isaiah Gonzalez
9	Emma Rojas
10	Savannah Rodriguez



**Coach:** Samuel Palafox  
**Sponsor:** Palafox Electric

**REVERSIBLE JERSEY & SHORTS PROVIDED:**

# of Players	Name
1	Masen Ibarra
2	Alejandro Rodriguez
3	Damian Medel
4	Rowan Leach
5	Mia Palafox
6	Julian Contreras
7	Abigail Medina
8	Maximus Medina
9	Damian Rosales Vargas
10	Saul Nanez



**Coach:** Ismael Hernandez  
**Sponsor:** Ledesma Enterprises

**REVERSIBLE JERSEY & SHORTS PROVIDED:**

# of Players	Name
1	Matteo Santacruz
2	Dominic Guzman
3	Marcos Hernandez
4	Rodrigo Oscar Garcia
5	Ivan Juarez
6	Henley Montano
7	Salvador Reyes Penaloza
8	Brandon Soto
9	Elliott Schmidt
10	Steven Guillermo Ismael Valero Hernandez



**Coach:** Jose Rodriguez & Michael Rodriguez  
**Sponsor:** State Foods Supermarket

**REVERSIBLE JERSEY & SHORTS PROVIDED:**

# of Players	Name
1	Noah Cabrera
2	Steven Smith
3	Dominic Sanchez
4	Gabriel Rodriguez
5	Jackson Cabello
6	Kamila Cruz
7	Kassem Ali
8	Sam Mohsen
9	Calif Saucedo
10	Julian Rodriguez
11	Reem Ali





# 10U FLAG FOOTBALL SUMMER SCHEDULE

PARKS & REC



AGE 9 TO 4TH GRADE | 1 HOUR GAMES | 8 V 8  
GAMES PLAYED AT CASTLE ROCK FIELDS

TEAM 1



Tue, June 25

7:00pm	1 vs 3	Field #1
8:00pm	4 vs 2	Field #1

Tue, July 16

7:00pm	3 vs 1	Field #1
8:00pm	2 vs 4	Field #1

TEAM 2



Sat, June 29

9:00am	2 vs 1	Field #1
10:00am	3 vs 4	Field #1

*\*Picture Day\**

Tue, July 23

7:00pm	4 vs 3	Field #1
8:00pm	1 vs 2	Field #1

TEAM 3



Tue, July 9

7:00pm	2 vs 3	Field #1
8:00pm	4 vs 1	Field #1

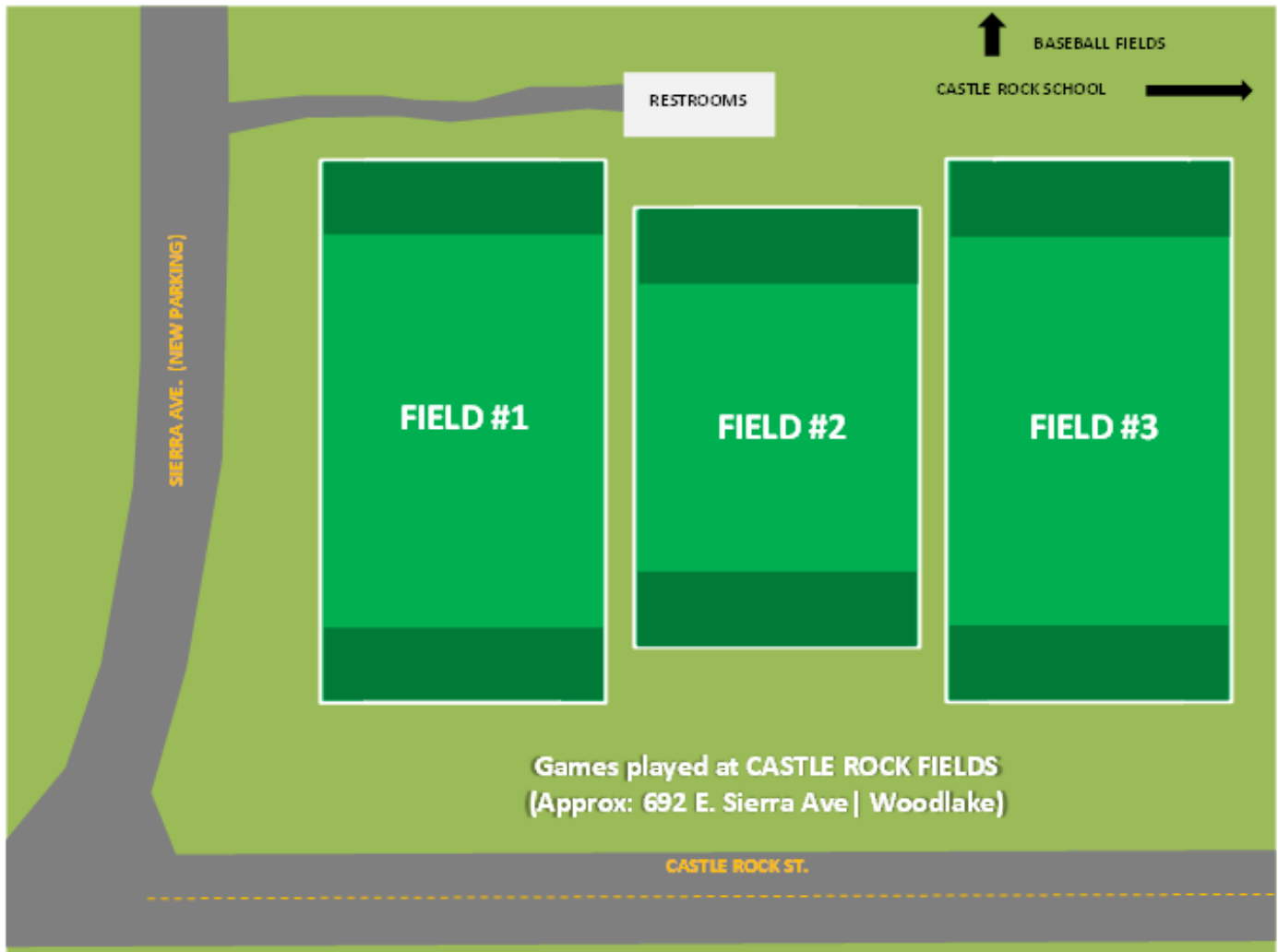
Tue, July 30

7:00pm	3 vs 2	Field #1
8:00pm	1 vs 4	Field #1

TEAM 4



**DON'T FORGET:**





# 13U DIVISION: 5th to 7th Grade

**Coach:** Ramon Lara & Adrian Aldana  
**Sponsor:** QK, Inc.



<u># of Players</u>	<u>Name</u>
1	Major Analla
2	Noah Cruz
3	Andre Lara
4	Evan Rodriguez
5	Isaac Rodriguez
6	Alfonso Hernandez
7	Alexus Correa
8	Kayla Medrano
9	Aiden Rodriguez
10	Adan Aldana

**REVERSIBLE JERSEY & SHORTS PROVIDED:**



**Coach:** Ricardo Alvarez  
**Sponsor:** Ortiz Automotive



<u># of Players</u>	<u>Name</u>
1	Devin Alvarez
2	"Avy" Avalee Cerros
3	Ameer Alfakih
4	Yandel Cisneros
5	Vinny Martinez
6	Ethan Alvarez
7	Arlo Cerros
8	Lorenzo Cruz
9	Janet Martinez Cisneros
10	Diego Dominguez

**REVERSIBLE JERSEY & SHORTS PROVIDED:**



**Coach:** Juan Gomez  
**Sponsor:** A-1 Contractors



<u># of Players</u>	<u>Name</u>
1	Ufran Ramirez Sanchez
2	Hunter Gabberd
3	Cameron Hastings
4	Damian Sanchez
5	Alexis Rosales
6	Jayce Gomez
7	Cattleya Vargas
8	Daniel De Jesus Valero
9	Esteban Casas-Hernandez
10	Elijah Cruz

**REVERSIBLE JERSEY & SHORTS PROVIDED:**



# 13U DIVISION: 5th to 7th Grade



**Coach:** Luis Garcia  
**Sponsor:** Family HealthCare Network

**REVERSIBLE JERSEY & SHORTS PROVIDED:**

# of Players	Name
1	Uriel Olivera
2	Daniel Reed
3	Santiago Lomeli
4	Orlando Meza
5	Audrina Houk
6	Peanut Palafox
7	Bayley Paz
8	Luis Garcia
9	Lucas Sodari
10	Francisco Elias



**Coach:** James Sandoval  
**Sponsor:** Kaweah Pump

**REVERSIBLE JERSEY & SHORTS PROVIDED:**

# of Players	Name
1	Decymus Rodriguez
2	Lukas Aguilar
3	Elijah Queen
4	Natalia Rodriguez
5	Karson Infield
6	Giselle Raya
7	Kayden Infield
8	Kash Infield
9	Dante Rodriguez
10	Fabian Hernandez
11	Andrew Sandoval



**Coach:** Tony Reynoso  
**Sponsor:** Sunrise Harvest

**REVERSIBLE JERSEY & SHORTS PROVIDED:**

# of Players	Name
1	Joseph Reynoso
2	Skylene Shaver
3	Anthony Lopez
4	Zander Gonzalez
5	Kayne Crisanto
6	Eric Meza
7	Timothy Gowett
8	Mario Reynoso
9	Joelle Farah
10	Jonathan Farah





PARKS & REC



# 13U FLAG FOOTBALL SUMMER SCHEDULE

5TH TO 7TH GRADE | 1 HOUR GAMES | 8 V 8  
GAMES PLAYED AT CASTLE ROCK FIELDS

TEAM 1



TEAM 2



TEAM 3



TEAM 4



TEAM 5



TEAM 6



Wed, June 26

6:30pm	3 vs 1	Field #1
6:30pm	2 vs 5	Field #3
7:30pm	6 vs 4	Field #1

Sat, June 29

11:00am	1 vs 2	Field #1
12:00pm	3 vs 4	Field #1
1:00pm	5 vs 6	Field #1

\*Picture Day\*

Wed, July 10

6:30pm	6 vs 3	Field #1
6:30pm	2 vs 4	Field #3
7:30pm	1 vs 5	Field #1

Wed, July 17

6:30pm	5 vs 4	Field #1
6:30pm	1 vs 6	Field #3
7:30pm	2 vs 3	Field #1

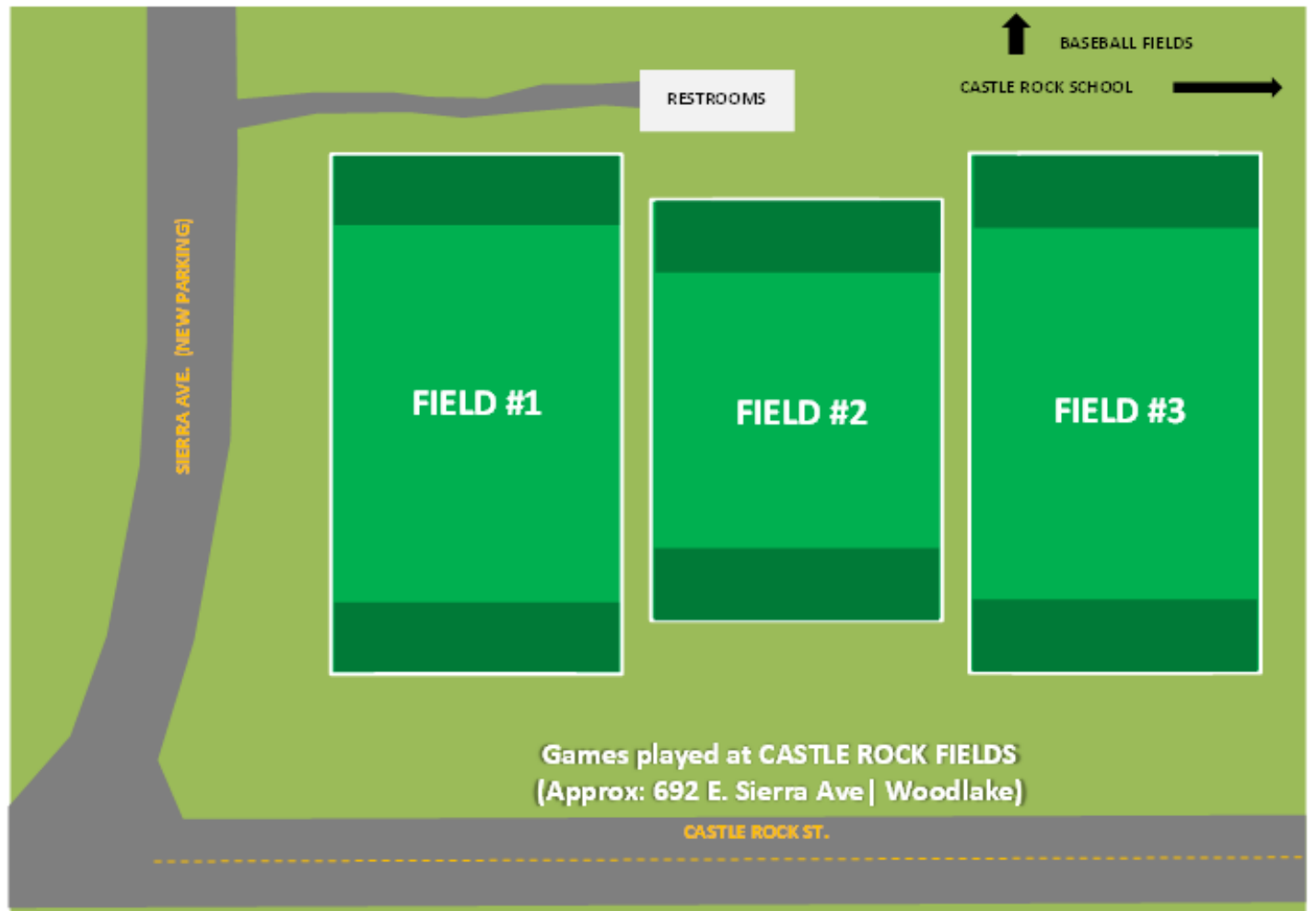
Wed, July 24

6:30pm	4 vs 1	Field #1
6:30pm	6 vs 2	Field #3
7:30pm	5 vs 3	Field #1

Wed, July 31

6:30pm	5 vs 2	Field #1
6:30pm	1 vs 3	Field #3
7:30pm	4 vs 6	Field #1

**DON'T FORGET:**





# GAME SNACK SIGN UP SHEET

**GAME DATE**

**PLAYER NAME:**

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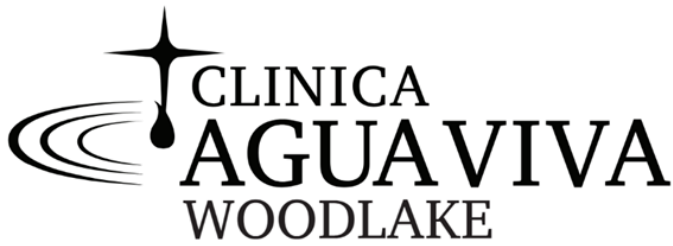
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# THANK YOU 2024 SPONSORS!



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559-303-2507

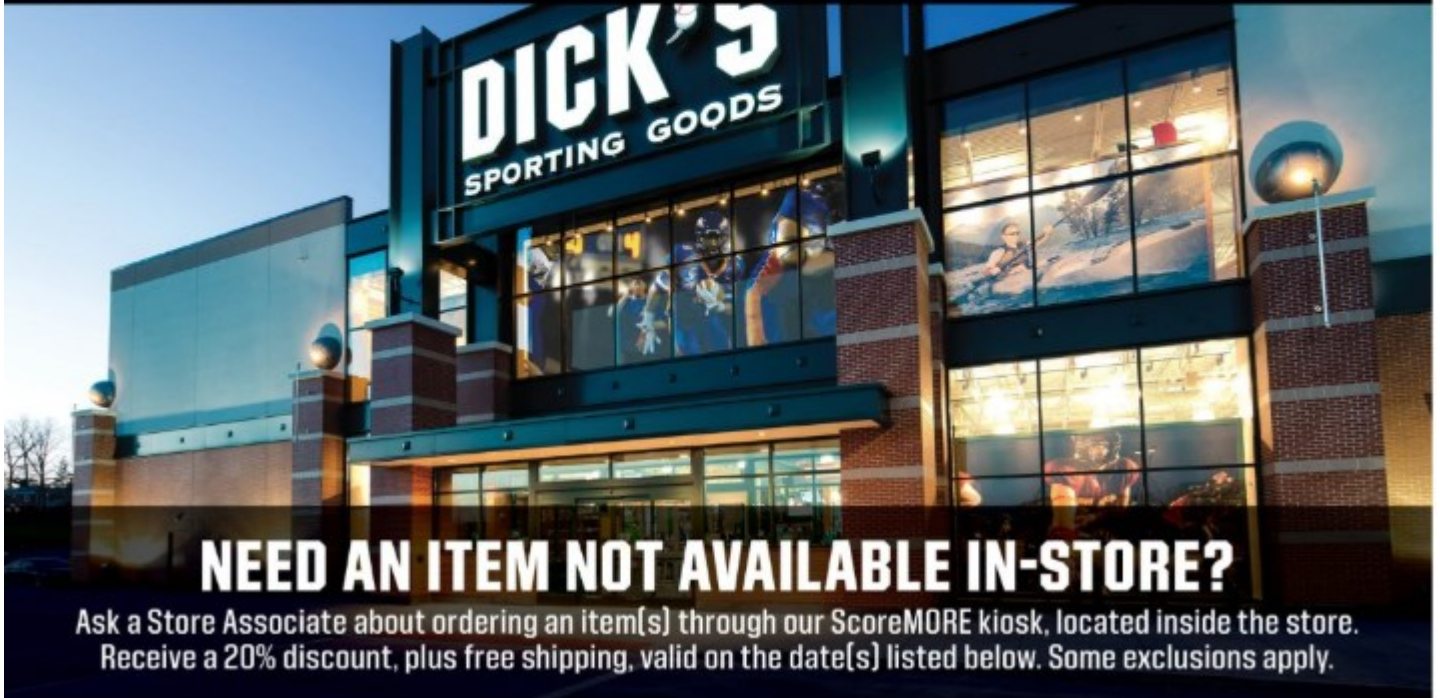


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The logo for Dick's Sporting Goods, featuring the word "DICK'S" in white on a green background with a basketball player silhouette.

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Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed below. Some exclusions apply.

**FRIDAY, JUNE 7TH THROUGH SUNDAY, JUNE 9TH**  
**IN-STORE SHOP EVENT IN VISALIA, CA**

**CLICK [HERE](#) FOR EVENT COUPON**

**(Shop event coupon link will not open until June 7th)**