

Mary, Star of the Sea School
Punt, Pass and Catch
Flag Football



When: Grade's 3rd to 6th, Wednesdays 3pm to 4pm (limit 16 students)

Where: MSOS Big Field

Price: \$150 per child - Payment will be cash or check payable to Mary, Star of the Sea School.

Students must bring: Students must bring their own water bottle. All other equipment will be provided by Coach John and MSOS. Students may wear sneakers to practice, no cleats or spiked shoes.

Philosophy: MSOS Punt, Pass and Catch Clinic will be focusing on developing the fundamentals of flag football. Proper throwing motion, catching technique, and punting will be taught. Students will develop their motor skills as well as improve their agility. Students will be taught the importance of a positive attitude and sportsmanship.

