



# VIRGINIA HURRICANES



**\*\*5-TIME NFL FLAG NATIONAL CHAMPIONS\*\***

## *Girls Flag Football Academy*

### Tuesday Night Flag Skills

**Virginia Hurricanes Girls Flag Football Skills  
Development Academy for girls in Grades 1 to 4.**

**Players will learn core flag football skills (running, hand offs, flag pulling, throwing, catching, receiver patterns, defense) and will learn how to play in competitive flag football games.**

#### **PROGRAM DETAILS**

- **No experience necessary**
- **Flag belts will be provided**
- **Bring a mouthpiece**
- **Registration required**

Register at <https://registration.teamsnap.com/form/5727>

For details on the Hurricanes, visit [www.virginiahurricanes.net](http://www.virginiahurricanes.net)

Questions? Contact [virginiahurricanes@gmail.com](mailto:virginiahurricanes@gmail.com)



**Girls  
Grades  
1-4**

**April  
2, 9, 16, 23  
(5:15-6:15pm)**

**Learn from  
National  
Champion  
Coaches!!**

**Quincy  
Park  
Arlington**

**\$175**