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# FALL 2024 CO-REC & GPLA SPORTS LEAGUES FLAG FOOTBALL

REGISTRATION OPENS JULY 29TH AT 9:00 AM



## Monday, September 9th

Division	Age	Eval Time
Rookies (Co-Rec)	4-6	5:30 pm
PeeWees (Co-Rec)	7-8	6:30 pm
Minors (Co-Rec & Girls)	9-10	7:30 pm
Majors (Co-Rec & Girls)	11-12	7:30 pm
Juniors (Co-Rec & Girls)	13-17	7:30 pm

Online & Walk-in  
Player Registration



Volunteer Coaches  
\*Sign up Here



PlayLA and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games providing youth an opportunity to participate for \$10. Waivers available, ask for details.

## WELCOME TO FALL 2024 PLAYLA/GPLA SPORTS LEAGUE GPLA VOLLEYBALL / CO-REC & GPLA FLAG FOOTBALL

Thank you for signing your child up for our fall 2024 PlayLA/GPLA Sports Leagues. The goals of our youth sports leagues are not intended to be high pressured or fiercely competitive. Rather we want to focus on providing each participant with an instructional and rewarding experience that aims to target and enhance new and previous talents. Please note the following information, as we move closer to the season we wanted to ensure you are receiving all of the information to be prepared:

### **Telegram Messenger App**

We now use the Telegram app to communicate with our teams and office. This is required to receive the most up-to-date in-season information. Please do the following:

Apple Store



Google Play



There will be two emails sent during the season (1) welcome email a week before evaluations and (1) email for your teams group chat. After which all main communication will be posted through Telegram. If you need assistance, please contact our main office. The links to join will be in our office when you register and pay.

### **Evaluations**

Please take note of the times your child(ren) should be present for their session.

#### Volleyball

GPLA volleyball evaluations will be Saturday, September 7<sup>th</sup>.

#### Flag Football

Co-Rec & GPLA flag football evaluations will be Monday, September 9<sup>th</sup>.

### **Practices/Games**

- All Games are expected to begin **on or after October 12<sup>th</sup>**. Games will be held primarily on Saturdays with the possibility of two weeknights during the season.
- All practices will begin the week of September 15<sup>th</sup> within the following these time ranges during the week between 5:30 pm and 9:30 pm:

GPLA Volleyball	Co-Rec & GPLA Flag Football
Girls Minors (8-10): Tuesdays Girls Majors (11-12): Wednesdays Girls Juniors & Seniors (13-17): Thursdays	Rookies & Pee Wees (5-8): Tuesdays / Thursdays Minors/Majors/Juniors (9-17): Mondays / Wednesdays

### **Uniforms/Equipment**

All players will receive a jersey and shorts. Please note that due to long delivery times, sizes were estimated when ordered and we will do our best to hand out uniforms from biggest/tallest child (ren) to the smallest/shortest child(ren). We recommend knee pads for volleyball.

### **Attendance/Waiting List**

Attendance to games/practices not only affects the success of your team's participation but also we expect a large waiting list of players available and ready to play this winter. If your child has several absences to practices and/or games they may be dropped from the program. Our program is being sponsored by the GPLA (Girls Play Los Angeles) and PLAYLA 2028 Olympic grant and attendance is required.