



CRAIGAVON COWBOYS **WOMEN'S FLAG FOOTBALL**

What is Flag Football?

- Recreational, non-contact version of American football
- Teams are divided into men's and women's
- Focuses on speed and skill rather than strength and muscle

Where and When?

- Craigavon Cowboys hold open try outs/training Every Sunday at Brownlow Sports Campus in Craigavon at 11:30am. Just bring football boots.

Why Join?

- Improves Fitness
- Improves Co-ordination
- Improves Teamwork Skills
- Improves Agility and Flexibility

AND MOSTLY TO HAVE FUN

Our mission is to provide an opportunity for all females regardless of race, nationality, age, economic status or sexual orientation to enjoy healthy competition.

Contact Terry Lynch on 077 6679 8724

JOIN YOUR LOCAL TEAM NOW