

# Bulldog Sports and Fitness

## Las Lomitas Flag Football Class



Join our exciting kids flag football class! This class will meet once a week for some fun football activities including drills and games that teach basic football fundamentals. In addition to games such as football tag, capture the football, punt/ pass/ kick competitions and more, kids will be instructed on speed, strength and agility by our dedicated coaches. Learning the fundamentals of being on a team will help kids become team players, learn sportsmanship and develop a love of physical activity.



### Class Details

Session 1: 6 classes

September 7<sup>th</sup>- October 12<sup>th</sup>

Session 2: 6 classes

October 26<sup>th</sup>-November 30<sup>th</sup>

Tuesdays 3:30-4:30

1<sup>st</sup> and 2<sup>nd</sup> graders

Pricing: \$150 for one session

**Contact us today to sign up!**

[coachlaw@bulldogsportsandfitness.com](mailto:coachlaw@bulldogsportsandfitness.com)

[www.bulldogsportsandfitness.com](http://www.bulldogsportsandfitness.com)

**408-417-7769**

Coach Lawrence McNeil was born and raised in the San Mateo area. Growing up he played various organized sports including Little League and Pop Warner. While an accomplished athlete on all fields, Coach Lawrence's dedication and love of athletics allowed him to excel in football, his "first love" in particular. Throughout his football career, he played at the College of San Mateo, Menlo College, and Fresno State, and was regularly voted team captain, all conference and received MVP team honors in 1995-96. Now with 10 years of experience and working with children and multiple academic achievements, Coach Lawrence brings a level of dedication and commitment to your health and fitness goals that is unparalleled in the area.

