

Bulldog Sports and Fitness

Hollbrook Palmer Park

Flag Football



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.



Contact us today to sign up!

coachlaw@bulldogsportsandfitness.com

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.



Class Details

Session 1: 6 classes

September 29th- November 3rd

Session 2: 6 classes

November 10th-December 15th

Wednesdays 3:30-4:30

1st and 2nd graders