



LADY COUGARS FLAG FOOTBALL

UPCOMING

EVENTS

2026



JUNE 1

SPORTS PHYSICALS

2:30 PM current athletes, 4:30 PM incoming freshmen/transfers
RCHS Lower Gym and \$25 CASH ONLY

JUNE 5

CLINICS & TRYOUT PREP

OPTIONAL-Incoming Freshmen , Transfers, & those who passed first round tryouts
1:00 to 3:00 PM AND 4:00 to 6:00 PM-LOWER FIELDS

JUNE 12 & 13

FINAL TRYOUTS 6/12 @4-6PM, 6/13 9-11AM

Tryouts are for current rostered flag football athletes, those who passed first round, make-ups, transfers, & incoming freshmen. BOTH DAYS MANDATORY!

JUNE 14

FINAL VARSITY AND JV ROSTER ANNOUNCEMENT

JUNE 15

PARENT NIGHT

7:00 PM RCHS AUDITORIUM
MEET THE COACHES, GAME/PRACTICE SCHEDULE, AND MORE!

JUNE 22

OFFICIAL FIRST DAY OF PRACTICE

5:30 AM to 7:00 AM