

**Louisa County Parks, Recreation & Tourism
Youth Flag Football
Instructional Division
Fall 2018 Practice Schedule**

COWBOYS



Head Coach: Chris Whitworth

Practice: Monday nights

6:00p.m.– 7:00p.m.

@ TJES Softball field

Practice begins August 27, 2018

REDSKINS



Head Coach: Justin Bullock

Asst. Coach: Keyon Johnson

Practice: Tuesday nights

6:00p.m.– 7:00p.m.

@ TJES Softball field

Practice begins August 28, 2018

EAGLES



Head Coach: Josh Duncan

Practice: Tuesday nights

6:00p.m.– 7:00p.m.

@ TJES Softball field

Practice begins August 28, 2018