



Head Coach	Anthony Dragon		
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2026 Important Dates

- Tryouts: May 6, 7, 11, 12, 13th 2026 - RHHS Lacrosse Field @ 3 PM (rising 9th graders **are** welcome to tryout)
- Intersquad Scrimmage: May 13th - RHHS Lacrosse Field @ 3 PM [open to parents - cuts will be made **AFTER** scrimmage]
- Summer Practice: June 2nd & 4th
- Summer Sizzler: June 6th & 7th
- Season starts Sept. 7, 2026 - ends Dec. 8, 2026

2026 Additional Information

- 2 teams: A team and B team, 30 players in total
- Player Fee is \$50.00 **DUE IN SEPTEMBER**
- Equipment needed: Mouth piece, black shorts, cleats (no metal spikes)
- Practice is Mon -Thursday 3:00pm-4:30pm at RHHS on the Lacrosse Field
- A full schedule will be linked once finalized: 2026 Flag Football Schedule
- **All players must have an updated and COMPLETED account on Dragon Fly before they can participate in any activities [including tryouts]**
- A bus will provide transportation to all away games; players are required to ride the bus to all contests but may ride home with a parent/guardian after being checked out from a coach
- **If you miss practice, it needs to be communicated to Coach Dragon BEFORE PRACTICE!**

Join the Remind: @rhff26

#ChaseTheShip