

2025
Natomas High School Athletics
Women's Flag Football



All athletes must be cleared through www.homecampus.com before practicing.

Practice Begins: 7-29-25

Day	Date	Opponent	Location	Game Time	Bus Departure
Tuesday	8/19	Sheldon	Sheldon	6:00 PM	4:15pm
Thursday	8/21	Granite Bay	Granite Bay	7:00 PM	5:15pm
Tuesday	8/26	Elk Grove	Natomas	6:00 PM	Home
Wednesday	8/27	Leroy Greene	Natomas	6:00 PM	Home
Monday	9/8	Sutter	Natomas	6:00 PM	Home
Wednesday	9/10	El Camino	El Camino	6:00 PM	4:30pm
Monday	9/15	Woodland	Natomas	6:00 PM	Home
Wednesday	9/17	Dixon	Dixon	6:00 PM	4:15pm
Monday	9/22	Casa Roble	Natomas	6:00 PM	Home
Wednesday	9/24	Rio Linda	Rio Linda	6:00 PM	4:40pm
Monday	9/29	Destiny Christian	Natomas	6:00 PM	Home
Wednesday	10/1	Sutter	Sutter	6:00 PM	3:45pm
Monday	10/6	El Camino	Natomas	6:00 PM	Home
Wednesday	10/8	Woodland	Woodland	6:00 PM	4:30pm
Monday	10/13	Dixon	Natomas	6:00 PM	Home
Wednesday	10/15	Casa Roble	Casa Roble	6:00 PM	4:15pm
Monday	10/20	Rio Linda	Natomas	6:00 PM	Home
Wednesday	10/22	Destiny Christian	Destiny Christian	6:00 PM	4:20pm
Thursday	10/23	Inderkum	Inderkum	7:30 PM	6:15pm
Tuesday	10/28	DIV Playoffs	Home Sites	TBD	TBD
Thursday	10/30	DIV Playoffs	Home Sites	TBD	TBD
Wednesday	11/5	DIV Playoffs	Home Sites	TBD	TBD
Saturday	11/8	Section Finals	TBD	TBD	TBD

Bold = Golden Empire League Contest

Matches are subject to change due to course availability and weather.

Head Coach: Octavio Brown

Athletic Director: Aliceah Hernandez - aliceahhernandez@natomasunified.org

Principal: Marcel Baker - mbaker@natomasunified.org

