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News and Announcements

## Schedule Change

Posted by Nor Cal Red Hawks at 09:56AM PDT




The Nor Cal Red Hawks received notification today from the Palm Springs Desert Fire Cats, stating that they will not be fielding a team for the 2011 IWFL regular season and apologized for the inconvenience this may have caused.

The Nor Cal Red Hawks will resume regular practice on May 7th and attend the home opener game of the Reno Rattlers vs Ventura Black Widows in Reno, NV.

If you would like to play for the Nor Cal Red Hawks, email redhawkssixxes@gmail.com.

Season opener May 14 against the Reno Rattlers.

## 2011 Season Schedule Set

Posted by Nor Cal Red Hawks at 11:48PM PDT

The Nor Cal Red Hawks will hold their first home game for the 2011 season on Saturday, May 7.

Four games are currently on the schedule, but two additional dates against the Reno Rattlers (a new team in the IWFL) are tentative for May 14 and June 4.

"Six games would be ideal for a six-man season. We played three exhibition games last year and I had promised them a real regular season for 2011," stated Barbara Coletta, General Manager/Team Organizer for the Red Hawks.

2011 Schedule:

May 7 (Home) Palm Springs Desert Fire Cats

May 14 (Away) Reno Rattlers (Tentative)

May 21 (Away) Ventura Black Widows

June 4 (Home) Reno Rattlers (Tentative)

June 11 (Away) Palm Springs Desert Fire Cats

June 25 (Home) Ventura Black Widows

If you would like to be a part of the team, email redhawkssixxes@gmail.com.

## On Going Recruiting.....

Posted by Nor Cal Red Hawks at 08:57PM PST (0 Comments)



The Nor Cal Red Hawks held their second practice of the 2011 season on Saturday, February 5th. Passing Tree drills, gaps and 3 point stances were emphasized.

If you are new to football or want to get back into football, check out the Nor Cal Red Hawks. We are a full contact football team in the Independent Women's Football League.

You must be at least 18 years old to play and have proof of insurance. Don't have insurance? Click on the link at at the sidebar for as little at $16 month.

Email redhawkssixxes@gmail.com for details.

## Official Practice Starts Today!!

Posted by Nor Cal Red Hawks at 12:49PM PST

The official starting day of the season for the Nor Cal Red Hawks kicked off at 12:30pm today at Mills Middle School Football Field, off of Coloma and Chase in Rancho Cordova (next to Rancho Cordova High School).

It's not too late to become a Red Hawks player. Practices are held every Saturday. Games will start in April, as with all the teams in the Independent Women's Football League (IWFL).

Last year the Red Hawks had an exhibition season, gearing them for 2011. The team traveled to Southern California and Nevada for their three game season.

If you would like to learn more about the Nor Cal Red Hawks or would like to be a player, email redhawkssixxes@gmail.com.

Check the schedule for location and dates of our next practice.

See you on the field.

**Note:** Practice time has been changed to 9:00am-12:00pm on Saturday's.

## Register to Play for the Nor Cal Red Hawks

Posted by Nor Cal Red Hawks at 04:14PM PST



The 2011 season officially starts January 29th for the Nor Cal Red Hawks. Practice will be held every Saturday from 12:30 pm to 3:30 pm, unless otherwise noted on the website schedule board.

The Red Hawks are currently looking for women at least 18 years of age and must provide proof of health insurance.

No experience is necessary. Learn the fundamentals of tackle football.

Regular season games will be played April through June.

If you are interested in playing for the Nor Cal Red Hawks, click on the Register to PLAY link at the sidebar.

For more information, redhawkssixxes@gmail.com.

- ASL Available

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