

2025 LARA Bracket B (3rd-6th) Flag Football Schedule

Saturdays September 6 – October 11th



| Team | Coach | Email | Phone |
|------|-------------------------|--|------------|
| 1 | Brent Meissner | bmeissner@abc-clc.com | 3204918950 |
| 2 | David Steenstra | steenys_43@hotmail.com | 6058804701 |
| 3 | Cam Lallier | clallier@bassford.com | 6514979581 |
| 4 | Nathan Rahman | nrahman91@yahoo.com | 6512142248 |
| 5 | Mark Michalski | markmichalski77@gmail.com | 7634427533 |
| 6 | Jason Coleman | jason@jason-coleman.com | 6512601212 |
| 7 | Brandon Gerad | bgerads7@gmail.com | 3202239883 |
| 8 | Kelly Rawlings | kellyrawlings72@gmail.com | 7639101444 |
| 9 | Jim and Sarah Vanderwal | savanderwal34@gmail.com | 6513537632 |
| 10 | Joe Melstrom | joseph.melstrom@gmail.com | 6512300115 |
| 11 | Jeff Casby | jeffcasby@gmail.com | 6517857677 |
| 12 | Jen Hansen | jfinneman@frontiernet.net | 6512268257 |

| Date | Green Team | VS | White Team | Field | Time | | Date | Green Team | VS | White Team | Field | Time |
|--------|------------|----|------------|-------|-------|--|--------|------------|----|------------|-------|-------|
| Sep 6 | 10 | vs | 11 | 1 | 9:00 | | Sep 27 | 7 | vs | 10 | 1 | 9:00 |
| | 8 | vs | 3 | 2 | 9:00 | | | 3 | vs | 6 | 1 | 10:30 |
| | 7 | vs | 5 | 3 | 9:00 | | | 9 | vs | 1 | 2 | 10:30 |
| | 1 | vs | 12 | 4 | 9:00 | | | 11 | vs | 2 | 3 | 10:30 |
| | 4 | vs | 6 | 5 | 9:00 | | | 5 | vs | 4 | 4 | 10:30 |
| | 2 | vs | 9 | 1 | 10:30 | | | 12 | vs | 8 | 5 | 10:30 |
| | | | | | | | | | | | | |
| Sep 13 | 11 | vs | 7 | 1 | 9:00 | | Oct 4 | 4 | vs | 11 | 1 | 9:00 |
| | 9 | vs | 4 | 1 | 10:30 | | | 1 | vs | 7 | 2 | 9:00 |
| | 3 | vs | 2 | 2 | 10:30 | | | 8 | vs | 10 | 3 | 9:00 |
| | 5 | vs | 8 | 3 | 10:30 | | | 9 | vs | 3 | 4 | 9:00 |
| | 10 | vs | 12 | 4 | 10:30 | | | 2 | vs | 12 | 5 | 9:00 |
| | 6 | vs | 1 | 5 | 10:30 | | | 6 | vs | 5 | 1 | 10:30 |
| | | | | | | | | | | | | |
| Sep 20 | 4 | vs | 3 | 1 | 9:00 | | Oct 11 | 11 | vs | 6 | 1 | 11:00 |
| | 1 | vs | 10 | 2 | 9:00 | | Games | 12 | vs | 4 | 2 | 11:00 |
| | 2 | vs | 5 | 3 | 9:00 | | at | 7 | vs | 8 | 1 | 12:15 |
| | 12 | vs | 7 | 4 | 9:00 | | HS | 10 | vs | 2 | 2 | 12:15 |
| | 6 | vs | 9 | 5 | 9:00 | | Field | 5 | vs | 9 | 1 | 1:30 |
| | 8 | vs | 11 | 1 | 10:30 | | | 3 | vs | 1 | 2 | 1:30 |

Safety & Equipment:

*** All Players must wear a mouth guard! NO EXCEPTIONS!**

Coaches

All our coaches in LARA flag football are parents volunteering their time and many have no prior coaching background. LARA expects all players and parents to be respectful to the coaches and understand these games are meant to be fun and help build skills for everyone involved.

If you have questions or concerns about the conduct of any coaches, parents, or other please **contact Brian Marquardt 651-307-3435.**

Games on Oct 4th and Oct 11th will be played on the turf field at the HS Stadium. There will be 2 games played per time slot.