

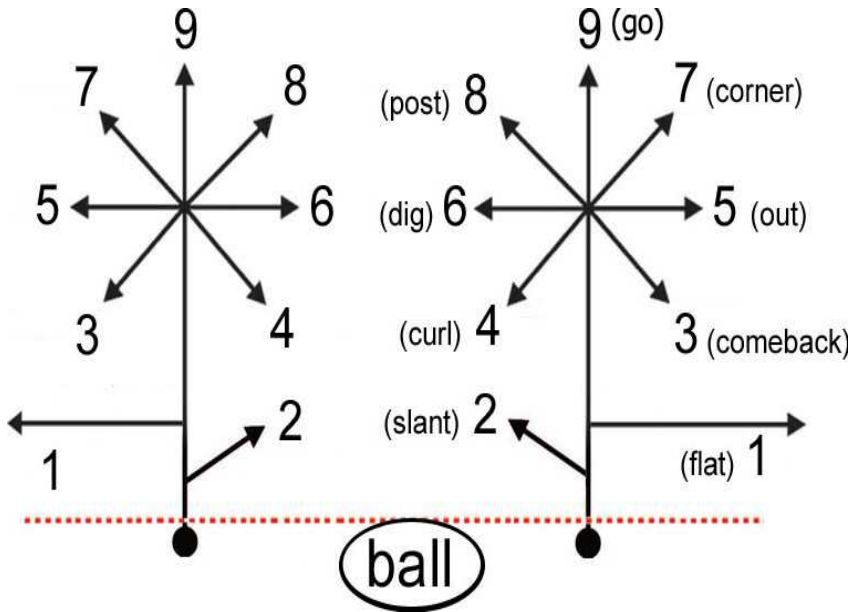
SPRING TRAINING

Alameda Flag Football

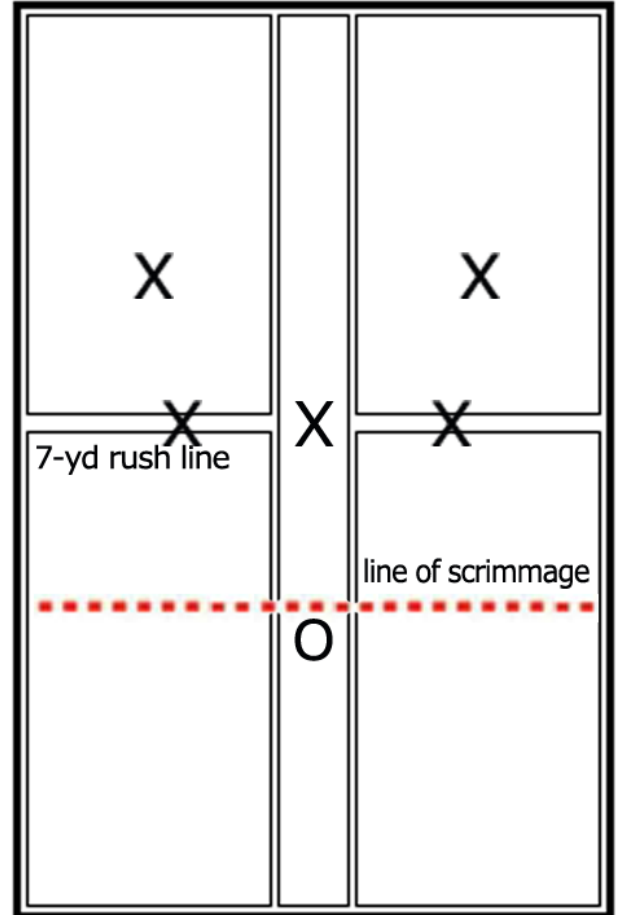
<https://www.alamedaflagfootball.com/>

DAY 0 - Things to know before you start

THE ROUTE TREE

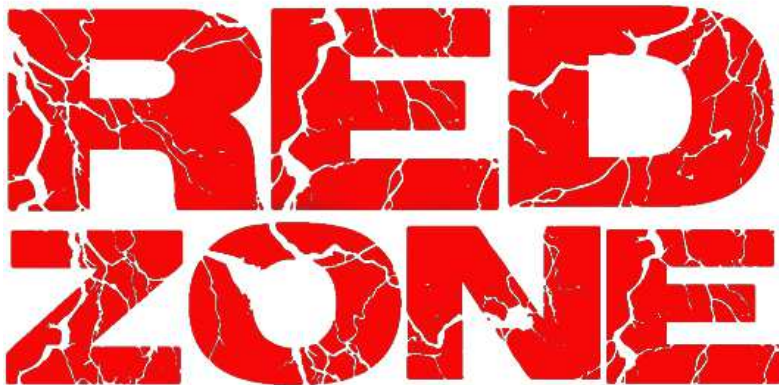


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