

# WITHOUT HEART



# YOU DONT HAVE A GAME

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## News and Announcements



### [Practice Begins January 29](#)

Posted by [Nor Cal Red Hawks](#) at 04:42AM PST

The Nor Cal Red Hawks are currently holding a mini-camp designed to focus on conditioning for the off season.

Practice will begin January 29, 2011. Sixxes is different than the traditional 11 man football. The obvious is the amount of players on the field, but the other is the time commitment that these players have to participate. This allows women who cannot commit to three times a week the opportunity to still play ball.

Last seasons practice was held only two hours every Saturday. For the 2011 season, we are looking at four hours or 40 total practice hours before our first game. Conditioning during the week, either on your own time or with your teammates, will also be encouraged.

Registration for the 2011 Season will begin December 15th.

Those interested in learning more about playing, email [redhawkssixxes@gmail.com](mailto:redhawkssixxes@gmail.com).



### [Mini-Camp Starts November 6](#)

Posted by [Nor Cal Red Hawks](#) at 08:12AM PDT

Nor Cal Red Hawks Football Mini-camp starts this Saturday, November 6 and ends December 18. Sign up deadline for the camp is Tuesday, November 2 at 6:00 pm. Camp will be held for six Saturday's starting at 10:00 am to 2:00 pm. Refer to schedule at right for details.

Campers be sure to dress appropriately (workout clothes) and bring turf shoes or cleats and a water bottle.

Campers will be learning the fundamentals of football as well as conditioning techniques for the upcoming 2011 season.

The Nor Cal Red Hawks are proud members of the Independent Women's Football League (IWFL). For more information on the league, visit [www.iwflsports.com](http://www.iwflsports.com).

For more information on the mini-camp or interested in playing Women's Six-man Tackle Football, email [redhawkssixxes@gmail.com](mailto:redhawkssixxes@gmail.com).



### [Football Mini-Camp](#)

Posted by [Nor Cal Red Hawks](#) at 08:52AM PDT

Do you have what it takes to play football? You will never know until you give it a try. Come train with us for six

weeks and get in shape and you decide. Admission is FREE.

Training starts Saturday, November 6 at 10am. Click on 6 Week Mini-Camp at the sidebar to learn more.

Curves Rancho Cordova - Cardio Training Awareness Partner. Providing compliment to our Strength Training.

Questions? Email [redhawkssixxes@gmail.com](mailto:redhawkssixxes@gmail.com)



## [Reno Women's Football](#)

Posted by [Nor Cal Red Hawks](#) at 11:12AM PDT

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Management of the Nor Cal Red Hawks will be traveling to Reno, NV on Friday, October 22 for a meeting with the new women's team setting up for the IWFL 2011 season.

The Nor Cal Red Hawks, located in the Sacramento, CA area is looking for women's six-man tackle football teams for Division Development in Washington, Oregon, California, Nevada and Arizona for the Independent Women's Football League (IWFL).

If you live in any of those areas and would like to learn more on how you can start you own team or even 6's or 11's in other areas, contact the Independent Women's Football League at [iwfl@iwflsports.com](mailto:iwfl@iwflsports.com).

If you have questions or comments for the Nor Cal Red Hawks or if you would be interested in playing, email [redhawkssixxes@gmail.com](mailto:redhawkssixxes@gmail.com). Also check out our FREE mini-camp starting November 6 (link is located on the sidebar).



## [Six Week Mini-Camp](#)

Posted by [Nor Cal Red Hawks](#) at 02:43PM PDT

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New to football? Old to football? Current Red Hawks Player? Get back to conditioning and football fundamentals.

Must be at least 18 years old and have Proof of Health Insurance.

No Experience Necessary but a strong desire to learn.

Sign up Today for the Nor Cal Red Hawks 6 Week Mini-Camp set for Saturday's 10am-2pm on November 6, 13, 20; December 4, 11, 18 (Rain or Shine).

Click on the 6 Week Mini-Camp Tab to Register Today. Deadline to Register is November 2. Space is limited to 25 players. Admission is FREE.

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