



HALF HOLLOW HILLS YOUTH FOOTBALL LEAGUE

Requirements

Welcome to our Family!

We are pleased to have you join our growing family and for those who are returning, welcome back! Pride Football is heading into our 6th season and we are bigger and better than ever. What began as a dream has quickly become a reality and we could not be happier or busier getting prepared.

Football and cheerleading are huge commitments on all of our parts. The parents play an important role in making this work for the kids. We depend on your cooperation and dedication to make the season a success.

Football Eligibility:

Ages 7-11: Your age as of 11/15/08 will determine which age group you will play in. Weight requirements for players wearing full gear, except helmets, as required by the Suffolk County PAL are as follows: 7-8 yr olds-100 lbs; 9 year olds-110 lbs; 10 year olds-120 lbs; and 11 year olds-130 lbs.

Ages 5-6: Intramural/first time players will be practicing once a week and playing up to 5 games. Children over 70 lbs wearing full gear, except helmets, will be required to play interior line.

Just a few things to know before you sign the dotted line. Practice begins in mid-July. We practice in the early evening at High School East. The kids begin early so they are ready to perform in September. Once school begins, practice is mandatory and will be held 2 nights per week (usually Monday and Thursday nights from 5:30-7:30) and Saturday mornings. Games are mostly on Sundays and at different times (Home Games are at the HS East or West Varsity Stadium). The schedule is not released until a few days before the first game. Times for practice will be decided as we get closer. It should be noted that the Suffolk County PAL may require that some games may be played on Friday night, Saturday, or Saturday nights. Additionally, you will be required to supply a doctor's note clearing your child to play tackle football.

Cheerleading Eligibility:

1st grade – 6th grade as of Sept. 2008

Additional information will be forthcoming. Please contact Sue Forte (ssuzzy@aol.com) or Vickie Lenzo (vlenzo@mac.com) for more details. Practices are mandatory and will be held one weeknight and Saturday mornings. Time and place to be determined. You must be able to commit to both practices to be involved. This is to maintain fairness across the board.

Half Hollow Hills Youth Football League, Inc.
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