

SPRING 5 ON 5 FOOTBALL & CHEER



North Hays 5 on 5 Football League offers a fun, safe and rewarding experience while learning the great sport of football. Our 5 on 5 Football & Cheer program is absolutely about the FUNdamentals. So come join the fun. Sign up TODAY!

Teams will only meet two times a week for a maximum of 90 minutes each time. The schedule will be 2 practice dates per week for 2 weeks, then **1 practice/ 1 game** per week once season play begins. All players will have a position on offense or defense. The season starts in March and ends in May.

*Practice begins week after Spring Break. No practice Easter weekend. Games begin week of April 11th, end week of May 23rd.

REGISTRATION INFORMATION

Please fill out an NHO Flag Football Registration Form and either mail it in (prior to March 10th) with your registration fee or online payment verification. Or you can come to one of the following walk up registrations at the NHO Sportsplex. (Address below & on website)

Walk-up Registration Dates and Times

Sat., Feb 27th, 2010 from 9am - 12noon
Sat., March 7th, 2010 from 9am - 12noon

The **registration fee is \$65.00**, which covers the complete season, and a team jersey (to keep at end of season). You will be required to purchase the shorts, socks, mouth piece and cleats for your player. Multiple child discounts apply.

(Ages are as of July 31st)
Ages 4-8 Flag Rules
Ages 9-12 Passing League

For questions about the NHO 5 on 5 Football & Cheer Program, or if you would like to be a volunteer coach or Team Sponsor, please contact **Amanda Jackson** by email at amanda@nhogators.com or by phone at 512-237-0072.
Cheer/Dance Coach: Michelle Hanson michellehanson09@yahoo.com 512-203-0821
Check us out online at www.nhogators.com/flag.html

Mailing Address: P.O. Box 2278, Kyle, Texas 78640
Physical Address: 2880 Goforth Rd., Kyle, Texas 78640