

# NFL flag & NFL cheer

## Jr. NFL Flag mini-camp (Ages 3–5)

This mini-camp is a non-contact fundamental football camp designed to improve your child's beginning football skill level. Campers will be taught progressively, with the idea of "crawling" first, then "walking, jogging, and finally running." "Chalk Talk" guest speakers will feature local college, high school, and NFL Flag coaches. All participants will receive a t-shirt, award, and NFL certificate.

Resident . . . . . \$35.00  
 Non-resident . . . . . \$40.00

Brown Park 2010 N Main St, Rockford

MON–THURS April 19–22  
 ID# 248102-00 6:00–7:00 pm

## NFL Cheer—Rockford (Girls ages 5–14)

There are no tryouts; all cheerleaders cheer, therefore squads may be of differing abilities. A head coach will supervise the entire program, along with the help of a cheer advisor and cheerleader mentors. Each squad will be assigned a cheerleading mentor whose primary job is to teach cheer routines to be performed during the Saturday morning NFL Flag Football games. The goal of NFL Cheer is to develop, organize, and promote cheerleading activities for youth participants, while encouraging good sportsmanship and fun. Uniforms, poms, and shoes are included in the "New participant" fee. All participants will receive a trophy and NFL certificate, and a free 4-day cheerleading training camp. Participants will have regular Tuesday/Thursday practices, and will cheer at their first game on Saturday, June 12. Each participant's actual game time will vary by squad. **Registration ends May 17.**

New participant (Resident) . . . . . \$165.00  
 New participant (Non-resident) . . . . \$185.00  
 Returning participant (Resident) . . . . \$100.00  
 Returning participant (Non-resident) \$120.00

Brown Park 2010 N Main St, Rockford

PRACTICE TUES & THURS; GAMES SAT  
 May 4–Aug 7 ID# 248101-00  
 practice 5:30–7:00 pm; game times vary by squad

## quick facts

**JR. NFL FLAG MINI-CAMP**  
 Ages 3–5

**NFL CHEER**  
 Ages 5–14 (as of June 6)

**LOCATION** Brown Park (for both)

**REGISTRATION** ends 1 wk prior to the start of the program (or when capacity is reached)

**NOTE** Cheer uniform fittings will occur the first day of camp.

**FEE ASSISTANCE AVAILABLE**

See pg 39 for details.

