



HUDSON YOUTH FOOTBALL AND CHEERLEADING



SPRING 2022 FLAG FOOTBALL & CHEERLEADING

GRADES K-8



FLAG FOOTBALL: Our flag football program is a non-contact passing league, geared towards teaching fundamentals. Participants do not need to have any prior football experience. Short practices followed by a scrimmage style game. Shorts, cleats, and mouthpiece recommended.

SPRING CHEER: Interested in Cheerleading, but not sure about the commitment? Are you a current or former cheerleader looking for something fun to do in the Spring? Join our Spring Cheer program. A low key, minimum commitment sideline cheer program. No special equipment required. The goal is to have F-U-N!



All participants receive a t-shirt.

\$60 for the 6 week season.

Sunday mornings for 1.5 hours, May 1 - June 5.

All events held at Sauta Field in Hudson.

Both programs open to boys and girls currently in grades K-8.

Online registration:

<https://hudsonyouthfootballcheer.siplay.com/site/>

Email questions to: nestrela@hudsonyouthfootball.com



In order to keep participants and the public safe, all town, state, and organization COVID protocols will be strictly enforced.

