



Watchung Hills



Middle School Football and Cheer Association



**REGISTRATION FOR OUR "INAUGURAL"
2017 SEASON IS NOW OPEN!!!**

NFL FLAG FOOTBALL, TACKLE FOOTBALL & CHEERLEADING



Visit our website to REGISTER: WHMSFB.ORG

NFL FLAG



- *The Middle School Football Program offers an **NFL FLAG** Football for grades **K-9**, for boys and girls.
- *There is no travel associated with NFL FLAG Football.
- *All games are played at fields in our district.

TACKLE FOOTBALL



- *The Middle School Program offers **TACKLE FOOTBALL** for grades 5-8 and is only open to residents of the Watchung Hills Regional High School sending district.
- *The Middle School Football Program is designed to offer kids of all ages the experience to enjoy football at a pace of the family's choosing, not requiring kids to play tackle at a certain age.
- *Teams play in the highly competitive league, which is age based. This allows athletes at similar levels of maturation to compete on a level playing field: 5-6th graders are in the U12 division and 7-8th graders are in the U14 division.
- *Home games are played on Saturday night "**UNDER THE LIGHTS**" at the WH Regional High School's Tozier Field.
- *The coaching staffs of both football and cheer are Rutgers Certified, **USA Football recognized**, AED/CPR trained, Heads Up and NFL Flag certified. They are made up of experienced and trained individuals who have a track record of success in working with developing athletes and cheerleaders of all ages.

CHEER



- *The Middle School **CHEER PROGRAM** offers cheerleaders in grades 5-8 the opportunity to participate in a noncompetitive format and is open to residents of the Watchung Hills Regional High School sending districts.
- *Middle School Football also offers a **FLAG CHEER** Program for grades K-4.



**Watchung
Hills
Warriors**



**ONLINE REGISTRATION
NOW OPEN**



**Middle School
Tackle Football
Grades 5 - 8**



**Green Brook • Long Hill
Warren • Watchung**

NFL



**Flag Football
Grades K - 9**



Accepting all towns



**All Cheer
Grades 2 - 8**



**Register in Person
at Duck Donuts**

(Route 22, Green Brook)

and receive your free donuts



April 2 & April 23

9:00 A.M. – 12:00 NOON

www.whmsfb.org

Proud members of NFL Flag Football

This flag football league is a proud member of NFL Flag Football, but none of the National Football League (NFL), its member clubs, NFL Ventures, L.P., or any of their respective affiliates or subsidiaries will have any liability or responsibility for any claim arising in connection with participation therein. All NFL-related logos and marks are trademarks of the NFL.