

The Montvale Athletic League Presents...

Junior **Flag Football**

For the Youth of Montvale, Hillsdale & Woodcliff Lake, Kinder/1st Gr

Fall Registration Now Open!

Register Online...

<https://www.montvaleathleticleague.org/football/>

-- Kinder & 1st Grade Only: \$125

Registration includes a jersey, ball, trophy and year-end celebration.

Three Towns, One Team!

MAL Flag Football is a FUN program that teaches young children the basic skills of football. The beginning of each practice session is devoted to skill development (catching, throwing, running, blocking, and fleeing/chasing), followed by game play. Boys and girls (K thru 1st grade) welcome! We will fully comply with all Covid-19 safety guidelines. Refunds available if you're not satisfied re. safety.

1st graders also have the option to do tackle football with The Hillsdale "Mighty Mites"; \$175.

Register @ <https://hillsdale-hawks.sportngin.com/register/form/732521415>

Flag Football Schedule...

Sunday Mornings, Fieldstone Middle School, Montvale,
September 12 through November 14



Youth Sports -- The Ultimate Social Network



Questions?...

Please contact Michael Weaver, MAL Football Commissioner/Flag Football Coordinator:
mweaves@hotmail.com or 201-336-2321