

The Montvale Athletic League and Hillsdale Present...



Junior **Football**



For the Youth of Montvale, Hillsdale & Woodcliff Lake

Three Towns, One Team!

For the last three years, Montvale, WCL and Hillsdale have combined to offer Tackle Football to Children in Grades 1-8. Flag Football is also offered to children in Grades K-1.

Flag sessions are devoted to skill development (catching, throwing, running, blocking, and fleeing/chasing), followed by game play.

The tackle program works closely with experienced coaches to deliver a high-quality program within a controlled environment. In addition to developing proper technique, areas of focus include developing social skills, teaching resilience and creating strong bonds between teammates.

Online Registration Now Open!

Levels...

– Grades K-1: Flag Football, \$125

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

– Grades 1-2: "Mighty Mites" Tackle Football, \$175

– Grades 3-4: "Peewee" Tackle Football, \$275

– Grades 5-6: "Juniors" Tackle Football, \$275

– Grades 7-8: "Seniors" Tackle Football, \$275

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



Hillsdale Hawks Football

Schedule...

Flag (K-1): Sunday Mornings, Fieldstone Middle School, Montvale,
September 12 through November 14

Tackle (Grades 1-8): Three weeknight practices in Hillsdale, starting August 16;
Saturday games, September 11 through November 13

Questions?...

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