



2014 Flyer's Football & Cheerleading Opportunities

Flyer's Fundamentals - February 11th through March 25th 2014

Held on Tuesday night each week from 6:00pm to 7:30pm in the gymnasium of Bon Air Elementary School, Flyer's Fundamentals is a 7 week program designed to help both in conditioning and football training of our young athletes. Kids will learn the basics of proper stretching/warming up, agility and quickness drills, and fundamental techniques necessary to play the game of football. This is a non-contact environment. For potential new players, this is a great introduction to the sport, and a chance to learn about the game. For those who already enjoy playing, this is a chance to get some exercise and conditioning, while reviewing and improving various techniques and fundamentals you have learned with the Flyers.



Cost – FREE

Registration – January 26, 2014 thru March 15, 2014 (*Register online at www.flyersfootball.org*)

Spring Football - April and May 2014



This is a new program we are offering for the first time. **It will also be held on Tuesday night each week from 6:00pm to 7:30pm.** The goal is to use what was learned inside the gym, and take it outside to the football field. Exercise and football fundamentals will again be stressed, but this program will also offer kids the ability to wear a helmet, and if we have enough participation, allow them to play the game through flag or touch football. Depending on the weather, the first couple of practices may be indoors, and practices will be held throughout April and May (7 weeks). We will have more details available on our website in the coming months.

Cost - \$30.00

Registration – January 26, 2014 thru April 15, 2014 (*Register online at www.flyersfootball.org*)

Flyer's Football & Cheerleading - Mid-July through October 2014

This is the traditional season for football players and cheerleaders. We are excited to provide the kids in our community with football and cheerleading opportunities for a 58th consecutive year. Our season begins in mid-July with conditioning for football players that is done in helmets and shorts. Full practices begin the first week in August for both players and cheerleaders. Players will practice in full equipment. Games usually start in mid-August, and are held each Saturday throughout the season. Game details will be provided to us by the league usually in late spring. There will be more information on our website regarding fundraising, equipment distribution, etc., so please check the website often.

Cost - \$80 - 1st child, \$50 - 2nd child, \$40 - 3rd child

Registration – January 26, 2014 thru July 26, 2014. (*Register online at www.flyersfootball.org*)

Registration for all of these programs must be done online at www.flyersfootball.org.

Registration is required to be a part of ANY of the above programs.