



**MOUNTAINSIDE POLICE ATHLETIC LEAGUE
2019 FLAG FOOTBALL
BOYS AND GIRLS - GRADES K THROUGH 6**

When: Saturday afternoons - September 14 through November 2, 2019

****Note to mark your calendar for the PAL annual Cop Trot on Saturday October 19th****

Who: K - 6th grades will be held 2:00-3:00pm

DOESN'T CONFLICT WITH SOCCER!

Place: Our Lady of Lourdes Fields behind OLL Church, Mountainside

Registration Fee: \$60.00 per child - includes 1 ticket to a Rutgers Football Game

PAL Provides: Footballs and flag belts for practice

Parents Provide: Shoes, drink and protective eyewear if needed

Make Checks Payable to: Mountainside PAL and in the memo Flag Football

Child's name: _____

Parent/Guardian: _____

Address: _____

Email _____ Telephone _____

Child's **grade**(k,1,2,3,4,5,6) as of 9/1/15: _____ Shirt (ys/m/l/xl or as/am) _____

Interested in Rutgers Game proposed 10/19 Yes _____ No _____ (kids tickets part of registration)

Forms AND CHECKS (made payable to Mountainside PAL) can be mailed to:

Attn: PAL Flag Football P.O Box 1423 Mountainside, NJ 07092

Questions Call: Dan Woodard at 201-681-3436 or email at woodarddd@yahoo.com

PARENTS: We encourage parents to help coach in the program. **Only those completing the football certification and concussion training, and producing a certificate of completion for same will be eligible to coach!** Info about the training is available from Mountainside PAL and/or the Mountainside Recreation Department.

I want to help Coach Name: _____ Cell _____

My son or daughter has been recently examined by a physician and to the best of my knowledge and belief is physically fit to participate in the Mountainside PAL Flag Football program. He or she has my permission to participate in the Program. I understand that there are elements of risk in football and any physical activity. It is understood that I am responsible for transportation to and from all program activities, including games and practices. It is understood and we acknowledge and agree that my son or daughter will participate at his or her and our own risk, and that we hereby indemnify and hold harmless the Mountainside PAL, its Officers and Directors, and the Program coaches, and other participants from and against any liability, loss, claim or injury sustained by virtue of such participation.

Date _____

Signature of Parent or Guardian