



2023 PROGRAM INFORMATION

Football Registration Fees: *Early-Bird Price \$300 (Regular Price \$375)*

Cheer Registration Fees: *Early-Bird Price \$375 (Regular Price \$450)*

ALL PLAYERS ARE REQUIRED TO HAVE:

- Player Contract & Waivers (Fill out online www.sbhawks.com or scan QR Code at top of this page)
- State/DMV Issued ID, Military ID, or Passport
- Physical/Medical Clearance
- Ages 11 thru 14 Players Only: Need School ID or Demographic Sheet to verify grade

TACKLE FOOTBALL INCLUDES:

- Game Uniform: Home/Away Jersey & Padded-Football Pants (*Player keeps Home Jersey*)
- Practice Uniform (*Practice uniform/Away Jersey must be turned-in after season*)
- Spirit Pack (*T-shirt/Shorts/Bag*)
- Helmet/Shoulder Pads (*Equipment must be turned-in after season*)
- Basic Picture Package
- Trophy & Team Banquet
- AAU Membership
- **Football registrations don't include:** Football Cleats, Athletic Cup, Mouthpiece

CHEER INCLUDES:

- Game Uniform: (Shell, Skirt, Bow)
- Spirit Pack (*Bag, Jacket or Shirt, Pants or Shorts*)
- Pom-Poms (Must be turned in after season)
- Trophy & Team Banquet
- Basic Picture Package
- AAU Membership
- Cheer Competition & Cheer Camp
- **Cheer registration don't include:** Shoes, Spanks (Shorts)

PRACTICE SCHEDULE (Tentative): Arroyo Valley High School – San Bernardino

- **Pre-Season:** June 1st - July 20th Tuesdays & Thursdays 6pm-8pm
- **Mandatory 10-Hour Conditioning:** Monday-Friday: July 24 thru July 28 6pm-8pm
- **Hell-Month Practice:** July 31st – Sept. 1st Monday thru Friday 6pm-8pm
- **Season Practice:** Sept 4th until end of season: Tuesday-Wednesday-Thursday 6pm-8pm

GAME INFO (Tentative)

- 1st Game is schedule for September 9th (Games on Saturdays)
- Football: up to 8 Games unless we have BYE GAME (4 Away & 4 Home)

Contact Information:

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Cheer Director: Josie Rankins: Email: SBHawksCheer@gmail.com