

Southington Knights Travel Football & Cheer

Fundamentals of Football & Cheer Programs



Fundamentals of Football

- Offered to Boys & Girls in Kindergarten and 1st grade (Must be 5 years old)
- 6-week program
- Held on Saturday mornings from 9-10 am
- Begins September 15th at Memorial Park and ends in a final flag football game to demonstrate the skills that the players have learned on October 20th
- Cost of the program is \$30

Please contact Ed Roderick at edmundroderick23@gmail.com with questions.

Fundamentals of Cheer

- Offered to Boys & Girls in Kindergarten and 1st grade (Must be 5 years old)
- 6-week program
- Held on Saturday mornings from 9-10 am
- Begins Saturday September 8th at Memorial Park and ends with the cheerleaders cheering at a Knights home game on October 14th
- Cost of the program is \$30

Please contact Liz McQuatters at elizabethmcq@yahoo.com with questions.

Register on-line at
www.southingtonmfl.com