



↗ *excited / nervous / happy / worried*

Are you about signing your son up for football this year?

# **THE NORTHERN HIGHLANDS JUNIOR FOOTBALL ASSOCIATION**

is presenting...

## **"Competition, Concussions & Camaraderie : Playing Youth Football in 2015"**

An informative talk followed by an open forum question & answer session.  
*For the Parents of all U.S.R. & Allendale kids interested in  
signing up for tackle or flag football... Grades K thru 8*

**TUESDAY, MARCH 31ST... 7:30 P.M.**  
**THE CAVALLINI SCHOOL AUDITORIUM**  
(392 West Saddle River Rd., USR)



[www.NHJFA.com](http://www.NHJFA.com)



*In cooperation with the USR Recreation Commission*