



NORTHERN HIGHLANDS JUNIOR FOOTBALL & CHEERLEADING

<p>REGISTRATION FOR THE 2019 SEASON WILL OPEN ON: APRIL 22</p> <p>Available for Upper Saddle River and Allendale Residents</p>	<p>REGISTER ONLINE @ www.nhjfa.com</p>
<p>TACKLE FOOTBALL</p> <p>2nd grade – Mighty Mites 3rd/4th – Pee Wees 5th/6th - Juniors 7th/8th - Seniors</p>	<p>FLAG FOOTBALL</p> <p>Kindergarten - Flag Clinics 5 Flag Football Clinics - 1 hour, Saturdays 1st-3rd grades - Flag Football</p>
<p>CHEERLEADING</p> <p>3rd -8th Grades</p>	<p>REGISTRATION</p> <p>Registration opens April 22 & will close June 3 for Tackle, Sept 1 for Flag & Cheer In cooperation with USR Recreation Commission</p>

GO BULLDOGS!