



Greetings from the Northern Highlands Junior Football & Cheerleading Association.

We are in the midst of some very unsettling times, and it's our hope that in the not so distant future, that life will return to a new normal, with sports, activities and social engagements going on in some way or form.

As many of you are aware, this new organization now combines the towns of Allendale, Upper Saddle River, Saddle River and Ho-Ho-Kus, consolidating the Bulldogs and Indians programs into now, the [Junior Highlanders](#). This is in cooperation with USR Rec Commission.

For the 2020 season and beyond, and in following on the path paved for us by HLA Lacrosse, NH Junior Wrestling and now Highlands Travel Baseball, we will be competing as a unified 4-town program in football and cheerleading. New for the Allendale and USR cheerleaders is cheer is now open to all 1st and 2nd graders (HHK and SR have always had 1st and 2nd graders eligible). In the past, Allendale/USR has started cheer at 3rd grade and so this is something we want all Allendale and USR to be well aware of. Please spread the word!

Typically at this time, I'd be sharing with you a run-down of key dates for registration, proposed season schedule, need for volunteers and such. As the pandemic has been ever changing with regulations for public gatherings, we're unfortunately not able to solidify dates for open registration or season at this time. But we hope to have some news for you in the coming weeks – so please stay tuned.

While we wait for clearance and further guidance from state and local athletic officials, we encourage you to check out our new website: <https://www.nhjrhighlanders.com> and follow us on social media [Facebook](#), [Twitter](#) and [Instagram](#) at @NHJrHighlanders to stay up-to-the-minute on association happenings and key dates for registration and season schedule. (Tell your family and friends to LIKE us, too!)

I look forward to meeting and seeing you and your children soon. Please don't hesitate to reach out to me with any questions about the program, volunteer opportunities, etc. nhjrhighlanders@gmail.com

Best,
Jeff Fiore
President, Northern Highlands Junior Football & Cheerleading Association