

East Ridge Parks and Rec info sheet

www.eastridgeparksandrec.com

Football and Cheerleading registration- \$100

Football- Game jersey, pants and helmet decal are provided for each player. Parents/guardians will need to purchase the following: helmet, shoulder pads, practice pants, mouth guard and cleats.

Cheerleading - cheer uniform (top and bottom) and poms are provided.

Football/Cheer practice start as soon as August 2nd

Practices for football and cheer will be Mon-Sat and then move to Mon-Fri when the season starts with games on Saturdays

Coaches Meeting: TBA

Scenic City Football Jamboree: TBA

Jamboree Locations: TBA

Cheer coaches meeting-TBA

Football-Home team must provide chain crew. Also, coaches must run the clock/PA.

We play all games on Saturdays unless we have rain outs, which could be played on Sunday or during the week.

Please plan to play EVERY SATURDAY. We do not take off for fall break.

Football teams will need to provide the following:

Birth cert. for each player, small picture of each player, team picture, medical release on all players, copy of league insurance, and Scenic City league roster in alphabetical order.

CHEER DAY: TBA

FOOTBALL/CHEER END OF SEASON BONFIRE IS: TBA

Parents-Coaches-anyone with our teams, are not permitted to stand on the fence. All spectators at any of the youth football games must stay in the bleachers. League rules prohibit anyone from running up and down the side lines at any time.