



REGISTRATION FOR FOOTBALL & CHEER IS OPEN
4S RANCH YOUTH FOOTBALL & CHEER IS NOW.....
DEL NORTE YOUTH FOOTBALL & CHEER
GO NIGHTHAWKS!

NEW TEAMS AND NEW DIVISIONS FORMING NOW –
 AYF IS THE FIRST TO OFFER “NO WEIGHT” DIVISIONS FOR ALL LEVELS OF
 PLAY. At the discretion of the Board of Directors, Teams will be fielded in the All-
 American Division OR National Division as needed.

**2009 SEASON
 REGISTRATION**

WHEN

- Sat, February 28 (9 am-12 pm)
 *get a \$25 discount for early registration on this date only
- Sat, March 14 (1-4 pm)
- Sat, March 28 (9 am-12 pm)
- Sun, April 19 (1-4 pm)

WHERE

4S Ranch Community Park
 (Park Ranger Facility)
 16118 4S Ranch Parkway
 San Diego, CA 92127

REGISTRATION FEES

FOOTBALL PLAYERS
\$325

Fees include registration, rental of football equipment (less girdle & cleats), and jersey.

CHEERLEADERS

\$125 at registration plus

\$300 for *CHEER UNIFORM* (due Mid June). Uniform includes shell, skirt, body liner, briefs, practice gear, shoes, socks, & poms.

**SIBLING DISCOUNTS
 AVAILABLE!**

Please inquire at registration.

Registration after the last formal registration date will result in a \$100 increase in registration fee –
 Football=\$425, Cheer=\$225

For more information

and registration forms, check out our website at www.4Sfootball.com

PROUD MEMBERS OF
 San Diego Youth Football & Cheer
 Conference
 and
 American Youth Football & Cheer

ALL-AMERICAN DIVISION - Grade Based / Age Protected

Grade Max	Age Range	Protected Age	Protected Age Explanation
1 st	6/7	7	7 in 1 st grade cannot turn 8 on or before 12/31
2 nd	6/7/8	8	8 in 2 nd grade cannot turn 9 on or before 12/31
3 rd	7/8/9	9	9 in 3 rd grade cannot turn 10 on or before 12/31
4 th	8/9/10	10	10 in 4 th grade can not turn 11 on or before 12/31
5 th	9/10/11	11	11 in 5 th grade can not turn 12 on or before 12/31 *9 in 5 th grade as of 7/31 can go down one level
6 th	10/11/12	12	12 in 6 th grade can not turn 13 on or before 12/31 *10 in 6 th grade as of 7/31 can go down one level
7 th	11/12/13	13	13 in 7 th grade can not turn 14 on or before 12/31 *11 in 7 th grade as of 7/31 can go down one level
8 th	12/13/14	14	14 in 8 th grade can not turn 15 on or before 12/31 *12 in 8 th grade as of 7/31 can go down one level

* Players who have advanced a grade or who are young for their grade may move down one level if they meet this age criteria. Grades can be combined.

NATIONAL DIVISION

DIVISION	Age Range	WEIGHTS
Tiny Mite	6/7	Under 85
MM	7/8/9	45 - 105 lbs
JPW	8/9/10 11 o/1	55 - 114 lbs 55 - 94 lbs
PW	9/10/11 12 o/1	70 - 129 lbs 70 - 109 lbs
JM	10/11/12 13 o/1	80 - 144 lbs 80 - 124 lbs



CHEERLEADERS WANTED!!!

Squads will be formed based on age & grade.

ITEMS DUE AT REGISTRATION (for both Football & Cheer)

- Birth Certificate (3 copies)
- 1" x 1" Size Photo of child (face only)
- Proof of Residency (1 Copy i.e. Lease agreement, utility bill)
- Payment
- Parent & Participant must both be present at signups

BEFORE THE FIRST DAY OF PRACTICE YOU MUST PROVIDE:

- Physical
- Report Card from End of School Year (3 copies)