



# 2019 Colchester Cougars



The Colchester Cougars Youth Football and Cheer Organization (CYF), would like to invite any boys and girls that are interested in Football or Cheerleading to join us for the 2019 Season.

The Cougars Football & Cheer Program includes:  
Organized football and cheerleading teams for ages 6 to 14  
14 Year Old's must be in 8<sup>th</sup> Grade starting school this fall  
Flag football and cheerleading teams for ages 4 and 5  
Athletes are placed by their age as of July 1st, 2019

Our organized football and cheerleading season runs from late July until November.  
Practices are held at the Rec Plex (R8) and games are scheduled in the area.

Cougars welcome's surrounding towns (East Haddam, East Hampton, Lebanon, Moodus, Bozrah and Salem)



*All Coaches are Heads UP Certified for optimum player safety*

## Open Registration Dates

**Where: CES Cafe, Colchester**

**When: Tuesday May 21st, 2019 6:30pm till 8:00pm or  
Monday June 10<sup>th</sup>, 2019 6:30pm till 8:00pm**

**How: Come out, sign up, and fill up the rosters!**

**Additional Registration will be at the Rec Plex (R8)  
the week of July 15<sup>th</sup> – 18<sup>th</sup> 6:30-7:30pm**

**Registration is required prior to any practice.**

**Please bring a copy of your athlete's birth certificate.**

A Physicians Statement Form **must** be turned in before **any** participant can practice.



Visit our website [colchestercougars.org](http://colchestercougars.org) for further information about our program