



UPPER VALLEY HAWKS



Pop Warner Football/Cheerleading
www.leaguelineup.com/uppervalleyhawks

!!!!REGISTRATION!!!!

Boys and Girls ages 5-15

Ages 11 - 14 (105 lbs – Unlimited)

Grade 9 (14) Maximum weight 165 lbs

March 12th 6:00pm - 8:00pm @ Grantham Town Hall (300 Route 10 South Grantham)

March 28th 9:00am – 11:00am @ Newport Recreation Center (65 Belknap Ave Newport)

PLEASE SEE ATTACHED REGARDING OUR PARENT OPEN FORUM NIGHT

FOOTBALL PLAYERS MUST ATTEND TO BE WEIGHED FOR PLACEMENT

Football fees: \$225 First Child \$200 Second Child \$100 Third Child
\$525 Maximum per Family

Cheerleader fee's: \$150 each additional child is \$25.00 less
(\$75.00 Deposit required)

We welcome you to join the Hawk's organization where scholastic and football /cheerleading go hand and hand. The Hawks has created a fun, learning, dedicated and competitive football/cheerleading experience. We have outlined some of the many benefits of joining Pop Warner Football/Cheerleading below:

- Practice field is located at the Town of Grantham Recreation Fields @ Shedd Rd in Grantham
- Registration fee covers all equipment (with the exception of cleats)
- NO TRYOUTS! – Pop Warner programs have no tryouts or cutting of rosters!
- Programs in 42 States & 7 Countries – Pop Warner has active programs in 42 states and 7 different countries
- Little Scholars Program – Pop Warner is the only national youth sports organization in America that rewards its members for their outstanding performance in the classroom.
- Mandatory Play Requirements – Everyone participates under mandatory rules of play, so every child is guaranteed to play.
- Age-Weight Structure – Kids compete with kids of similar age and size. We set and enforce a strict AGE & WEIGHT MATRIX that reduces the risk and reality of injuries.

The Hawks are a proud member of HEADS UP FOOTBALL. Please see our website for more information about our program as well as links to the leagues website.



David Daigneault, President
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GRANTHAM NH 03753
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Tony Venti, Vice President

Denise Daigneault, Secretary





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Parent open forum night

The Upper Valley Hawks and its Board of Directors would like to invite you to join us at our open forum night at the Grantham Town Hall lower lever located at 300 Route 10 South in Grantham, NH on March 12 2015 6:00pm to 8:00pm. The Hawks Board has invited members of New Hampshire Pop Warner Association to join us to discuss the program, and all of its great benefits. The state rep for Schutt helmet will also be present, to talk about helmet safety and proper fitting of the equipment. Refreshments will be provided.

New Hampshire Pop Warner is proud to announce that we have partnered with USA Football, the NFL, the NCAA and many others to adopt and promote Heads Up football.

Over the past few years, head injuries have become a growing concern in sports. NHPW has been making strides within our programs to address the options to try and minimize head injury to our football players. The Heads Up program is our latest application to this endeavor.

Heads Up football is a program that is designed to train coaches to teach their players tackling techniques that protect both the player doing the tackling and the player being tackled from head injury. These techniques are being promoted at all levels of football from professional down to youth. This is the future of football and that is why the NFL and the NCAA are promoters of this program. To see interviews with the NFL Commissioner, NFL Coaches and NCAA coaches, along with demonstrations of how the program works please visit: usafootball.com and click on Heads Up.

NHPW has always had the safety of our participants in the forefront. Every year, before the season begins, we check each and every participant's helmet, from each and every organization that is a member of NHPW, to ensure that helmets have been checked, refurbished and certified for use. We have remained with the Pop Warner affiliation because we believe that the age and weight system of compiling youth teams also helps to promote safety and allows a child to grow within the program at their physical and skill level. We also require that all coaches must pass a certification course before taking the field with their team.

The following are safety procedures that NHPW has adopted in the past 2-3 years to cut down on head injuries for our participants.

Limiting Contact at practice

Field visits to ensure illegal drills are not used

A player, flagged twice for blatant helmet contact is removed for the remainder of the game

NHPW realizes that even with the addition of the Heads Up program and all the new procedures in place, we will never be able to totally end head injuries in youth sports, but we are working towards minimizing them.



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