



## **REGISTRATION & INFORMATION NIGHTS**

Thursday, March 25, 2010 7—9 PM

Thursday, April 15, 2010 7—9 PM

Bob MacQuarrie Orleans Rec Centre 1490 Youville Drive,  
Orleans

(Hint: You can save time by printing and filling out the registration forms beforehand. All forms are available at

[www.orleansbengals.org](http://www.orleansbengals.org))

## **REGISTRATION FEES**

Flag Football (6 Saturdays from May 22—June 26) \$60

Girls Touch Football—\$95

Competitive Tackle Football (equipment provided)

Spring football & initial registration \$75

Regular season—\$200 (Midget \$275)

Cheerleading (uniforms provided) \$150

# **MYERS ORLEANS BENGALS**

# **FOOTBALL 2010**

**FLAG FOOTBALL COMPETITIVE TACKLE FOOTBALL**

**GIRLS TOUCH FOOTBALL CHEERLEADING**

**[WWW.ORLEANSBENGALS.ORG](http://www.orleansbengals.org)**

# 37 Years of Pride!

The Orleans Bengals are now entering our 37th year of providing exciting football fun to young people in our community. We are members of the National Capital Amateur Football Association, a 15 club organization now marking its 55th year.

There are many different ways in which boys and girls can get involved in our exciting, fast growing sport:

**Flag Football:** This is our introductory program, running on Saturday mornings in May and June. It is non-contact football for children aged 6-12. Modeled after the NFL/CFL Reebok Flag Football program, the emphasis is on fun, friendship, and learning the fundamentals of football. Flag football is an ideal way for new players to have fun and learn about football in a non-competitive environment. No equipment is required!

**Competitive Tackle Football:** The National Capital Amateur Football Association has five different age groups for tackle football, and the Orleans Bengals compete in all of them! They are:

Teams will typically practice three times a week, with games on the weekend.

Tackle football is competitive. Full attendance at practices is required. Ask any of our current players— football provides fitness, action and fast paced fun. Football teaches hard work, team work, and discipline. There are roles for players of all shapes and sizes on a football team. We provide all equipment— all the player needs to supply is cleats and a good attitude!

If you want more information on tackle football, come to a Registration Night (details on the back) and talk with one of the coaches!

**Girls Touch Football:** Girls aged 12-17 are welcome to play for our girls touch football team. Games are played against other teams throughout Ottawa through May and June. Come see why girls touch football is one of the fastest growing sports around. No experience is necessary—just a desire to be fit, have fun, and make new friends!

**Cheerleading:** Cheerleading is open to all ages. Our cheerleaders get as much exercise as the players, and have just as much fun! Cheerleaders practice twice a week, and go to all games. They learn cheers, dance moves and stunting. Cheerleading is one of the fastest growing sports in North America, and when you see our Bengals in action you will know why. Come to Registration Night and find out more about Bengal cheerleading!

**Tyke:** Ages 8-10 (Birth years 2000, 2001, 2002)

**Mosquito:** Ages 11-12 (Birth years 1998, 1999)

**Pee Wee:** Ages 13-14 (Birth years 1996, 1997)

**Bantam:** Ages 15-16 (Birth years 1994, 1995)

**Dukes:** Ages 17-19 (Birth years 1991, 1992, 1993)

Teams have Spring practice in late May and June, and begin regular season practices in late July. The season runs from late August to early November.