

To all 3rd, 4th, 5th and 6th grade parents:

Registration is still open for Football and Cheerleading of all ages. Please visit www.strong-rock.com for the registration forms and payment information.

Tackle Football Information:

Practices will begin next **Monday, July 12, 2010.**

All Practices will be held on Monday and Thursday nights from 6:30 until 8:00 pm on the Strong Rock Practice Fields.

Each child should come to practice on Monday in shorts, tshirt and cleats.

The equipment sale will take place on THURSDAY JULY 15, 2010 at 5:00 pm in the athletic fieldhouse.

If you are still interested in coaching, please contact Jimmy Higginbotham at jhigginbotham@strong-rock.com

For any questions, please contact Jimmy Higginbotham or Ashley Davis (adavis@strong-rock.com).