

TRY IT FIRST - THEN JOIN OUR FAMILY!

Not sure if football or cheer is right for your child? That's okay – sign up for one of our upcoming clinics and see what it's all about! Meet the coaches, learn some new skills, and experience the energy and fun of being a Warrior.

FOOTBALL SKILLS CLINIC WITH PHS

We're teaming up with the high school football program to bring young athletes an action-packed skills and conditioning series! Get ready to hit the turf, build strength, sharpen your technique, and learn from high school coaches and players—all while having a blast. Don't miss this chance to level up your game!

Sunday April 27, May 4, May 18 from 4-6pm PHS \$65 for all 3 or \$25 drop in on the day of your choice!

CHEER CLINICS

Cheer & Dance Clinic @ PHS Tuesdays 6-7:30

Get moving and grooving with age-appropriate dance routines that blend fun and coordination. No experience needed!

Clinic session 2 (\$50): April 1, 8, 22, 29

Clinic session 3 (\$50): May 6, 13, 20, 27

Stretch & Strength Clinic @ PHS Tuesdays 6-7:30

A great intro to cheer basics focused on flexibility, balance, and core strength – perfect for beginners and returning cheerleaders alike!

Clinic session 2 (\$50): April 3, 10, 24 & May 1

Clinic session 3 (\$50): May 8, 15, 22, 29

REGISTER TODAY @ POMPERAUGWARRIORS.COM

FOLLOW US ON INSTAGRAM! @POMPERAUGAYFC



FOOTBALL & CHEER

Discover the Joy of Sportsmanship, Team Spirit, and Belonging this Fall



Open to Middlebury & Southbury Residents

Football and Cheerleading with the Pomperaug Warriors isn't just about sports – it's about heart, discipline, teamwork, confidence, lifelong family friendships and fun.

www.PomperaugWarriors.com

ARE YOU READY FOR SOME FOOTBALL?

Join the Pomperaug Warriors Youth Football Program! Give your child the ultimate football experience with Pomperaug Youth Football. Whether they're just starting out or ready for the next level, we've got a place for them on the field.

- Flag Football: Grades K-2
- Tackle Football: Grades 3-8
- Grade based teams
- Key focus on safety, sportsmanship, and development
- No experience necessary!

"My son found his confidence and best friends here. The Warriors program truly changed his life!"
– Warrior Parent

Practice begins August 4th and runs through mid November. Don't miss out—register today and be part of a program that fosters growth, discipline, and a love for the game!

FROM SIDELINES TO CENTER STAGE

Join Pomperaug Warriors Cheer and shine on the sidelines or the competition mat! Our Sideline Dance Team performs at football home games, while our Competition Teams train with an award-winning choreographer and competes at top events!

- Cheer available for Grades K-8
- Age-level squads with skilled coaches
- Choose to perform at games OR competitions
- Learn motions, jumps, tumbling, and stunts
- No experience necessary!

"My daughter has grown so much through cheer — she's more confident, active, and proud of her accomplishments!" – Cheer Mom

Practice begins week of July 28th through November. Don't miss out—register today and be part of a program that fosters growth, discipline, and a love for the sport!

REGISTER TODAY!

Learn more at:
PomperaugWarriors.com pyfandc@gmail.com

