



NORTHERN
DUTCHESS RAIDERS

FALL 2025 SEASON REGISTRATION

Dover, Millbrook, Pine Plains, and Webutuck
school districts



Tackle Football

- NDR plays in the Mid Hudson Youth Football League
- Junior Division - Ages 7, 8, 9
- Senior Division - Ages 10, 11, 12
- Athletes in 7th grade in 2025-2026 cannot register with NDR. They should play Modified Football for their school district.

Flag Football

- NDR plays in a limited distance travel Flag Football League!!!
- Ages 5, 6, 7

Roster size is limited and filling fast!

Registration is "first come, first served"

New coaches and volunteers are welcome

*NDR also offers competitive & non
competitive Cheer Teams!!!*

REGISTER TODAY!



WE ARE LISTED AS "NDR (MILLBROOK) 2025"

TRAINING FUTURE



For more information visit the NDR website or
email Eric.NDRaiders@gmail.com

This information is being distributed by the Pine Plains Central School District as a community service to students, parents, and guardians for informational purposes only. The program/event described in this communication is not affiliated or endorsed in any way by the Pine Plains Central School District.