



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

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