

TACKLE FOOTBALL (CUBS, JUNIORS, SENIORS)

Preseason is at the Adair Kennedy Football Field, 6:30pm - 8:30pm:

Wednesday, July 23, 2025	Tackle Football Preseason Practice Skills & Fundamentals (Important for Coaches and Player Safety & Proper Technique)	Helmet, Cleats/Shoes, Mouthguard, Water Bottle ONLY
Thursday, July 24, 2025		
Friday, July 25, 2025		
Monday, July 28, 2025		
Wednesday, July 30, 2025		
Thursday, July 31, 2025	Evaluation & Fun (All needed to attend to ensure equal teams)	Full Gear, Sater Bottle, and Positive attitude!
Friday, August 1, 2025		

CHEER (CUBS, JUNIORS, SENIORS)

Preseason is at Thunder Mountain Aux Gym, 1:00 - 3:00pm:

Saturday, July 26, 2025	Learn Cheers, Chants, Jumps & Get Ready For The Season - Hosted by Crimson Bear Cheerleaders	Bring Athletic Clothes, Water Bottle, Cheer Shoes or sneakers & Big Energy!
Sunday, July 27, 2025		

FLAG (K- 2nd graders)

Preseason is at Melvin Park, 3 days a week, 6:30-7:30, starting Aug. 4th.

After the 2nd week, Practice is reduced to 2 x week and flag game every Saturday.