



# SOUTHAMPTON TOWN PAL **FOOTBALL**

FALL 2022 | AGES 5 - 11

**FLAG FOOTBALL: GRADES K-1 (AGES 5-6)**  
**TACKLE FOOTBALL: GRADES 2-6 (AGES 7-11)**  
**REGISTRATION FEES: FLAG \$100 | TACKLE \$200**

## ABOUT PAL FOOTBALL:

PRACTICES ARE TWICE PER WEEK IN EVENINGS AT WESTHAMPTON HIGH SCHOOL, DAYS & TIMES SET BY COACHES STARTING LATE JULY THROUGH NOVEMBER.

GAMES ARE ONCE PER WEEK STARTING MID SEPTEMBER THROUGH MID NOVEMBER. THIS IS A TRAVEL LEAGUE WITH GAMES GENERALLY ON SUNDAYS, OCCASIONAL FRIDAY NIGHT OR SATURDAY GAMES. GAME SCHEDULE RELEASED MID SEPTEMBER.

EQUIPMENT NEEDED: MOUTHGUARD, CLEATS, AND CUP (IF APPLICABLE).  
ALL OTHER EQUIPMENT PROVIDED BY TEAM.

## VOLUNTEERS NEEDED: COACHES & ASSISTANTS

Coach & Assistant Coach registration online.

## INTERESTED IN SPONSORING PAL FOOTBALL?

Email [whbyouthfootball@gmail.com](mailto:whbyouthfootball@gmail.com) sponsorship details.

SOUTHAMPTON TOWN POLICE ATHLETIC LEAGUE

Contact: Michael Kozairz 516-428-7701

[whbyouthfootball@gmail.com](mailto:whbyouthfootball@gmail.com)

PO Box 202, Westhampton Beach, NY 11978

**ONLINE REGISTRATION**

**FOR PLAYERS, COACHES & ASSISTANTS**

[www.westhamptonbeachyouthfootball.com](http://www.westhamptonbeachyouthfootball.com)

**MUST SIGN UP BY JULY 15, 2022**

