



East Rockaway Raiders Youth Football and Cheerleading

**Open Registration at Proficient Sports Training – 148 Vincent Ave, Lynbrook
Tuesday March 26th and Monday April 1st – 7:00 to 8:30 PM
Early registration with discounted prices through April 1**

Winter Training Session from 7:30 to 8:30 March 26 and April 1st at Proficient Sports

About the Raiders

- **Single age group teams from 5 to 11 year olds**
- **ALL EQUIPMENT SUPPLIED BY THE RAIDERS**
- **Practices and home games at Bay Park!**
- All coaches are certified and background checked by a third party
- **Nassau County Youth Football league** - The premier youth football league on Long Island
- For residents of Lynbrook, East Rockaway, Oceanside, Hewlett and Valley Stream for 49 years!
- **Celebrating our 49th season!**
- **Lowest registration cost on Long Island!**

Registration forms and answers to your questions can be found on our website: www.eastrockfootball.com

Email: aserraiders@aol.com Phone: 516-582-2187

Check us out on Facebook

This is not a Lynbrook Public School Sponsored Event.



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