



## Hempfield Spartans Youth Football and Cheer (HSYFC)

program is hosting a **FREE** conditioning clinic for all kids from ages 5 -12

***Sunday March 3rd at the Hempfield Field House***

***5pm - 6:30pm***

***FITNESS***

***FOOTBALL***

***FUN***

Compete for a medal in our combine activities which include:

Sled Push • Broad Jump • Shuttle Run • Med Ball Throw

Push up contest and more!

***Parents will have the opportunity to pre-register your son or daughter  
for the 2019 season of football or cheer at a discounted price!***

### **REGISTRATION**

***Free Clinic registration Deadline is Feb 28!***

Email [innatept@yahoo.com](mailto:innatept@yahoo.com) with your child's age and first & last name.

You will be sent a confirmation email to confirm your spot.

2019 Football Registration Fee \$105

**Clinic Discount \$85** (only valid if registered on 3/3/19)

***This will be the ONE and ONLY opportunity to Register at a discounted price!***

Anyone who registers and pays on 3/3/19 will be entered in a raffle to be pulled that day

to win a **FREE REGISTRATION** (one kid only)

FREE T-Shirt, water bottle and more!