



THUR MAR 30

REDMOND JUNIOR MUSTANG FOOTBALL

Information night

7pm @ RHS Cafeteria

Come hear more about the Jr. Mustang football program.

- High School & Jr. Mustang coaches available to answer questions.
- **Dr. Brad Shoup, a medical professional will be speaking about youth football safety.**
- Helmets and shoulder pads available to try on.
- Spirit Gear available for purchase.



Redmond Junior Mustang Information Night

Ages 8-14

**Player safety
comes first!**

Want to try it out?

**Sign up for our
Summer Camp in
July**

REDMOND HIGH SCHOOL

17272 NE 104th
Redmond WA 98052

More info at:

bit.ly/jr-mustangs

www.gefja.org

F.A.Q.'S

- How do I sign up?
Sign up online at redmondfootball.com (select the Jr. Mustang tab)
- When can I sign up?
Registration begins March 15th online at bit.ly/jr-mustangs
- What level will my son play?
Team placement is based on age and weight. Redmond football is a recreation football program, not select-all kids make the teams and all kids play.
- When do practices start?
Monday, August 14th
- When do games start?
Saturday, September 9th
- What is the practice schedule?
5 days per week for first 3 weeks
3 days per week for the remainder of the season
- What gear do I need to buy?
Games Pants (vegas gold)
Girdle (built in hip, thigh and tailbone pads)
Knee Pads (the slide on kind),
Football cleats (molded cleats only, screw in cleats are not allowed)
- What does the team give me?
Helmet
Shoulder Pads
Game Jerseys
Practice Jersey
Socks
Belt
Mouthguard
- How do you coach/teach safety to my son?
All coaches complete USA Football Heads Up Training.
Coaches explain what is required, demonstrate technique, drill players to perfection
Teach proper tackling techniques (Hawk Tackle)