

The Montvale Athletic League And Hillsdale Present...

Recreation *Cheerleading*

For the Youth of Montvale, Hillsdale & Woodcliff Lake,
3rd through 8th Grade

Fall Registration Now Open!

Register Online...

<http://www.leaguelineup.com/hillsdalehawksfootball>

--Sideline Cheer (3rd thru 8th Grade): \$150

--Cheer with Stunting (3rd thru 8th Grade): \$200

The program is run out of Hillsdale with help from Montvale facilities, resources, and coaches.

K-2 Cheer will be offered separately through MAL for Montvale and WCL kids – registration opens in May.



Go Hawks!



Join our squad for a fully integrated, exciting season of football games and exhibitions
(pending COVID guidelines). No prior experience necessary!

Key Dates...

Aug 18–19: Stunt Training (evening hours)

Aug 23–26: Choreography Training (evening hours)

Week of Aug 30: Practices Begins (2x per week)

Games: 1x per week, Sept-Nov (weekends)

**See registration website for complete Cheer Expectations Info.*



Hillsdale Hawks Football and Cheer

Questions?...

Sharyn Milkes MAL Cheerleading Co-Commissioner; MALCheerleading@gmail.com

