



## Join a Winning Team in 2015!



### Mount Laurel Youth Football/Cheer

[WWW.MTLAUREL FOOTBALL.COM](http://WWW.MTLAUREL FOOTBALL.COM)

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

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## Our Mission

To provide those Mount Laurel residents between the ages of 4 -14 the opportunity to learn the fundamentals of football and cheer while fostering sportsmanship, teamwork and education

Mount Laurel Youth Football and Cheer provides a high-quality experience in which every athlete:

Has fun playing the game,  
Feels like an important part of the team,  
Learns life lessons that have value beyond the playing field, Learns the skills, tactics and strategies of the game and improves as a player.

Mount Laurel Youth Football and Cheer provides for the continuation of the American tradition of football as a foundation for upstanding citizens.



## Why Play Youth Football

By playing this sport, young athletes learn football's timeless qualities of leadership, responsibility, perseverance and teamwork.

The passion evoked by football is as timeless as its values of sacrifice and discipline, standing forever firm regardless of society's swings.

Every year, nearly 3 million children age 6 to 14 take to football fields across America to play the game they love. They may not realize it, but these young athletes are enjoying the benefits of physical exercise while learning life lessons through the sport.

Studies show that being physically active through football lowers body fat, strengthens muscles and increases the likelihood of continuing good health habits later in life.

Football introduces young players to new social groups and to a set of coaches who serve as role models.

Research shows athletes tend to have higher levels of self-esteem and lower levels of depression.

To the kids, though, the game is about fun, friendships and camaraderie. It's about achieving success or learning from failure then lining right back up to try again.

Football has captured America's imagination for a century, but its best days are still ahead.

**There's no better time to be a part of the game than right now.**

## Is Youth Football Safe?

Believe it or not, there are fewer injuries in youth football than in other organized youth sports such as baseball and soccer. According to a study by the U.S. Consumer Product Safety Commission, 5 to 15 year old boys playing organized football had 12 percent fewer injuries per capita than 5 to 15 year olds playing soccer. Football promotes the wellbeing of players through its finely detailed safety practices, rules, and regulations. Mount Laurel sets high safety standards for our players and coaches. Through rigid classifications set by our league, players are grouped according to their age and weight in order to avoid mismatches.

Moreover, a 2002 study of fourth through eight graders conducted by the Mayo Clinic found the risk of injury in youth football does not appear greater than the risk associated with other recreational or competitive sports. "Our analysis showed that youth football injuries are uncommon," said Michael J. Stuart, M.D., a Mayo Clinic orthopedic surgeon and the principal author of the study.



## Partnership for a Better Tomorrow

Mount Laurel Youth Football and Cheer has fostered many lasting relationships in the community but not without the help of our amazing sponsors.

Through the sponsorship of AJM Insurance, The Philadelphia Soul and Virtua we have brought community awareness programs on concussion prevention and hydration. As well as having all our coaches attend Virtua's Eyes to the Sky program to help enforce proper tackling techniques are used uniformly throughout the program.

Through this continued partnership we will be holding a registration event organized by our sponsor AJM Insurance. **The first 50 registrants will be able to attend a camp with the Philadelphia Soul here in Mount Laurel** in coordination with a Concussion and Hydration Awareness Seminar for our parents presented by Virtua. Time and date to be released shortly.

## Pre-Registration Signups!

Sign up now and be sure to receive all the exciting information on the new season as it is released! **No Fee is required to Pre-Register.**

By Pre-Registering you Guarantee you will have up to the minute information on when registration begins, Fees, etc..

### Information

Childs Name \_\_\_\_\_

Childs Age \_\_\_\_\_

Approx Weight \_\_\_\_\_

Parents name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Interested in Volunteering? Yes / No