

# Conestoga Generals

## Youth Football & Cheerleading Association

The Conestoga Generals are a non-profit organization and a member of the Pop Warner Little Scholars, Inc. youth football and cheerleading organization. The Pop Warner philosophy is that academics and athletics go hand-in-hand. We seek to develop well-rounded young people who not only learn the fundamentals of football and cheerleading, but also the importance of an education. Our general objective is to inspire youth to practice the ideals of sportsmanship and physical fitness. This program provides the opportunity for children to learn lifetime values such as: self-discipline, teamwork, concentration, friendship and good sportsmanship.

Our head coaches are required to become certified through USA Football. Our coaching philosophy is as follows:

- Keep focused on main objective: to provide our children with a positive character building experience
- Teach through positive reinforcement
- Encourage that through hard work and the desire of not giving up, anything can be achieved
- Motivate and challenge all of the children on the team
- Provide a family experience including opportunities for parental involvement
- Teach football & cheerleading fundamentals with proper techniques to encourage safety
- Be competitive but fair, be aggressive but respectful, be tough but compassionate and maintain balance
- Win or lose, keep it fun and help explain lessons along the way

**ONLINE REGISTRATION FOR FALL TEAMS TO BE OPEN ON  
SUPER BOWL SUNDAY FEBRUARY 3<sup>RD</sup>, 2013!!!**

**FLAG FOOTBALL** – In-house program for boys and girls ages 5 to 10. Practices begin the second week in August and are held at Teegarden Park in Berwyn. Games are played at Wilson Farm Park in Chesterbrook.

**TACKLE FOOTBALL** - Age/weight based program for children ages 8 to 12. Practices begin the first week in August and are held at Teegarden Park in Berwyn. Home games are played at Wilson Farm Park in Chesterbrook. Regular season consists of 10 games, with the opportunity to advance in league, regional or even national playoffs.

**CHEERLEADING** – Sideline and competitive squads for children ages 5 to 14. Practices begin in August and are held at Teegarden Park in Berwyn or at local elementary and middle schools.

Register EARLY to guarantee your child's spot on a team. Take advantage of our early bird discount, valid until February 28th as well!

All mandatory paperwork for your child must be in by July 1<sup>st</sup> to get your child's name on their jersey.

For more information or to register please visit our website

[www.conestogagenerals.com](http://www.conestogagenerals.com)

You can also find us on  &  @stogagenerals