



“Equipment”

Each player will receive a numbered team jersey. Coaches will hand out the shirts on the first day of play.

Each player is also required to wear protective shinguards covered by knee socks. Shinguards are available at area discount and sporting goods stores. When purchasing look for proper sizing. They should be labeled as youth sizes in small, medium or large. Shinguards should fit on the front of the leg from the ankle to just below the knee.

Players should also wear shorts and comfortable sneakers.

Report opening day—“ready to play.”

Program Coordinators:

- Roger Carroll—283-1332
- Norm Forney—297-0363
- Duncan Hollinger—283-5961
- Sam Pagano—283- 3611
- *****

PAL Office—286-7038 / 286-7999
 4455 Porter Rd.
 Niagara Falls, NY 14305

The Niagara Police Athletic League

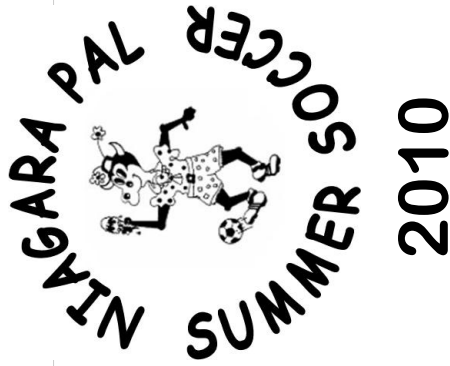
Serving our youth and community by promoting good citizenship through scholarship programs, leadership opportunities and volunteerism.



**Niagara PAL Summer Soccer
 2009 Registration Dates
 Mail-in to PAL or bring to
 DeDee’s Dairy—Saturday, May
 22 or Saturday, June 5
 From noon to 2 PM**

- DeDee’s Dairy -

Niagara Falls Blvd & Tuscarora Rd.



“Our first goal is to have fun.”

Tuesdays & Thursdays

From July 6 to August 5

At NFHS Athletic Fields

See opening day schedule inside.



Recreational soccer program for boys and girls ages 5—14.

Tim Bits Division 5-6 yr. olds
 DeDee’s Divisions 7-14 yr. olds

&

“Soccer Fun” for little ones— 4 yr. olds

Niagara PAL—Summer Soccer Program 2010

Opening Day Schedule on line www.niagarapal.com



Playing Fields

We are located on the campus of Niagara Falls High School on the athletic fields. The only entrance to the fields is from Pine Avenue at the stoplight between Packard Court and St. Joseph's Cemetery.

The parking lot is just past the football field, on the left. Restrooms are located at the concession stand by the football field. Cross the road to the soccer fields.



Tim Hortons



The Niagara PAL Summer Soccer Program is a “recreational introduction” to the game of soccer. We do not keep score in the games, nor do we keep a record of wins or losses.

Our primary goal is to allow boys and girls to have fun and learn the basics of the world’s most popular game.

All of our coaches are volunteers—most of whom are currently playing soccer on a competitive level for a school team, or one of the Niagara PAL Soccer Club’s travel teams.

If your child is looking for additional opportunities to continue playing soccer we offer an instructional Fall Program. We also sponsor competitive club “travel” teams for boys and girls in the Buffalo and Western NY Junior Soccer League. Contact Kevin Chambers at 283-7715 for more information about the programs.

OPENING DAY SCHEDULE

PLAYERS REPORT TO
NFHS SOCCER FIELDS

TUESDAY, JULY 6:

TIM HORTON’S—TIM BITS DIVISION

4 Years olds— 10:00 AM
5-6 Years olds—10:00 AM

DEDEE’S DAIRY—DIVISIONS

7-8 Year olds—11:30 AM

9-10 Year olds—1:00 PM

11-14 Year olds—1:00 PM

Players will be directed to team area:

- Meet coaches
- Receive jersey
- Soccer drills
- Short scrimmage game
- Receive season schedule