



# Are You Ready For Some Football???

**Cost: \$350**

**\$300 (additional sibling discount)**

**SAFL:** The Singapore American Football League has provided the opportunity to put on the pads and learn football for over 30 years. This is a volunteer driven program, which emphasizes sound fundamentals, safety and above all, fun. There are three leagues, American (5-6 grade), National (7-8 and under 125 lb. 9th graders) and World (125 lb + 9<sup>th</sup> graders and 10-12). Games are played on Fridays & Saturdays, complete with announcers, on-field medical staff, cheerleaders, great food & drink, professional photos, game films, team apparel, the works really. This program has been a great experience for the boys, and a terrific opportunity for the parent volunteers to meet interesting people and share an athletic experience with their kids.

**CONDITIONING:** Our pre-season conditioning program will begin on Wednesday August 19th from 5:30pm -7:00pm at SAS and continue through Saturday, August 29<sup>th</sup> (if you have not received the Conditioning schedule please ask for it). As in the past, we will run four days per week with rotating schedules including Saturdays, allowing for students to have ample time for studies during the week. Attendance is mandatory.

**PRACTICE:** After teams are drafted, practices will be held at the SAS campus from either 4:15pm to 5:45pm (Oilers and Steelers players only) or 5:45-7:00pm with a similar 4 day rotating schedule, Monday thru Friday. The school provides designated areas for players to study on-campus between the end of school and before practice.

**TRANSPORTATION:** An activity bus will leave SAS approx. at 7:10pm and drop all riders on Orchard Blvd in front of Four Seasons Condo (which is the last stop that the "A" activity bus makes). You can purchase bus pass in the SACAC office. Season passes are \$95.00.

**EQUIPMENT:** Padding, football pants, helmets, girdles and game jerseys are included in the fee. Equipment check out will be held on Friday, August 28<sup>th</sup> (5:00-8:00pm) for World League and on Saturday, August 29<sup>th</sup> (9:00am-12noon) for American- and National League. Your son **MUST** come to the underground parking lot at the High School for uniform distribution. Players must show the pink copy of the Registration Form as proof of registration before uniform will be distributed.

**COACHING/REFEREE CLINIC:** Interested in helping as a referee, assistant coach or head coach? This is always a critical need in our program, and prior experience is not required. Returning coaches and referees will welcome your help and ensure that your role is one you are comfortable with. Travel affects us all, so part time assistance is welcome as well. SACAC will offer coaching & referee clinic on Saturday, August 29<sup>th</sup> at approximately 1:00pm. For more information contact: Phil Galetto, SACAC Director of Sports at [sacac@sas.edu.sg](mailto:sacac@sas.edu.sg) or call the SACAC office at 63636454.

**VOLUNTEERS:** We also have a referee crew coordinator as well to help with game announcing, scoreboard operation, team moms, program organizing & printing, and opening/closing ceremony coordination. The more volunteers we have, the easier it is for all to enjoy the season.

