



# Introducing Middle School Football at Fraser River.

A brand new league designed for  
players with no football experience  
(90% will never have played contact football before).

-  **Certified Coaching**
-  **All equipment provided.**
-  **A very short season  
(April 10th to May 18th).**
-  **Practices are on Monday and Wednesday  
from 3:30 pm to 5:00 pm at Fraser River  
Middle School. Games are on Fridays.**
-  **Do you play another after school sport  
in the Spring? No problem, do both.  
We'll make it work for you!**
-  **Games are against other Middle  
School teams from New Westminister,  
The North Shore and Vancouver.**
-  **Trophies and prizes to be won!**
-  **Cost is only \$25 to play.**



**Wear your school's  
colours with pride and  
keep your pro-style  
game jersey.**

For more information please contact Mr. Ruus at [mruus@sd40.bc.ca](mailto:mruus@sd40.bc.ca)

Register online at:

<http://nwss.hyackfootball.com/NWMiddleSchool/Registration.aspx>

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