



Piedmont Midget Football

Piedmont Midget Football League (PDMF) - Middle School Football for 6th – 8th Grade

Piedmont Midget Football (PDMF) is a non-profit, community rec. association that runs the middle school football program at Piedmont Middle School.

Core-Strength & Conditioning training will be two days per week, starting April 16th thru May 3rd. Cost will be \$10 per session or \$40 for all six sessions.

Beginning May 7th Spring & Summer off-season Workout Program for player conditioning, evaluation and instruction in preparation for the Fall season. Summer workouts will continue thru June & July.

Players will need:

- To wear shorts and cleats
- Bring plenty of water
- Completed permission / waiver form (located on the www.pdmf.org website)

On-line sign-ups for fall season now open at www.PDMF.org

Fall Season registration:

- **\$200 if signed up by June 10th**
- **\$230 if signed up after June 10th**



Piedmont Midget Football is for 6th – 8th graders



For more information go to www.PDMF.org or email piedmontmidgetfootball@gmail.com

Spring workouts will be held two nights per week from 6:00-8:00pm at Piedmont Rec Football Field beginning Wednesday, May 7th