



The Vernon PAL and Vernon Youth Football & Cheerleading are again sponsoring this year's annual **PUNT, PASS & KICK** competition.

**Date: This Saturday 9/19/09**

**Time: 1:00 PM**

**Location: Maple Grange Park Football Field**

**IMPORTANT NOTES**

- All participants must wear sneakers, cleats are not permitted by NFL rules.
- Bring a copy (not original) of the participant's birth certificate with you.

**Save time!**

Go to [www.vernonpal.com](http://www.vernonpal.com) and download the form to bring with you Saturday afternoon

<b>If you were born in:</b>	<b>You're in group:</b>
2001 & 2000	AGE 8 / 9
1999 & 1998	AGE 10 / 11
1997 & 1996	AGE 12 / 13
1995 & 1994	AGE 14 / 15

In the event of bad weather please check [www.vernonpal.com](http://www.vernonpal.com) for information