



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.

Spring & summer football workouts combined with Core-Strength & Conditioning training will be two days per week, starting April 24th thru June 1st. Cost will be \$50 per player to cover cost of core-strength & conditioning sessions from High School coaches. **Team 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 will open soon open at www.PDMF.org

Fall Season registration:

- **\$200 if signed up by June 9th**
- **\$230 if signed up after June 9th**



Piedmont Midget Football is for 6th – 8th graders



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

Spring workouts / position tryouts will be held two nights per week from 6:00-8:00pm at Piedmont Rec Football Field beginning Monday, April 24th