



Long Valley Parents,

There is still time to register for the upcoming 2025 football season! Below is the link to Register and our website has more information regarding our youth football program.

There are MANY benefits to playing a youth sport like Football, but click on the link below to see WHY your child should be a Long Valley Raider!

[Why Become a Long Valley Football Raider? \(Click Here\)](#)

Physical Benefits:

1. ***Improved Fitness*** – Football involves running, sprinting, and quick directional changes, which boost cardiovascular health and endurance.
2. ***Strength and Coordination*** – Tackling, throwing, and catching help build muscle strength and hand-eye coordination.
3. ***Motor Skills Development*** – Agility drills and movement patterns improve gross and fine motor skills.
4. ***Healthy Habits*** – Regular training fosters an active lifestyle and combats sedentary behavior.

Mental and Emotional Benefits:

1. ***Discipline and Focus*** – Learning plays, rules, and teamwork builds mental focus and discipline.
2. ***Resilience*** – Football teaches how to cope with challenges, losses, and setbacks in a healthy way.
3. ***Confidence Building*** – Success on the field can boost self-esteem and a sense of accomplishment.

 **Social and Teamwork Benefits:**

1. ***Teamwork and Communication*** – Kids learn how to collaborate, support each other, and follow group goals.
2. ***Friendship and Belonging*** – Being part of a team fosters social bonds and reduces feelings of isolation.
3. ***Leadership Skills*** – Rotating roles and responsibilities give kids chances to lead and support peers.

We are now offering Summer Camps, Summer Workouts and Regular Season Practices will begin in **August** – We hope to see you there!

Click below to Register for 2025 Season:

<https://registration.teamsnap.com/form/23105>

Lou Candura
President

TRADITION. PRIDE. GRIT.

www.longvalleyraiders.com

<https://www.instagram.com/longvalleyraiders/>

<https://www.facebook.com/groups/120880261278931/?ref=share>