

# **FRIDAY NIGHT LIGHTS**

**LONG ISLAND  
SOUND SHARKS  
PROUDLY  
PRESENTS**

## **SPRING FLAG FOOTBALL 2023**

**REGISTRATION IS OPEN  
DEADLINE IS MARCH 1ST  
SIGN UP NOW!!**

**NEW SEASON STARTS  
MARCH 31, 2023**

**TO REGISTER  
AS A PLAYER  
LOG ON TO  
[SHARKSFOOTBALL.SPORTNGIN.COM](http://SHARKSFOOTBALL.SPORTNGIN.COM)**