

**Palomar Conference Pop Warner
Challenger Program - Palomar Stars
Frequently Asked Questions**

1. What is the Challenger Program?

The Challenger Program is a flag football and cheer program for special needs children ages five and up. This is a non-competitive program focused on the element of “fun”. We pride ourselves on providing your children with a positive experience.

2. Is there any contact?

We play flag football only. There is no physical contact or tackling. The team will consist of coaches and buddies to mitigate contact and assist the players.

3. Is it safe?

The Palomar Stars coaches will work with your children teaching them proper football and cheer techniques. All practice, games, and cheer routines will be designed with safety as its number one measure.

4. How much does it cost?

Costs will be kept to a minimum and will include everything your child will need. We will provide the flags, footballs, football jerseys, shorts, t-shirts, pom-poms, and a complete cheer uniform. It will also include pictures, trophies, and a year-end party.

5. What do I need to provide?

You only need to provide the participant and proper footwear. We’ll take care of the rest.

6. How can I contribute?

Parents will be asked to assist with transportation, after game snacks, and lots of excitement.

7. What’s my commitment level?

The season Begins the first week of August for practices and games begin in September. The season will run through mid-November. A practice/game will be scheduled every Saturday during this time. Games will mostly be played in North County, however we may receive an invitation to travel – you and the team will decide if we participate.

8. How often do we practice?

Practice schedules will be decided by the coaching staff with full input by the parents.

9. Where do we meet?

The program consists of teams from San Diego to Wildomar. Escondido is providing us a location for our practice/games at Orange Glen High School. However, we will play approximately four of our games at various high schools such as Fallbrook, Oceanside, Torrey Pines, Ramona, etc. Each year we will rotate to provide the best experience possible.

10. What if I have more questions?

If you have any other questions, please call me at 760-855-1507.

Diana Dahlstrom, Palomar Conference Challenger Commissioner