



Alief Steelers

P. O. Box 722131
Houston, Texas 77272

Phone: 713-220-0193
E-mail: alief_steelers@yahoo.com

REQUIRED ITEMS FOR PRACTICE

For Football Players!

Prior to arrival at practice, football participant need to bring the following items:

- ♦ Cleats
- ♦ Practice pants and jersey – Black Color
- ♦ Mouth piece
- ♦ Helmet Chin strap
- ♦ Knee, thigh, hip and butt pads
- ♦ Bottle water

Note: Steelers will provide contact football players with helmets and shoulders pads; game socks, jersey and pants.

For Cheerleaders/Drill Participants!

Prior to arrival at practice, Cheer/Drill participants' necessities:

- ♦ Shorts
- ♦ T-shirt
- ♦ Tennis shoes (no sandals)
- ♦ Bottle water



Alief Steelers