

# PRAFF Teams

## **For Managers of 2006 PRAFF teams Only:**

For 2006 Team Roster please submit it in Microsoft Excel

If you don't have Excel, you can use the program "Notepad" (it is found on every Windows PC).

If you use note pad please submit it in the following format:

Name, Jersey #, Position, Height, Weight, Year of Birth, Email, Phone #.

You don't have to submit all the fields, but you do have to submit the same fields for everyone

For example:

Zesar Zorba, #12, Kicker, 71, 220, 1976, zesar@zesarzorba.com, 787-667-9772

Sergio Justo, #10, QB, 70, 180, 1980, sjusto@gmail.com, 787-999-7777

Remember to separate every "value" with a comma & have only 1 player per line.

Use this form only if your are submitting info of a prior year.

Include as much as possible and email to

[webmaster@praff.com](mailto:webmaster@praff.com)

All info will be verified before being posted.

Only submit information that you want posted on PRAFF.com

Please submit your player profile picture – preferably a camera phone picture (small size)

you may also include your team logo.

If you are updating a previous submission please include only your contact info and new or changed info.

To submit the information on this "Profile" page, highlight all the text on this page and then "right click" the highlighted area and then paste inside an email.

Once it is inside the email, then you can fill out and send to: [webmaster@praff.com](mailto:webmaster@praff.com).

Team Name -

Year -

Area -

Practice Field -

Practice Schedule –

Owners -

General Manager -

Coach -

Assistant Coaches -

Contact Info -

Players

**Name**, Jersey #, Position, Height, Weight, YOB (Year of Birth), Email, Phone #, Rookie or Veteran

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