

Girls Flag Football and Boys Volleyball Proposal



August 20, 2025

IHSA Athletics Offered in Unit 5

Fall Sports

- Boys Cross Country
- Girls Cross Country
- Football
- Boys Golf
- Girls Golf
- Boys Soccer
- Girls Swimming & Diving
- Girls Tennis
- Girls Volleyball

Spring Sports

- Baseball
- Softball
- Boys Lacrosse
- Girls Lacrosse
- Girls Soccer
- Boys Track & Field
- Girls Track & Field
- Boys Tennis

Winter Sports

- Boys Basketball
- Girls Basketball
- Boys Wrestling
- Girls Wrestling
- Competitive Cheer (Co-ed)
- Competitive Dance
- Bowling (Boys & Girls)*
- Boys Swimming & Diving

***Proposing Girls Flag Football**

***Proposing Boys Volleyball**

Interest Survey

- Conducted every 4 years
- 2024-25 HS Survey (2143 responses)
 - What boys/girls sport would like to see added?
 - 44% of students indicated girls flag football
 - 44% of students indicated boys volleyball
- 2024-25 JH Survey (1375 responses)
 - What boys/girls sport would like to see added?
 - 32% of students indicated boys volleyball added at the HS
 - 31% of students indicated girls flag football added at the HS

Girls Flag Football & Boys Volleyball

Girls Flag Football - Fall Sport

- IHSA Sanctioned: 2024
 - Schools Participating in 2024: 154
 - 2025 Big 12 Conference
 - Peoria High
 - Peoria Manual
 - Peoria Richwoods
 - Danville
 - Urbana
 - Champaign Centennial
 - Champaign Central
- *Mahomet (non-conference)

Boys Volleyball - Spring Sport

- IHSA Sanctioned: 1992
- Schools Participating in 2025: 252
- Under consideration by others in our conference
- Normal West has an active club

Girls Flag Football Logistics

- Locker Room & Field Usage
- Game Schedule: 25 (max)
- Travel Details
 - Conference and an opportunity to host
 - Multiple games a day
- Equipment
 - Uniforms, flags, footballs, soft helmets, training equipment
- Costs
 - Equipment* (\$6000), Officials (\$2340) , Coaches (\$13,644)
 - Coaching stipend pending Schedule B recommendation



Boys Volleyball Logistics

- Gym & Locker Room
- Game Schedule: 35 games (max)
 - Multiple games a day
 - Similar to Lacrosse
- Travel Details
 - O'Fallon Area, Chicago Area, and an opportunity to host
 - Activity buses or travel together, based on numbers
- Equipment
 - Uniforms, volleyballs, training equipment
- Costs
 - Equipment*(\$4000), Officials/Entry Fees (\$3000), Coaches (3)
(Same as G. Volleyball- \$17,482)



Summary & Recommendation

We propose adding Girls Flag Football and Boys Volleyball at both NCWHS & NCHS beginning with the 2026-27 school year.

Rationale:

- Strong student interest
- Both sports are among the fastest growing in the US
- Opportunities for increased student engagement and athletic participation
- Alignment with IHSA-sanctioned offerings and competition

Questions
