



## Lemont High School Activities & Athletics

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Mike Sommerfeld, Director of Athletics

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**TO: Dr. Matt Maxwell, Superintendent**  
**FROM: Mike Sommerfeld, Director of Athletics**  
**DATE: November 14, 2025**  
**RE: Girls Flag Football Proposal**

Dr. Maxwell,

After two (2) years as an IHSA recognized sport, Girls Flag Football has increased in popularity across the State of Illinois, and in particular in the Chicago Suburbs. Recently I have met with students expressing interest in starting a Girls Flag Football Team here at Lemont High School. The first step in considering adding this sport to our athletic offerings was to gauge student interest in starting this program. On Wednesday November 12th, 2025 we conducted a [Girls Flag Football Student Interest Survey](#) during Lemont Time. The results of this survey are provided in the link.

Out of 317 responses of current Freshmen, Sophomore, & Junior female students the results are as follows:

- 79 students were very interested
- 79 students were somewhat interested
- 115 were not interested
- 44 were not sure

As a result of this survey, and with the growth of the sport in the State of Illinois, it is my opinion that there is enough interest in forming a Girls Flag Football Program here at LHS. It is my recommendation that LHS formally explores the option of adding this program to our Athletic Offerings in the Fall Season of the 2026-27 school year.

### Considerations:

- There should be two coaching stipends allotted to start this program. A Head Coach Position, and an Assistant Coach Position. Next year, the IHSA Girls Flag Football Season will begin on August 10th, 2026 and end on October 18th, 2026. This is the exact same length of the IHSA Boys & Girls Golf season. Therefore the Head Girls Flag Football Stipend should be equal to the Head Golf Coach Stipend, which is Level D according to the LHS ALT Contract. The assistant coach position for Girls Flag Football should be equal to the Assistant Golf Coach Stipend, which is Level G according to the LHS ALT Contract. **Projected cost of \$10,985.40**
- A complete set of uniforms and equipment should be purchased with a total cost not to exceed **\$8,000**.
- We would schedule 18-20 games with roughly half being at an away school. Transportation costs would be in the **\$1,800-\$3,000** range.
- Practice spaces to consider: LHS Stadium, McCarthy Rd Practice Field, LHS Sports Complex. Additional Maintenance Costs projected at **\$2,000-\$5,000**.
- Summer Pay projected **\$2500-\$3000**
- Trainer, Game Workers & Official Fees **\$3500**
- **Total projected cost for Year 1 \$31,000-\$33,000**