



# **Girls Flag Football Proposal**

Presented on November 17th, 2025  
Michael Sitter, Athletic Director

# D301's Mission Statement

*Engage the mind  
Empower the learner  
Inspire excellence  
Influence the world*



# Introduction

This proposal advocates for establishing a girls flag football program at Central High School starting with the 2026-2027 school year. Flag football offers students an opportunity to engage in a popular, safe and accessible team sport. Flag football, a non-contact alternative to tackle football, emphasizes skill development, teamwork and sportsmanship. Its growing popularity at the high school and collegiate levels makes it an excellent addition to our athletes here at Central High School.

**We would offer 2 levels of competition - Varsity and Junior Varsity.**

**We would hire 3 coaches - One head coach and two assistant coaches.**

**This would align us with the other 9 schools in the Fox Valley Conference.**



# Season Overview

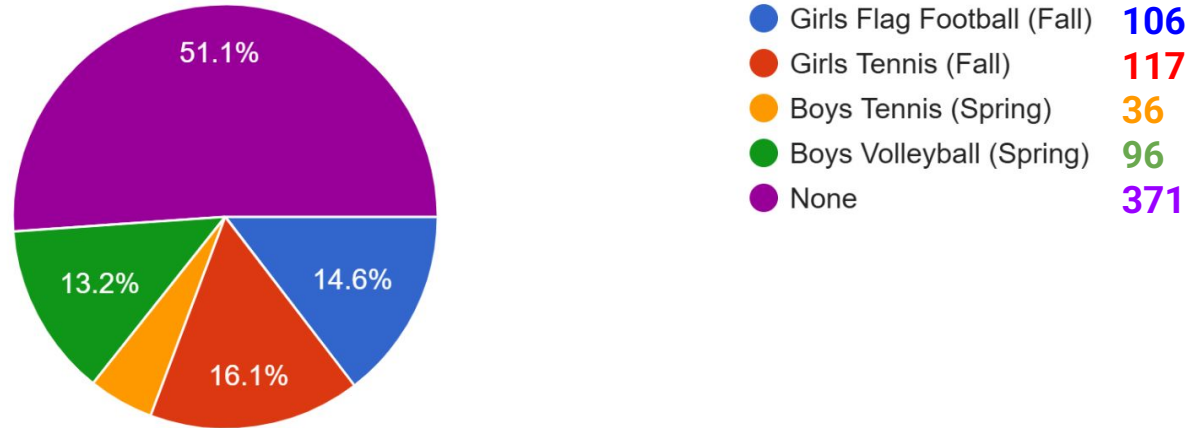
Season	Rules
<ul style="list-style-type: none"><li>• The Illinois High School Association (IHSA) has established girls' flag football as a fall sport running from week 6 to week 21 of the IHSA calendar. The inaugural IHSA State Series for girls flag football debuted in the Fall of 2024.</li><li>• Season begins on Monday, August 10, 2026. First game can be played on Monday, August 24, 2026.</li><li>• Student-athletes are required to participate in at least nine practices before competition.</li><li>• A maximum of 25 games are allowed per regular season.</li></ul>	<ul style="list-style-type: none"><li>• The program will adhere to the rules set by the National Federation of State High School Associations (NFHS) for flag football.</li><li>• Flag football rules emphasize safety by prohibiting contact, blocking and screening.</li><li>• Other rules, such as the number of downs to achieve a first down and scoring, will align with IHSA regulations.</li></ul>

# Student Interest Survey Recap

In August 2025, Freshman, Sophomores and Juniors were asked this question in a student interest survey:

If offered at Central, which sports would you be interested in joining?

726 responses



# Potential Challenges and Solutions

- **Securing fields and practice time:** Collaborate with the athletic department to schedule field usage.
- **Finding qualified coaches:** Seek individuals with flag football knowledge and coaching experience who are enthusiastic about developing a flag football program. There are numerous flag football clinics each year sponsored by the IHSA and the Chicago Bears.
- **Building student interest and participation:** Promote the program through school announcements, summer camps and a partnership with the CYFL (Central Youth Football League).
  - CYFL K - 8 (girls only) participate in league play vs other communities
    - 2024: 12 participants
    - 2025: 50 participants
  - 2025 Powderpuff: 139 participants
  - 8th grade flag football interest meeting at Central Middle School: 31 girls attended



# Financial Considerations

Startup Costs	Annual Costs
<ul style="list-style-type: none"> <li>The program requires flag footballs and belts (helmets are optional)               <ul style="list-style-type: none"> <li>Helmets - 30 @ \$70 each = <b>\$2,100</b></li> <li>Flag belts - 30 @ \$10 each = <b>\$300</b></li> <li>Footballs - 5 @ \$40 each = <b>\$200</b></li> </ul> </li> <li>Uniforms - includes shorts and jerseys - will be expected to last 3-4 years               <ul style="list-style-type: none"> <li>Basic jersey and shorts set: \$160–\$200 per</li> <li>Premium set: \$250–\$550 per                   <ul style="list-style-type: none"> <li>Basic pack: <math>30 \times \\$180 \approx</math> <b>\$5,400</b></li> <li>Premium: <math>30 \times \\$400 \approx</math> <b>\$12,000</b></li> </ul> </li> </ul> </li> <li>Players are recommended to have non-metal cleats and mouthguards and can purchase optional equipment like football gloves.</li> </ul> <p>Total: <b>\$14,600</b> (premium jerseys)</p>	<ul style="list-style-type: none"> <li>Game Expenses               <ul style="list-style-type: none"> <li>Referees - <b>\$3600</b> per season</li> <li>Press box - <b>\$1300</b> per season</li> </ul> </li> <li>Coaching stipends for 26/27               <ul style="list-style-type: none"> <li>(Column H) Head Coach at <b>\$5,324</b></li> <li>(Column F) 2 Assistant Coaches at <b>\$4,274</b> each</li> </ul> </li> <li>Travel expenses.               <ul style="list-style-type: none"> <li>\$4.00 per mile and \$24.00/hr per driver</li> <li>Example - Traveling to Crystal Lake would approx cost \$332 - \$350                   <ul style="list-style-type: none"> <li>50 miles round trip</li> <li>5.5 to 6 hrs</li> </ul> </li> <li>Approximately 10-12 trips per season totals <b>\$3,630</b> per year</li> </ul> </li> </ul> <p>Total: <b>\$22,402</b></p>

# Measuring Program Success

Adding a girls flag football program presents an excellent opportunity to expand athletic offerings at Central High School promoting physical activity, skill development, and positive social interaction among students. We believe that with careful planning and community support, the program will be a valuable addition to our school's athletic department and foster a lasting love for the sport among students.

- Track student participation and retention rates in the program.
- Gather feedback from players, parents and coaches on program satisfaction, skill development and overall experience.
- Monitor improvements in player skills and knowledge of the game.
- Observe the development of teamwork, leadership and sportsmanship among players.
- Meet the social-emotional needs of all athletes.





# Next Steps

- Final approval at the December 15th board meeting
- Notify Fox Valley Conference that Central High School will join flag football for the fall 2026 season
- Create a community and school announcement
- Work with the CEA concerning salary structure
- The human resource department will post the coaching positions
- Athletic department will hire and begin training the coaching staff
- Plan a summer camp and fall schedule

# | Questions?

