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CLEVELAND
OHIO



GIRLS

FLAG FOOTBALL

YOUTH DEVELOPMENT & PERFORMANCE PATHWAY





Girls Youth Flag Football Development & Performance Pathway

Welcome to the Future of Girls Flag Football in Cleveland!

This program is designed for girls ages 8–18 to learn, grow, and compete in a positive, structured, and inspiring environment. Whether new to the game or already part of a team, this is a place to build confidence, skill, and lifelong passion for the game.

Our Mission & Vision

We are not just teaching flag football — we're building a pathway. Our mission is to:

- Help athletes reach their potential both mentally and physically.
- Provide an inclusive environment for all girls — new players and multi-sport athletes.
- Educate parents on how to support their athlete's growth.
- Create a pipeline for future Olympians through coaching, mentorship, and performance training.

A Message from Coach T.O. (Terrance Owens)

"I started this journey in Poland when I created NFL Flag Poland, the first official youth flag football league in Europe. Now that my family and I are back home in Cleveland, I want to bring that same vision here — to give girls in our community the same opportunity to learn, compete, and dream big. This is more than a league — it's a movement to build strong young women, confident athletes, and future Olympians."

Program Overview

Our goal is simple — to develop strong, smart, and skilled female athletes who represent the future of the sport and one day, maybe even wear the Olympic rings on their jersey.

Each week, athletes will train in:

- Speed & Agility Development — Move efficiently and explosively.
- Fundamentals & Techniques — Proper footwork, catching, route running, defense, and body control.
- Game Concepts & Awareness — Understanding plays, teamwork, and strategy.
- Organized Game Play — Fun, structured scrimmages that showcase growth.
- Teamwork & Confidence — Building leadership and character beyond the field.



Seasonal Overview

MONTH	SESSIONS	FREQUENCY	TIME	FOCUS
January	8 sessions	2x per week	5pm-7pm	Foundations: confidence, flag fundamental, teamwork, & body movement
February	8 sessions	2x per week	5pm-7pm	Skill Development: speed, awareness, offense & defense techniques
March	8 sessions	2x per week	5pm-7pm	Game IQ, scrimmages, & competition prep for future tournaments

Program Goals

- Teach young female athletes the fundamentals of flag football in a safe, empowering, and fun environment.
- Build a foundation of speed, coordination, communication, and teamwork.
- Inspire confidence, leadership, and sports IQ to prepare future Olympic-level athletes.
- Provide structured, year-round opportunities for growth and competition.

What Parents Can Expect Each Month

January- Foundation Month

- Focus on movement, coordination, and basic football concepts.
- Intro to flat pulling, catching, teamwork, and confidence- building.
- Character topic: “What does it mean. To be a teammate?”

February- Skill Growth Month

- Progression into offensive/defensive skills and footwork drills.
- Intro to play-calling and small-sided games.
- Character topic: “Learning to lead”.

March- Game & Competition Month

- Scrimmages, film session, and leadership development.
- End-of-month Combine & Celebration game (invite families to watch indoors)
- Character topic: “Performing under pressure “



OPTION	DESCRIPTION	RATE	TOTAL
Per Session	Pay-as-you-go	\$20 per session	\$160 per month(8 sessions)
Monthly Pass	Full 8-session commitment	\$100 per month	Saves \$60
Full 3-Month Program	24 sessions total	\$280 total	(\$60 savings + Free Combine Entry)
Sibling Discount	Additional child	-10% off	



Payments can be made monthly or up-front for the entire for the entire season.
Each athlete receives a team shirt, flag, journal, certificate, and special prizes.

Parent Highlights

- Indoor, safe, and consistent training space (no weather cancellations).
- Led by certified coach and **mentor with global flag football experience.**
- Focus on **growth, confidence, and community leadership** over wins and losses.
- Future pathway to **high school competition, NIL awareness, and Olympic opportunities.**

The Bigger Vision

This is more than a league — it's a **pathway**. We are building something special in Northeast Ohio—preparing young female athletes for future opportunities, leadership roles, and Olympic dreams.

