



NIAGARA YOUTH FLAG FOOTBALL GIRLS PROGRAM

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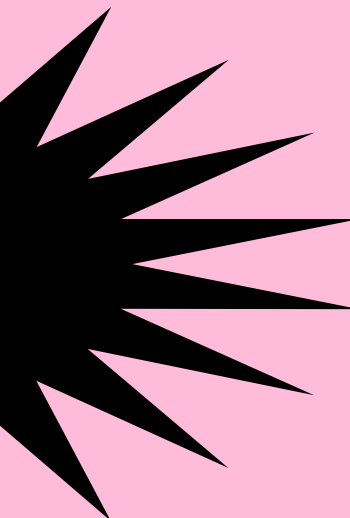
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Join us.

ABOUT THE PROGRAM.

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Niagara Youth Flag Football (NYFF) is one of the fastest growing flag football programs in Ontario! Our mission is to provide recreational and competitive flag football opportunities for youth aged 4-18. We have successfully hosted houseleague programs since 2018 and have recently expanded to include the Niagara Nitros Travel program. With the success of our travel program Niagara Youth Flag Football has only continued to grow. With that growth we are able to commit efforts to the development of girls flag football. Our U14 Nitros were Ontario Provincial Champions in 2022 and recently competed in Lakeland, Florida against some of the best in the world. The popularity of flag football is not slowing down and we are strong believers in the power of the game. More than ever before, young women are able to follow a path from grassroots competition to playing at a collegiate level and even representing your country at the Olympic Games! Flag football is a game that requires speed, strength, and intellect and we at NYFF are here to help develop high performance athletes and world-class people.



SEE WHAT
SHE CAN DO.



OUR VISION & GOALS



VISION

Enrich the recreational sport experience of girls and young women through equitable football opportunities that foster a diverse and inclusive environment.

Encourage life skill development through football and community.

Engage girls to stay physically active for life!

GOALS

Football Development

Provide a competitive flag football experience for girls in the Southern Ontario Region.

Knowledge Building

Increase the football IQ, knowledge, expertise, and strategy of young girls.

Community

Foster a supportive community that encourages leadership development, companionship, and positive physical and mental health through football.

Diversity & Inclusion

Offer a diverse and inclusive sporting experience for girls.

WHAT WE DO.



The things we believe in that help make this extraordinary.

At NYFF we have a people-first mentality. Our goal is for you to succeed in whatever you want to do! We strive to create an environment where our athletes are able to progress physically, emotionally, and mentally.

Our amazing team of coaches collectively have over 50 years of experience coaching and playing football. We provide our athletes with football specific skills, drills and techniques and are committed to keeping up to date on best practices.

In addition to building strong fundamental skills that are transferable across sport, we pride ourselves on the mentorship we provide to athletes considering collegiate football pathways.



FLAG FOOTBALL PATHWAYS



ELEMENTARY

- School-based programs
- Local recreational leagues
- Local competitive travel programs

HIGH SCHOOL

- School-based programs
- Local recreational leagues
- Local competitive travel programs
- Team Ontario Identification

UNIVERSITY

- Intramural sport
- OWIFA (Ontario Women's Intercollegiate Football Association)
- NCAA
- Provincial & National Team Programming

ADULT

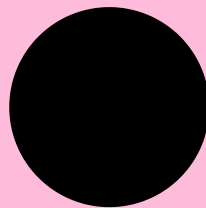
- Touch Football Ontario
- Provincial & National Programming
- Coaching & Officiating



AGE OFFERINGS

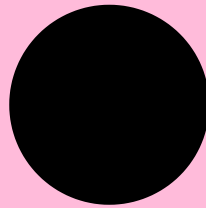
We are able to offer skill development and training to girls born 2005-2013. With an increase in Canadian and American competition we are expanding our offerings.

NYFF would like to go back to our roots and revive the success of the Hamilton-Niagara region when it comes to girls flag football!



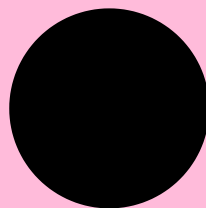
Under 12

Those born in 2012-2013.



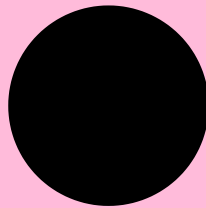
Under 14

Those born in 2010-2011.



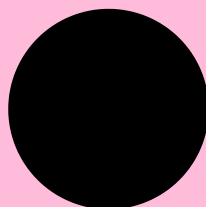
Under 16

Those born in 2008-2009.



Under 18

Those born in 2006-2007.



Under 20

Those born in 2004-2005.

2023 PROPOSED SEASON TIMELINE

Good Friday Indoor
Toronto, ON
April 7

Beast of the East
Philadelphia, PA
May 20/21

Ontario Provincials Georgetown,
ON
June 3/4

We Run the World
Montreal, QC
July 22/23

We Run the World Championships
Philadelphia, PA
August 12/13

NYFF Host Tournament
Welland, ON
TBD





JOIN US!

Email: niagarayouthflagfootball@gmail.com

Instagram: @niagarayouthflagfootball

Click here to sign-up

<https://forms.gle/kCCkN2vWsEZ6bLKo9>

JUST SAY YES!