

From: "David Sizemore" <DSizemore@carmelhs.org>



At Carmel Catholic, our Powder Puff game has been very successful the last two years. We hold Powder Puff during Homecoming week. Here are some keys to success:

1. Mandatory Practices sessions for the players. We offer two practice sessions. Students must attend one of the two practice sessions.
2. The game has to be a real contest..not a game in which seniors automatically win based on tradition.
3. Students must sign a contract abiding by the rules. We also have a trainer on sight in case of any injuries.
4. Each team can decide the design of their shirt.
5. We have an active group of parents who host a great post game dinner for the players, sandwiches, cookies, etc.
6. Charging admission with the proceeds going to a charitable cause has also been beneficial. In 2005, proceeds went to Catholic Charities for Victims of Hurricane Katrina. In 2006, proceeds went to the American Cancer Society. The players wore pink ribbons which were shown into the left sleeve of their T-Shirt.
7. Referees who are familiar with flag football rules are essential. they need to control the game and should be adults, not current players on the football team.
8. We also have a PA announcer and have the game under the lights.

Feel free to contact me with any additional questions.

David Sizemore
Carmel Catholic

From: "Corey Tafoya" <CTafoya@d200.mchenry.k12.il.us>



Woodstock HS has a 9-12 game as a part of Homecoming. It is very structured and also very fun. Bill Donato, our Student Council advisor, would be an excellent resource to talk to about this.

Corey Tafoya

From: "Raine, Janelle" <Janelle.Raine@d300.org>



We has powder puff. If you would like more information please call me 847-658-2500 ex.111

Janelle Raine

Assistant Principal
H.D. Jacobs High School

From: "Kevin Monahan" <Kevmon@niles-hs.k12.il.us>

We have it and it's exciting for the girls but does not get real strong attendance. But, that is probably a result of the fact that the game is played on a Saturday afternoon the week before HC.

Kevin Monahan
Director of Student Activities
Niles North High School

From: "Megan Malcolm" <mmalcolm@learningcommunity202.org>

At Plainfield South High School, we have a junior girls vs. senior girls Speed-Away game. It is less contact than flag "powder puff" football and takes a bit more strategy. The girls have to meet and practice several weeks before the actual competition to learn how to play Speed-Away. These practices also give coaches time to deal with any issues that may arise. The time commitment weeds out any "bad seeds".

We have had great interest and success with our powder puff program. It is open to all girls not out for a fall sport. We have a set of rules adopted by the Naperville Park District, very similar to flag football, 11 on 11. The girls are required to wear mouth guards. We hold tryouts after school for 2-4 weeks. We choose a team of 20-25 girls, to compete in the one day tournament held in November. Let me know if I can be of any help in answering any questions about powder puff football. Mike Bednar - Waubonsie Valley

From: "William Donato" <WDonato@d200.mchenry.k12.il.us>

Powder Puff is one of the biggest highlights for our school year. We have the freshman play the sophomore girls then the junior play the seniors. After the two games the individual classes compete for homecoming points on various games. We charge \$5.00 per person for the event. Bill

From: "Kelly Dostal" <KDostal@d200.mchenry.k12.il.us>

Woodstock HS has a frosh/soph and jr/sr powderpuff game as part of our homecoming activities. It is coordinated by the student council.

Kelly Dostal
Assistant Principal
Woodstock High School

From: "Lorie Martinez" <lmartine@cusd200.org>

We are considering a Powder Puff football game between Junior and

Senior girls. I have been told many schools do this with success. I am aware of problems that have occurred at some schools, but I would really appreciate hearing from schools that currently have this activity.

Thanks,

Lorie Martinez

Wheaton North High School