



WHO WE ARE:

CT Flag is a non-profit youth flag football program located in various locations in Connecticut. Lady Matrix is our girls travel flag football program.

Our mission is to provide young female athletes in our community with an opportunity to showcase their athletic abilities on a regional and national level. Our program not only focuses on sports; but empowering youth to be respectful, responsible and confident members within their community.

BENEFITS OF YOUTH TRAVEL FLAG FOOTBALL:

- ✓ Being on a team with equally skilled players
- ✓ Learning how to thrive competing against the best of the best
- ✓ Strengthen player and team perseverance
- ✓ Building sisterly bonds!

COMMITMENT:

Being part of a travel team is a family commitment. We are a family and operate as one. Each player on the team is valuable and needed in order to compete on a national level. Coaches will do their best to schedule practice times and locations that are in the best interest of the majority of the team. The expectation is that every player on the travel team attend practices and tournaments regularly.



IMPORTANT INFORMATION

Uniform Fees:

- We have a uniform package for new players that includes our uniform (2 tops, 2 bottoms), a backpack and a custom flag set. Uniform package is \$150.
- All teams will have a blue uniform and an alternate color uniform.
- There is a 4-week turnaround time to receive uniforms.
***All new players to the travel team will need to pay the uniform fee in full by September 1st, 2025**
- *Previous players in need of a larger sizes or replacement jerseys this season, please submit your payment and order by the deadline as indicated above. Parent Coordinators will help collect orders.

Tournament Fees:

This season (September to August), our goal is to attend 10 Tournaments (not including Nationals). Tournament fees total \$300 this fall season. Every player on the travel team is required to pay the full amount of their travel fees, regardless if they have to miss a tournament. The team is still required to pay those fees to register.

Tournament fees are due in full by September 1st. If a payment plan is required, please discuss this directly with your daughter's coach or Parent Coordinator.

Travel Expenses:

Travel expenses are the responsibility of each family; however, any profit from fundraisers or sponsorships will be used to assist families with these expenses.

Upcoming Fundraisers:

There will be team and player fundraising opportunities throughout the season. More information on each fundraiser will be given before the start of each fundraiser.

Lady Matrix is actively looking for donations and sponsorships. If you have any recommendations for sponsors, please let us know.

Follow us at:

Instagram: @ct_flag, & @lady_matrix_flag_football, @ladymatrix_hs

Facebook: Lady Matrix Flag Football and CT Flag
YouTube: Connecticut Flag Football League

TENTATIVE FALL 2025 SCHEDULE*

September 27th – Fall Brawl, Downingtown PA
October 11th – Halloween Horror, Windsor CT
October 18th – NFL Flag Bills Regional, Elma, NY
October 25th – Halloween Havoc, Chester, PA
November 8th – NFL Flag Patriots Regional, Taunton, MA
November 22nd & 23rd – Nutmeg Fall Classic, Windsor, CT

*Spring/Summer 2026 Schedule will include 4-6 events (for a total of 10 for the season). The schedule will be determined once event dates are known.