



American Red Cross
Together, we can save a life

My name is Travis, I am the designer of the flag football play sheet for sale on this site. These plays are designed for 4-man, 5-man, 7-man, 8-man screen flag football. I've played against teams from all over the country. I have over 20 years of flag football experience.

USAflagfootball.com



Sportsvite was started for all of us who love sports, but find it frustrating to organize games or find people who want to play them.

Using Sportsvite, you can easily organize a game among your friends at the best locations. You can also find people that are looking to play or find teams that need more players. Sportsvite is simply about helping you play more sports and have more fun doing it.

Sportsvite is currently in beta testing phase. If you have any suggestions on how we can make Sportsvite better, we'd love to hear from you.

Sportsvite is and always will be a free service to our members.

If you have questions about Sportsvite, please visit the FAQ page or contact us directly here at www.Sportsvite.com

USAFLAGFOOTBALL.COM



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September 2, 2005

Let's Play Fall Ball.

Thanks again to those who read the first and second issue of "First and Goal". I can't say enough about all the positive correspondence that I have received from around the world. If you are reading this newsletter for the first time, welcome to the First and Goal family. Feel free to email me to receive our previous issues!

It is my goal to keep you up to date with flag football happenings around the world and to offer you tips on how to be a better flag football player. This newsletter is for flag football players of all levels.

Since starting this newsletter in May 2005 my web page visits have achieved over 40,000 hits per month. **To all who have purchased plays from my site you have made one of the best decisions to improve your team this season.**

In this issue of "First & Goal", I will offer tips and ideas for anyone looking to start a team. If your league is about to start in a few weeks, read closely and take good notes. This information will be helpful to anyone looking for ideas to raise money for entry fees, to recruit better players, and to order jerseys or other equipment.. I am going to share with you an experience I had a few years ago when I put a team together in one week. Not only did I put a team together in one week, we eventually played for the league championship that season. The formula has worked for me every year. It has resulted in 3 league championships and 4 league runner-up. In the spring of 2004, I put together an undefeated season with a new QB who had never even played flag football before. You call it genius or you might even call it luck~ for me it seems to work year in, year out.

Available now at usaflagfootball.com ~ the usaflagfootball.com/message board. There you can post announcements, questions, comments and tips about anything related to flag football. I love hearing about league teams and tournament results. Send pictures!



THUNDERCATS

Thundercats of Raleigh N.C.

My message board is available now for those who need help or willing to offer any advice. www.usaflagfootball.com/boards

I am about to discuss how I prepared for 2001 fall season with no players, no money, no jersey's... no problem. You can do the same if you have faith, luck and a little help from your friends. I know it's just two weeks before the season, but if you focus and use these tips that I am about to discuss,

you should come out okay. Flag football is one of the fastest growing sports in the world. It's also one of the most under reported organized team sports. With football slowly becoming America's favorite sport over baseball, you would think it's distant cousin flag football would ride some of

the coattail affect of it's popularity.

For me, finding the players was the easy part. The hard part was finding the money for equipment, uniforms and entry fees. Here's how I pulled it off.

It's "First & Goal": To those who need help...

Let me start again by making this disclaimer. I know some of you don't like to read disclaimers but I thought I might start by giving you mine. The suggestions, ideas, thoughts, and plays in this newsletter are the opinions of the publisher of the "First & Goal" newsletter. I'm sure that there are others who have different opinions than those I have included in this newsletter. There is no guarantee that these suggestions will work every time. They may work some of the time or not at all. A lot depends on the talent of your QB and WR's. Most of the time the defense, the weather, and field conditions play a part as well. I'm no miracle worker. Some of you have been managing teams for years and have no problems preparing your team



for the up coming season. Some of you can probably offer a few ideas to me. I am only offering suggestions to those who are just starting out or for those that may be having some problems.

. Whether you agree or not doesn't matter. This information is

directed to those who need the help. For those who don't need the help, I challenge you to come to the www.usaflagfootball.com message boards and post your opinions, ideas and suggestions . We all could use the help!

To all league managers and commissioners: If you have an announcement about an upcoming league or tournament, please feel free to post your flag football related information on my website at www.usaflag-football.com

If your team recently won a tournament, send me a picture by email. I would love to post your success on the site !!! E-mail me at info@usaflagfootball.com

It's "First & Goal": Tips for recruiting players

Ask everybody you know. Leave no stone unturned. Football is Americas #1 sport. There are thousands of former High School, College, Semi-pro, Arena and NFL players in your city. There are some great athletic guys who have skills in other sports such as basketball, soccer and softball. For instance, and this is just the opinion of one man... I have found that the better flag football players are the guys who excel in other sports. The guys who have the most trouble adjusting to playing flag football are the guys who

played contact football. Give me a good "two" guard or small forward in basketball and I'll run up the score on offense. Now I don't want to make blanket statements about players from any sport, but I like recruiting soccer players as well. Softball guys have a great temperament for playing flag football and are usually more patient in learning the game. Football guys... well I don't want to rub anybody the wrong way, but it takes a while for football guys to get use to the non contact style of the game. All that aggression that we were taught in Pop

Warner no longer applies in flag football. It's great to bring enthusiasm and excitement to the game, but all the intimidation tactics used in contact sports are useless. P.S. for some reason punters and kickers make great flag football QB's. Go figure?

I have found that the better flag football players are the guys who excel in other sports.

It's "First & Goal": Good teams have matching uniforms.

As I mentioned before, getting the players was easy for me. Getting the money for entry fees should be a piece of cake. You just divide up the total amount of the entry fee with the number of players. If a guy don't pay ... he don't play. It's as simple as that.

Good teams have matching uniforms. Getting matching jerseys or shirts was also no problem for me. You can do the same thing. Have each guy invest \$25—\$50 each for a custom jersey at a local jersey shop or online from a web site like

footballamerica.com. I prefer to get my jersey's online simply because you have more of a choice in design and price.

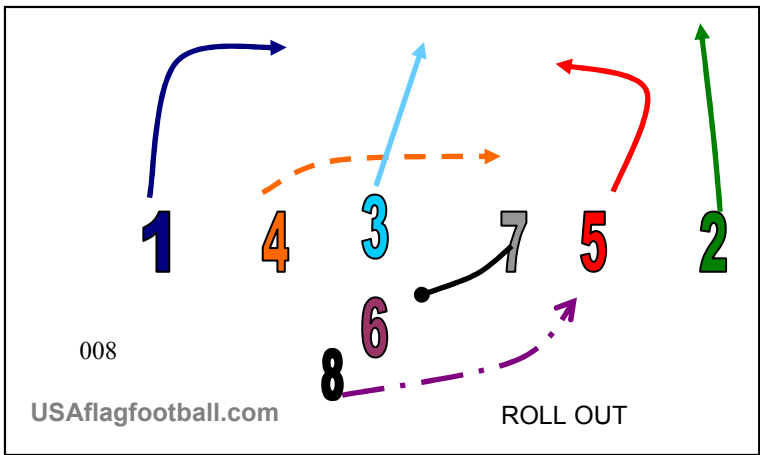
If you really want to save money you can buy a set of matching shirts off the clearance rack at your local Wal-Mart or department store etc. Usually they will have a clearance sale on all summer items. You can try getting the bar to sponsor your team. For me... I hate having to call my team "teddy's bar". When you do that your team will forever be known as "Teddy's". On the other hand, my team was once sponsored

by the HOOTER's franchise. We were the envy of the league. For an alternate jersey, have everyone buy a white jersey of their favorite time. Every team should have alternate jerseys.

The best way to get uniforms is to compete in cash tournaments and use your winnings for entry fees, travel expenses or uniforms.

Check out a wide selection of custom uniforms on my site usaflagfootball.com

It's "First and Goal": Don't forget to order a set of plays!

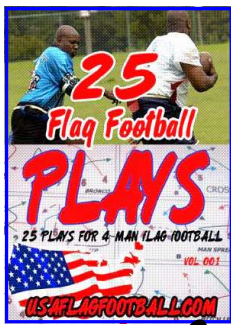


- Sprint off the line.
- Receiver delay off the line
- QB rolls out
- Screen blocker

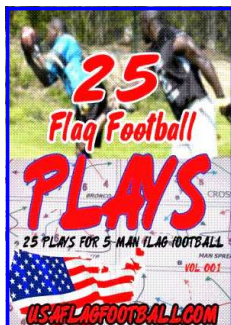
Play Legend

- Number each player in your lineup 1-8.
- Numbers 1,2,4 &5 are your WR's.
- Numbers 6 & 7 are your screen backs.
- Number 3 is your center.

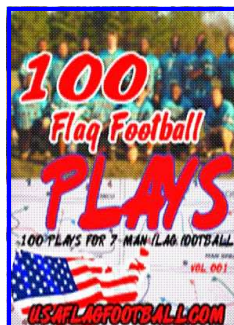
More play sheets available on online at www.usaflagfootball.com



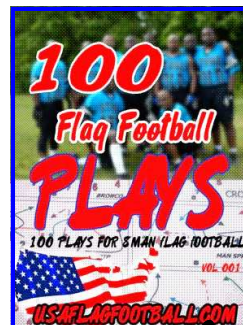
4 man



5 man



7 man



8 man

I have over 1,000 plays and other defensive formations to share online and in future newsletters. Subscribe on my web site at www.usaflagfootball.com

Order your plays now!

Each year I learn new things that go with the 20 years of acquired knowledge of playing. There are thousands of new players, teams and leagues starting every year. It's frustrating to see startup teams, leagues or tournaments fold because of lack of money or organization. The past few years I began to seriously take note to

why some teams do better than others. I always thought that the team with the most talent usually won the game. Usually, teams with diagram plays picked apart the teams that didn't use them. A good team knows what play to call in short or long yardage situations. Good teams have well prepared trick plays and extra point plays that work every time. They can recog-

nize man to man and zone defenses and have plays to counter the opposition formations. I've created a series of playbooks with helpful information and tips for managing a competitive flag football team. I'm also offering on this web site USAflagfootball.com a message board to post ideas and tips that your team can use to improve. WWW.USAFLAGFOOTBALL.COM



www.usaflagfootball.com
E-mail info@usaflagfootball.com



There are web links, e-mail addresses and phone numbers of leagues online who have sent me information about upcoming tournaments for Sept—Dec . If you have something you want to announce, send it to me at info@usaflagfootball.com or post a message on the message board at www.usaflagfootball.com. Be sure to include pictures and logos.

Does anyone have any information on the Hit men of New Orleans? I met a few of those guys this summer in Atlanta. It would be a shame if any of those guys did not make it through what hurricane Katrina did in Louisiana. If anybody has any information send me an email. Here's the number to the Red Cross if you or your league would like to help in the relief of the survivors of terrible disaster. God help us all.



If your team is interested in donating goods to the Red Cross, please contact the American Red Cross In-Kind Donations at 1-800-797-8022.



Did you like the hot photos on the website? We have more!

The next issue will have information for players who are training to get faster.

In my next issue of "First & Goal", I'll have information for anyone looking to improve their speed and conditioning during the season.

If you are looking for information on better ways to stay in shape, lose weight or nurse injuries, remind me to include you on our email list.

Laminate play sheets for all styles of screen flag football are available at my eBay site too. For those interested in arm band plays, next month I will have sets available for purchasing. More detail to follow at www.usaflagfootball.com. Everybody has been asking about defensive help this year. It's on the way. Trust me it will be worth the wait. Good luck and thanks again. Travis, Publisher.

Need help scoring in the **RED ZONE**? I've got the play that will help your team run up the score. E-mail me now and I will send you one of the best plays to get a quick score every time. For tips and suggestions send us an e-mail at info@usaflagfootball.com or post a message on our [message board](#). You can tell us any news about your league or tournaments coming up.

I've created a series of play sheets with helpful information and tips for managing a competitive flag football team. I'm also offering on this web site usaflagfootball.com my newsletter FIRST AND GOAL that contains ideas and tips that your team can use to improve this season. There will be skills and training tips that I have observed in 20+ years of playing competitive flag football.



Improve your scoring

