



West Omaha Wildcats Flag Football Handbook

(Effective 1 January 2026)

*Be on your guard; stand firm in the faith; be men of courage; be strong.
- 1 Corinthians 16:13*

Wildcats Vision

Mentor, train, and prepare Christian athletes to honor Christ as leaders impacting the world around them.

Wildcats Mission

The Wildcats organization seeks to develop a player's God-given abilities through high-level athletic competition while conducting themselves with the utmost integrity and glorifying God in everything they do. We are committed to fostering teamwork, sportsmanship, skill development, and cultivating strong Christian leaders on and off the field. We endeavor to provide an enriching environment that challenges players to mature physically, emotionally, and spiritually. We are enthusiastic about providing a fun and safe environment for young people to learn and enjoy the game of flag football.

Wildcats Core Values

1. **Faith:** We honor and glorify God in all we do.
2. **Family:** We are united, respect each other, and face hardships together.
3. **Integrity:** We are honest and just in our relationship with others.
4. **Leadership:** We are courageous and serve others with love and humility.
5. **Perseverance:** We endure challenges and setbacks with steadfastness and persistence.

Team Information

The Wildcats have both varsity and junior varsity (JV) teams. The JV team is for boys ages 12-15; though parents may petition the board to permit a son, who is 11, to participate. When there are sufficient players, a Junior JV (JV-B) team of 12- to 13-year-olds will be formed so that younger participants can have increased playing time. The focus of our JV team(s) is developing skills, providing playing time, and preparing players to become members of the varsity team. Older JV players, who show capability, may receive playing time with the varsity team; however, playing time on the varsity team is not guaranteed. Varsity playing time is dependent upon several factors including, but not limited to, work ethic, attitude, and skills.

Eligibility

A Rule 13 election must be filed for the player for the current school year. Junior Varsity players must be no older than 15 years and Varsity players must be no older than 18 years as of September 1st of the current season (with opposing coach waivers for any older players).

If a player attends a private school that does not offer football, they may petition to play. The Board of the respective team must approve the petition. In this instance, no Rule 13 exception is required for the player.

Registration

Early registration for the season will be \$150 for the first son, \$125 for second son, and \$100 for each subsequent son within the same family. Once preseason training begins (1 July), the regular registration rates will increase by \$25 per player (\$175 for the first son, \$150 for the second son, and \$125 for each subsequent son). Early registration must be paid in full by 30 June and regular registration must be paid in full by the first game in early September. Fees cover the costs of referees, field rental, field equipment, and general operating costs.

Practices and Games

During preseason (July-August), practices will be every Monday, Tuesday, and Thursday evening until the first game of the season. After the first game, practice will be every Monday and Thursday. Practices are at Brookside Church located at 11607 M Cir, Omaha, NE 68137. Please be respectful of the church and property as they do not charge us to use their field. Please pick up any trash on the field after practices and games.

Player Equipment

Individual equipment is the responsibility of the player and family.

Mandatory equipment includes:

1. A set of jerseys (one home and one away). The jerseys cost \$25 each and each player must have at least one green (home) jersey and a white (away) jersey. Players may purchase more than one set of jerseys.
2. Uniform shorts. Shorts must be plain black in color and have no pockets or pockets sewn shut to prevent finger injuries. Uniform shorts can be purchased at the Wildcats Store (website).
3. Compression shorts or pants are required underneath uniform shorts. Preferred black in color but can also be white.
4. Mouth guard. It should be in good taste.
5. Game shoes. Cleated shoes are highly recommended; however, metal cleats are NOT allowed.
6. Socks. Black is preferred, but white is also acceptable.

Optional equipment includes:

1. Receiver gloves. They should be in good taste.
2. Long-sleeve, compression undershirt. Can be black or white in color. This is handy later in the season when the temperature gets colder.
3. Sweat headbands. Can be black, white, or green in color.

4. Wildcats' sports duffle bag. It can be purchased through the Wildcats store.
5. Wildcats practice t-shirt. It can be purchased through the Wildcats store.

No jewelry (necklaces, watches, rings, etc.) is allowed during practices or games. Any travel expenses for games or tournaments are the responsibility of the player and family.

While practicing, the same standards are to be maintained - attire worn modestly, keeping all undergarments covered.

Drug/Alcohol/Tobacco Use

The Wildcats program maintains a drug-, alcohol-, and tobacco-free environment for all players while participating in practices and games, including travel time to and from away games. While participating, there is to be no form of drug, alcohol, or tobacco used by any of the players.

Parental Involvement

The Wildcats program cannot exist without the volunteer help of the parents and family. Everyone is needed in some capacity to make the football program work and keep costs low. Talk to the Athletic Director or go online (www.westomahawildcats.com) about a list of volunteer options. Parental, grandparental, and sibling volunteers are important and appreciated.

Communication

Wildcats' official communication is accomplished primarily through email. Phone calls, text messaging, online announcements, and Discord (player communications) are also utilized. If this does not work for you, please let the Athletic Director know to set up different arrangements. Schedule changes are inevitable in athletics. Please check your email regularly. If the weather is questionable, we will attempt to email cancellation notices at least an hour before the event. Please check your email and/or Facebook (<https://www.facebook.com/WestOmahaWildcats/>) before you leave for practice, games, or events. You may call or text the Athletic Director if you are unsure.

Financial Accountability

We desire to keep all financial business at the highest level of Christian character and respect. The Wildcats Board of Directors develops a proposed budget at the beginning of each season and an actual budget at the end of the season. All financial information is freely available to families involved in the program. The Board will also email out the official meeting minutes after each Board meeting.

Liability

All players are expected to carry personal insurance or assume full fiscal responsibility should an injury occur during practice or games. Parents, guardians, and players agree that Wildcats Football, as well as the facilities used for practices and games, will not be held responsible for any injuries. The Medical Release Form and the General Liability Waiver & Hold Harmless Agreement are due at the time of registration. Please see the Wildcats' website (www.westomahawildcats.com) to fill out the forms.

Players Code of Conduct

I, as a player, recognize the importance of sportsmanship, respect, and teamwork both on and off the field. I understand that my behavior reflects on myself, my team, my coaches, and the entire Wildcats organization. To create a positive and enjoyable experience for everyone involved, I commit to following the Wildcats Code of Conduct.

1. **Integrity.** I will do everything with the upmost integrity. I will be honest, just, and display moral principles with my teammates, coaches, opponents, officials, and families.
2. **Respect.** I will treat my teammates, coaches, opponents, officials, and all individuals involved in the game with respect, regardless of differences in skill and background.
3. **Sportsmanship.** I will always display good sportsmanship. I will be gracious in victory and dignified in defeat. I will shake hands with opponents and officials before and after games and show grace under pressure.
4. **Listen and Learn.** I will listen to my coaches and teammates and follow their instructions during practice and games. I will use feedback to improve my skills and contribute to the team's success.
5. **Teamwork.** I will work together with my teammates to achieve common goals. I understand that the success of the team depends on everyone's effort and cooperation.
6. **Positive Attitude.** I will maintain a positive attitude and persevere through challenging situations. I will encourage my teammates and help create a positive team environment.
7. **Fair Play.** I will understand the rules of the game and play fairly and honestly, adhering to the letter and spirit of the rules. I will not cheat or engage in unsportsmanlike conduct.
8. **Dedication.** I will make every reasonable effort to attend all practices and games. I will notify my coaches if I cannot attend a practice or game competition.
9. **Responsible Conduct.** I will not engage in physical or verbal confrontations with players, coaches, officials, or fans before, during or after practices and game competitions. I will also refrain from using foul or offensive language.
10. **Representation.** I understand that I am representing the West Omaha Wildcats Flag Football Organization. Poor behavior during practice or games may result in the loss of playing time and expulsion from the team.

Parent or Guardian Conduct and Responsibilities

1. Encourage and support the authority of the coaching staff, board, and program.
2. Make every reasonable effort to have the player at all scheduled practices and games on time to fulfill their commitment to the team. Notify coaches in a timely manner if player is unable to make a practice or game.
3. Treat coaches, fellow parents, game officials, players, and spectators with respect at all times, and be sure that all family members and friends do the same.
4. Contact the Athletic Director or Coach with any problem, concerns, or comments regarding this program.
5. Make the Athletic Director and Coaches aware of any physical, mental, or emotional challenges that a player may be experiencing.
6. Support the Wildcats program by volunteering.
7. Pay fees by assigned due date.
8. Only students who meet the eligibility requirements may participate on the team.

Coaching Philosophy

The Wildcats program desires to be competitive and win games but also desires to develop young men of character in both athletics and life skills. Coaching techniques will vary from coach to coach as well as with different ages and team levels. Any decision regarding playtime for individual players is the responsibility of the coaches and is based on several factors:

1. The player's attendance at practices and games.
2. The player's attitude and effort at practice and games.
3. The player's understanding of the game and the play book.

If a player or parent has any questions as to the amount of playing time, they need to address this personally and privately with the Head Coach. If there is a different type of problem, parents and players are asked to address these issues privately with the Athletic Director.

Athletic Director:

Jon Carrison, westmahawildcats@gmail.com, (531-389-5446)

Primary Coaches:

Aaron Titus, Head Coach, Offensive Coordinator

Bradley Bourland, Defensive Coordinator