

## 2023 Omaha Lightning Flag Football Information

[www.omahalightningfootball.com](http://www.omahalightningfootball.com)

Contact [omahalff@gmail.com](mailto:omahalff@gmail.com) with any questions.

### Season

The 2023 season begins Tuesday, August 1st and runs through the end of October. Practices are at Maple Village Park 3865 Parkview Dr, Omaha, NE (across from Warren Swigart Golf Course), Tuesdays and Thursdays from 4:30 to 6:30. July practices are optional; August – October practices are mandatory. Games will begin at the end of August and conclude by the end of October.

### Registration

Paperwork required: Omaha Lightning Flag Football Registration/Crew Member Form  
Player/Parent Acknowledgement page from Lightning Football Handbook  
Medical Release Form  
Waiver and Hold Harmless Agreement

### Fees

Registration cost structure: \$140.00 for the first player, \$115.00 for the second, and \$90.00 for each additional player from the same family. Uniform cost: approximately \$80. It is possible to offset some, or all, of the costs through fund-raising. Fundraiser options include selling website sponsorships and Old Chicago gift cards.

You may begin fundraising as soon as you have committed to the team through registration. **One-half of the registration fee is required by August 15, 2023 and all funds are due before the first game date (TBD).** Please understand that any player who has not paid in full will not be allowed to play in a game until paid.

### Uniform Requirements

Uniform: The jersey, shorts, and socks will be provided, but the cost is the responsibility of the player. Compression shorts or pants are **required** underneath uniforms. A compression shirt isn't required but is suggested. Regulation football pants or full-length warm-ups are both permissible.

Shoes: Metal cleats are not to be worn; only cleats made of molded rubber are acceptable. Shoes that have removable cleats are also acceptable as long as they don't have metal tips.

**NOTE:** Uniforms are to be worn only for games. Please do not wear any part of the uniform to practice. All players are required to dress in uniform for all games (JV and Varsity).

### Parent volunteers

This organization relies on parent volunteers to be successful. Each family must sign up to volunteer during the season. Various opportunities are available. Please see the OLFF Registration Form for specific opportunities.

### Lightning Sportswear:

If you wish to purchase Omaha Lightning Flag Football sportswear, we have set-up a store at <https://www.mylocker.net/shops/omaha-lightning108526>. This is all at your discretion and is not required.

### Concussion Information:

[https://www.cdc.gov/headsup/pdfs/highschoolsports/parents\\_fact\\_sheet-a.pdf](https://www.cdc.gov/headsup/pdfs/highschoolsports/parents_fact_sheet-a.pdf)