



LAWRENCE LEGION ATHLETICS

★ 2026 FLAG FOOTBALL PARENT MEETING ★

A LITTLE ABOUT US

Legion Motto: *"If it's to be, it's up to me."*

We started as the (unofficial) Super Sonix, then expanded into multiple sports. Developed a culture centered around character, founded Lawrence Legion Athletics LLC, a year-round development program and now we're seeing exponential growth.

OUR VISION

To grow the Legion community together, ensuring every athlete is supported on and off the field. We're committed to being the kind of community every family wants to be a part of—one that encourages, supports, and grows together.

WELCOME TO LAWRENCE LEGION ATHLETICS

Thank you for trusting our family with yours. Our program teaches much more than the game—it teaches our kids how to overcome adversity, communicate, lead, compete, and work as a team. We're building better athletes and even better people.

THE LEGION CODE



**RESPECT
THE GAME
OF LIFE**



**DO
YOUR
PART**



**HANDLE YOUR
BOOKS BEFORE
YOUR BALL**



**TOGETHER
WE RISE**



**OWN YOUR
ATTITUDE**



**STAY
COACHABLE**



**BE
GRATEFUL**

We don't expect perfection. We expect **progress**.

PARENT PLAYBOOK



ATTENDANCE

Expectation is that each player attends all practices and is on time. However, we know life is happening all the time, please coordinate and communicate ASAP so we can plan accordingly.

Parents are welcome to stay at practice or drop off and pick up at end of practice session.



COMMUNICATION

We will use GameChanger first for communication and RSVPing for practices. Once LYF registration is locked, I will provide details on our transition to SportsEngine, where we will continue communication and events/RSVP there.

✓ RSVP every practice/game as this helps coaches plan per headcount

🌐 Reference LawrenceLegion.com for routine updates.



PARENT ASKS

- ✓ Model the behavior we want our athletes to portray
- ✓ Do not coach from sidelines, argue officials or opponents, criticize athletes
- ✓ Communication is key – Communicate absences!
- ✓ Arrive on time
- ✓ Practice 15–30 minutes at home
- ✓ Encourage effort, not results
- ✓ Help your athlete live the Legion Code



PLAYER EXPECTATIONS

- ✓ Live by the Legion Code on and off the field
- ✓ Hustle
- ✓ Encourage Teammates
- ✓ Be Coachable
- ✓ Have Fun

WHAT TO EXPECT THIS SEASON



PRACTICE LOCATION

Broken Arrow Park

"The Home of Legion"

If weather hits, we will communicate alternative locations.



PRACTICE DAYS

SUNDAYS

All Program Conditioning/Skills
July – August

TUESDAYS

TBD Team Practice
starting in August

WEDNESDAYS

All Program Conditioning/Skills in July
TBD Team Practice starting in August

THURSDAYS

TBD Team Practice
starting in August

MONTH	EVENT
JULY	Conditioning
AUGUST	Install Offensive/Defense Plays
SEPT–OCT	Games Begin
1 ST WEEK OF NOV	Playoffs
NOVEMBER	Banquet (Formal)



EQUIPMENT CHECKLIST

- ✓ Cleats
- ✓ Mouthpiece
- ✓ Hydration
- ✓ Uniform
- ✓ Flags (later date)



UPCOMING EVENTS



Summer BBQ



High School Community Game



KU Community Game



Jon's Scholarship Fund



Community Service (TBD)



VOLUNTEER WITH LEGION

It takes a village. Volunteer coaches (moms, dads, grandparents) are welcome! No football experience required.

Not everyone is meant to bring up the youth, I acknowledge that, but support doesn't go unnoticed.

Coach Rob will identify where he needs you, everyone has a role, if willing.

If interested, please reach out to Coach Rob.

PROGRAM NUMBERS

AS OF WK 3

BOYS

K/1 – 2 teams
2nd – 2 teams
3rd – 3 teams
4th – 1 team
5th/6th – 1 team

GIRLS

K/1 – 1 team
2nd – 1 teams
3rd – 1 team
4th – 1 team
5th – 1 team
6th/7th/8th – 1 team

92 enrolled this far

Estimation of total teams = ~15 teams and counting!



POTENTIAL ALTERNATIVE LEAGUE

GPFF (Girls Play Flag Football) League (2nd–5th)
Saturdays

I'll have more information mid-July when league enrollment comes out.



ENROLLMENT

- LYF Enrollment – Complete LYF enrollment first! web.gc.com (Lawrence Youth Football)
- Legion Enrollment payment due July 31st, having all payment in by the due date helps us ensure uniform in hand by end of August based on last year's timeline.
- form.jotform.com/261648210160145



PARENT HOMEWORK

- ☐ Emotional Reset Contract
- ☐ Legion Waiver