



QUEENBEES FLAG FOOTBALL

2026 PLAYER PACKET

OUR MISSION & IDENTITY

The QueenBees Flag Football organization is a veteran-founded and veteran-led nonprofit committed to empowering high school girls through the game of flag football. Our mission is to provide structure, discipline, guidance, and exposure while developing strong, confident, and resilient young women both on and off the field.

We are more than a team — we are a sisterhood. We represent **Queen Behavior**, which means carrying ourselves with pride, accountability, and excellence in every environment. Every athlete who wears the QueenBees name is expected to **Protect the Hive** and uphold the standard.

OUR STANDARDS

Being a QueenBee is earned , not given. Our standards are what separate us from everyone else.

- **Discipline** – Show up prepared, focused, and ready to work
- **Accountability** – Own your actions, on and off the field
- **Respect** – For coaches, teammates, opponents, and yourself
- **Effort** – Give 100% in practice, games, and team activities
- **Excellence** – Average is not our standard — we elevate

QueenBees do not cut corners. We do not make excuses. We execute.

RULES & REGULATIONS

To maintain the integrity and success of the organization, all players must follow these rules:

1. **Attendance is Mandatory** – Practices, games, and team events are not optional
2. **Punctuality Matters** – Arrive early, not on time
3. **Uniform Compliance** – Full uniform must be worn properly at all events
4. **Positive Representation** – Players represent the organization at all times
5. **Social Media Conduct** – No negative, inappropriate, or disrespectful posts
6. **Academic Responsibility** – School performance must be maintained
7. **Coachability** – Players must accept correction and feedback respectfully

Failure to follow these rules will result in disciplinary action.

DEMERIT SYSTEM

To uphold the **QueenBee Standard of Excellence**, all players will be held accountable through a structured demerit system. This system ensures discipline, consistency, and fairness across the organization.

INFRACTIONS & DEMERITS

- Missed Practice (Unexcused): – 2 Demerits
- Late to Practice (Up to 10 minutes): – 1 Demerit
- Late to Practice (More than 10 minutes): – 2 Demerits
- Missed Fundraiser/Event: – 2 Demerits
- Disrespect to Staff, Coaches, or Teammates: – 2 Demerits
- Inappropriate Social Media Post: – 2 Demerits (*Content must be removed immediately*)
- Failure to Wear Proper Gear: – 1 Demerit
- Dishonesty / Lying to Staff: – 3 Demerits (*Integrity is NON-NEGOTIABLE*)
- Substance Abuse / Use: – 5 Demerits + **Immediate Removal from Roster**

ACCOUNTABILITY & CONSEQUENCES

Demerits are tracked and reviewed by coaching staff. Accumulation of demerits will result in the following disciplinary actions:

- **4 Demerits:** Reduced Playing Time
- **5 Demerits:** Game Benching
- **7 Demerits:** Suspension from Team Activities

SEVERE INFRACTIONS

Certain behaviors may result in immediate or accelerated disciplinary action, regardless of total demerits:

- **Substance Abuse / Under the Influence:**
→ 5 Demerits + Immediate Removal from the Team
- **Repeated Violations / Failure to Improve Behavior:**
→ Removal from the Team at Coaching Staff Discretion

PLAYER EXPECTATIONS

As a QueenBee athlete, you are expected to:

- Compete at a high level at all times
- Support and uplift your teammates

- Maintain a strong work ethic
- Represent the brand with pride and professionalism
- Be mentally and physically prepared
- Communicate effectively with coaches
- Embrace growth, correction, and development

This program is designed to push you beyond your comfort zone and prepare you for the next level.


TEAM EXPENSES & FEES

Being part of the QueenBees means commitment — not just on the field, but in helping sustain a high-level travel program. Below is a breakdown of expected expenses and financial expectations.


TEAM FEES

- **New Players:** \$500
- **Returning Players:** \$250 (*May vary depending on uniform items still needed*)

Returning Player Deadline:

 \$250 Due by **May 1** — **NO EXCEPTIONS**

New Player Deposit Requirement:

 Minimum **\$150 due by April 25** to allow time for uniform customization and delivery before the first tournament

UNIFORM COST BREAKDOWN (NEW PLAYERS)


- Home & Away Uniform: \$68
- Practice Uniform: \$35
- Backpack: \$46
- Tracksuit: \$70
- Headband: \$10
- Arm/Calf Sleeves: \$20
- Compression Shorts + Sports Bra: \$55 (*mandatory for uniformity*)

TOURNAMENT TRAVEL COST ESTIMATES (FRIDAY–SUNDAY)

Traveling with a full roster of **12–15 players**, estimated team expenses per weekend tournament include:

- Hotel (Team Block): ~\$1,000 – \$1,500
- Rental Vehicles / Transportation: ~\$300 – \$600
- Tournament Registration Fees: ~\$300 – \$400
- Food (Team Meals & Hydration): ~\$500 – \$900
- First Aid / Medical Supplies: ~\$50 – \$100
- Miscellaneous Team Needs: ~\$100 – \$200

Estimated Total Team Cost Per Tournament:

 **\$2,250 – \$3,700 per weekend**



INDIVIDUAL PLAYER COST ESTIMATE

When team expenses are divided across a roster of 12–15 athletes, the estimated **cost per player per tournament weekend** is:

 **\$200 – \$300 per player (Friday–Sunday)**

This estimate includes shared costs such as:

- Lodging
- Transportation
- Tournament fees
- Team meals & hydration
- Basic medical/first aid supplies

This breakdown helps families understand the true cost of operating a competitive travel program.



IMPORTANT FINANCIAL EXPECTATIONS

Timely payment of team fees is critical to the success of the program.

- Fees allow us to secure hotels, register for tournaments, and provide necessary resources in advance
- Late payments create financial strain and impact the entire team
- Fundraising efforts are designed to help cover **additional and unexpected costs**, not replace required fees

Players who do not meet financial deadlines risk:

- Loss of roster spot
- Inability to travel to tournaments
- Delays in receiving uniforms

We operate as a team — everyone must do their part.

PARENT SUPPORT & VOLUNTEER EXPECTATIONS

The QueenBees cannot “Swarm” without the support of our parents and families.

We rely on volunteers to help with:

- Team meals and hydration coordination
- Fundraisers and event support
- Travel coordination and logistics
- Game day setup and organization
- Player support and supervision

Your involvement directly impacts the success and experience of every athlete in the program.

This is a team effort — on and off the field.

UPCOMING TOURNAMENT INFORMATION

Baton Rouge, Louisiana Tournament

Location:

Elite Training Academy
5414 Burbank Dr
Baton Rouge, LA 70820
(Located approximately 1 mile from LSU's campus)

17 Travel & Hotel Information

Hotel Stay:






Embassy Suites Baton Rouge
4914 Constitution Avenue
Baton Rouge, LA 70808

Dates: May 8 – May 10

Parent & Spectator Information

- Two-Day Pass: \$25
- Single-Day Pass: \$15
- Lost Wristbands: \$10 Replacement Fee
- Parking: FREE

TENTATIVE TOURNAMENT SCHEDULE

- **Queens of the South Tournament**
 June 13
 Atlanta, Georgia
- **The Experience Summer Classic (Defending Champs)**
 Saturday, June 27
 Orlando, Florida
- **Summer Sheaux Down**
 July 11–12
 Gonzales, Louisiana

FINAL MESSAGE

This is not just a team — this is a movement.

The QueenBees are building something powerful, and every player has a role in protecting, growing, and representing the Hive. Standards will be enforced. Expectations will be high. Results will follow.

Everybody Can't Sit With Us.



PLAYER & PARENT AGREEMENT

By signing below, we acknowledge that we have read, understood, and agree to uphold all QueenBees standards, rules, expectations, and financial responsibilities outlined in this packet.

Player Name: _____

Player Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____