



New York Jets High School Girls Flag Football Week Three Recap

Welcome to the third edition of the New York Jets 2025 Girls Flag Football Weekly Recap. We're excited to share the latest initiatives and events that highlight our dedication to empowering young athletes and promoting inclusivity. From growing youth football to providing opportunities for disadvantaged populations, the Jets are dedicated to fostering a spirit of unity and support. Stay tuned for updates on the season.

GATORADE GIRLS FLAG SERIES

During the third Gatorade Flag Series game on April 21, East Rockaway High School defeated Hempstead High School 31-7. The girls from both teams had the opportunity to compete and show off their skills on the same field where Jets players train.

Since the founding of the Gatorade Girls Flag Series three years ago, 20 games have been played and another two competitions will take place over the next few months at the AHJTC. This spring, over 6,000 girls will participate and compete in flag football leagues and programs supported by the Jets.



Please click [here](#) to download photos from last week's action.

GATORADE SERIES SCHEDULE Upcoming Games

| Week | Home   | Away                | Score     |
|------|--|---------------------|-----------|
| 1    | Washingtonville  | Monroe-Woodbury     | 0-36      |
| 2    | DePaul Catholic  | Indian Hills        | 45-12     |
| 3    | Hempstead  | East Rockaway       | 31-7      |
| 4    | Kent Place   | Morristown          |           |
| 5    | CSIHS  | Springfield Gardens |           |
| 6    | Girls Flag Football Championship Game at Kean University |                     | 7:00 p.m. |

\*Teams, dates, and times subject to change



|                      |     |    |                            |     |    |                              |     |    |
|----------------------|-----|----|----------------------------|-----|----|------------------------------|-----|----|
| Herricks             | LI  | 24 | Plainview-Old Bethpage JFK | LI  | 26 | Jefferson                    | NJ  | 13 |
| East Meadow District |     | 6  | Massapequa                 |     | 13 | Pompton Lakes                |     | 6  |
| Union                | NJ  | 12 | Plainfield                 | NJ  | 14 | Patchogue                    | NY  | 31 |
| Roselle              |     | 0  | Watchung Hills             |     | 6  | Longwood                     |     | 30 |
| East Harlem Pride    | NYC | 22 | Milwood                    | NYC | 27 | South Bronx                  | NYC | 6  |
| Fort Hamilton        |     | 12 | Port Richmond              |     | 7  | Bathgate Educational Complex |     | 0  |



# PLAYER OF THE WEEK

PRESENTED BY



# COACH OF THE WEEK

PRESENTED BY



## NORAH ROSE - EAST ROCKAWAY

Norah Rose of East Rockaway High School in East Rockaway, NY has been named this week's New York Jets High School Girls Flag Football Player of the Week presented by Gatorade. In its third year, this award is presented to standout girls flag players in the tri-state area. The Jets and Gatorade will recognize players throughout the season from a series of games hosted at the Atlantic Health Jets Training Center.

In the third game of the 2025 Gatorade Girls Flag Series, Rose led her team to a 31-7 victory over Hempstead. She impressed with five carries for 20 yards, as well as six flag pulls. Rose also had one interception for the Rocks. Rose and the Rocks are now 5-3 on the season, and look to add another win in their upcoming game against Roslyn.

As the New York Jets Girls Flag Football Player of the Week presented by Gatorade, Rose will receive a \$1,000 donation in her name to be used toward East Rockaway's girls flag football program. In addition to the monetary award, Rose has the opportunity to attend the Jets Play Football preseason game at MetLife Stadium, where she will be honored on-field for her achievement.



## JAKE ROSSI & GREG ZIEMS - WEST ISLIP

West Islip coaches Jake Rossi and Greg Ziems of West Islip High School in West Islip, NY have been named this week's New York Jets High School Girls Flag Coaches of the Week presented by Visa. The duo will receive a \$2,000 donation to benefit West Islip's girls flag football program. Along with the monetary award, both Ziems and Rossi will be invited to attend the Jets Play Football preseason game in August, where they will be honored on-field at MetLife Stadium.

In its third year, the Jets High School Girls Flag Football Coach of the Week presented by Visa award is given to coaches in the tri-state area who serve the best interests of the game through the teaching of sound football fundamentals, the motivation of young players to achieve, and the promotion of youth football by way of dedication to their community, their school, and their student-athletes.

A native of West Islip, Rossi attended West Islip High School where he played varsity football for the Lions. He returned to his alma mater as a coach after attending SUNY Cortland, where he received his degree in Physical Education. Ziems grew up around the corner in Holbrook, NY and played football for Sachem High School. He went on to play college football at St. John's University, and has since been a teacher and tackle football coach for both the Lions and Sachem. Ziems and Rossi are in their second year as the co-head coaches of West Islip's girls flag program.

After leading the Lions to the playoffs in their inaugural season, Rossi and Ziems' team is off to a dominant 8-1 start in 2025. West Islip dropped their first game of the season, but have since been undefeated. The West Islip Lions look to extend their win streak in this week's game versus Eastport South Manor.