



KNIGHTS NEWS

10 February 2026

A LOOK INSIDE THIS ISSUE:

- Season Recap

Lady Knights Girls 14U Flag
Knights 4-6 Youth Flag
Knights Mini 8U Tackle
Knights Mighty 10U Tackle
Knights PeeWee 12U Tackle
Knights Cheer

- Board Elections

KFA held annual Board
Elections

- Spring Flag

5th and 6th Grade Flag
Lady Knights Girls 14U

- Fall Registration

- Spring Workouts

2025 FALL SEASON RECAP

The 2025 Knightdale Lady Knights Girls 14U Flag had a strong season marked by steady growth, improved teamwork, and consistent effort each week. The players built confidence, sharpened their skills, and showed great sportsmanship throughout the season. Their hard work paid off with a championship win, a huge accomplishment that reflects their dedication and resilience. We're proud of how they represented the program both on the field and as teammates.

The 2025 Knightdale Youth Flag team made monumental improvements over the season. The boys really improved over the season as they improved their ability to focus and became more confident in their abilities. As the season went on players began to stand out in their abilities which gave us as coaches the ability to scheme towards those strengths. We had great support from the parents as they went through our struggle with us but kept bringing the fellas out.

SEASON RECAP CONT.

The 2025 Knightdale Knights Mini Mites finished the season North Conference Champions with a 4–0 conference record and a 5–3 overall mark, showcasing tremendous growth and resilience.

Despite facing injuries and fielding a roster with 25 first-year players out of 32, the team came together and competed at a high level all season. The Mini Mites playoff run ended in the first round against the eventual Super Bowl champions who they lost to by 1pt in the season opener, proving they battled against the best. This season laid a strong foundation for the future of the team.

The 2025 Knightdale Knights Mighty Mites had a good season with some wonderful young men. They all progressed very well throughout the season. We are looking forward to seeing them return and building on that progression.

The 2025 Knightdale Knights PeeWee Team and KFA organization had a wonderful season. The PeeWees ended the season in a highly competitive Super Bowl against their crosstown rivals, coming up 1 point shy as the Super Bowl Runners-Up! This year's group of new and returning players plan to build off the momentum of last year's 9-2 record and win the division and capture the EWFL Super Bowl. En route to developing our players, and preparing them for the next level of school, football, & life!
GO KNIGHTS!

Knightdale Knights Cheerleading for 2025 was a successful year. We had a wonderful group of young ladies who cheered for our Mascots, Minis, Mighty and PeeWee football teams. Much fun and spirited excitement was had by our girls, while learning the skills of cheerleading. We practiced hard for our games and ended the season participating in EWFL Cheer Explosion. Our ladies did an outstanding job. We invite everyone back to our 2026 season which promises to be even better than 2025. Our coaches are excited and will be working during the off season and we hope to see you all back again. Let's continue to be stronger, better and together as one Knight Family.

BOARD ELECTIONS

During the January KFA Board Meeting, elections were held for officers whose terms were ending and wished to return to those same positions as well as openings for vacant positions. Listed below are the results of those elections as well as the positions that are still to be filled.

President - Marcus Yulfo - 3 Year Term
Vice President - Garrick Tarver - 3 Year Term
Treasurer - Sharon Organ - 3 Year Term
Cheer Coordinator - Sharlene McDoe - 2 Year Term
Equipment Coordinator - Stephen Simms - 2 Year Term
Buildings and Grounds - Frank Jarrett - 2 Year Term
Apparel Coordinator - Jodi Beatty - 2 Year Term
Concessions Coordinator - Dashima Hudson - 2 Year Term
Event Coordinator - Rita Williams - 2 Year Term
Mini Head Coach - Shaun McKenzie - 1 Year Term
Mighty Head Coach - Brandon Johnson - 1 Year Term
PeeWee Head Coach - Theo Stone - 1 Year Term

Marketing Coordinator - VACANT - 2 Year Term
Fundraising Coordinator - VACANT - 2 Year Term
Volunteer Coordinator - VACANT - 2 Year Term

5TH AND 6TH GRADE KNIGHTS SPRING FLAG

Registration is open for the Spring season of Under the Lights - North Wake. They are using a new app this year, Team Pass. Coach Simms will be coaching the 5th and 6th grade division. Athletes can play up a grade level. Any questions please feel free to contact Coach Simms at 914-365-0582.

Team: Army Black Knights
Division: 5th-6th Grade (Competitive League)
Coach Stephen Simms

[https://app.teampass.com/product/227497?
a=1&sid=8669_B45D59B8BF86B5135C7E410846648962&tid=135
521_119AED](https://app.teampass.com/product/227497?a=1&sid=8669_B45D59B8BF86B5135C7E410846648962&tid=135521_119AED)

14 U LADY KNIGHTS SPRING FLAG

We are officially shifting gears toward SPRING 2026, and baby... we're not just showing up...we're leveling up!!!

We'll be playing with UTL (Under the Lights) again and may also get opportunities to get extra work in with other leagues this season

Because this year we're not just playing for fun...

We're playing to win. We're playing to grow. We're playing to learn. And we're playing to keep proving:
NEVER underestimate the underdogs.

Registration is OPEN for the 2026 Spring Under the Lights Flag Football Season powered by Under Armour

Location:

Rolesville High School

Registration: \$135-\$165 + fees

Includes Under Armour jersey & shorts

7-week regular season

Competitive, confidence-building, non-contact football

Tentative Season Start:

Saturday, March 14, 2026 and runs thru May with games on Saturdays roughly 11AM-6PM

REGISTER HERE:

https://app.teampass.com/UnderTheLights/North_Wake/

(This season includes a competitive division — for the first time, we're stepping into a league built for teams ready to really compete)

PRACTICE INFO

We plan to begin spring practices tentatively on February 24th on Tuesdays & Thursdays from 6:00-7:30 PM at our Flowers St practice field until 3/10 then we plan to meet at Knightdale Station Park
Field Number 3

Lady Knights... this next chapter is about growth, grit, and greatness.

Let's keep building. Let's keep shining.

Let's go show the league what happens when heart meets hustle.

Coach Wheeler

Head Coach

(919) 706-6683

FALL REGISTRATION

Registration for the upcoming 2026 Fall Tackle and Cheer Season is set to open on Monday, March 2, 2026. As always, there are bonuses tied to early registration so be on the lookout for more details on our website and in our next newsletter.

SPRING WEDNESDAY WORKOUTS

The wait is almost over. Since the NFL season is over it's almost time for "Wednesday Workouts" with the Knightdale Knights. Starting the first Wednesday of April (NO APRIL FOOLS HERE) Knightdale Station Park Field # 3 from 6-8 pm

Join the coaching staff of the Knights along with local high school and college players as we work on agility, conditioning, and general football skill development. Everyone ages 5-14 is welcome to come out and get some great off-season work.

