

JORGE CASCUDO

HEAD COACH

A legendary flag football quarterback for the U.S. Men's Flag National Team before entering the coaching ranks, Jorge Cascudo (*pronounced George cass-COO-doe*) Football's U.S. National Team. Under his guidance, the U.S. National Team earned gold at The World Games 2022 in Birmingham, Ala. and the 2023 IFAF Americas Continental Flag Football Championship in Charlotte, N.C.

Prior to leading the U.S. Men's National Team, Cascudo was head coach of the Panamanian Men's National Team. Cascudo, whose assistant coach on that team is current U.S. Women's Flag National Team head coach Saaïd Mortazavi, led Panama to a bronze medal finish at the 2021 IFAF Flag World Championships in Jerusalem, Israel. It marked Panama's highest-ever finish in the world championships.

"That bronze medal finish was the best experience I have ever had as a coach," said Cascudo. "Now that I am the U.S. men's coach, I've been able to build on that experience and add more ideas and strategies to the game. I believe with the speed and talent that we have, the sky's the limit."

Cascudo enjoyed a standout flag football career as a player prior to entering the coaching ranks. He was the quarterback for the U.S. National Team from 2010-2018. In August 2010, Cascudo, then 38 years old, led the USA to its first World Championship. Cascudo threw 34 touchdowns in the tournament as the U.S. won gold by defeating Denmark.

A native of Miami, Fla., Cascudo played baseball at Miami Senior High School before earning a scholarship to Florida Memorial College (now University) in Miami Gardens.

TEACHING THROUGH SPORTS

Cascudo has worked as a physical education teacher for his entire career and teaches at Key Biscayne (Fla.) K-8 Center. "I have always loved sports and enjoyed being outside, so I knew being a physical education teacher would be a great fit for me," said Cascudo. "It's a job I truly enjoy because I get to teach and help kids learn and improve their motor skills, and getting to see our students succeed at a sport or game each day is incredibly rewarding."

A FAMILY MAN

Cascudo's family plays a critical role in his life, one that is especially important to him given his own experiences as a child. "When I was young, my parents got divorced and I knew then that I didn't want to follow in those footsteps," said Cascudo. "My family is the most important thing in my life. Everything I do is to make sure I can provide for them and give them every opportunity to be successful and get ahead in life." Cascudo says his wife, Lisset is the biggest influence in his life

and that his three children, Jorge (19), Kevin (17) and Samantha (14) are his prized possessions.

"Lisset is the rock of this family. She's the one that keeps the house and all of us in line. She doesn't sugarcoat anything and says things how they are," said Cascudo. "We make a great team and are always working together for what is best for our family."

"Words can't express what it is to be a dad. My kids are my life, and it is our responsibility to mold, guide, teach, and raise them to be the Godly men and women that they need to be."

FROM BASEBALL TO FLAG

Cascudo enjoyed a standout flag football career, however, his athletic endeavors didn't begin that way. He first enjoyed success as a scholarship baseball player at Florida Memorial College before finding flag football.

"Once I graduated from college in 1996 and knew my baseball career was over, I needed a new hobby," said Cascudo. "I never thought that flag football would become a big part of my life, but I felt in my heart that I would be a good quarterback if I had the opportunity. So when a 4-on-4 flag football league was introduced to Miami, I gave it a try. I always had a strong arm and the same skills that I needed to be an accurate pitcher helped me transition to being an accurate quarterback."

With Cascudo as the quarterback, the U.S. National Team earned four gold medals and a silver medal at the IFAF Flag Football World Championships from 2010-18.



Hometown: Miami, Fla.

Residence: Miami, Fla.

Year Coaching with National Team: 3