



**HOMETOWN:** Wichita, Kan.  
**RESIDENCE:** Denver, Colo.  
**AGE:** 35  
**HEIGHT:** 5-8  
**YEAR ON U.S. NATIONAL TEAM:** 1st  
**PRONUNCIATION:**  
 Sarah MASSUCCI (Ma-SOO-chee)



### JUGGLING MULTIPLE SPORTS

While attending Maize High School, Massucci competed in basketball and softball, but her multi-sport talent really exploded playing intramural sports in college. She participated in basketball, dodgeball, handball, softball, flag football, indoor soccer, indoor floor hockey and volleyball, developing well-rounded athletic traits that translated across disciplines.

“I love playing sports,” said Massucci. “I love being on teams and winning. It was so fun getting to try so many different sports.”



### TESTING THE COACHING WATERS

In 2024, Massucci put her experience in flag football to use on the sideline as an assistant coach for the Arvada West High School girls’ flag football team.

“I love being there with the girls and teaching them more about the game,” said Massucci. “High school is a different vibe than what you see sometimes at the adult level. The athletes are excited to play and learn. It was a very fun experience.”



### HITTING NEW HEIGHTS

Massucci played intramural flag football in college and started investing more time in the sport several years ago. She spent the past three years traveling and competing at an elite level.

“I played intramural flag football throughout college and picked it back up when I moved to Denver in 2017,” Massucci said “I played in social leagues until a coach for a traveling team called Lace Up asked me to join their team. Since then, I’ve played for multiple traveling teams in various formats.”

In 2024, Massucci and her club team won a 5-on-5 non-contact women’s championship. The star-studded club included several U.S. National Team athletes.

“That was awesome. That was the first big tournament we played as team Apex,” Massucci said. “Apex included Lacey [Abell], Madison [Fulford], Ashley [Edwards] and Laneah [Bryan]. A bunch of the girls were on that team. It was a huge bracket with roughly 20 teams. That was the biggest non-contact championship I’ve ever been to.”



### TRAINING WITH THE STARS

Competing alongside so many current and former U.S. National Team athletes at the club level, Massucci feels her game has improved significantly.

“It’s super helpful to play with them. They know what the coaches are looking for, and they know what it takes to be a National Team player,” said Massucci. “They helped me with routes. They helped me play defense. It is the most helpful thing to play with athletes with National Team experience.”

One of her teammates both on the U.S. National Team and club level is two-time gold medalist Madison Fulford. The star receiver broke onto the international stage at the 2023 IFAF Americas Continental Flag Football Championship, producing 578 yards and 14 touchdowns in just six games. Massucci believes Fulford is the toughest opponent she’s ever faced.

“She is fast. She is quick. She runs great routes, and when the ball is in the air, it’s hers,” said Massucci. “She’s going to win every time.”

Fulford might be a tough opponent, but she’s an invaluable teammate. Massucci developed and refined her route tree while training alongside Fulford. Two-time gold medalist and U.S. National Team defensive back Ashley Edwards also contributed to Massucci’s development, helping her refine her instincts and spacing on the defensive side of the ball.