

QB/C

NICO CASARES

#10



HOMETOWN: Miami, Fla.
RESIDENCE: Miami, Fla.
AGE: 24
HEIGHT: 5-11
YEAR ON U.S. NATIONAL TEAM: 2nd
PRONUNCIATION:
NICO CASARES
(Nee-co Cah-SARR-ess)



GET ACTIVE

After serving as an alternate for the U.S. National Team in 2024, Casares earned his spot on the 12-athlete active roster this year and will represent the U.S. at the IFAF Americas Continental Championship in Panama City in September.

“The feeling I had when I was told I made the active roster was surreal,” said Casares. “After not making the active roster last year, I knew the level I needed to play at to make the final 12. If I did that, the rest would take care of itself. For a long time, I’ve heard the saying that when you’re part of a team, you’re playing for something bigger than yourself, and this is the definition of that. It means the world to represent the Red, White and Blue.”

BORN TO PLAY

Casares is one of the U.S. National Team athletes who began playing flag football at an early age. It was his second sport, behind soccer, when he was in elementary school. After a successful tackle football career in high school and college, Casares’ flag football journey that began when he was eight years old is reaching new heights.

While Casares was a successful on the gridiron, he feels just as at home without the pads and helmet.

“It [flag football] is the sport that I fell in love with and is my escape where I feel the most at ease.”

Casares participated in basketball, football and track and field at Palmer Trinity School in Miami. The quarterback put together a strong list of accolades, including earning Conference Offensive Player of the Year honors twice, a Second Team All-Dade selection, four conference championships and Palmer Trinity’s first 10-win season. Casares passed for 1,726 yards and 20 touchdowns as a senior.



MEMORABLE MATCHUPS & MENTORS

Growing up, Casares played flag football for USA Football’s 2024 17U U.S. Boys’ Flag National Team head coach Rudy Fernandez in RYAN Football.

Fernandez, who coached tackle football at Palmer Trinity School for three years, including during Casares’ freshman season, and is entering his third year coaching the Junior National Teams, taught Casares many of the sport’s fundamentals.

Casares’ greatest memory playing flag football was winning a championship in NFL Flag at the 14U level with RYAN Football. He also had the chance to match up against some stars in his youth, including *Sporting News and Sports Illustrated* All-American defensive back Mike Sainristil, who was selected in the second round of the 2024 NFL Draft by the Washington Commanders after an award-winning career at Michigan that culminated with a national championship.

COLLEGE EXPERIENCE

Casares continued his tackle football career at Catholic University of America from 2019-23. In 2022, he went 5-2 as a starter, completing 183 of 272 passes (67.3%) for 2,066 yards and 20 touchdowns. His debut as the team’s starter against MIT was a fireworks show. Casares passed for 448 yards and five touchdowns. He earned 2022 All-NEWMAC First Team honors for his breakout season, which included two NEWMAC Offensive Athlete of the Week selections and one D3football.com Team of the Week selection.

“You get in what you put out,” Casares said. “Hard work isn’t just on the job, it’s off hours too. You have to trust the people around you to do their jobs.”

Additionally, Casares made the DC Touchdown Club honor roll list three times and set Catholic University’s single-game completions record with 45 against Lycoming in 2023.

