

WR/RSH SHAWN THEARD JR. #19



HOMETOWN: New Orleans, La.
RESIDENCE: New Orleans, La.
AGE: 29
HEIGHT: 5-7
YEAR ON U.S. NATIONAL TEAM: 1st
PRONUNCIATION:
Shawn Theard (THAY-yard)



A BROTHER'S MOTIVATION

Theard's brother, Mike Lee, played safety for the Kansas Jayhawks from 2016-19 and played in the XFL for the Orlando Guardians in 2023.

Theard and Lee are close, and Theard credits him for motivating him to be the best he can be on the field.

"It's always been me and him," Theard said. "We played football, basketball, baseball, everything growing up. You know how brothers fight growing up? As we got older, that just stopped, there was no more fighting. If we got mad at each other, we would go put equipment on, go in the backyard and just compete head up. Without him, I think I could still be good, but I wouldn't be as good as I am because we pushed each other."



FINALLY MAKING IT

This year marks Theard's first appearance with the National Team after failing to make it the 18-athlete roster in 2023 and 2024, when injuries limited his performance.

"My first two years at Trials, I didn't make it to the 18 because the first year I was competing on a bad knee and the second year I had a high-grade ankle sprain," Theard said. "For me, this was about getting healthy. I've been telling everybody since January (2025) that I was going to make the 18 because I was healthy and if I stay healthy, I'll make the 12."

"I'm happy to be here, and now I have my own stuff that says "National Team." I didn't have to get that from anybody, I earned it. This is so big to me because my football story didn't go how I wanted it to go after Junior College. It stopped me from playing tackle football, but I feel in love with flag and here I am."

GONE IN A FLASH

Theard is known as "Flash" in flag football circles. He got the nickname from childhood friend Lamont Massey, who played flag football with Theard in middle school.

Later, when Massey reintroduced Theard to flag football as an adult, Massey insisted Theard needed a nickname – Theard considered "Sonic" or "Dash" before settling on "Flash."

Given Theard's speed on the field, the name was fitting and stuck. In August 2020, while at a large flag football tournament in Nashville, Tenn., Theard realized he could compete with some of the best in 5-on-5 flag football.

"My team was supposed to play 7-man (format) but we ended up signing up for 5-man, and we played against two top-5 ranked flag teams right away," Theard said. "I was able to play great against both those teams and from then on I really felt like 5-man was my game."

Theard has shown his speed on the field and backed it up at U.S. National Team testing, posting the fastest 40-yard dash and 20-yard split among the 12-athlete roster.

