

3rd IWFFA
VALHALLA
WOMEN'S FESTIVAL
JULY 27 – AUGUST 2, 2025
HACKSVIK, SWEDEN



This event is brought to you by: HACKSVIK & International Women Flag Football Association

A woman's organization first.

The IWFFA uses flag football to unite females all over the world, putting women in charge of their flag football programs & building leaders

The IWFFA is a leader in women's flag football, organizing the very first national women's flag football league in the United States in 1995, joining almost every U.S. state through their tournaments.

In 1997, the organization went international traveling to Denmark to introduce the sport and created Denmark's first flag football team: The Copenhagen Mermaids.

Girls play
flag football
for FREE

The IWFFA continued to introduce flag football in Scandinavia: Norway (1998), Sweden & Iceland (2000) and formed the Nordic Region for women's flag football in 2000



The IWFFA brought together the largest women's flag football tournament in the world in 2001 with 48 women's teams, in Key West, Florida, U.S.A. at the annual event: Kelly McGillis Classic

Since 1997, the IWFFA has traveled to around the world to support and help grow teams & leagues: United States, Denmark, Norway, Sweden, Finland, Iceland, Scotland, Canada, Mexico, Germany, Belgium, Puerto Rico, El Salvador, Guatemala, Honduras, Cuba, India, Jamaica, Morocco, Spain, Guam, Switzerland

List of countries IWFFA introduced flag football and put the women in charge.

Denmark – Norway – Sweden – Iceland – El Salvador – Guatemala
Puerto Rico – Cuba – Afghanistan – Jamaica – Pakistan - Guam - New Zealand

And through the years, the IWFFA has evolved from a tournament oriented sports organization, to a humanitarian women's organization. Our dedication and support for our female athletes & all females directed our efforts: to get asylum for 72 of our Afghan female flag football players and their families, to work with refugees, women in shelters, orphans, deliver hundreds of pounds of food, clothing & medical supplies to Cuba. And our work continues & grows around the world.

Sunday 27 July, 2025



**Arrival to Håcksvik
Valkommen!**

**Pitch tents - Ride Bikes -
Swim in Lake**

**19:00 Dinner - lentil soup
with bread.**

**20:00 Håcksvik & IWFFA
Orientation**



Monday 28 July

07:00 Good Morning! breathing – stretch – mindful meditation

Focus: awareness of the present moment – thoughts – feelings - sensations

08:00 Breakfast

09:00 Poetry & Lyrics for a song

10:00 Training Flag Football

12:00 Lunch

13:00 Bike tour with forest delicacies.
(kisteberget-Ararp-Kvarnagården - Boderås-Broholmen - Hästmo - spången - school)

15:30 Ice cream at the flea market

16:00 Swim in Lake

18:00 Barbeque Dinner with Anna-Lena

20:00 Fire with Hot topics of conversation





Tuesday 29 July

07:00 Good Morning!

breathing – stretch –
mindful meditation

08:00 Breakfast

09:00 Rock Jumping

11:00 Training Flag
Football

13:00 Lunch

14:00 Deep meditation
with ice bath

17:00 Dinner

19:00 Fire w wood carving

Wednesday 30 July

07:00 Good Morning!
breathing – stretch – mindful
meditation

08:00 Breakfast

09:00 Petra meditation

10:00 Training Flag Football

12:00 Lunch at the
community center

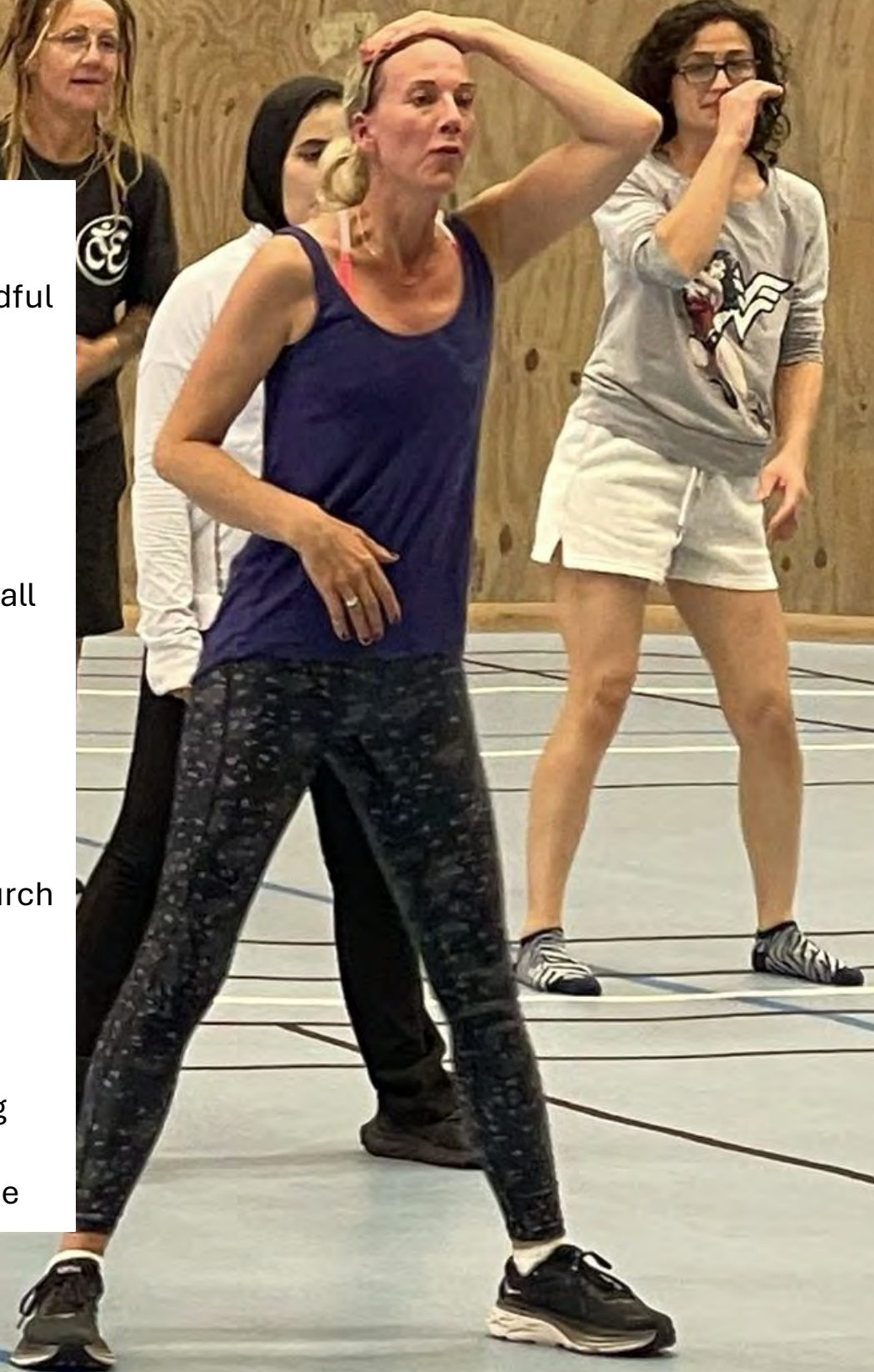
14:00 Ida dance

16.00 Tour of famous church
and their paintings

17:00 Dinner

18:00 Lyrics for your song

19:00 Music with Susanne



A person with long, wavy brown hair is sitting in a meditative pose on a white blanket on a grassy lawn. They are wearing a black t-shirt and dark pants. The background shows a brick house with a white door and a window, surrounded by green trees and foliage. The scene is brightly lit, suggesting a sunny day.

Thursday 31 July

07:00 Good Morning!

Breathing – stretch –
mindful meditation

08:00 Breakfast

09:00 Perfect your Song

10:00 Training Flag
Football – Officiating

12:00 Lunch

14:00 Cycle to Ellinor
Deep Meditation
All day and into night

Friday 1 August - Presidents Day

07:00 Good Morning!
breathing stretch – mindful
meditation

08:00 Breakfast

09:00 Rehearsal for tonight

10:00 Training Flag Football

12:00 Lunch

13:00 Canoe trip

18:30 Live Performance @ Pub

23:00 Closing Ceremony
Candle Light



Saturday 2 August

07:00 Good Morning! breathing – stretch – mindful meditation

08:00 Breakfast

10:00 Flag Football Training

12:00 Flag Football Friendship Game at Allevi

Afternoon – Pack Gear – Say Good-byes

Transportation to Boros





**Remember
to communicate with your
female spirit regularly
She Will Guide You**

This has been a wonderful opportunity for our Flag Football women, and ALL women to share a special week in the woods, in Håcksvik, Sweden.

The IWFFA wanted to invite our flag football women in a setting different from our regular Flag Football competitions and instead offer a more nurturing and holistic environment to share our female energies & spirit.

We want all women to support one another in whatever way is possible to make a better world.

We thank Håcksvik for allowing us to gather in your beautiful community.

We want to thank the organizers & helpers of the festival:

Lone Olesen, Susanne Elofsson, Anna-Lena, Ida, Petra, Maria, Lena, Kikki

And Thank you to those persons not listed here involved with making this event possible,

May your female spirit grow – be strong & bring great change to the universe