



FORWARD PASS

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OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

Spring 2013 Issue:

Introducing IWFFA / USA Director
Daashai Cochran

Puerto Rican Woman's Flag Football
– By Diane Beruldsen

IWFFA Welcomes El Salvador
– By Lynn Milano

Article: Brazil Woman's Flag Football
– By Marcella Oliveira

Article: Flag Football Mom
– By Sonja Blazetic

Founding Mother: Debbie McGougan
– By Chris Mann

Stories From The President
and Founder
– By Diane Beruldsen

Bandung, Indonesian 16 yr.
Old Wants To Play Flag Football
– By Caca Elza Bachtiar

Article: Choosing The Correct Position
of Your Athlete Using Science
– By Marcella Oliveira

IWFFA N.A. Sportswoman 2012:
Diana Moore
– By Diane Beruldsen

Porter Wilson 2012 Award Recipient:
Barbara "BJ" Coletta



photo by Chris Mann

Table Of Contents

IWFFA Mission Statement p.3

Introducing IWFFA Director
Daashia Cochran - pg 4 - 5

Welcome Central America and The Caribbean Regions - by Diane Beruldsen, pg 7-8

2013 IWFFA Circuit of Tournaments pg 10

Puerto Rican Women's Flag Football - by Diane Beruldsen, pg 11-12

IWFFA Welcomes El Salvador: - by Lynn Milano, pg 14-15

Brazil's Women's Flag Football : by Marcella Oliviera, p. 16-17

Flag Football Mom: by Sonja Blaztic, p.20-21

Founding Mother: Debbie McGougan – by Chris Mann, p 22-23

Stories From President and Founder “The Deeper Meaning”– by Diane Beruldsen, pg 25-26

Bandung, Indonesia - 16 Year Old Girl Wants To Play Flag Football – by Caca Elza Bachtiar, pg 24-25

Choosing The Correct Postion of Your Athlet Using Sceince- by Marcella Oliviera, edited by Diane Beruldsen, pg 28-29

Rori Baldari – Layout & Design

We want to thank all those who have contributed to this issue of the Forward Pass Magazine

Send us your comments and suggestions to the IWFFA

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IWFFA / North American Sportswoman 2012: Diana Moore- by Diane Beruldsen, pg 30

IWFFA Sports Challenge- by Renate Aavik of Grimstad Octopussies, pg 31

Porter Wilson Award: BJ Coletta pg 32-33

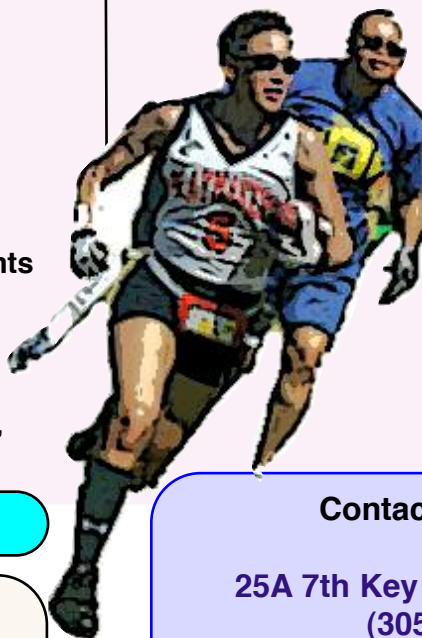
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- IWFFA - pg 9
- Boatslip Resort, Ptown, MA. - pg 18
- Flag A Tag - pg 13
- TDJ Footballs - pg 13
- IWFFA Radio - p 13
- Advance Trophy - pg 19
- Kate Clinton Classic - pg 19
- 23rd Kelly McGillis Classic - pg 19

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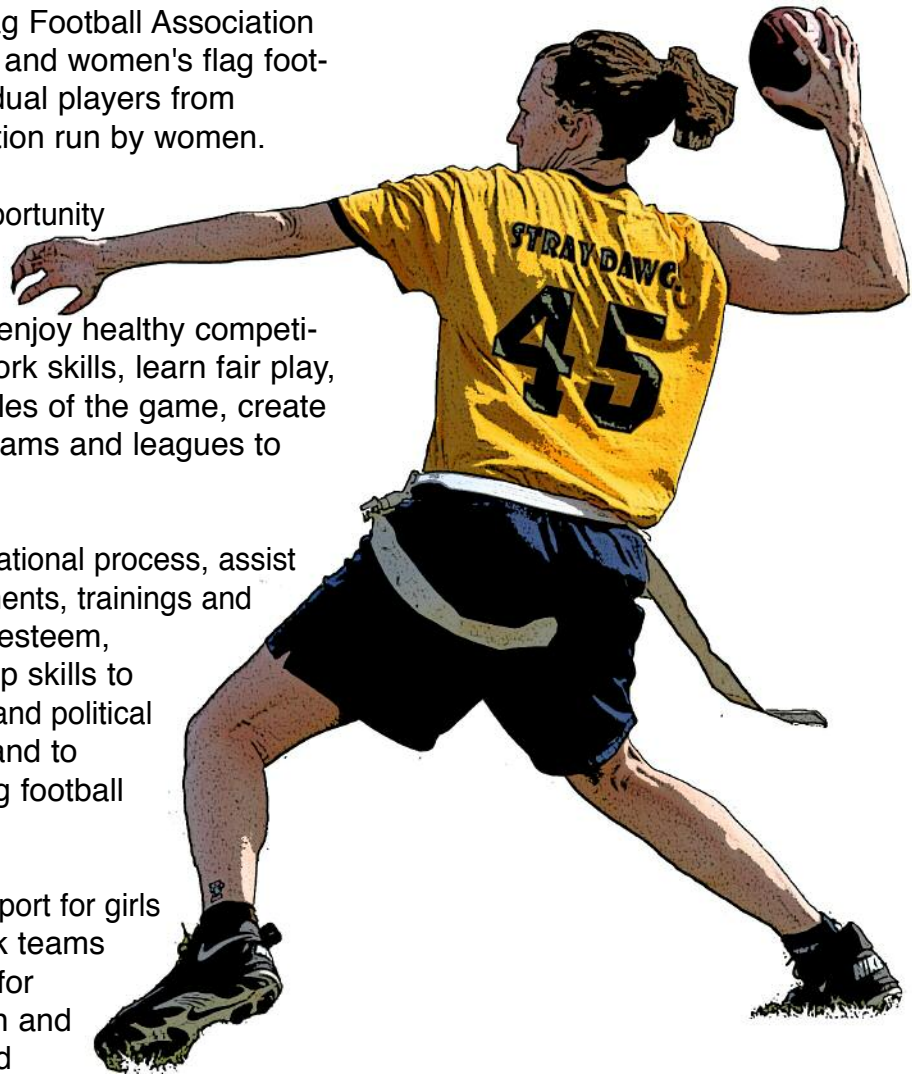
IWFFA Mission Statement

The International Women's Flag Football Association (IWFFA) is an alliance of girls and women's flag football teams, leagues and individual players from around the world. An organization run by women.

Our mission is to provide an opportunity for all females regardless of race, nationality, age, economic status or sexual orientation to enjoy healthy competition, have fun, develop teamwork skills, learn fair play, good sportsmanship, standardize rules of the game, create new teams and unify existing teams and leagues to help organize the sport.

Our goal is to promote the educational process, assist our players through our tournaments, trainings and promotional tours to build self-esteem, confidence, enhance leadership skills to better compete in the business and political world to one day have peace and to professionalize the sport of flag football for women.

We are a central office and support for girls and women's flag football, rank teams internationally, offer discounts for equipment and offer education and trainings in regions of the world where the sport does/does not exist. We also offer scholarship funds to underprivileged teams so that they may compete in IWFFA tournaments.



It's Time Your League Joined the IWFFA

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Introducing IWFFA / USA Director Daashia Cochran



Born June 7, 1979, in Pittsburgh, PA. Daashia has been participating in sports for 30 years as a player, coach, official and enthusiast.

She loves to express herself through body exercise, mind and spirit. She feels most at home in team sports where a group of people come together in good spirit to challenge themselves to do their "best" work.

Daashia moved to the Florida Keys a couple years ago and began searching for local sports teams to become involved with. She had previously lived in St. Louis where she was introduced to flag football and fell in love with the sport, playing for 6 years before moving.

At a local softball tournament in the Keys, Daashia mentioned that to a friend that she missed playing flag football. Her friend informed her about the "Kelly McGillis Classic" in Key West and that she could play as a "Loose Woman". She was thrilled and immediately went to the website to register.

For Daashia, Flag Football is a fast-paced game requiring agility, strategy, athleticism, good sportship and most of all TEAM

WORK! She loves collaborating with other athletes and finds that they are some of the most creative and goal driven thinkers.

It was during the 22nd Kelly McGillis Classic this past February, that I myself played on the Fairvilla Loose Women's team along with Daashia. She was very impressive. It was not just because of her strength and athleticism (excellent athlete), but because of her 'lovely' spirit and 'good will' for others, she really got my attention. Winning wasn't so important as playing with the entire team. She made sure that everyone played equally and she listened to any suggestions the Loose Women made for the team and incorporated it into the "team plan" (she was playing "my role"). I saw a leader in Daashia and asked if we could have a conversation after the tournament was over. I checked into her background and saw all the energy, time and love she put into her company: Phoenix Rising.

Phoenix Rising mission statement:
lighting the way to a more encouraging and socially responsible lifestyle of exercise for the body, mind and spirit.

Her motto is: BE THE CHANGE! Check out her website:
<http://www.phoenixrising2013.com>.



She is a motivator, gets people involved, makes things happen, has the drive and ambition to do good, is creative, films and edits, does 100 push ups, is young and appreciates the work that the IWFFA has done for all it's years (most important), etc. So, I had a long conversation with Daashia then asked if she would like to be the new IWFFA Director for the U.S.A. region. I asked her to think about all that was said and didn't want to hear back from her until a week past. When a week went by, here is what she wrote back:

"I am honored to help expand an organization that supports female athletes. I want to lead by example as I encourage other girls and women to support each other in become strong, confident and effective in the world we live in. I believe we (women) will make the change toward peace in this world as we demonstrate how to be our best competitively while recognizing that the only reason we have a game is because the other team showed up! Lesson: Respect and Appreciation - we are all winners! "

So, she got the job! ●



DAASHIA'S LIST OF GOALS

Daashia's list of goals as IWFFA / U.S.A. Director:

"I believe this will give us the foundation to unite and network together offering girls/women athletes a loving and supportive environment for creating change and playing football!"

- **Provide more IWFFA tournaments**
- **Provide more Flag football clinics**
- **Hold conferences**
- **Encourage the standardization of the IWFFA rules across the USA.**

Introducing 2 New
Regions for IWFFA!

Central America Region
&
Caribbean Regions

"BIENVENIDAS A LA IWFFA"



Welcome Central America and the Caribbean Regions!

IWFFA begins a new chapter for female flag football

By Diane Beruldsen

It's official and we're thrilled to add two new regions to the IWFFA: Central America and the Caribbean Regions.

Since 2012, there has been much planning and cooperation initiated by Edgar Santiago – President of the Caribbean American Football Federation Inc. (CAFF), and President Roberto Cerna of El Salvador's Academia Salvadorena de Football Americano (ASFA). These men with their vision for female flag football for their regions, have opened the door for the IWFFA to expand and further support female flag football around the world. As the IWFFA grows and builds partnerships with additional regions around the world, soon will be a: "IWFFA - National Team's Competition" where the best team from each country will represent their country who will then compete against all the other national flag football teams from around the world !

Working Together to Support One Another

Working together to support one another, the IWFFA will travel to those countries in the two regions for our "2014 / IWFFA – Latin America Promotional Tour" to train players, coaches and



officials to help start new teams and leagues while supporting existing participants. The IWFFA will provide the equipment: * Flag A Tag belts & flags, IWFFA footballs, kicking tees and expertise to facilitate the growth of their girls and women's flag football program. IWFFA will sanction their teams / leagues and IWFFA rules will be used: 8 on 8, blocking, kicking, field goals, rushing QB, fake kicks, etc. (to download the IWFFA rules to go: <http://www.iwffa.com/Rules.html>)

Sanctioned IWFFA tournaments in Central America and the Caribbean will be offered beginning in 2014 and we encourage all our IWFFA teams from around the world to compete in these competitions.

What makes this an extraordinary partnership is that these two men whole heartily support the women's game for flag football, and have ensured that each country will be represented by a female leader. For the IWFFA, this has always been our goal, to use the sport to teach leadership skills to benefit females and here the Central American and Caribbean Regions the women will initiate just that. Puerto Rico begins with Ms. Karen Torres Cortina and Ms. Nayrim Quintero who both will head the Puerto Rico Women's Association for Flag Football (PRWAFF).

Soon, the whole world will hear from our new IWFFA family members on our: ‘On the Air with the IWFFA Radio’, and other news about the Central America and Caribbean regions will be part of our monthly IWFFA Flag Football News!

IWFFA Ranking of Teams in the Region

The IWFFA will add the “ASFA-IWFFA Central American Region” and “IWFFA - Caribbean Region” for team rankings, awards for Most Valuable Player (MVP), All – Star select teams (offense and defense) and the IWFFA / Sports Woman of year for each of the two newly added regions. As well, these two regions will be joined with the IWFFA North American and IWFFA Nordic Regions for team rankings.

The IWFFA holds no restrictions

The IWFFA is an organization that supports and promotes female flag football and places no restrictions upon our players as to where they may compete. Unlike some other leagues or associations who only allow their players to play in their sanctioned events and restricts their players from playing in outside competition, we encourage girls

and women to play flag football – wherever they want to play, in which ever tournaments they choose.

“ BIENVENIDAS A LA IWFFA ”

So, to all the girls and women in the Central America and Caribbean Regions – “ BIENVENIDA A LA IWFFA ”

esperamos que usted se una a nosotros para nuestros entrenamientos en 2014! Muchas gracias a: Edgar Santiago y Roberto Cerna y Viva Flag Football Femenino !

* We thank Flag A Tag who will donate a portion of the belts and flags equipment for our promotional tour. ●



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ASFA - IWFFA Region Centro America

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HEADS-UP!

**23rd Kelly McGillis Classic International Women's & Girls Flag Football
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PUERTO RICO WOMENS FLAG FOOTBALL (PRWAFF) JOINS THE IWFFA!



Interview with Edgar Santiago – President of Caribbean American Football Federation Inc.

– By Diane Beruldsen

In September, 2012, I was contacted by Mr. Edgar Santiago, who is president of the Caribbean American Football Federation, otherwise known as: CAFF. His goal were to organize and develop a women's and girls flag football program in Puerto Rico and the Caribbean Region. In some lengthy conversations, we discovered that our goals were the same and we had a fantastic opportunity to partner together.

IWFFA would open up a new region for female flag football: IWFFA – Caribbean Region, and working together, we would build up the girls and women's flag football in this region beginning with Puerto Rico. Countries included in the Caribbean Region are: Aruba, Barbados, Bonaire, Cayman Islands, Saint Croix, The Bahamas, Antigua, Cuba, Hispaniola, Puerto Rico, Jamaica, Dominica, Montserrat, Saba, Saint Kitts, Saint Lucia, Saint Thomas, Saint John , Tortola , Grenada, Saint Vincent, Guadeloupe, Martinique, Trinidad, Tobago

Each country in the Caribbean region will have a female leader to make decisions and be the representative for her country. Mr Santiago was very much in favor of this, as he explains his choice for a democratic path for which women's & girls flag football in the region should develop. As Puerto Rico begins to organize it's female flag football program, other Caribbean countries will be solicited to join in the new IWFFA / Caribbean Region and continue the same goals.

Puerto Rico and CAFF

Beside the tropical heat of the Puerto Rican sun, Caribbean American Football Federation Inc. (CAFF), is doing it's best to foster a new focus for



the development of women's sports on the Island.

Due to a lack of support from local government and family financial situations, Mr. Edgar Santiago the President of Caribbean American Football Federation (CAFF) has taken the lead in support of growing the game of football (and specifically flag football for females) on the grass roots level.

“We are committed to our girls and women from our communities as part of our mission statement to provide them the tools to develop their: characters, foment the values within our communities

and forge professional and productive individuals to our society, and also to create a sport program for women managed by them, where they can feel comfortable at it” says Santiago.

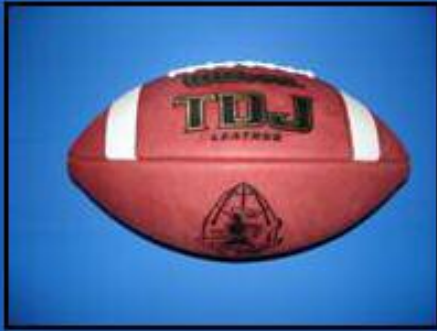
Santiago’s goals for the flag football program is to impact as many women and their communities, get more participation and sponsorship and also to attract attention of the local government to get involved. “For our first year joining IWFFA, our goals are to incorporate the IWFFA programs such as: flag football camps/clinics, Puerto Rico participation in international events, develop the women’s sport across Puerto Rico, increase female participation in as many municipalities for our local tournaments and to create a program for women managed by women, as well as to host IWFFA Flag Football competition here in the Caribbean. We want female participants to feel comfortable to be a part our organization”.

“I’m excited about the new opportunities that IWFFA can offer to the women in Puerto Rico,

and in the Caribbean Region. I know to change the mentality of a culture by introducing an unknown sport such as flag football for women will be a challenge that will require great effort and dedication. However, I rely on the great work of our present volunteers, who are working each day promoting and recruiting females to adopt the sport. Especially with the involvement of Ms. Karen Torres Cortina and Ms. Nayrim Quintero, who are the first persons enrolled in this vision and who have carried out the same to make this a reality,”

For a man whose lofty goals to change the sporting culture of a nation into a reality, the future of the women’s flag football in Puerto Rico, the Puerto Rico Women’s Association for Flag Football (PRWAFF) is in good hands. Edgar Santiago along with CAFF, and the support of the International Women’s Flag Football Association behind him, Mr. Santiago sees their 2013 season as a kickoff to more “than just the game”. 🏈





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IWFFA Welcomes El Salvador, ASFA and the Central America Region !



by Lynn Milano

As the IWFFA continues to grow, they expand their regions for female flag football around the world. Introducing their newest country and region to officially join the IWFFA: El Salvador's Academia Salvadoreña de Fútbol Americano or ASFA, who will also heads the new IWFFA Central American Region: "ASFA-IWFFA Central American Region". Countries included in the Central American region are: El Salvador, Belize, Costa Rica, Guatemala, Honduras, Nicaragua and Panama.

ASFA President is Roberto Cerna who represents their organization. Diane Beruldsen, President and Founder represents the IWFFA. As these two leaders began to discuss female flag football in El Salvador, and the Central American Region, they established goals and a strategic plan to increase the number of female members, offer programs that can help females practice the sport *without any limitations, and to unite all female flag football in Central American creating the new: IWFFA / Central American Region.



*Because there are other flag football organizations which actually "restrict" females from competing in flag football programs and tournaments outside their own organizations, Diane Beruldsen explains: "For all the years that the IWFFA has been in existence, traveling to so many countries promoting, introducing and training for the sport of flag football, the IWFFA has never "restricted" any player or league from competing in outside leagues or tournaments, and we accept outside leagues and teams as well. In other words, the IWFFA offers freedom to play flag football wherever a female athlete wants to "

And as the IWFFA continues to promote and support female flag football around the world, since 1997, the IWFFA is able to support El Salvador and the Central American Region with their own goals. "It is a perfect partnership and we are excited to expand to this new region of the world" says Diane Beruldsen.



Roberto Cerna

Adopting this new region means that Central America will have their own sanctioned IWFFA tournaments, female flag football team rankings, special awards to recognize elite female athletes and the IWFFA history of female flag football will

begin it's first chapter for Central America. Each team and country in the Central American region will have their own female representative to represent their female players. As well, IWFFA teams from around the world will now have the opportunity to represent their countries in the Pan American Cup and other Central American tournaments. IWFFA rules will be used for the sanctioned IWFFA tournaments and the IWFFA encourages teams to contact their office if interested to compete in the new region.



Their relationship has just begun, and so has their list of goals. For ASFA they will:

- Create an educational program that will exchange school or high-school scholarships to play flag football or be part of a cheerleader squad.
- Use flag football to give incentive for women to take care of their health by creating healthy programs
- Create the first Flag Football field in El Salvador, with its own gym and facilities to support the flag football program with the hope that their progress will motivate other countries in the region to do the same for their flag football programs.

IWFFA goals for ASFA and the Central American Region:

- 2014 IWFFA promotional tour – to train and start new teams and leagues for the ASFA and Central American countries.
- IWFFA will provide equipment, train players, coaches and officials and travel in early 2014 to help the region start up it' s program for female flag football.
- Sponsorship of teams to the Kelly McGillis Classic International Women' s & Girls Flag Football Championship & World Challenge Game in Key West, Florida.
- Female representative from each country in the Central American region by year 2015.
- Continued IWFFA support for future years with it' s alliance of the Central American region.

We are grateful to Roberta Cerna for his vision and support of female flag football. The IWFFA is excited to expand and support this region.

For updated information, you can listen to their monthly " On The Air With The IWFFA" radio show <http://www.iwffa.com/iwffaradioshow.html>, read the IWFFA' s monthly Flag Football News (which is emailed directly players and fans) or contact their office directly: IWFFA@IWFFA.COM





Brazil's Women's Flag Football No longer the game it used to be

- by *Marcella Oliveira*

Brazil flag football has been growing over the past five years until today. In 2008 there were approximately 6 teams and today we have surpassed 15 women's flag football teams across Brazil. However, unfortunately there is now only one category, which is the 5 on 5 flag football game that does not allow for blocking or any contact with the opponent. The number of teams has not increased because 5 on 5 is the better game, but rather it is the only game women are allowed to play!

We use to play 8 on 8 flag where we were permitted to block in the shoulder region. And the reason why we no longer have the 8 on 8 flag football game is because the International Federation of America Football (IFAF), will only allow us to play the non-contact 5 on 5 game.

IFAF will not recognize, or permit the 8 on 8 flag football. There is a big difference with the two styles of flag football.

The 5 on 5 has no offensive line (OL), the game is faster because there is no contact with the players, there is a larger amount of air moves, runs without interruption. And because of this, speed and agility are needed to play this type of game. The biotype of the players also changes. Skinnier and agile girls are recruited to play the 5 on 5 to follow the moves with better efficiency. Typical OL players are hardly used because their body types do not fit the 5 on 5 flag requirements. And the hypocrisy is that the 5 on 5 people say "no one is excluded from playing their game" - which is not true. I have heard "We accept the way you are, but please, lose weight", or "Come join our team, but be aware that you may be playing the bench." This

is no longer a democratic sport.

If a team has 20 girls, the coach has enough players to put one team in attack, another team for defense and half of the team in the reserves (or sitting on the bench). A team that plays the 5 on 5 ends up being reduced dramatically, for some girls will have to be cut because of their biotype.

Here in Brazil, flag football is controlled by the Brazilian Confederation of Football (CBFA) which in turn is subordinate to IFAF. All rules that IFAF mandates, the CBFA must follow. Official championships happen only with CBFA permission.

Some have alleged that in Brazil there is not enough demand for the 8 on 8 contact flag football. But IFAF has imposed their rules upon us and we are forced to use only the 5 on 5. It is the only flag offered today in Brazil. The belief is that to join an international institution such as the IFAF would be the way to grow the sport or to gain credibility and that sponsorships and monies could be raised. However, the Brazilian Flag football team selections of the players were part of the 2012 Gothenburg World Cup. All the players on the flag football team, with no exception, had to afford the expenses of transportation to Gothenburg, Sweden. The CBFA contends that the contract with the sponsor had been repealed and they could not find another sponsor replacement.

Now we should ask the question:

- What assistance did the IFAF provide?
- What kind of visibility / media for the sport was brought to the world?

- What advantages did Brazil gain ?
 - What is the difference between playing 5 on 5 vs. 8 on 8 for the international championship?
- These are rhetorical questions that not even our confederation can answer.

Another example I've ever had the displeasure to hear is that "We're trying to make the flag become an Olympic game, so we had to take the direct contact out of the sport." This is the biggest stupidity that I have ever heard of in my life. Rugby 7's will be in Olympic Games in Rio 2016.

In Brazil, the 8 on 8 flag football game has been attacked. Negative rumors have been spread against the game, the sports authorities will not support it and Officials will not officiate games outside IFAF games. Women really want to play 8 on 8, for the: contact, blocks, and kick return teams, field goals, etc. the game is much more exciting, dynamic and democratic than the 5 on 5.

But while the current system, almost as a dictatorship, reign inside the flag, it is very difficult and impossible to establish a relationship at least friendly with the highest authority of our sport. We should instead have an institution that represents us women. But represent us in all modalities/body sizes with a variety of flag. Before they governed us, we have had athletes that governed our sport. If today the sport exists, it is because we are athletes. Without us they are just a name. Or not even that. ●



photo: chris mann

IWFFA Face book

Updated regularly by Rigmor Brox • <http://www.facebook.com/home.php?#!/group.php?gid=10800977131>

IWFFA Videos

See action packed girls and women's flag football from our NFL Films footage, Ellen Dance footage (special thanks: Mary Angelini, Erin Lagarenne, Justin Ortega), Lifetime coverage of women's flag football and more Go to our website : <http://iwffa.com/Media/index.html> Or search You Tube: IWFFA

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Flag Football Mom

by Sonja Blazetic



Bethany runs with the ball

Let us introduce our daughter Bethany Blazetic who is 11 years old, 5'3" and 115 lbs. Bethany is from a Brady Bunch family of 7 girls, no boys. Bethany has been involved in sports since the age of 5. T-ball, Soccer, Basketball and currently Flag Football

and Volleyball. We have always encouraged her to try different sports. My husband had no sons, yet coached Football for many years in Ohio, coaching Desmond Howard and Elvis Grbach. You couldn't imagine how excited he was when Bethany told him that she wanted to play football and she wanted him to coach her in the sport. Of course he could not say no, because we all knew that if he put her on a co-ed team of 99.9% boys, she most likely would never get to play. We were not going to put her in Tackle Football being new into the sport, so we looked into Flag Football.

After her first season, we quickly realized that this girl is just a natural in the sport of flag football. She started playing Flag Football at the age of 8 playing in the 8U division with Flag Football 4 Fun and at that time was the only female in the area League. The following year she moved up to the 10U division staying with the league for 3 more seasons, then we moved to the i9 Sports League traveling to the next County from us and is currently in her 3rd season with them. Bethany's little sister Katarina who is 8 started this Spring with her

team. Bethany is a HUGE team player always giving the boys words of encouragement and gives her little sister a high five and a pat on the back when she sacks the QB. Now my husband has both of his girls tearing it up on the field. Bethany will be moving up to the 12U division in the fall. Both girls also play Flag Football for the City of DeLand. So we are at games Monday and Friday evenings and Sunday afternoons. They have practice before each game and one additional day during the week. They can play co-ed in the leagues through 15U division and we have an all Girls Flag Football team in our High School.

Bethany has always been an awesome receiver, defensive back, rusher and currently plays safety. She never comes out of the game. Bethany started in the past Winter season 2012-13 making predictions for herself for every game. And she is usual-



Bethany fun with ball and soon to be de-flagged

ly pretty much on target. She knows what she has to do to achieve her goals. During the winter season alone she had 5 Touchdowns 2 Extra Points, 6 Interceptions and 53 Flag Pulls. There are 2 games left in the 2013 Spring Season and so far Bethany



has 9 Touchdowns
2 Extra Points, 4
Interceptions and
13 Flag Pulls(playing
safety now).

Bethany has been in
many tournaments
and her teams have
taken many trophies

home. July 2011 Bethany and few other teammates were chosen for a tournament team of the best players in the league and played at Disney's Wide World of Sports and out of 35 national teams that were there only 2 girls were in the tournament, Bethany being one of the two girls. Although they only won 1 out of 5 games, it sure was a learning experience for her and her teammates. Bethany has never run into any problems with the boys, if anything they have all treated her with respect and most kids in the leagues have wanted her on their teams.

Bethany does love her nails polished and her hair braided for every game. We have a signature braid that she puts in her hair during tournaments along with a colored spray on the braids. You can see them in her YouTube video I made along with a song I dedicated to her, just search on You Tube "I'm That Girl...Miss Football Blaze". Bethany has a large family support group. Everyone loves to come watch Bethany play Flag Football. Grandma takes all the pictures, Grandpa brings his wallet because he pays her \$7 for each touchdown, and we can always find a friend to video tape the games. She saves her money to buy the things that wants, but doesn't necessarily need.

Sports just runs in the Blazetic blood. Her two oldest sisters were All-State Basketball players, one ran track and two first cousins also girls played College Basketball of which one is going in the Fall to play on a team in Europe, and now her

youngest sister is on her Flag Football team. Both Bethany and Katarina also play Volleyball of which they have practice two nights a week. Grades come first, academically they are both very smart and they both know that if the grades start to slip then they have to start easing up on the sports. So far there have been no issues. I encourage all girls to try and play any sport, and if she really wants to fire up the boys...PLAY FLAG FOOTBALL! Nothing makes me smile more than parents from the opposing team that are cheering for my girls because they are just fireballs on the field. Because Bethany is a big kid on the field (and is often challenged about her age), I think the boys try to stay clear from her as she is not afraid of being knocked down and for sure will not move for any boy coming her way. She is determined to win. Not knowing if she will ever be able to receive a scholarship for the sport in college, we know that she could receive one in Volleyball and this is why she chose an optional sport.

I get anxiety thinking of one day not being able to watch my girls play sports anymore, as they will get older and will graduate from school/college. We still have many years ahead of us though. We typically pay anywhere from \$60 to \$115 per season per child to play Flag Football. My husband is retired, therefore has all the free time for practices with the girls, he's "Mr. Mom". Myself on the other hand own two salons and work VERY hard to help pay for these sports that they are involved in throughout the year. It is important to me that they have a busy schedule as we all know it helps keep them out of trouble and gives them direction. If you ask me, the schools and government should help pay or make it VERY AFFORDABLE for our future generation of kids to be active in sports so they live healthier lives, learn how to communicate well between each other, be team players & learn that... "winners never lose and losers never win" (and that does not apply to just sports). If you give your best in anything, you will always be a winner.

Founding Mother: Debbie McGougan ***Founder of the Cowichan*** ***Women's Football League at age 14***

by Chris Mann



**Debbie School Photo
Spring 1985**

From the Cowichan Valley home of The Cowichan Women's Football League, after 30 years we are still going strong. A Canadian story of a league born because one young girl wanted to play

It is 1984 and Debbie McGougan age 14 wanted to step away from her cheerleading duties and step onto the field and it was her drive and determination and the help of some friends that the Cowichan Women's Football League was born. That first season saw four teams step onto the gridiron and compete. Just before her 16th birthday Debbie succumbed to cancer, yet her spirit and enthusiasm lives on today, with seven teams playing some very competitive football. This is our 30th year and we have had as many as 12 teams competing in the CWFL all this in a community of just over 60,000 people.

This all happened because 30 years ago a young lady had a dream. She was a big part of our family as she was our baby sitter for our two children: our son Nicholas (4) and our daughter Rachel (6) who now has been playing football since she was about 10 with the flag program and she is now 34, still playing and is QB for her team (AFO Wildfire) in the League Debbie helped create. Our rules are a combination, touch was

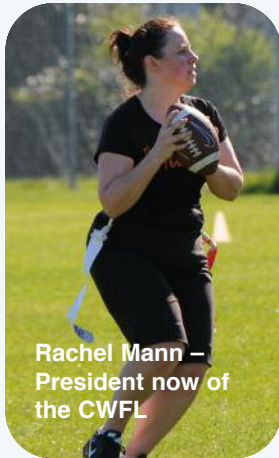
the starting point then we added a few flag rules so what we have is a full size field 120 by 65. Which gives us a running game plus a passing game - no contact on the line (the touch game) and we have 3 downs to make 10 yards, the Canadian Football Rules. Time is 20 minutes straight time first and 3rd quarter and 17 minutes plus 5 play's for 2nd and 4th quarter.

The league recognizes Debbie McGougan as the founder of the league and in so doing have a perpetual trophy in her name for most inspirational player. My Daughter Rachel Paddle is now the President of the Cowichan Women's Flag Football League and she is active in every aspect from rules to refining, to game day. The passion I have stem's from the strength and courage that Debbie showed in those months where she was fighting for her life, I'm sure there are many stories of similar courage, so I guess mine stands out to me because she was part of our family. In baby



**Rachel Mann – Chris daughter at age 10 playing
flag football in 1988**

sitting those weeks around Christmas Debbie would show the kids how her “Hickman line” would work. Debbie would be smiling and happy and there was never a trace of doubt in her mind that she would beat this disease and play flag football that year. So you see the CWFL is Debbie, for me and our family, the passion to see it survive as it has for 30 years keeps her memory alive and that is why I pump this game of flag football to every girl and women I meet. It's Life with all it's up's and down's and you are always learning, how to work with other people, how to be a leader, it's all there on any given Sunday. I love this game and I thank Debbie every week that she was so driven to start the CWFL. Every year new women come out, some who have never played sports before, some are athletes and others are in-between and every year I hear the same thing " I love this sport , why did I not try this game before " So we all thank all those individuals who have a dream and are willing to pursue it in our case it is Debbie, the founder of the Cowichan Women's Football League. ■■



Rachel Mann –
President now of
the CWFL



Debbie at our house
Christmas 1985
She passed away
January 20th 1986 just
15 days before her
15th Birthday



Bandung, Indonesian 16 yr. Old Girl Wants to Play Flag Football!

By: Diane Beruldsen and Caca Elza Bachtiar

2/16/13 - Hi I'm Caca (16 years old) from Bandung, Indonesian. I'm a minor team manager in here. I just manage, support, and angry if my team (boy) have too much kidding. Mm, I have a dream to be a flag football player. I know in here maybe available team to invite me but is too hard to find them cause now I still busy in my high school and I don't have skill to playing flag football. Can you tell me a solution for can playing FF?



This was the email sent to the IWFFA. A new country to introduce the sport for female flag football. Not strange in the least. We typically get emails like this and start making plans to travel and organize flag football trainings. But

with our new Central American / Caribbean Regions starting up, our 2014 promotional tour in our new territory, the IWFFA is not able to travel so fast and so, our 16 yr. old will have to make it happen.

Caca Elza Bachtiar is our 16 yr. old and is team manager for a boy's football team. She wants to play flag football and to make it happen, I asked her to round up enough girls or women to make some teams. She makes a page on Facebook, creates a flier to announce flag football and goes on promoting to recruit females (she herself, does not know how to play). IWFFA may travel to Indonesia, but our young future player is paving the way. We are just in the beginning of this story. I thought it would be interesting for our IWFFA members and readers to see how the IWFFA will support the sport and females who want to play – around the world. It is also interesting to see the influence flag football has, and for those who really really want to play (like Caca), what they will do to make it happen. We want to give Caca cred-

it for taking on the challenge. We will support Caca. We see if she can be the leader the task will take.

I asked Caca to tell me about her country and she wrote:

Indonesia is a republic country inhabited by millions of residents.

Indonesia consists of various cultural, ethnic, and religious. You should try the Indonesian food and see the natural beauty here.

Indonesia although only happen rainy and dry seasons, but the natural beauty can make satisfaction guaranteed hahaha. Then education in Indonesia are required 12 years. elementary school (6years) and junior (3years), senior high school (3years). And every school, we shall use the same uniform every day.

Posture of Indonesia dominant brown skin, most are not high more than 190 cm for women but there are



also more. Then the people of Indonesia are also most gentle, friendly and happy to try new things. Women here are a lot like athletes swimming, softball / baseball, basketball, soccer and others. But mostly adult women who are married will be a housewife or open entrepreneurship. Rarely of those who still persist with exercise to match his hobby.

O ya friends that I invited to play flag football here are most petite, 157-165 cm tall. But if we attempt, I'm sure like anything physical could still play.

Economic ... Indonesia is still developing country. Like Singapore or japan has not already developed.

My city, Bandung. the capital city of my province, West Java. In Indonesia the city and my province is famous for Angklung music, food wrapper, the weather is relatively cool because it is still among the shady trees, also known by the friendly residents against anyone.

Perhaps as short as I could tell this time. Later, when you drop by here, which should tell you how you can see it later :-D

Game for women in Indonesia only like soccer, softball, badminton, volley and I bored to try play that game. So when I know available soft football in Indonesia, that pull me up to join. But no team in Indonesia so that make me working first to inviting all my friends to join.

In Indonesia I want to play flag football. I want to have a team with much members. From march 19th till now, I have 9 friends who enthusiastic to play. I will hard working for more fastest have a team. Finally, when this girl 16th years old can make first team in Indonesia, I wish that can make world players who so championers and can make beautiful Indonesia name's in the world, hehehe

Believe? You should. :)

This story ... to be continued



Stories from the President and Founder

“The Deeper Meaning”

by Diane Beruldsen



I'm living in Norway now. I came here because, given all the years I had been promoting flag football, I couldn't spend the time needed to work a job that would give me a pension or security when I eventually retired. As a matter

of fact, when I waitressed (which was my main profession for many years), I would quit a job so I could take time off for another flag football promotional tour. Finally, it caught up with me.

When I realized, at the age of 50, that I had no pension, no life savings, and would get only \$900 per month in Social Security when I turned 65, I had to act fast. My retirement reality and a bicycle accident woke me up. When I was hit by a car, I realized no matter how much I exercised, kept myself in good condition and ate healthy, the reality was that at any given second, my life could easily change for the worse with no safety net to catch me. Looking at my medical bills (over \$33,000), I had to take control. I was too vulnerable, and I knew there was a better way of living in this world.

The thoughts I'd kept in the back of my head for many years, to one day live in Norway, were suddenly pushed forward, and I had to see if I could make them real. I came to Norway at the end of 2011, found a job, rented a room, attended Norwegian classes to learn the language, and continued my life journey in a new land. That journey is flag football. (Those of you who know me, did you think I could stop flag football?

Unlikely!) I can't help it. It's in my blood and soul. No matter where I go, I end up doing flag football.

Many people have wondered why flag football is such a strong force in my life, and I tell them it's my journey, my path in this lifetime of mine.

As an athlete my favorite sport is rugby. But with our IWFFA rules, eight on eight with blocking, field goals, fake kicks, etc. all types of females are included. No matter if you're in good condition, out of shape, tall, short, fat, skinny, can catch the ball--or not, grab a flag--or not, block, kick, whatever, you can be an effective and important player on the team. No one should sit on the bench. There are so many skills in this game of flag football that it offers the opportunity for all types of girls and women to play, and that is the magic of the sport! It offers a bond for all females to join together and to support one another on the field.

Learning to play together, to help one another, to share ideas, to develop as a team and to grow together teaches us invaluable lessons. There are immeasurable benefits. But many people don't think of our IWFFA game in this way. Because we live in societies where the mass media dominates the air waves, the images we see are dominated by men. Our male counterparts are promoted daily, and females are put aside, unless they can sell something using sex appeal. I question

the reality and purpose of these subliminal messages and find that I really don't agree with what we are fed. Why don't women have the same number of professional sports teams as the men? Why have we not changed our ways to create a world that is environmentally safe? Why do we have so many wars in the world?

The purpose of the IWFFA is to use the sport to teach leadership skills so that our female players can transfer skills learned and practiced on the field to other parts of their lives off the field. The different skills—blocking, direct confrontation, strategy, leadership, following a set play, training, communicating with other females, and the like

will make all females stronger off the field so we can better compete in the business and political worlds. We need to have female influence in order to better the conditions that exist today.

That is the greatest purpose of all my work and devotion to the sport of flag football and the IWFFA, because I would like to see a better world, and I believe that trying something different like having female leaders and female influence in today's world would make it better.

Share your thoughts and opinions and we'll share in our next issue of Forward Pass: IWFFA@IWFFA.COM



photo: chris mann

ARE YOU COACHING

A GIRLS FLAG FOOTBALL TEAM?

"Are you a current member of the IWFFA?"

Even if your team is taking a break this season....
Your membership truly helps to support the organization
And allows us to the sport all over the world Please keep your IWFFA membership current

<http://iwffa.com/membership.html>

CHOOSING THE CORRECT POSITION OF YOUR ATHLETE USING SCIENCE



Article contributed by: Marcella Oliveira
Edited by: Diane Beruldsen

Flag football players are known for their agility, intelligence and strength. Each position has specific qualities within the game like a game of chess articulated where every play is a totally different strategy than the previous one and that each "piece" has its proper motion.

With regards to: flag football with blocking, to optimally place each player in their "body science perfect" position requires a specific biotype. For example, a RB should be agile, fast and light to cross the entire field to reach the end zone. Or the best person for the: OL position should not be skinny, but should have a larger body surface area to "block" a larger area for QB protection. Of course, any body type can play any flag football position, but in this article we will examine the science behind finding the best position most suitable for your team players using their physical attributes.

Because of the uniqueness of certain biotypes, players should use differentiated training. It is unlikely that a player will be big, strong, fast and agile at the same time, therefore, attention must be given to specific workouts so you can make the most of the potential of the athlete and train specifically for the athlete's position on the field. Physiologically speaking, there are some factors that contribute to the training. Many lay people judge that the individual should be in a particular position by using only "observation", without

having to further evaluate the ability of the individual. However, for example: If a player has a high VO₂ max (ability to capture, transport and use oxygen), we know that the higher the index of that individual, the greater the ability for sprint activities. If you can measure within your team, you will see who has the biggest Vo₂ and consequently which player would be more suited to be a RB or a R.

	Offense (n=21)	Defense (n=21)
10 yrd. (s)	1.72 ± 0.19	1.69 ± 0.08
40 yrd. (s)	5.43 ± 0.89	4.84 ± 0.64
VO ₂ max (kg/ml/min)	35.9 ± 9.7	40.6 ± 5.4

VO₂max test conducted between Offensive and Defensive Players-Turkey.

Not only VO₂ max can help in detecting possible talents, but the individual player's composition and shape can help in choosing the correct position. This kind of evaluation we call somatotype.

The somatotype is a classification technique of body composition with the intention of grouping humans into three body types: Endomorph, Mesomorph and Ectomorph.

The Endomorph is the individual who has a higher prevalence of body surface area has a short neck, square shoulders and rounded contour. His muscular relief is hardly noticed.

Quarterback = QB / Receiver = R / Running Back = RB / Offensive Line = OL / Line Backer = LB / Defensive Line - DL


Mesomorph is one that has a higher propensity for muscularity, is easier to gain lean body mass. The muscles are outlined in the body. This beyond the muscle's predominance also has higher composition of bone and connective tissue. They also have a lower body fat percentage.

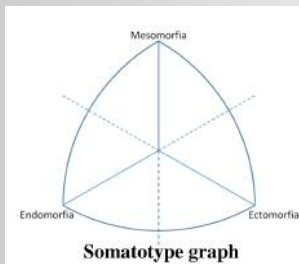
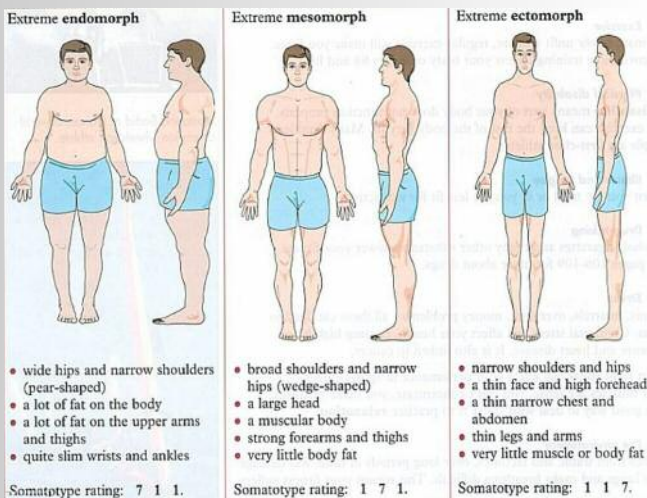
The Ectomorph is the individual who is more "stretched", we call linearity and has very little fat and little muscularity.

Within these three types of somatotype, there are their combinations, but knowing only the three, you can now know in which position your player

would be best suited using science.

Endomorph types have a higher performance in exercises that require strength, that need to have a body surface area. Judo and Sumo fighter's, Tackle or Flag Football OL players are best suited for this somatotype.

Ectomorph types can be swimmers, runners and also Flag Football Receivers, because these positions are best to be tall and agile and thus more likely to excel in these positions. So, it is first necessary to know the players and all their biological individuality for this athlete to optimize their performance and their functions. 



BASICS RULES

- **Meet your athlete.** Ask about their family history, which were accustomed to sports practice, etc.
- **Always have someone in the area of Sports and Health on your coaching staff** who can guide the coach in their choices for players positioning
- **Evaluate your athlete periodically.** Physical evaluations can always show what needs improvement or what your athlete develop to make the best team!
- **Set the physical training.** Create a physical training program for each athlete to progressively achieve the desired result. Example: Interpose tactical drills with physical exercises.

TIPS TRAINING

- **OL Athletes.** These should focus on strength exercises. These exercises are low reps and high volume weight
- **Speed Athletes (RB, WR, LB).** These should be active muscle explosion, intense workouts in a little duration. Example: A 10-second sprint at full speed
- **Other athletes.** Can do all three types of training interspersed.
- **QB -** In cases of QB's, the most suitable exercises work what we call: rotator cuff (muscles in the shoulder area: teres minor, subscapularis, supraspinatus and infraspinatus) these muscles are responsible for movements made at the time of throwing the ball. So, must be strengthened to get better performance.



IWFFA / North American Sportswoman 2012: Diana Moore – St. Petersburg, Florida USA

by Diane Beruldsen

Born in Brooksville, Florida January 20, 1966, Diana graduated from Florida Agricultural and Mechanical University and has been registered as a pharmacist for 21 years. Currently she is a pharmacy manager and trains pharmacy interns.

Her father Hercules Moore was an All-American who died in the Vietnam War. Diana is the first grandchild and eldest of three girls and has two beautiful children of her own. Her son is 21 years and her 13 yr. old daughter recently ranked 3rd in Florida state for high jump of all the Middle Schools! Her favorite role is playing: Mama.

She runs often to keep in shape and participated in the Ragnar 103 mile race with a team of 12 runners from Miami to Key West.

#47 – Diana Moore has played professional for the Tampa Bay Terminators and the Tampa Bay Force. Currently she plays for Tampa Lethal Weapon.

Diana has played IWFFA flag football since 2001 beginning with the: Charlies Angels, and began to be recognized for her achievements when she played with: Tampa Lethal Weapon, whom she has played with ever since. The first year Tampa Lethal Weapon entered the Kelly McGillis Classic was in the Recreation Division, after then the team jumped into the Highly Competitive Division where the competition is extremely tough, yet as you will see, Diana has been the recipient of so many awards. Right is her list of awards / achievements with the IWFFA. ●●



MVPS AWARDS

Tournament	Team	Division	Award
Kelly McGillis Classic 2003	Tampa Lethal Weapon	Recreational Division	MVP Defense
IWFFA / Washington DC 2003	Tampa Lethal Weapon	ONE DIVISION	MVP Defense
Kelly McGillis Classic 2004	Tampa Lethal Weapon	Higher Division	MVP Offense
Kelly McGillis Classic 2005	Tampa Lethal Weapon	Higher Division	MVP Offense
IWFFA / Washington DC 2005	Tampa Lethal Weapon	ONE DIVISION	MVP Offense
Kelly McGillis Classic 2006	Tampa Lethal Weapon	Higher Division	MVP Offense
Kelly McGillis Classic 2007	Tampa Lethal Weapon	Higher Division	MVP Offense

ALL STAR AWARDS

Tournament	Position	Award
Kelly McGillis Classic 2003	RECEIVER	TAMPA LETHAL WEAPON
Kelly McGillis Classic 2003	SAFETY	TAMPA LETHAL WEAPON
IWFFA / Washington DC 2003	RECEIVER	TAMPA LETHAL WEAPON
IWFFA / Washington DC 2003	SAFETY	TAMPA LETHAL WEAPON
Kelly McGillis Classic 2004	SAFETY	HIGHER DIVISION / TAMPA LETHAL WEAPON
Kelly McGillis Classic 2005	RUNNING BACK	HIGHER DIVISION / TAMPA LETHAL WEAPON
IWFFA / Washington DC 2005	RUNNING BACK	TAMPA LETHAL WEAPON
Kelly McGillis Classic 2006	SAFETY	HIGHER DIVISION / TAMPA LETHAL WEAPON
Kelly McGillis Classic 2007	OFFENSIVE LINE	HIGHER DIVISION / TAMPA LETHAL WEAPON



Is your team up for a Fitness Challenge? And we mean a “REAL FITNESS CHALLENGE!”



Join our new monthly IWFFA CHALLENGE!



Each month, our IWFFA / USA Director: Daashia Cochran (who does 100 push ups at each training) challenges your flag football team to use a “deck

of cards” and your team mates to run through a group of challenging exercises. No apparatus are required and it is a great way to get your team into shape!

We offer teams the chance to compete with one another from around the world!

We invite teams to film and send us your video and we will post on our IWFFA Facebook site.

Check it out. On the first of each month, you will find the IWFFA CHALLENGE by going to our IWFFA FACEBOOK PAGE at: <https://www.facebook.com/groups/10800977131/>

Bring the exercises and a pack of cards to your next team practice !

The first team to take on our IWFFA CHALLENGE in May has been the: Grimstad

Octopusies – congratulations Grimstad, Norway!

Dear IWFFA

The Octopussies decided to try the “pack of cards” challenge because it looked like a good workout (and it was). It was really hard and we got really tired. But it was worth it. It was a nice combination with the push up, sit up and the jumping! The pack of cards challenge is a creative workout that the Octopussies can recommend (at least the three people that came to practice).

- Renate Aavik (Grimstad Octopusies)



2012 Porter Wilson Award

12th Recipient Barbara Coletta "BJ" Sacramento, Ca.



The Woman Behind "Women's Football Talk Network" since August 21, 2007 A true hero of women's and girls tackle and flag football and talk radio.

Late 2009, the IWFFA was invited for interview on a women's tackle football radio show. It was the first time IWFFA had the opportunity to share on a dedicated woman's radio network. After the show, it's radio host: "BJ" offered the IWFFA it's own prime

Barbara Coletta, other wise known as "BJ", is a true pioneer of women's tackle and flag football as well as talk radio on the Internet. Every month she brings together thou-



BJ with best friend

sands of players, fans and coaches from around the world . BJ envisions women's tackle and flag football uniting and supporting one another. "Flag football has to be the starting point for young girls." says BJ. Successful parental support of flag football in the middle and high school levels is paramount. It allows parents to understand the rules and regulations of the game and how the girls are coached and protected in our sport.

WFB TALK RADIO NETWORK

 http://www.wfbtalk.com			
Sunday Bj Coletta	Monday Coach Dion Lee	Thursday Diane Beruldsen Tamaian Walker Nance Wetnes	Friday John & Julie Shockley

radio spot and so, since January 22, 2010, every third Thursday of each month, the IWFFA has had the opportunity to highlight and share female flag football from around the world!

IWFFA's "On The Air with the IWFFA Radio" has interviewed our players from across: U.S.A., Norway, Sweden, Denmark, Finland, Canada, Mexico, Scotland and Puerto Rico and we've heard from such female celebrities as: Kelly McGillis and Kate Clinton, all voicing their opinions, thoughts and stories directly related to female flag football. The radio show has been an effective means for the IWFFA to communicate with all it's players and fans around the world and to hear from any person live on the radio show!. So, it has been B.J. who opened the IWFFA to "a whole new world" – literally.

While playing women's tackle football in 2006, BJ liked following the three leagues: WPFL, NWEA, IWFL, scores and teams so she started a blog. Her blog was very successful and BJ gained a large following of players and fans alike. Wanting to gain a larger audience and spread the



BJ announcing indoor football



BJ watching game

word of tackle and flag football to other areas was at the top of BJ's agenda. She wanted to educate and promote tackle and flag football together hoping they would unite and work together. In August 2007, with one producer, BJ's talk radio show debuted.

Since then Women's tackle and flag football worldwide have benefited greatly from her radio work at the station. Her tireless efforts are recognized and appreciated by everyone especially the IWFFA.

BJ is grateful to have the medium for the "IWFFA On Air" show which airs every third Thursday of the month. She is equally grateful for the people and volunteers who have contributed to the show. She says what is most rewarding is the feedback and seeing the excitement tackle and flag football brings to her listeners. Her goals for the network is simply, to do more.

BJ Coletta, a true hero of women's and girls tackle and flag football and talk radio.

Their website is: <http://www.wfbtalk.com/>

Women's Football Talk Radio – To Educate, Promote and Advance Women's Tackle Football.

Women's Football Talk ("WFB Talk") is on Blog Talk Radio. The project had been in the "thought process" since December 2006 and had its debut on Blog Talk Radio, August 21, 2007.

Topics for WFB Talk covers every aspect of Women's Football, from what equipment to wear to coaching methods to public perception of female football players. News and information covers all leagues, which includes the IWFL, WFA and WSFL as well as all things related to women's football. WFB Talk hosts live radio shows through Blog Talk Radio (www.wfbtalk.com). All their past shows are available for download to your MP3 player or iTunes

Their website:

<http://www.womensfootballtalk.com/> 



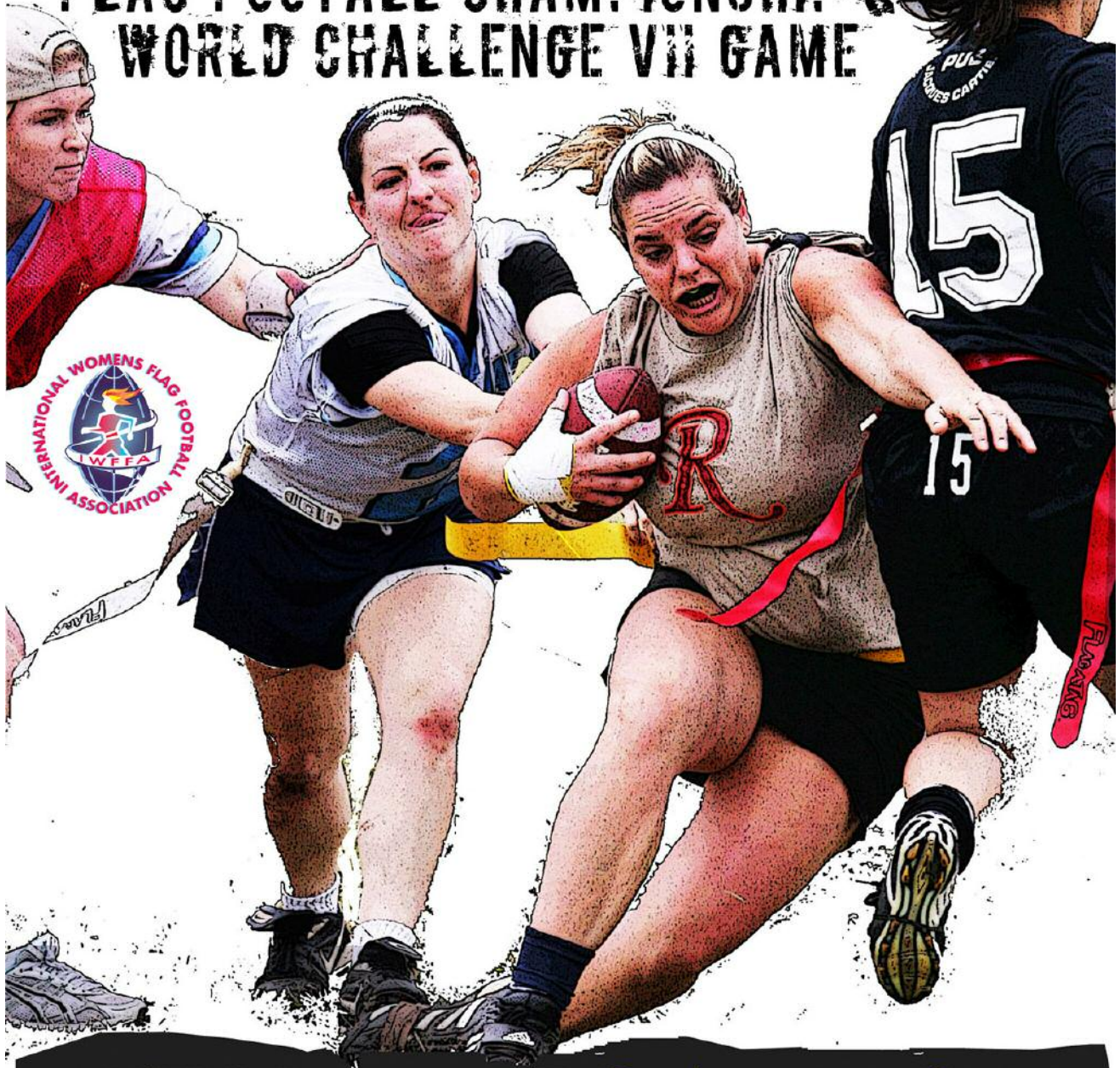
BJ second from right



BJ second from left

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FLAG FOOTBALL CHAMPIONSHIP &
WORLD CHALLENGE VII GAME



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