



FORWARD PASS

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OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

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Puerto Rico Islena's - First team to represent the Caribbean region, first team to represent Puerto Rico - Champs in the second division of the 22nd Kelly McGillis Classic!

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IWFFA Nordic Sportswoman of year 2012 - 'Anton! - The Running back'

Our 2012 Nordic Sportswoman comes from Hjørring, Denmark. She is also possibly, one of the best running backs in the history of the IWFFA for her famous "swivel". No one can grab her flags and she is able to run through numbers of defenders on the field and come out with both flags! We have never see anything like this. Read Pernille Dahl's interview and story of Antoinette Weesgaard - our IWFFA Nordic Sportswoman of 2012. - By Pernille Dahl p. 23

'About the Honduran Tigers'

Our league started last year and Tigers was created among all the girls who were interested to try out this new sport. - By Celia Arevalo

Mark Walker - Head Official for the IWFFA

Since 2003, Mark has been officiating IWFFA tournaments. Today he is the association's head official for the Nordic Region and one of the most respected officials on the field. - By Kristin Horgen p.25-26

Florida Pretty Money - One of the IWFFA's newest teams

Interview with Player Johnerra Thomas

- By Diane Beruldsen p.27-28

'12 Things Successful People Do Differently'

I've always been fascinated by people who are consistently successful at what they do; especially those who experience repeated success in many areas of their life throughout their lifetime. In entertainment, I think of Clint Eastwood and Oprah Winfrey. In business, I think of Steve Jobs and Warren Buffett. We all have our own examples of super successful people like these who we admire. But how do they do it?

- By Marc Chernoff p. 30-35

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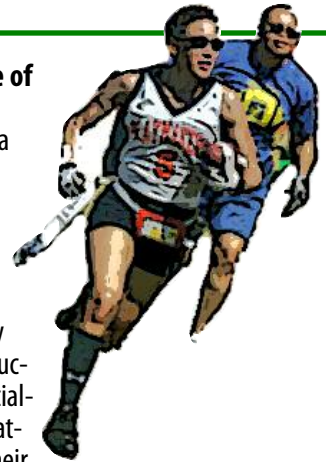
Celia Arevalo

Marc & Angel Hack Life Blog

In our last Spring Forward Pass issue, we would like to recognize Janelle Mould from British Columbia, Canada who was the athlete on our cover catching the ball (CREW team). photo sent by: Chris Mann of the Cowichan Women's Flag Football League

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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.



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Letter From the President ***Diane Beruldsen***



I have to say this issue of our *Forward Pass* is our best!

As I collected stories from our flag football players and read each one, I was totally engaged, excited and loved each and every story! As a flag football player (still at age 54), these stories related to me, directly. The stories are good quality, very well written, honest and heart felt. I encourage you to read every article in this issue and so, you yourself can feel, identify and connect not only with each story, but your life. It makes no difference whether you are a young athlete or "more mature athlete", this edition of our Forward Pass Magazine will allow you to reflect. I truly thank our writers who have shared some great pieces with us all.

The IWFFA family has grown. We now include the Central American Region and the Caribbean Islands, along with our existing North American and Nordic regions.

You will read stories from our newest regions and our newest "IWFFA family members". Though we live in different: countries, climates and cultures we are all bonded by one common thread - the sport of Female Flag Football.

Since the inception of the IWFFA in April 1997, our organization has supported and sponsored over 156 teams around the world. And as our networking, media and word of mouth from our players spreads news of our organization to new teams, clubs, leagues and countries, we

reach other parts of the world whose economy is not as fortunate as others. These countries need training, equipment, competition, support to help them grow. And so, to address the need for support the IWFFA will offer individuals, groups and companies the opportunity to become an "Team Owner". To be clear - If you are economically able to donate any amount of money, please do it, so the IWFFA can continue to spread female flag football around the world.

Before I leave this page, I must give gratitude and thanks to our fantastic graphic artist -for all these years: Rosaria Baldari. "Rori" has done the graphics for flag football beginning in 1979 and starting with the Brooklyn Untouchables, Brooklyn Women's Flag Football League, New York Women's Flag Football League, National Women's Flag Football Association and the International Women's Flag Football Association. From posters, logos, tournament programs, fliers, everything and our Forward Pass Magazine - she has created the image for our female flag football and made our sport look just as exciting in images all around the world as our players have made the sport exciting on the field.

Without further delay, please enjoy this fantastic issue of the IWFFA's Forward Pass Flag Football Magazine! ●●



ASFA se complace en anunciar la reciente alianza entre ASFA y la IWFFA (International Womens Flag Football Association)

ASFA - IWFFA Region Centro America

ASFA iniciara los preparativos para la liga Centroamericana de Flag Football Femenino



Central America - IWFFA's newest regions for female flag football

In our last spring issue of our FP, we introduced two new regions for the IWFFA: The Caribbean and Central American regions. We will share some stories and get to know a bit more about their players and teams from these regions. We hope to highlight in each FP issue a different country or team.

El Salvador

Is the smallest and the most densely populated country in Central America. The country's capital and largest city is San Salvador, with close to 6 million people. Our 1st annual IWFFA /ASFA El Salvador tournament will be held - April 26 - 27, 2014, in San Salvador, during the best time of year. Their tropical climate produces primarily two seasons: dry and wet. Their rainy season is from May to October and their dry season is from November to April. The best weather is just before when their rainy season starts with temperatures in high 80's. The country borders: the Pacific Ocean, Guatemala and Honduras. Hotels run from \$50 per night and up and dinners, tourist attractions, transportation are all very affordable.

Roberto Cerna - is president of the Salvadorian Asociación of American Football (ASFA). He came to the IWFFA in 2012 with a vision for female flag football in his country and the Central American region. As a result, his vision and the IWFFA has opened tremendous opportunity for female flag football in our newest region: IWFFA /ASFA Central America.

What will be new for our existing flag football players ?

- New Teams to compete against
- Experience a different style of play
- Central American Tournaments
- Team Rankings for Central America
- Partnership with Asociacion Salvadorena de Football Americano
- IWFFA Central America Sports Woman Award
- Porter Wilson Award Recipients
- Stories from our Latin American Players
- Female flag football grows

Read now our interview with Roberto Cerna:

Are you a flag football player? - Yes, I play Flag Football. When I decide to play I do it as QB or WR. I also love to teach the linemen and linewomen how to be good on the line.

Are you a coach? - Yes, I'm the General Coach for Flag Football in ASFA. I personally Coach the Celtas Flag Football Team and I'm instructing



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others to become coaches in the future.

What is your position with ASFA? - I'm the president of the Salvadorian Asociacion of American Football (ASFA)

Why did you want to get involved with the women's flag football in El Salvador and the Central American region?

I love Football, I love it so much that it's always been a dream to see entire families practicing Football. To reach that goal I knew the next step was to include the pillars of each family around the world... the women. It was hard at first because it took around a year and a half to put together 8 girls with enough courage to practice this sport with 110 guys. But now after 10 months of working hard, our family now has grow to 190 participants. Fifty are women interested to create a small league and make it permanent to change the live's of more women in the future. I want to share my vision with the region to include women in this great sport. This is a sport that changes lives and, as the leaders of sport organizations, we must promote the sport to change the life of just one member of a family, but open the door to include the entire circle with male, female and children's football programs.

Why is it so important for the women to control their flag football organization ? Because Women understand women. It's that simple. As the current leaders, we think in important facts to please a human been and to take care of their needs in a general manner, but when you include more people, and specially women; you reach a point when you must pay attention to the details of each of your members, hear their needs, their opinions, take in consideration their ideas and based on my experience, to make it happen, you need a women leading and fighting for women's needs.

How has promotion in el Salvador for the women's flag football been received? Its been great. I never though the women in my country would respond so well and so much to practice this sport. Every



time we create an exhibition game, whether we go to a school or a university to recruit girls, we always have a minimum of 10 women who sign for the next training session. This is a big number if you take the consideration that female sports here in EL Salvador are not so well recognized. Also, the most popular sports are volleyball and basketball.

What is your goal for the women's flag football in el Salvador? My Goal is to create female leagues on each corner of my country. Us Salvadorians are very committed people in what we do. We are a great country with very brave and thoughtful people , so in a matter of a few month, of hard work... this will become a reality.

What is your goal for the women's flag football in Central America? To encourage all the leaders to open their minds and include women in this great sport. To allow women to learn from their abilities and that women can take the sport to a higher level in all the areas: male, kids and female football itself.

How many women are signing up for the Jan. 31 - Feb 2 IWFFA/ASFA Clinic? Here in El Salvador, we are signing 60 women to this event, and we have sent invitations to Guatemala, Honduras, Nicaragua and Panama to participate we well. We have counted in our first review more than 100 women together for the flag football clinic.

I would like to send a formal invitation to the
(continues on page 8)

Salvadorians around the world that would like to help our athletes to keep practicing the sport and to make the female organization bigger to contact the ASFA on our Facebook page at [facebook.com/asfa.fan](https://www.facebook.com/asfa.fan) -

The IWFFA / Latin American Promotional Tour takes place: January 30 - February 11, 2014.

We begin in El Salvador with two days of training, then end with tournament competition between the participants from a variety of countries in the Central American region.

On it's promotional tour, the IWFFA travels to: El Salvador, Guatemala, Nicaragua and Panama . For more information email: IWFFA@IWFFA.COM

Now from the Women of El Salvador - here are some interviews with players from: Estela Abigail Sanchez of the Celtas, Karla Alvarenga of the Lions and Susana Guadron of the Barbarians.

Estela Abigail Sanchez - Celtas Women's Flag Football Team - #83

Estela Abigail Sanchez has played for 9 months with her team: Celtas. She plays corner back or linebacker and sometimes as a wide receiver. She is 23 years old and studies Public Relations and Communications at Universidad Francisco Gavidia.



She is also a basketball referee. She describes her passion for flag football:

Flag Football has changed my life. I can say that I



love this game. It is a lifestyle that many people don't understand. When I started to play flag football there were many other girls who were also trying to do what I had always tried to do, which was: to show that the girls can do anything the boys can do!

My first game with the Celtas was amazing with just 9 girls. I was a little lost but I still tried to do my best. Some of my most exciting moments playing flag football are when my quarterback throws me the ball and I then run with the ball! I feel all the hard work that my team has done with the ball is in my hands. I think that I cannot fail, that I need the extra yards for my team. I tell my teammates: "When you have the ball in your hands..... RUN!!! ... "RUN FOR YOUR LIFE! "

I may not be the best player on the Celtas team, but I love my team and I try to make all my teammates know that I care about everything they feel. I always tell them: Go girls!, You can do it!, I now



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that you can!. I give them positive reinforcement because I know it's frustrating when you cannot catch the ball, or maybe you feel like you can't breathe and can't keep running.

After my first game, I convinced my two sisters ,who play basketball, to play flag football with me on my Celtas team. Now we all three play flag football together, which really makes me happy. My greatest flag football achievement so far as been to make the national flag football team and there is a plate that shows: Estela Sanchez - LB. I wish for my sisters to also make the national team and to see their name plates next to mine. That would really be my greatest achievement in flag football because people could then see that flag football is for all the family.

I am a basketball referee and would like to officiate for flag football as well. I think about the differences officiating basketball and flag football, and in basketball the space is smaller and there are fewer players, but the work that you do to referee is: run with players, cover the area that corresponds, be aware of the benches of teams, coaches and other court referees and the umpires table. I can't say too much about flags referees. I see that they don't run too much but I know that it is a hard job, cause you need know the rules, and be able to be impartial.

When I play on the defensive team, I always try to be aware of the other team's, quarterback. I

am looking for areas to cover, and not to allow the offensive team to breakthrough. I try for an interception. I get a little scared playing defense, cause I know that if I do not remove the flag from the player, that the offensive will advance and they will be closer to a touch down.... and I can't let that happen!

Our match with the girls from Honduras was really hard, cause they play different and have good hands and are faster than me. It was a real challenge but I loved it because it woke in me the hunger to be better, to be faster, by developing my skills and put my heart into every workout and even more in each game.

My CELTAS Flag football team is a team with very different girls and people are surprised when we tell them we're a flag football team. We always try encourage other girls to come to play with us. Celtas have tall girls, short girls and I love it. We show everyone that this game is for all types of women. We always support each other as athletes and as friends. Celtas is a family, we are sisters, we know the importance of the players of the line, the runners, receivers, linebacker, cornerback, safety...if one fails all fail, if Celtas win wins then all...

Karla Alvarenga - LIONS # 87

My name is Karla Alvarenga. I'm 25 years old. I study Languages: English and French and tourism at the University Don Bosco. My work is to teach private English instruction to children.

I have been practicing this sport for 6 months. I am an offensive linewoman and my number is #87. My flag football team is the newest one in ASFA and we are called: Lions. I work hard for my team which is a dream come true. The Lions team was created and based on Christian principles. Our main goal as a team is to give the best of ourselves for the understanding of the American football in our society, it's impact and to give the

(continues on page 10)



opportunity for women to build and improve our relationships.

God Bless
Karla Alvarenga
Lions #87
Lions Flag Football El Salvador

Susana Guadron - Barbarians #10

I'm 25 years old. I have been playing flag football for 10 months. I'm Barbarian's Quarter Back #10.

I currently study Business Administration at Universidad de El Salvador and I work as an

Assistant Team Leader for Tech Support Department at Benson Communications . I was interested to play this sport for two reasons. I wanted to practice a sport and because I watched the Barbarian's boys flag football training. I used to play soccer as goal keeper and also volleyball. Now I play Quarter Back! I really like the quarterback position which hasn't been that easy. In the beginning, it was hard for me to be patient, to know which player to throw to. It was hard for me to learn the movements, use the correct quarterback terminology, view the whole field from left to right and vs. It was especially hard for me to show my team that I am confident, even though I may have been nervous. But to be honest, in the end it has been really very exciting!

What I had to work on most and which was most difficult, was learning to "connect " and know each of the movements of my players. And with a lot of practice we found it. In the games, I receive most of our plays from my coach on the side lines, but I do call my own sometimes and use special names or numbers to call the plays in the huddle.

The difference playing other sports to flag football is that I have to be more disciplined and more consistent with my habits such as: I have to eat healthier, work out harder in the gym, I must organize my time better for my university and also for my work, in order to give 100% during flag football practices and games. What I like the most about this game of flag football is that we have to work as a team and work together. We all need to be on the same pages in order to complete every single play. ■



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photo: Images by Doc

So What's the Difference Between Flag Football and Tackle?

Take it from our very own Tamalan Walker - Who Does Both
- by Kristin Horgen

1. What is it like to go out onto the field in protective gear for tackle, and how is that different than having no protective gear in flag football?



Having no gear is great, the freedom to just have that mobility. I broke a finger playing flag but that's probably something I could have broken playing tackle.

le. But having the gear on is great. Although it takes some getting used to, I love being in shape and having the equipment on. To be fast, to make plays, it's great. I like playing both ways, with and without the gear.

2. How is practice different between flag and tackle?

That's a good question. Everything you have in flag, you have in tackle – competition and rules. In tackle, the teams are more competitive though, there's more of an urgency to win. And the practices reflect that. In tackle, they set their sight on championships early, whether it's early in the team's history or in the season. They're looking to dominate early.

Even though flag is competitive, there is slightly less of an urgency to win. The tournaments are different. With tackle, it's a big investment because they're trying to get to a

division championship or a world championship. The investment is at multiple levels, from uniforms and fields for practice, to renting the stadium, selling tickets and refreshments.

3. What position do you play during flag football and what do you play in tackle?

In flag, I play left and right guard on offense, and on defense I play defensive tackle and defensive end. So four positions overall. In tackle, I just play on offense as wide receiver. So I'm just focused on one position.

4. What is your favorite position to play?

My favorite thing to do is to put pressure on the quarterback, which is something I definitely get to do by playing defense in flag. In tackle, just being on offense, I have to focus on that one position and being the best at it. There is so much to learn because I have three different coaches – a wide receiver coach, an offensive coach, and a head coach.

In my first tackle season playing offense, I really got a chance to learn offensive plays from the coaches' point of view. In the beginning I really didn't like playing wide receiver, but I volunteered to be where the team needed me. And they needed a wide receiver.

Being a wide receiver means being a part of a special group. You're certainly known for your hands in that position and so that's what I

(continues on page 13)

practice, hand/eye coordination. But it's hard. You're running continuous routes, over and over until you get the timing down with the quarterback. It's rigorous but rewarding, especially being able to learn about offense from the quarterback's point of view.

5. How would you describe your opponents in flag, and how do they differ from your opponents in tackle?

In flag, my opponents are, well, we are a community of women who love flag. It's a good, competitive relationship and we are used to playing each other on a regular basis. We are very familiar with each other.

In tackle, it's different. There are some truly awesome athletes and it's very competitive. Like I said before, there is more of an urgency to win. It's not that it's less friendly, but with tackle there are fans. So there's a fan base, the games are promoted, and you really want to win for the people that come out to watch you. On top of that, you want to win for other reasons. Sometimes you want to win because it's a home game, sometimes you want to win because the other team are champions. And a lot of times you want to win so that you can position yourself to win a playoff and get a shot at the championship.

6. Does playing flag football compliment playing tackle? Or the other way around?

To me, they complement each other. With tackle, it strengthens me and helps prepare me physically. Being in football training camp,

it helps me have a better grasp of the game. The knowledge that I get from tackle helps me dominate in flag. You are constantly keeping up your Football 101.

Tackle makes you an overall better player but flag is just as kicked up. Flag keeps you in shape during the off-season and allows you to keep playing the game throughout the year. A lot of tackle players play flag just to continue to play the game throughout the year and to continue learning.

7. Would you say that there is any difference between hanging out socially with flag football women and hanging out with tackle women?

I don't think so. There isn't too much of a difference. It's about the same thing, enjoying ourselves and creating a great camaraderie. The whole sisterhood of football is there, flag or tackle. We all kind of hang out the same way.

8. What don't you like about playing flag football and what don't you like about playing tackle?

There's nothing I don't like about playing flag. Same goes for tackle. I like everything. Even with tackle, the two-a-days, the strenuous practices, the hits. There is nothing I don't like. With tackle, it's a long year so I wish I could play more flag. An eight game season starts with practice in November and then the games start in April, and you only get two or three months off. 🏈

IWFFA Circuit of Tournaments 2014

If you would like to host a sanctioned IWFFA tournament contact the IWFFA Today

Kelly McGillis Classic International Female Flag Football Championships & World Challenge VII, Key West, Florida, USA	23rd	January 20 - 27, 2014
Hjorring, Denmark	8th	May 10 - 11
San Salvador, El Salvador	1st	April 26-27
Oslo, Norway	14th	July 5-6
Asbury Park, New Jersey, USA	3rd	July 26-27
Managua, Nicaragua	1st	August 23-24
Gothenburg, Sweden	14th	August 30 - 31
Kate Clinton Classic, Ptown, Massachusetts, USA	9th	September 19 - 21
Norway Women's Flag Football Nationals	1st	September 26-27
Puerto Rico	1st	November 8-9



'Just One More Time'

- By Debbie Salvato

"We may be a bit slower, less agile, less powerful. The concept of 'winning' at all costs' has certainly been tamed into 'just doing our best at this point and enjoying the experience. More importantly the more 'mature' life of an athlete comes to realize that it is not only about the results of their efforts but experiencing it with hundreds of other athletes that love to play. "

There comes a point and time when all athletes must come to the realization that their bodies will not allow them to do the things that they once did on the field. Doesn't matter the sport. Doesn't matter what position. The decline of speed, agility, strength and endurance that we were once so proud of, how dare it diminish. When we were at the top of our game, we were invincible. We relished in our capabilities, the competition, the desire to win. The so called injuries that we sustained were so inconsequential. But now, we are older. The now 40's and 50's year old athletes can only reminisce. We can only close our eyes and hear the sounds of the game around us, smell the sweat of our constant efforts on the field and feel that competitiveness deeply embedded within us. And with that, a deep sigh, an ache of what once WAS. Those days are over.....or are they?

Is it possible? Can it be? Can the older, or what I like to call 'the more mature' athletes, recapture a piece of the past that they

still hold so dearly in their heart?... A piece of the past that began at the age of 5 playing any sport that entered their path?... A piece of the past that not only kept them in shape year after year, but taught them about teamwork, heart, passion and sportsmanship? And the bigger question is: is it possible to gather a group of these 'more mature and experienced' athletes to do it one more time... at this stage in life?

With a Cheshire Cat grin and Mona Lisa smirk the answer is, yes. It is indeed possible and the NY Cougars are in the process of gathering former, 'more mature' athletes to travel to Key West for the 23rd Annual Kelly McGillis IWFFA flag football tournament. But where there is that desire and heart to play again, there are also many key obstacles in the way.

Being 'more mature' entails old injuries and life issues such as screws holding together knees, healed broken bones, herniated discs, weaker bones, cancer scars,

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no health insurance, children at home, jobs/occupations and the list goes on. Many do not want to take the chance of getting hurt at this stage of their life. Some pondered it for weeks before making a decision. Some still wrestling with the decision.

Do we have practices? Do we get a coach? Do we get a nurse to travel with us tending to...well, tending to probably ALL of us at some point and time during the tournament? Do we take the chance of breaking a bone, tearing a meniscus, tendons and ligaments? We are older now. We have jobs, good jobs, mature jobs. What does one tell their partners of their law firm when they cannot attend a trial because at the age of 50, went to Key West to play flag football and got hurt? What does one tell their child when they cannot drive them to soccer practice because mom dove for a flag and broke her collar bone? So many questions. We never had ANY of these questions when we were younger. All that mattered was the game. A cruel joke life plays on athletes.

So many questions, so many obstacles. What does one do? Is the love of the game worth all that comes with it at this stage in life? Is the old adage 'You only live once' powerful enough for one to take a chance bypassing the risk of injury and competing once again? Do the wonderful and incredible memories of our

playing days on the field make us say, 'Hell, let's just go there, have some fun and do it one more time.' You bet it does!

We may be a bit slower, less agile, less powerful. The concept of 'winning' at all costs' has certainly been tamed into 'just doing our best at this point and enjoying the experience'. More importantly the more 'mature' life of an athlete comes to realize that it is not only about the results of their efforts but experiencing it with hundreds of other athletes that love to play. We realize that the torch gets passed to the younger generation who carry it year after year in this very successful tournament. We realize that respecting the game itself and others playing it, especially those who are just learning, is truly what it is all about in the long run.

Is it possible for this experience at this stage in our life to actually help others in some way? Will our presence on the field be looked at from the younger, more powerful teams and athletes as just a bunch of middle aged women who have nothing better to do? Or, will it be looked at as kind of an incentive that one is never too old to enjoy that feeling of competing and not being afraid to recapture a sense of accomplishment just one more time?

We will find out in January of 2014....see you on the field. ●



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'Puerto Rico Islena's' - By Diane Beruldsen

Puerto Rico Islena's - First team to represent the Caribbean region, first team to represent Puerto Rico - Champs in the second division of the 22nd Kelly McGillis Classic !

The team came this year to the 22nd Kelly McGillis Classic International Female Flag Football Championship, never having played flag football before. The IWFFA sponsored the team as part of a concerted effort with CAFF to promote female flag football in the Caribbean region. IWFFA set up an intensive flag football clinic for the players. I myself ran that training and saw how disciplined and focused each player was. Their two coaches: Carib Hernandez and Joel Otero were also very serious. One saw by their facial expressions that every move their players made were being calculated. Their demeanor was cool and cordial. On opposite side of the same field, the Chicago Diesel Daisies were practicing for the tournament. At the end of the Islena's clinic, the coaches asked the Daisies for a scrimmage. This was Puerto Rico Islena's first competition. It was two days before the tournament.

Next day was our opening ceremonies and parade. The team was quiet and polite, all



dressed in their uniform shirts and sitting together. Coach Joel said a few words on behalf of the team and Puerto Rico, and then it was time for



the parade....WOW! did these Islena's women explode. They were fun, loud, waving their Puerto Rico flag and you could hear them coming one block away. They are alive and fresh. And their attitudes were so positive and up lifting that you had to share their energy. For tournament games, teams who played against them, enjoyed the Islena's and the fans enjoyed their liveliness. It was all pure excitement.

At the end of the first round and into the play-offs - the Islena's ranked 3 out of 6 teams in their division (there was a 4 way tie, but they took 3rd due to points) and in the play-offs, they beat the local Key West team to make it into the championship and their opponent was: the Chicago Diesel Daisies. The Islena's won the championship with 21 - 7. It really was a great game.

The team came to every social party, made friends with all the other teams. The Islena's (continues on page 19)



were definitely a fun tournament team! All the players were gracious and thankful and great to have at the tournament.

The team continued to play later this year in the IWFFA / Jersey Shore, NJ tournament and lost in the play-offs to take 5th over all

out of 7 teams. The teams in the NJ tournament were a little tougher than the second division in Key West. The Islenas's still had a great time and were positive as usual.

I asked Barbara Concepcion (Quarter Back / Safety):

After two tournaments under your belt, and a 3rd just around the corner (Kelly McGillis Classic 2014), what is the difference now compared to when you first played flag football? Wow! There is a huge difference between how I use to play at first and how I play right now. At first, it was hard to know the plays, the patterns and how to read and react against the defense - all at the same time. We started playing with only 3 months of practice, that make things a little bit harder for us, but not impossible. Right now I can say that I know so much more about flag football and it is easier for me to get into the plays and react. There is so much about flag football, the rules and another things that I need to learn to improve my game, but I will work hard on it to reach an higher level. At the same time its going to make my team execute and be better.

And how has your team changed?

It has been a long process, but my team has changed a lot since the first tournament. We

started the first tournament with not so much preparation and not knowing a lot about flag football. The Kelly McGillis Classic 2013 was our first challenge as football players. That experience let's us know which level we were on and how much more we need to work to improve for the future tournaments. We have no words to explain that feeling of our first game, because it was totally different from what we expected to see before we got there. Either way that first experience pushed us to keep looking forward towards our goal, which was getting the championship for the first time. We made it, and also learned a lot from

that experience.



We know that this year it's going to be harder than the first one, so we must get ready for that. We are making offensive and defensive adjustments, and also teaching new players. Hope to see you soon and remember that flag football

is a sport for everybody!!

I asked Maria Ramos (receiver / secondary): How has the team changed since you have started to compete in these travel tournaments?

"Well... Our team has grown a lot since we began traveling to these tournaments. We have learned so much in every match that we have had. Every team has been great in giving us pointers on how to improve our game. We are very passionate about this sport and since (continues on page 20)



we are the pioneers in our country we want to be as great as we can be. The Chicago Diesel Daisy's were the first team that we had a scrimmage match against and they didn't hesitate on giving us tips to improve our game. Hopefully soon we will be able to host one of these tournaments to show you all our appreciation with

our Puerto Rican hospitality"...

I asked Ileana Vazquez Sanchez (running back / secondary): How do you like flag football with the blocking ?

I think one of the best things in flag football, besides scoring a touchdown is getting a chance to block and protect your teammates. It's an adrenaline rush. You get that 'one on one' feeling with the other team player trying to get in, but you just won't let them. And when they get pissed off that's the best part, because you know you did your job right :)

Do you see your team being number one in all of Puerto Rico?

We're rookies in flag football, trying to learn more as we go along. In Puerto Rico we don't have a women's flag football team we can compete against, but we're trying to make the sport known so more girls can get addicted to it as we have. Hopefully we will have a chance to make a tournament in the island so people can see that we're good at what we do and that we work hard so we can represent Puerto Rico proudly.

FYI: There will be an IWFFA / Puerto Rico Female Flag Football tournament November 8-9, 2014

Please bring your team!

Team Roster: Puerto Rico Islena's 2013

Carib Hernandez - Coach / Joel Otero - Coach / Barbara R Concepcion / Cristina GarciaMartinez / Danna C Burgos Rivera/ Deborah Santos / Ileana Vazquez Sanchez Karen Torres / Lisseidy Falcom / Lucille Ruiz Darder / Maria T Ramos / Natalia Lopez Cordero / Nathalia Moreno / Rebecca Bayron Adames / Rebecca Surez Santoa/ Suania M Ortega Rosario



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IWFFA Nordic Sportswoman of year 2012



Anton! - The Running back

- by Pernille Dahl



Our 2012 Nordic Sportswoman comes from Hjorring, Denmark. She is also possibly, one of the best running backs in the history of the IWFFA for her famous "swivel". No one can grab her flags and she is able to run through numbers of defenders on the field and come out with both flags! We have never see anything like this. Read Pernille Dahl's interview and story of Antoinette Weesgaard - our IWFFA Nordic Sportswoman of 2012.



Antoinette Weesgaard is a running back within the Danish Devils team – THE RUNNING BACK within The Danish Devils. She is a woman of 41 years, she has been playing flag football for 10 years and she has a very unique style of playing – an "Anton" style.

In addition to having a full time job and three different hobbies, Antoinette has three lovely children. One more energized than the other. Oldest is Catalina (16), then Jennifer (13) and youngest is Kristian (5). Which may result in some future players.

"She is a lovely person and a very good RB, she knows how to "swing" her hips around the field."
Lena Green - Gothenburg Angels

Conversation between Antoinette Weesgaard and Pernille Andrea Dahl:

When did you acquaint yourself with Flag football?

"When two of my friends, Lone and Maria, started The Danish Devils. They asked me to join, and I haven't left since."

What is flag football to you?

"When I first tried it, I fell in love with the game and the people involved. – so that's what it is to me – love of the game, love for the other players and just in general a lovely weekend."

Describe flag football with one word.

"FUN"

How many years have you been playing flag football?

"I have been playing since 2003, when Lone and Maria started The Danish Devils. So that means I've been playing for 10 years"

What does this award mean to you?

"This award means 10 years of having fun, and reflecting upon the trophy. I get glimpse of an era with a lot of great people, a lot of great experiences and last, but not least, playing a great game with people I care a lot for.

"With a big heart and many skills both at work, with family and in sports she makes flag football look easy and as fun as it should be! If you ever grab her flag, -tell the world!, not many people can stop her dancing hips – she is a real Danish Devil!"

Katta Sterner - Gothenburg Angels

5 Facts about Antoinette

- Antoinette's nickname is Anton.
- Beside flag football, Anton plays soccer and team-handball.
- She has been on every "All-Star" team, at every tournament she ever has attended.
- Anton has been married to Martin for 15 years.
- She makes windows for a living

About the Honduran Tigers:

- by Celia Arevalo



We are 14 official players

Our league started last year and Tigers was created among all the girls who were interested to try out this new sport. At the beginning we were 9 girls who together decided to call

our team the "Tigers."

To raise money for the team, we started doing activities like: bake sales, car washes and raffles so we could purchase our uniforms which we achieved. Then we sought help for someone to train us. We were so fortunate to get our coach: Keneth Rivas, who has been a great part of our success and since then, our team has grown and continues to grow.

We practice 3 times a week and get better after each practice.

Our goal right now is winning our first championship in our country.

Next year we will playing with 8 vs. 8 rules so we are more interesting on playing and learning more of this sport. 🏈



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Mark Walker -Head Official for the IWFFA - By Kristin Horgen



Since 2003, Mark has been officiating IWFFA tournaments. Today he is the association's head official for the Nordic Region and one of the most respected officials on the field.

Where did you learn to officiate?

I started with the Rhode Island Women's Flag Football League. I was actually recruited by the co-founders of the league so they taught me their rules. And then when I moved to the IWFFA rules, I believe it was in 2003, we went through that process as well, switching over to those rules.

Did you referee any other sports before flag football?

I refereed basketball for a Special Olympics program in Rhode Island with my sister, and she's the one who dragged me into flag football.

She dragged you in? Did she play?

She did! She was a quarterback for one of the leagues here. She was on a tournament team that ended up going down to play in Key West a few times.

How many years have you been officiating flag football?

I've been officiating women's flag football for 18 years, I can't believe it. My girlfriend is sitting right next to me in my car and she made a face. I said "I can't believe it either!"

Did you ever play flag football?

I did not. I was definitely a basketball and baseball player, not a football player.

What was the hardest part about learning to ref flag?

The hardest part was having the confidence to make the calls. You have to really learn the rules and then translate that into making the calls assertively.

What makes the job tough?

It depends. In my league in Rhode Island, we almost know each other too well so that can make it tough to be the authority figure. And then at tournaments, you end up with different teams from different areas who play with different rules. For example, I know a lot of flag players who play 7 on 7 with no contact, and a lot of our IWFFA is 8 on 8 with contact.

What is the best play you ever saw on field?

The best play I ever saw on the field? Oh I...honestly, to be fair to myself, I've been doing it too long. Any number of one-handed catches stand out, and a number of run backs, especially in the snow or in the rain. But there are too many. I'd need a few hours to figure that out.

What was the toughest game to ref and why?

Probably the toughest game I can think of right now...well, there's two. One was during the first year I did Key West, in 2011. There was a New York team playing the Lethal Weapon team from Tampa, and it was just a very intense game because it was the game to get into the Super Bowl and it was getting dark. And the teams had played each other earlier during the same day and had developed





a bit of a dislike for each other. It was physical, but clean and intense. The final score was 13-12.

And the other one, this one will stand out forever. It's at

least 12-15 years ago, but it was played in a tropical rainstorm in November, in New England of all places. There were gusty winds, the rain was sideways, and I had two teams that didn't really care much for each other. It was an absolutely insane game. The score was 38-35. I remember being cold and wet for what seemed like weeks after the two hours in that torrential rain.

How do you like officiating 8 on 8 rules? Is there a difference between that and 7 on 7?

Well I've only done 8 on 8 so those are the only rules I know. I think they're great because they're designed to maximize the enjoyment of playing as well as protect the players.

What advice would you give to new officials?

Know the rules so that you can confidently call the game, because the only place you'll run into a problem is when you make a call and you're wishy washy, or you make the wrong call. Once the players have established that you don't know the rules, you're gonna have a problem controlling the game.

Tell our players something they probably don't know that would help them with their game.

Make sure my glass is not empty at the meet 'n' greet before the tournament. That's a joke! I'm a wise ass!!!

Seriously though, they need to know the rules. The non-contact teams need to come in knowing that they're gonna get hit. And just know that everyone on the team needs to contribute to win a game. It's truly a team sport. The teams that have the best talent don't always win the tournaments. It's the teams that play best together as a team. Practice being a team. ●

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Are you coaching...



a girls flag football team?



Florida Pretty Money

One of the IWFFA's newest teams

Interview with Player Johnerra Thomas

by Diane Beruldsen



They drove in a van from Fort Myers, Florida to Provincetown, Massachusetts (over 24 hours) to play their first IWFFA competition. It was their

first time playing flag football with blocking, kicking and field goals and coach Terriance Lynom got his team ready. With only 8 players they played a strong field. We find out a little more about 'Pretty Money'.

Diane: Who thought of the name Pretty Money?

Johnerra: Coach Terriance came up with the team name

Diane: And what does it mean? Usually teams are named after animals, or there is some meaning behind some initials, etc. Florida Money is not your typical team name

Johnerra: We have this thing where we were named pretty - because it being a girl's team no matter your size your skin color etc. we are all pretty no matter what anyone says we out here to have fun, win games and be beautiful people inside and out and the money part I don't know (lol). Where that came from I might have to ask coach Terriance about that one (lol). When we travel out of town nobody usually knows where we are from so we say FLORIDA money. The trip to Boston (Ptown tournament) used FLORIDA money, so depending on where we travel, we use pretty money or Florida money ... but mostly pretty money though

Diane: Ok, so how long have you been playing?

How old are you? What position? Where were you born?

Johnerra: I am 22 years old. I play quarterback, safety and wide receiver for team pretty money. I was born in Naples Florida at NCh hospital and raised in Immokalee Florida.

I have been playing football since I was six or seven years old. I started with pop warner. I just always had a love for the game of football especially growing up watching my brother play for the Miami hurricanes and then he went on to the NFL. Football is my favorite sport.

Diane: So what rules did you use before the IWFFA Ptown tournament?

Johnerra: The rules we used were 7 on 7 or 8 on 8, But we're not use to having three people on the line to block. We have our center hike the ball and she can receive the ball. Our receivers and running backs would all run out for the pass.

We ran plays like that. The IWFFA rules were way different and we weren't use to playing that style so we had to try and adapt really fast. In the first game we played, you could really tell we were off a little bit, but as we kept playing we got better and learned along the way

Diane: So, how did you prepare for the tournament? How were your trainings different? How many practices did you have before the tournament?

Johnerra: Practices were definitely a lot harder preparing for the tournament we ran over new plays I'm sure exactly how many practices we had but I think it was 2 or 3 times a week

Diane: How long where your practice?

(continues on page 28)

Johnerra: We practice from 5:30 to 8 PM sometimes 8:30

Diane: 3 hours? for real?

Johnerra: It depends not all the time though if we having a bad practice coach will make us practice until we got it right which any coach would do but if we are having a practice an the whole team is together probably 2 hours or so

Diane: Ok, so the trip was not easy.... was it? describe how you traveled to the Ptown Kate Clinton Classic tournament and was it your 1st tournament?

Johnerra: The traveling.... oh my it had to be the longest I ever been in a car (lol) . We had two separate cars for 8 players. I imagine that when I got to Boston it was the biggest relief ever. I probably complained all the way there. Yes it was our first big tournament playing against more then 1 team in one day. We usually just play on Saturdays against one team. For the Kate Clinton Classic in Ptown, we had to play back to back games Saturday

Diane: Ok, and then the games -can you describe what it was like playing your games in the tournament?

Johnerra: First game we were kind of off a little adapting to the new rules. We won the second game. The third game against Rhode Island we lost and in that game we had to play with 7 players because one of our players got hurt . It was the second game that we won even though we played with only 7 players. I enjoyed the tournament a lot. Playing 3 games in one day and two of them back to back was tiring but we fought as a team played through them

Diane: Did you go to the parties and did your team have a nice time?

Johnerra: We went out to underground club! Yes they had a nice time
Thank you Johnerra for taking the time for this interview

Johnerra: You're welcome! Thanks for having me!

I have a question - Is there like a league professionally for this type of women sport?

Diane: That's what the IWFFA is working on. We need to organize the USA flag football much more, standardize one set of rules, develop regional tournaments across the U.S.A. It will take some time, but we will do it.

Johnerra: I would like to say in the thanks to coach Terriance for everything he has done for our team all the time and effort he put into building this team and we appreciate everything he has done for us

I follow upped with Coach Terriance: what is meaning behind 'Money' for your 'Pretty Money' team?
Coach Terriance: I don't know, I just thought of it. It has no meaning.

How did you get your team ready for IWFFA rules?

Coach Terriance: My team plays 7 on 7 normally. To get ready for IWFFA rules, we practiced blocking. We didn't practice kicking field goals, and we adapted to the 8 on 8 on the field.

What was your overall impression of the Kate Clinton Ptown tournament?

Coach Terriance: It was a great experience for us. We learned a lot about the other teams and when we go to Key West we plan on winning it all!

I asked which division....

Coach Terriance: Highly Competitive
see you there!

Florida Pretty Money Team: Coach Terriance Lynom, Todd Johnson

Players: Bernice Fuller / Cathleen Alleyne / Cayla White / Celesia Miller / Ebony Townsend / Jada Curry / Jakeira Hall / Jaysha Toombs / Jonerra Thomas / Jonkesia Cummings / Kera Mungin / Khristian Mims / Lassandra Williams / Mikira Mungin / Shawn Russ / Suerene Hall

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12 Things Successful People Do Differently

- By Marc Chernoff

Searching the Internet, I came upon a blog and found this article I thought was very useful in helping to cope and manage one's life. I loved this piece so much, that I subscribed to their blog. Please take a read.

I've always been fascinated by people who are consistently successful at what they do; especially those who experience repeated success in many areas of their life throughout their lifetime. In entertainment, I think of Clint Eastwood and Oprah Winfrey. In business, I think of Steve Jobs and Warren Buffett. We all have our own examples of super successful people like these who we admire. But how do they do it?

Over the years I've studied the lives of numerous successful people. I've read their books, watched their interviews, researched them online, etc. And I've learned that most of them were not born into success; they simply did, and continue to do, things that help them realize their full potential. Here are twelve things they do differently that the rest of us can easily emulate.

1. They create and pursue S.M.A.R.T. goals.

Successful people are objective. They have realistic targets in mind. They know what they are looking for and why they are fighting for it. Successful people create and pursue S.M.A.R.T. goals.

S.M.A.R.T. goals are Specific, Measurable, Attainable, Relevant, and Timely. Let's briefly review each:

• **Specific** – A general goal would be, "Get in shape." But a related specific goal would be, "Join a health club and workout 3 days a week for the next 52 weeks." A specific goal has a far greater chance of being accomplished because it has defined parameters and constraints.

• **Measurable** – There must be a logical system for measuring the progress of a goal. To determine if your goal is measurable, ask yourself questions like: How much time? How many total? How will I know when the goal is accomplished? etc. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued efforts required to reach your goal.

• **Attainable** – To be attainable, a goal must represent an objective toward which you are both willing and able to work. In other words, the goal must be realistic. The big question here is: How can the goal be accomplished?

• **Relevant** – Relevance stresses the importance of choosing goals that matter. For example, an internet entrepreneur's goal to "Make 75 tuna sandwiches by 2:00PM." may be Specific, Measurable, Attainable, and Timely, but lacks Relevance to an entrepreneurs overarching objective of building a profitable online business.

• **Timely** – A goal must be grounded within a time frame, giving the goal a target date. A commitment to a deadline helps you focus your efforts on the completion of the goal on or before the due date. This part of the S.M.A.R.T. goal criteria is intended to prevent goals from being overtaken by daily distractions.

When you identify S.M.A.R.T. goals that are truly important to you, you become motivated to figure out ways to attain them. You develop the necessary attitude, abilities, and skills. You can achieve almost any goal you set if you plan your

(continues on page 31)

steps wisely and establish a time frame that allows you to carry out those steps. Goals that once seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them.

2. They take decisive and immediate action.

Sadly, very few people ever live to become the success story they dream about. And there's one simple reason why:

They never take action!

The acquisition of knowledge doesn't mean you're growing. Growing happens when what you know changes how you live. So many people live in a complete daze. Actually, they don't 'live.' They simply 'get by' because they never take the necessary action to make things happen – to seek their dreams.

It doesn't matter if you have a genius IQ and a PhD in Quantum Physics, you can't change anything or make any sort of real-world progress without taking action. There's a huge difference between knowing how to do something and actually doing it. Knowledge and intelligence are both useless without action. It's as simple as that. Success hinges on the simple act of making a decision to live – to absorb yourself in the process of going after your dreams and goals. So make that decision. And take action. For some practical guidance on taking action I highly recommend *Getting Things Done* .

3. They focus on being productive, not being busy.

In his book, *The 4-Hour Workweek* , Tim Ferris says, "Slow down and remember this: Most things make no difference. Being busy is often a form of mental laziness – lazy thinking and indiscriminate action." This is Ferris' way of saying "work smarter, not harder," which happens to be one of the most prevalent modern day personal

development clichés. But like most clichés, there's a great deal of truth to it, and few people actually adhere to it.

Just take a quick look around. The busy outnumber the productive by a wide margin.

Busy people are rushing all over the place, and running late half of the time. They're heading to work, conferences, meetings, social engagements, etc. They barely have enough free time for family get-togethers and they rarely get enough sleep. Yet, business emails are shooting out of their smart phones like machine gun bullets, and their daily planner is jammed to the brim with obligations.

Their busy schedule gives them an elevated sense of importance. But it's all an illusion. They're like hamsters running on a wheel.

The solution: Slow down. Breathe. Review your commitments and goals. Put first things first. Do one thing at a time. Start now. Take a short break in two hours. Repeat.

And always remember, results are more important than the time it takes to achieve them.

4. They make logical, informed decisions.

Sometimes we do things that are permanently foolish simply because we are temporarily upset or excited.

Although emotional 'gut instincts' are effective in certain fleeting situations, when it comes to generating long-term, sustained growth in any area of life, emotional decisions often lead a person astray. Decisions driven by heavy emotion typically contain minimal amounts of conscious thought, and are primarily based on momentary feelings instead of mindful awareness.

The best advice here is simple: Don't let your emotions trump your intelligence. Slow down and think things through before you make any life-changing decisions.

(continues on page 32)

5. They avoid the trap of trying to make things perfect.

Many of us are perfectionists in our own right. I know I am at times. We set high bars for ourselves and put our best foot forward. We dedicate copious amounts of time and attention to our work to maintain our high personal standards. Our passion for excellence drives us to run the extra mile, never stopping, never relenting. And this dedication towards perfection undoubtedly helps us achieve results... So long as we don't get carried away.

But what happens when we do get carried away with perfectionism?

We become disgruntled and discouraged when we fail to meet the (impossibly high) standards we set for ourselves, making us reluctant to take on new challenges or even finish tasks we've already started. Our insistence on dotting every 'I' and crossing every 'T' breeds inefficiency, causing major delays, stress overload and subpar results.

True perfectionists have a hard time starting things and an even harder time finishing them, always. I have a friend who has wanted to start a graphic design business for several years. But she hasn't yet. Why? When you sift through her extensive list of excuses it comes down to one simple problem: She is a perfectionist. Which means she doesn't, and never will, think she's good enough at graphic design to own and operate her own graphic design business.

Remember, the real world doesn't reward perfectionists. It rewards people who get things done. And the only way to get things done is to be imperfect 99% of the time. Only by wading through years of practice and imperfection can we begin to achieve momentary glimpses of the perfection. So make a decision. Take action, learn from the outcome, and repeat this method over and over again in all walks of life. Also, check out Too Perfect . It's an excellent read on conquering perfectionism.

6. They work outside of their comfort zone.

The number one thing I persistently see holding smart people back is their own reluctance to accept an opportunity simply because they don't think they're ready. In other words, they feel uncomfortable and believe they require additional knowledge, skill, experience, etc. before they can aptly partake in the opportunity. Sadly, this is the kind of thinking that stifles personal growth and success.

The truth is nobody ever feels 100% ready when an opportunity arises. Because most great opportunities in life force us to grow emotionally and intellectually. They force us to stretch ourselves and our comfort zones, which means we won't feel totally comfortable at first. And when we don't feel comfortable, we don't feel ready.

Significant moments of opportunity for personal growth and success will come and go throughout your lifetime. If you are looking to make positive changes and new breakthroughs in your life, you will need to embrace these moments of opportunity even though you will never feel 100% ready for them.

7. They keep things simple.

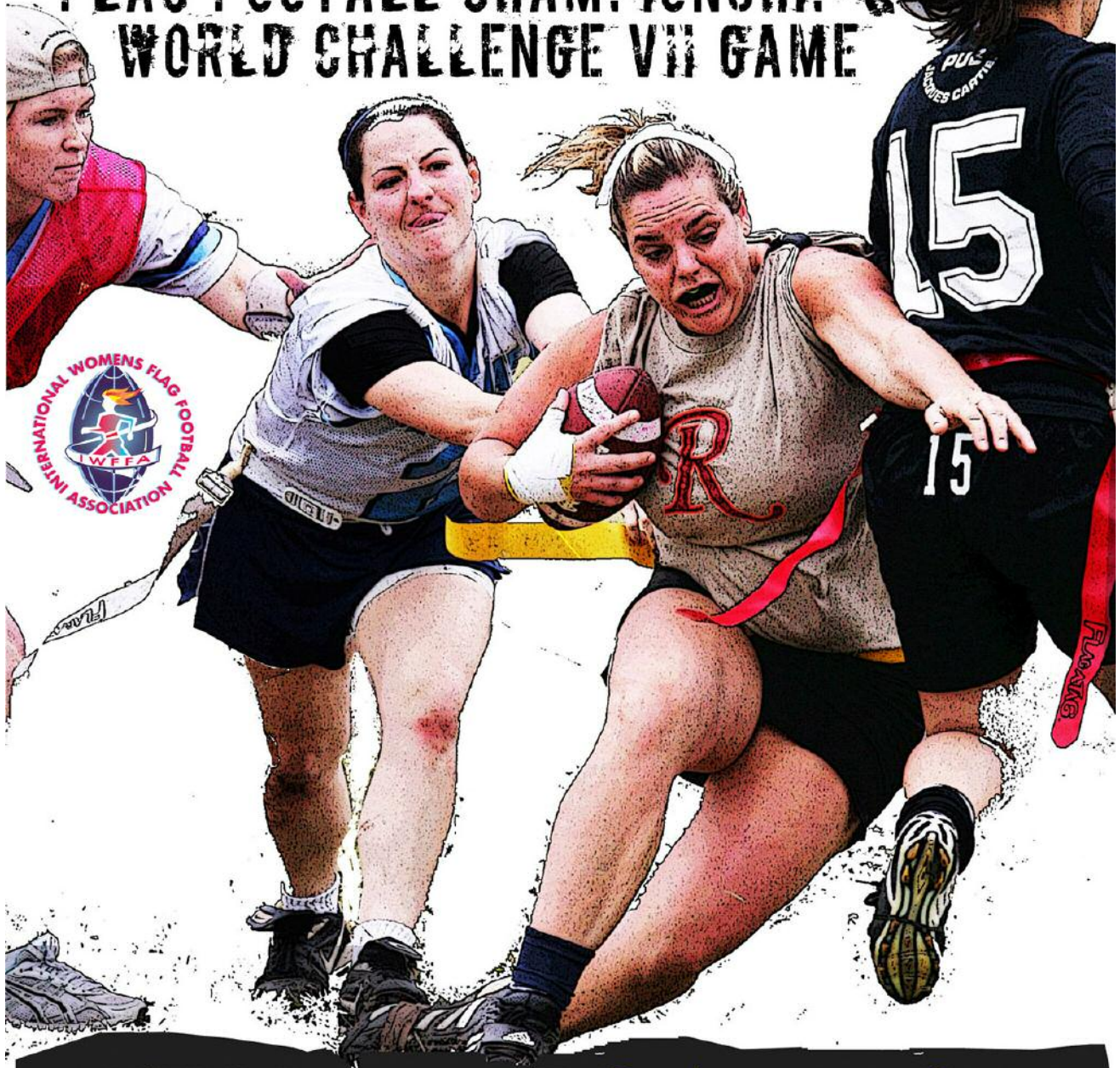
Leonardo da Vinci once said, "Simplicity is the ultimate sophistication." Nothing could be closer to the truth. Here in the 21st century, where information moves at the speed of light and opportunities for innovation seem endless, we have an abundant array of choices when it comes to designing our lives and careers. But sadly, an abundance of choice often leads to complication, confusion and inaction.

Several business and marketing studies have shown that the more product choices a consumer is faced with, the less products they typically buy. After all, narrowing down the best product from a pool of three choices is certainly a lot easier than narrowing down the best product from a pool of three hundred choices. If the purchasing

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decision is tough to make, most people will just give up. Likewise, if you complicate your life by inundating yourself with too many choices, your subconscious mind will give up.

The solution is to simplify. If you're selling a product line, keep it simple. And if you're trying to make a decision about something in your life, don't waste all your time evaluating every last detail of every possible option. Choose something that you think will work and give it a shot. If it doesn't work out, learn what you can from the experience, choose something else and keep pressing forward.

8. They focus on making small, continuous improvements.

Henry Ford once said, "Nothing is particularly hard if you divide it into small pieces." The same concept configured as a question: How do you eat an elephant? Answer: One bite at a time. This philosophy holds true for achieving your biggest goals. Making small, positive changes – eating a little healthier, exercising a little, creating some small productive habits, for example – is an amazing way to get excited about life and slowly reach the level of success you aspire to.

And if you start small, you don't need a lot of motivation to get started either. The simple act of getting started and doing something will give you the momentum you need, and soon you'll find yourself in a positive spiral of changes – one building on the other. When I started doing this in my life, I was so excited I had to start this blog to share it with the world.

Start with just one activity, and make a plan for how you will deal with troubles when they arise. For instance, if you're trying to lose weight, come up with a list of healthy snacks you can eat when you get the craving for snacks. It will be hard in the beginning, but it will get easier. And

that's the whole point. As your strength grows, you can take on bigger challenges.

9. They measure and track their progress.

Successful people are not only working in their job/business, they are also working on it. They step back and assess their progress regularly. They track themselves against their goals and clearly know what needs to be done to excel and accelerate.

You can't control what you don't properly measure. If you track the wrong things you'll be completely blind to potential opportunities as they appear over the horizon. Imagine if, while running a small business, you made it a point to keep track of how many pencils and paperclips you used. Would that make any sense? No! Because pencils and paperclips are not a measure of what's important for a business. Pencils and paperclips have no bearing on income, customer satisfaction, market growth, etc.

The proper approach is to figure out what your number one goal is and then track the things that directly relate to achieving that goal. I recommend that you take some time right now to identify your number one goal, identify the most important things for you to keep track of, and then begin tracking them immediately. On a weekly basis, plug the numbers into a spreadsheet and use the data to create weekly or monthly trend graphs so you can visualize your progress. Then fine-tune your actions to get those trends to grow in your favor.

10. They maintain a positive outlook as they learn from their mistakes.

Successful people concentrate on the positives – they look for the silver lining in every situation. They know that it is their positivity that will take them to greatness. If you want to be successful, you need to have a positive outlook toward life.

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Life will test you again and again. If you give in to internal negativity, you will never be able to achieve the marks you have targeted.

Remember, every mistake you make is progress. Mistakes teach you important lessons. Every time you make one, you're one step closer to your goal. The only mistake that can truly hurt you is choosing to do nothing simply because you're too scared to make a mistake.

So don't hesitate – don't doubt yourself! Don't let your own negativity sabotage you. Learn what you can and press forward.

11. They spend time with the right people.

Successful people associate with people who are likeminded, focused, and supportive. They socialize with people who create energy when they enter the room versus those who create energy when they leave. They reach out to connected, influential individuals who are right for their dreams and goals.

You are the sum of the people you spend the most time with. If you hang with the wrong people, they will negatively affect you. But if you hang with the right people, you will become far more capable and successful than you ever could have been alone. Find your tribe and work together to make a difference in all of your lives. Tribes by Seth Godin is a great read on this topic.

12. They maintain balance in their life.

If you ask most people to summarize what they want out of life they'll shout out a list of things like: 'fall in love,' 'make money,' 'spend time with family,' 'find happiness,' 'achieve goals,' etc. But sadly, a lot of people don't balance their life properly to achieve these things. Typically they'll achieve one or two of them while completely neglecting the rest. Let me give you two examples:

- I know an extremely savvy businesswoman who made almost a million dollars online last year. Based on the success of her business, every entre-

preneur I know looks up to her. But guess what? A few days ago, out of the blue, she told me that she's depressed. Why? "I'm burnt out and lonely. I just haven't taken enough time for myself lately, and I feel like something is missing in my life," she said. "Wow!" I thought. "One of the most successful people I know doesn't feel successful because she isn't happy with how she has balanced her life."

- I also know a surfer who surfs all day, every day on the beach in front of our condo complex in San Diego. He's one of the most lighthearted, optimistic guys I've ever met – usually smiling from ear to ear. But he sleeps in a rusty van he co-owns with another surfer, and they both frequently panhandle tourists for money. He has admitted to me that the stress of making enough money to eat often keeps him up at night. So while I can't deny that this man seems happy most of the time, I wouldn't classify his life as a success story.

These are just two simple examples of imbalanced lifestyles that are holding people back from their full potential. When you let your work life (or social life, family life, etc.) consume you, and all your energy is focused in that area, it's extremely easy to lose your balance. While drive and focus are important, if you're going to get things done right, and be truly successful, you need to balance the various dimensions of your life. Completely neglecting one dimension for another only leads to long-term frustration and stress. For some practical guidance on balancing your life, I recommend Zen and the Art of Happiness .

Marc and Angel Hack Life - Passionate writers, admirers of the human spirit, and full time students of life, Marc and Angel enjoy sharing inspirational advice and practical tips for life on their popular personal development blog, "Marc and Angel Hack Life."

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