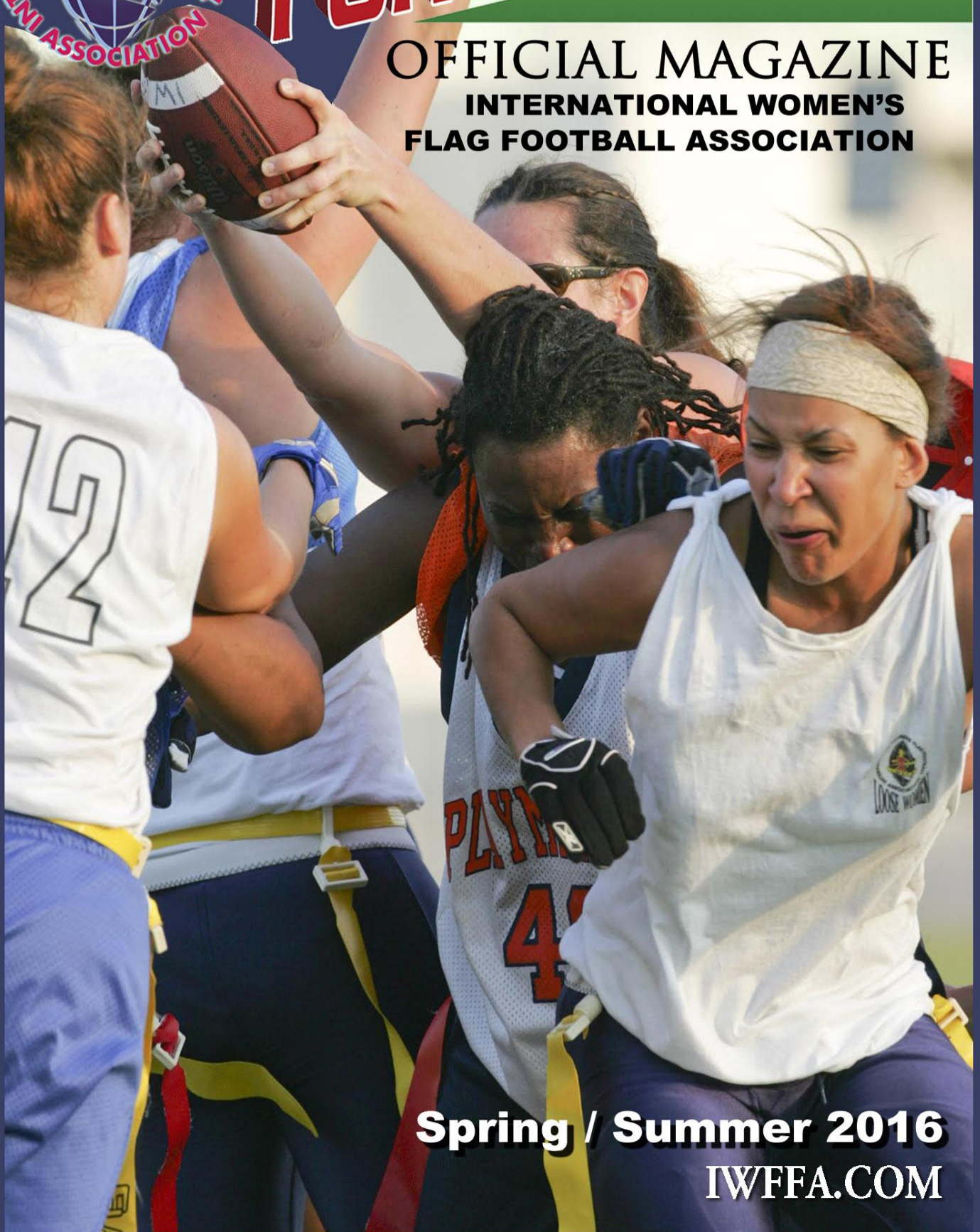




FORWARD PASS

OFFICIAL MAGAZINE
INTERNATIONAL WOMEN'S
FLAG FOOTBALL ASSOCIATION



Spring / Summer 2016

IWFFA.COM

WAKE UP CALL



KATE CLINTON

ALL SEASON LONG – June thru October

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A New Direction for the IWFFA

Truly Organizing Female Flag Football Around the World

Becoming an all inclusive organization of all styles of female flag football for archives, organization and promotion of players, teams, leagues and tournaments around the world.

By Diane Beruldsen - President / Founder IWFFA

The International Women's Flag Football Association (IWFFA) began a project we knew would be huge, which was documenting: 'The History of Women's Flag Football'. The idea came in late 2012 and we began in early 2014. Traveling to many cities and countries around the world, interviewing players and league reps associated with the IWFFA, we soon realized that our lens was too small.

We began to understand that there was a world of flag football which we knew little about such as teams and leagues who play other styles of flag football: 5 on 5, 6 on 6, 7 on 7, 8 on 8, 9 on 9, 11 on 11, blocking, semi-blocking, no blocking, kicking, no kicking, etc. And so we couldn't ignore these other styles of flag football and had to include them as part of our documentary, because they are all part of the history of female flag football.

As we dug deeper into our research, we were amazed to discover how tremendously female flag football had grown over the recent years. Our hardship was that we didn't know exactly where the teams and leagues were. Spending months deciphering through Facebook, Google, websites, talking, emailing and spending tremendous amounts of energy and time trying to make contact with flag football entities, we realized the urgent need for female flag football to have one powerhouse resource for storing information, recording records, honoring athlete awards, thus continuing our work documenting, not only the history of female flag football, but recording and storing the rich history and offering all information for flag football leagues, teams and individual players.

To truly organize the sport of female flag football, which it so desperately needs, we have devised a system to store records, photos, and videos. We have begun interviewing players and coaches around the world sharing their flag football experiences and keeping those recordings for archives and the public.

Since 1995, the IWFFA has established a data base of over 13,500 flag football contacts from around the world which we begin to map. Soon, female flag football, from any country, city, of any style, will easily be found. Results of those teams, leagues and tournaments will be documented and stored in our flag football archives which will one day become a museum for female flag football.

This information will be free for you, and easily used to search other teams and leagues. Other tournaments, trainings, clinics, competition of any kind focused on female flag football will be available at one's finger tips. Categories will be broken down: pee wee, youth, juniors, adults, women's and seniors. Tournament divisions: highly competitive, competitive, social, and beginners.

And as we focus on female flag football, we want the women to control their own sport. Each team should have a female captain, and each league should have a female representative. Those leagues who register to host a special event, clinic, try-outs, tournaments, will be promoted on our website and league information emailed directly to flag football participants all over the world.

Finally, a data source where anyone can find information about female flag football - on one screen.

Players can register, teams and leagues are welcome to register now. Email: IWFFA@IWFFA.COM



Meet USA Representative for International Women's Flag Football Association:

Jonel Coleman

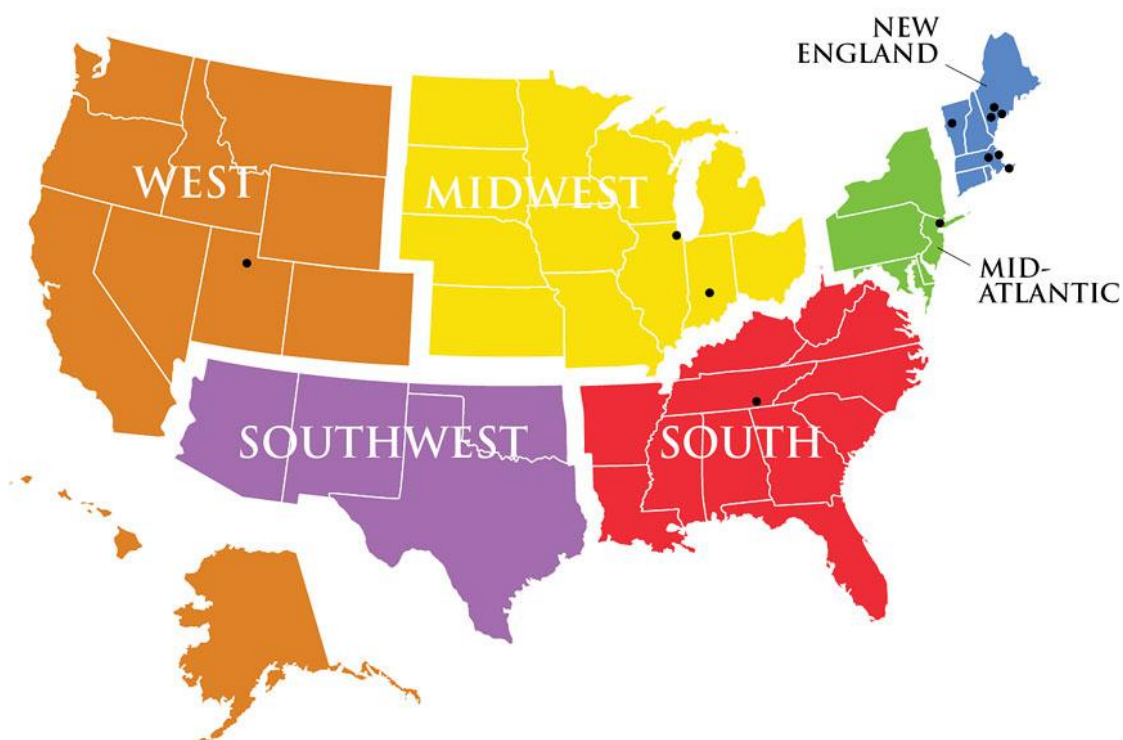


Background Info: Jonel is an organizer and passionate for flag football. Her values and morals are equal to the philosophy of the IWFFA. She cares for players of all teams, even the one's she is competing against. Her vision is great and will take women's & girls flag football to new heights. She will lead as IWFFA representative for the USA and has already begun to organize the sport.

Age:44 / P.O.B. : Hannibal, MO / Lives In: St. Louis, MO
Plays for: The Logos of the St. Louis Women's Flag Football League (SLWFFL), 12 years

It is an honor and a privilege to serve as the United States representative of the IWFFA. I look forward to this opportunity to unify flag football leagues across the country and introduce even more women and girls to this great sport. In conjunction with the IWFFA clinics that will be taking place across the country, I intend to recruit leaders to help take our sport to the next level. I intend, with the help of you and the organization, to create more IWFFA-sanctioned tournaments and events. I am currently working on IWFFA regions. Once completed, we will have regional tournaments that lead up to a National tournament that will be held at the Annual Kelly McGillis Key West tournament.

We want to include everyone, which means that we all have a role to play as we move towards growing our sport to the next level. I am interested in every member offering thoughts and ideas that will help get us there. I look forward to meeting and talking with many of you. We'll see you on the road!



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 sportship, standardize rules of the game, create new teams and unify exiting 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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2016 IWFFA PROMO TOUR IS ON IT'S WAY!

- Clinics are FREE

USA and CANADA JUNE - JULY - AUGUST
(Cuba will be October 6 - 16 - sign up to join)

Next month the IWFFA will begin it's 3 month journey across the USA and Canada to promote girls and women's flag football. We want to start new teams and leagues, support and join existing teams and leagues.

The IWFFA is a woman's organization run by women who travels around the world starting up new teams & leagues and supports existing teams and leagues as part of our outreach program. We have a high success rate on building new teams through our clinics, plus we continue to support these flag football programs.

We offer our support for you - to help build female flag football

[If you are willing to gather groups of girls, or women for any of our clinics, we can help you take the first step.](#)



Our 2016 help and support groups in different ways.

- The IWFFA is willing to teach girls how to play flag football - helping to start new teams / girls league To build young athletes for flag football in your area. Plant the seed for the future of women's flag football.
- The IWFFA is willing to teach women how to officiate - Officiate in your league and /or IWFFA tournaments.
- The IWFFA is willing to teach women how to coach - Giving good instruction, even if never coached before
- We ask Veteran players to coach a girls team.- Girls need: positive female role models, good and healthy instruction to play.
- We ask women's leagues to include a girls division - Offer girls competition
- The IWFFA encourages moms to get involved with their daughters flag football - and invites mothers to join our clinics along side their daughters.
- Our clinics can also speak to existing women's & girls teams or leagues - To explain more about: The History of women's and girls flag football, current events for the sport and the future or professional women's flag football.
- Portions of our tour may be filmed, and edited for possible network release. We ask all participants to sign release.

Length of Time for each clinic

Officiating Clinics - 2 hours

Coaching clinics - 1.5 hours - classroom style setting / (best to combine with a player clinic)

Player Clinics - An intensive clinic for players will run **3.5 - 4 hours.**

Groups of 12 - 16 are the best numbers to train for player clinics.

However, we can adapt to fit your group's needs and larger number of participants are possible.

Speaking Engagements to your team / league - 1.5 Hour - classroom setting / questions & answers to follow



Coaching For The First Time at age 16

- By: Valentina Donado (Balboa Academy Dragons Quarterback)

Playing flag football for 5 years means dedication and commitment. Days and days of practice and big ears for listening and following instructions. One of my biggest dreams was always to pass on all of my teachings to a younger generation of players to enforce them and help them succeed. This dream came true. In my fifth year as a player my coach asked me to join sub 13 and sub 10 practices to help him out with drills and technique. Within a few weeks, I was asked to be the coach of the sub13 flag football girls team at a game in which the head coach was going to be absent. I was somehow scared and felt under pressure. How was I supposed to call all the plays? Was I going to be able to think and send out the right message? I was nervous of taking over such a big spot, but “failing” never crossed my mind.



Game Day arrived and there I was with my coach hat on and the list of plays in my pocket. We win the coin toss and start off in offense. I look and see these small but strong and athletic girls circling up around me. I knew my players, I knew the plays, I knew we had to take home a win. Calling the first play was nerve racking but it was executed to perfection and since then I felt inside the game. Standing in the sideling made me want to go in and play. I could feel every pass and every tackle, every snap and every running step.

Coaching is like playing a board game, but the players play for you. Standing in the field with no cleats and no jersey was weird but having the coach cap on made me feel unstoppable. That day we won 21-0. Having the sub 13 girls come up to me for instructions, or for a simple high five made me feel great, like a role model. Having the “coach” label for a day made me realize how grateful I was of having flag football in my life due to everything I have gained from it. I was proud of myself for earning my coach’s trust and being able to give him back the win and show that I am capable of doing what I commit to.



LEARNING THE ROPES - My EXPERIENCE AT THE KELLY MCGILLIS CLASSIC KEY WEST, FLORIDA USA

- By Maria Fernanda Eguigure Torres -Tegucigalpa, Honduras



Background Info: The IWFFA entered Latin America in 2013 and continues its support for these countries. Maria Eguigure and Karen Cruz (Guatemala) received scholarships from the IWFFA to participate in the 25th Kelly McGillis Classic - January 25 - February 1, 2016. The goal was for these women to learn as much about flag football, organizing a great tournament and to then take their experiences back to their countries. During the tournament Maria and Karen participated in everything: flag football clinics, coaching girls, officiating games, organizing the tournament and participating in social events. These women were phenomenal and Maria now shares with you her experience.

Well, what can I say?

I was part of it! The 25th Kelly McGillis Classic who took place in the marvelous island of Key West Florida, from January 25 - February 1, 2016. Let me say: what a great opportunity, I had a blast!

Being able to be a part of this tournament seems now like "a blink of an eye". I had many firsts like learning to play in different positions I was not familiar with, travelled at the age of 16 by myself to an unknown place, Key West, which was absolutely beautiful and exciting, having the honor of representing my country Honduras and the list goes on.

This tournament helped me build new relationships, set the bar high for myself, and learn more of flag football. I saw how this woman's sport is played in a high level competition and how being part of the FAIRVILLA'S lose women team is so much fun! It was an awesome tournament; I can say that since I was able to see it from different perspective points. There was a lot of energy and team spirit. Diane Beruldsen was an example of a great coach leader; the 25th Kelly's McGillis Classic had a perfect environment, itinerary was flexible since it had a lot of social activities who gave the opportunity for team members to get to know each other and share some time together. Kelly McGillis as well showed her support by sharing words and being present at such activities during the entire tournament.

Yeah was I tired! I experienced all kind of pains but it was all worth it... from my point of view at the end it was a success and as it is said, I experienced the unknown!



Regarding to my experience at Key West, I can say Key West is a tourist place for real! It has so much to offer, from outdoor activities such as fishing, snorkeling and many others involving water of course as it is an island, to active places you can visit at night and have fun. In Key West a high tolerance for lifestyles and activities that would be frowned in other places that are ultra conservative are part of the local's welcome for all people and because of that I think that is what makes Key West unique. I will highly recommend Key West if you are looking for fun, experiences and surprises!

What a week it was! Collaborating with Diane Beruldsen, President of the IWFFA has been such a great experience all the way around. When you are blessed you must share those blessings with others, and that is what we are looking to do with the IWFFA. Making this sport known, bigger, making a sport unique for women and we are looking to do many more things in my country during this year and many to come!

I may say congratulations for the winning team PHOENIX who had a stunning performance through the tournament as well as the other teams who showed their potential! That is just the way it works. Keep learning; keep growing, so you can help others do the same, Lets together keep that enthusiasm and make this sport bigger and bigger!





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COMMENTS FROM OUR LAST FORWARD PASS ISSUE

Very nice! I really like the Kamp Key West stuff, looks really good! The magazine in whole is nice. Loved the article on the Cuba trip - so jealous.

-Matt, Key West

I thought it was great - the whole magazine - read it all the way through.

- Julie, Philadelphia

Some of the articles are FANTASTIC and very human, thought provoking and I loved them! I would like to see more on the game of football, tournament styles, play styles (5/5 or 8/8), plays, positions, explanation of rules etc. I love the features on players, officials, etc., excellent idea! but I think it is way too long.

- Nicole, New Jersey

I believe that a human being born and raised a male in any society, influences their upbringing and will have an effect on their performance as a gendered female athlete on any field, not to mention the physical size and muscle mass. I think there is an unfair advantage with strength and level of aggressiveness for the now transgendered female to be playing football amongst female athletes born a female. I say no to transgender women playing in women's football leagues.

- Anonymous , Montreal, Canada

On the issue of transgender, I really don't know how I feel, but I want to share a thought which is: as a lesbian, I had to fight all my life for my rights. I have been discriminated for decades and still am today discriminated. This transgender phenomenon taking place with 'race to acceptance' of trans genders is beyond my comprehension. How is it that I could be fired from my job as a school teacher and Caitlyn Jenner is praised for 'coming out' to the public ?

Is it the money she has? Is it because she is beautiful? Is it because she is a television celebrity or is it because she was once a man?

- Carol, Park Slope, NY

Share your comments on any topic in our next issue of Forward Pass Magazine. Feel free to be anonymous or include your first name and city you live in. Email to: IWFFA@IWFFA.COM



Description of IWFFA Flag Football Clinics

Building better flag football players and leaders

- By Diane Beruldsen

What sets the International Women's Flag Football Association (IWFFA) apart from many other sports organizations is that we aim to develop leaders, aside from just forming a team, playing a game and trying to win the championship.

The goals of the IWFFA are to develop female leaders and we use the sport of flag football as a vehicle to do this. Thus, our flag football clinics are structured differently than other sports clinics.



There are different ways to educate and learn.

Lecturing and demonstration are common practices which can be successful in clinics and coaching to bring the athlete to a certain level of understanding the sport. When you listen as in a lecture, or instructions given on the field - you learn by memorization. When you practice what you have heard or seen - you learn by doing.

The IWFFA takes our clinics to another level to create a well rounded athlete who not only understands the rules of the game, the importance, the responsibilities and goal's of one's position on the field, but guides the athlete to problem solving on the field during competition where a challenge arises that a coach has not previously described, and a decision must be made solely by the player in an instant.

We challenge our athletes physically and mentally, using traditional learning methods. We also incorporate: Questions & Answers & Problem Solving, following instruction on the field.

We take our players into a group setting to discuss what they have learned, what challenges they faced and how they would solve the problem.

Thinking, learning to understand a challenge on the field and discovering a solution on one's own, will create better athletes on the field who can then meet other unknown challenges and be successful

When a player on the field meets a challenge, by applying higher-order of thinking skills, the player can use their mental pathways to: first identify and understand what the problem is, how to overcome and solve the problem and then to take action. Learning these skills will show the athlete how to control their own game, learn more about themselves and the sport and be successful compared to playing an emotional game which might demonstrate and athlete to loose control, become angry, or even play dirty on the field.

These techniques* are life skills which can be used in other areas of one's life, off the field and onto the work, school or other social environments. Building better flag football players and leaders.... is the goal of the IWFFA

** IWFFA flag football clinics incorporates the "9 Lessons of Leadership Mastery" created by the Key West Educational Foundation: Purpose and Vision / Accountability / Self-Image and Winning Attitude / Integrity and Trust / Relationships / Goals / Effective Leadership Habits / Self-Discipline / Communication Skills*

Contact the IWFFA to schedule a clinic in your area !

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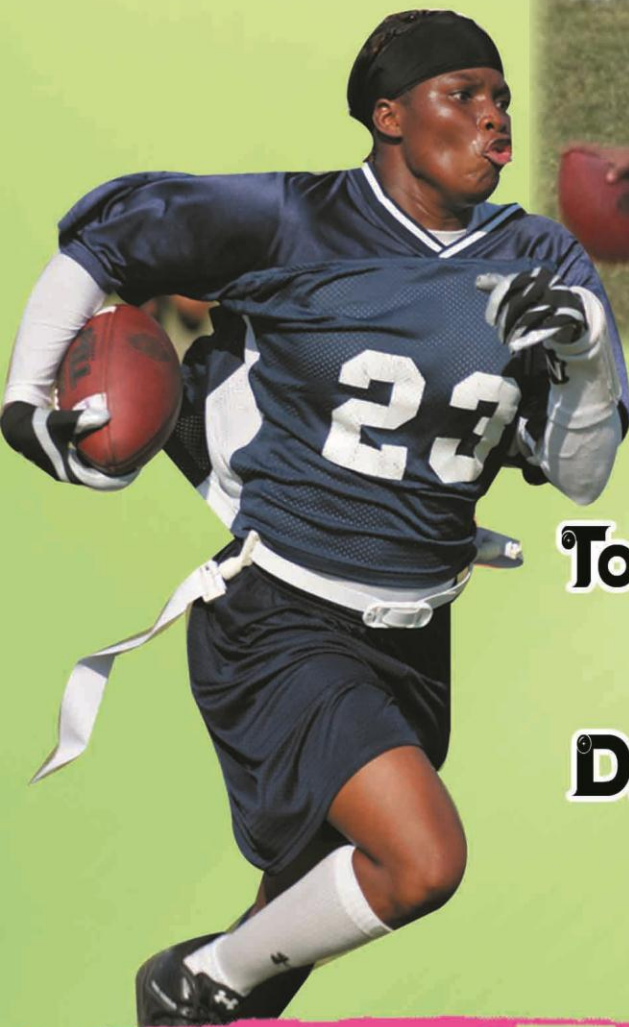
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The Nine Lessons of Leadership Mastery

Key West Educational Foundation

- By: Tal Shnall



Tal Shnall is a leadership speaker, executive coach and customer service consultant. His background consists of leadership training and development in the hotel industry for almost 20 years. Tal has put together award winning leadership programs by working with brands such as Marriott, Hilton and Starwood hotels. Tal is passionate about helping leaders become better leaders and create a culture of excellence in every organization.

I remember growing up almost wondering through life aimlessly. I was not sure where I was heading. Throughout my teen years and early twenties, I wasn't sure how my life would turn out. I didn't have goals, dreams and other aspirations to become what I am today. I simply coasted through my early years. I didn't have good grades in school and struggled through math and science.

One day, I remember that I decided to invest in my own personal development. To be honest, I relied too much on my job and other resources to provide that for me. I didn't have mentors or a coach to guide me through my personal transformation.

As I got older and more mature, I began to work on my purpose toward a meaningful life. I invested a lot of my time and resources to become the person I wanted to be. I enjoy learning new things and saw my own transformation though on-going personal development.

This is the reason, I wanted to share with you a very exciting program: **The Youth Leadership Bootcamp - which is a two-day workshop for young people.** The workshop is designed to be a transformative personal experience to generate innovative thinking and develop leadership skills.

We tap into the passion of young people to address real-life issues. With goals ranging from improving our communities to preparing people for a better future, we work for and with youth to cultivate skills and raise awareness necessary for today's young leaders to flourish.

Set yourself apart in today's competitive world. At our 2-day Youth Leadership Boot Camp you will be inspired to expand your horizons and explore your future on a new level as you work among our facilitators and gain a fresh, new perspective on life.

The sessions throughout the program are designed to equip young people with leadership skills, help improve their attitude, relationships, and prepare them to the realities of life and their future careers.

1. Purpose and Vision-Young leaders can set a direction and vision for their leadership early on. In the Leadership Bootcamp, we show you how to set a compelling vision and a meaningful purpose. This involves a hands-on approach of engaging with our facilitators and introducing people to ideas that can shape their direction in life.

2. Accountability-Taking responsibility for your growth and potential is part of being a great leader. We will share with you what it takes to become an accountable team leader and help others take ownership to bring about positive change in your organization.

3. Self-Image and Winning Attitude-In order to win in life, you need to have a winning attitude and work on a healthy self-image. You will have an opportunity to learn how to shape a positive attitude by examining your daily choices and building positive self-esteem.



4. Integrity and Trust-We teach basic principles on how to become a character-based leader. Becoming a person of character and integrity will set you apart as a leader in today's world. We share ideas on how to become trustworthy and authentic in order to connect with others.

5. Relationships-The most important skill in life is navigating through life's relationships. Our facilitators will teach the basic principles of having healthy relationships with parents, teachers and people in your community.

6. Goals-In the goals section of the workshop, we will dedicate time to showing young leaders how to set goals and the importance of growth through inspiring goals to build a meaningful life.

7. Effective Leadership Habits-This area will discover the leadership habits of successful leaders. What makes a great leader and how you can apply leadership principles in your life.

8. Self-Discipline-Discipline will set you apart if you want to be successful in life. Every area that we would like to improve will require commitment and discipline. We share best-practices of time management and day to day self-discipline habits in order to become a champion.

9. Communication Skills-We all need better communication skills in our relationships, in our job and in our schools. Our workshop will review several key areas of communication success, verbal and non-verbal communication. We will also explore opportunities to share helpful practices of a healthy dialogue with people in order to create a win-win.



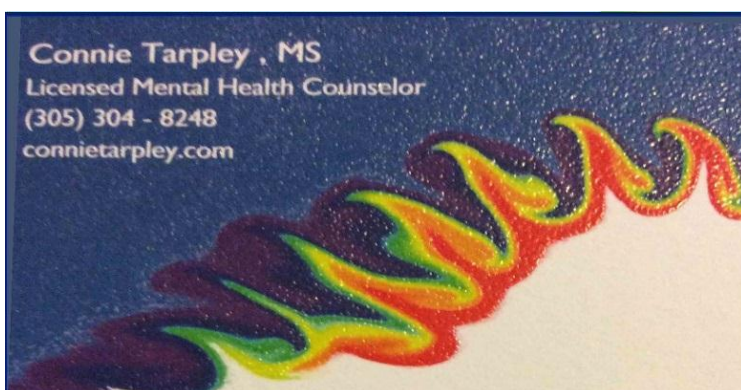
Staying in the Game

- By Jonel "Judge" Coleman

The day you retire doesn't have to be your last day; it can be the beginning of a new chapter in your flag football career.

I started flag football a little late. I didn't start playing the game until I was 33 years old. It was clearly one of the best decisions I ever made. After playing sports for most of my life, through high school and college, I found that I missed the competition and camaraderie that comes with being on a team.

After moving to St. Louis, I became friends with a woman who was associated with a team called the Logos. She encouraged me to join the team. At first I was a little hesitant, I was unsure how my skills as a basketball and volleyball player would translate to playing football and hey, let's face it, I hadn't played a competitive sport since I was in my 20s! After meeting the team and attending the first practice, I knew that I would grow to love the sport AND the team. My coaches and teammates were patient with me and helped me to learn the game.



Now I feel as though I've come full circle. This season will be my twelfth year in the league. I've played defense and offense and eventually became one of the two captains of the team. I've seen our team go from the middle of the pack, to tying for first place last season. I get the honor of leading my team on the field, mentoring new players, and representing our team on the St. Louis Women's Flag Football Council. I've even picked up a few awards along the way. But most importantly, I've made lifelong friends. What I love most about my team is that our friendships remain after flag football season ends. Many of us play other sports together. We have had Logos basketball, volleyball and soccer teams. Many of us play on softball teams together and several girls play on a spring co-ed flag football league. We support each other and our community by volunteering at our local food bank and homeless shelters.



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IWFFA DANCE CHALLENGE 2016

#1 Dance Team wins \$100

To compete in the Dance Challenge:

- Video your team dance
- Dance to the theme song of "IWFFA"
- Wear your uniform shirts

**New team
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You will be competing against Female Flag Football teams from around the world.
Make sure to include your Team name, city, state, country.

Email your video at: iwffa@iwffa.com (If you would like us to edit your video - we can)

We will post your dance on our Facebook page: "On the Air with the IWFFA"
Tell your friends to vote for you and the most thumbs up - wins!

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EIGHT CUBAN WOMEN

- By: Liudmyla Zaldivar

Hi! This is the story of eight Cuban women who met Diane Beruldsen from the International Women's Flag Football Association last year by accident in the early days of November, in Cuba. She was here with a firm purpose, which was to introduce and popularize a new sport in our country: flag football, which is similar to American football, but is the women's version.

We are: Juanita, Heisy, Milernys, Karla, Yesica, Marlen, Yarira and Liudmila.

There are others who tried to achieve this dream but couldn't because of too many obstacles. Those of us on the team have different jobs and are different ages.

Some of us are students, house wives, ex-athletes and so on. We accept the challenge to become the first women's flag football team in our country. We want to be not just a team, but a champion team to represent our country. We know that not only a single person is a winner, but we are all a winner as a whole.

Putting together efforts and training harder is the formula to overcome all the daily problems that comes our way. We are the Cuban Dixie Chicks!!



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5th Annual IWFFA / Jersey Shore, New Jersey Women's Flag Football Tournament

Greetings from



Hosted by: NJWFF
July 16-17, 2016

E-mail: iwffa@iwffa.com • Web: IWFFA.COM



FLAG FOOTBALL GUATEMALA

-By: Karen Cruz R.

Vikingas was created on February 4th. 2016. Some friends had our first meeting to choose the name and create the plan to our publicity campaign to bring women to the brand new team.

The objective in creating the team is to make the Flag Football grow in our country. Thanks to the International Women Flag Football we got the equipment and the clinics so we could teach to other women how to play and lead teams.

Three months ago we held our first training day, and it was such successful, we received around 12 women who was invited through our Facebook page. That day we gave them induction about Flag Football and some rules how to play it and also they did some drills.



During the next training days we decided to receive the women on Saturday and Sundays so they could be training once a week. By now we are 19 women, and we hope more women join this Wonderful Vikingas Team. And so soon we hope to have our first game. We are: Saydy, Lily, Scarleth, Marielitos, Mishell, Heidi, Flor, Azucena, Mafer, Analy, Rosa, Leidy, Rosario, Kim, Jenny, Barbara, Jackelyn, Yamilet, Karen and Coach Alejandro.



Thanks to IWFFA and Diane Beruldsen for believing in women around the world. Our team loves the Flag Football.

WANTED LOOSE WOMEN

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of Our Tournaments



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Women's Flag Football Tournament
August 6 - 7 • Hosted by Norristown
Women's Flag Football League



Norristown



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LIGUAFF - LIGA GUATEMALTECA DE FLAG FOOTBALL FEMENINO CON CONTACTO GUATEMALA WOMEN'S FLAG FOOTBALL



Guatemala is booming these days with women's flag football. Not long ago, flag football did not exist in the country. The Gladiadoras USAC created their first women's flag football team in 2014.

Since then, a new league has emerged called the: LIGUAFF - Liga Guatemalteca de flag football femenino con contacto. This year the league competed against El Salvador Cuscatlecas who defeated the Guatemalans with a score of 12 - 0.

The LIGUAFF will also host it's 3rd annual IWFFA-Guatemala City, Guatemala Women's Flag Football Tournament - October 28 - 29, 2016



IWFFA Flag Football Apprentice Program Now Offered



We invite any female to join our 2016 IWFFA Promo Tour Traveling for three months across the USA and Canada We will travel to dozens of states and provinces across the North American Region

We will start up new teams and leagues
Conducting flag football clinics teaching:

- *How to play
- *Officiate
- *Coach flag football



You will learn everything about flag football. Women from countries around the world are welcome to join!
Contact us TODAY - do not delay - If you are interested in experiencing the excitement
IWFFA@IWFFA.COM



Meet the French DIABLES ROUGES

- By: Franck Lacuisse

Since the French DIABLES ROUGES league was created in 2006, our women have taken a strong place. Our board is 66% women. We first created the flag football team, followed by a women's tackle team.

With not much competition, we created the: "FLAG AMAZONE Day" in order to offer women from France and Europe quality flag football and a great competition.

First year we rallied 3 teams with 15 women, the last year, which was the 4th year, we had 8 teams and 72 women. For our next and 5th year, we hope to receive women outside France in order to support the French flag football, the women's movement for flag football and to give the women great competition, support and recognition for their athleticism.

Le Flag Azazone - Villepinte, France -May 22, 2016 - 5 on 5 Women's Flag Football Tournament



**Are you a current member
of the IWFFA?**



**Even if your team is taking a
break this season....
Your membership truly helps to
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<http://iwffa.com/membership.html>

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COME JOIN US!



Hi, I am Valentina. I`ll tell you the story of flag football here in Uruguay

Our coach and leader Ignacio Gelpe brought Flag Football. In March of this year, we decided that we would form the Uruguayan National team because Chile wanted to come and play in November. We started to recruit people, many people came in but in time they left and at the end we were only 10 girls who played on November 28th against the Chilean team.

These girls have played for four/five years ago flag football although this was also the first National Team. We lost 31-7, to be honest to be the first game; it was very good even though there were some mistakes.

We practice since March in a flowerbed in front of the Centenario stadium (Soccer stadium of our country) and we only had big footballs and we didn't have the resources to buy other ones, after a couple of months (by June) our coach bought us a ball and then we started to practice with the corresponding ball.

About two months ago, we got a sponsor (called Viamerica) and with the money they gave us, we were able to buy more balls, more equipment so we started to have better practices than before, and with the women, we get together some money to buy the other equipment. All this year we were practicing on a piece of land with grass that had sometimes get used by other people who came to occupy it (its free space, like a park) we don't have a marked court, we used to practice sometimes with men (they practice full contact) but they offered help to us.

We passed through a thousand things; we trained in the rain not to lose the practice and beyond. Despite all the cons, we moved forward with this beautiful sport and for each player it is important to do our best.

We got a couple of interviews on local channels, in a local newspaper also and online newspapers.

Our coaches who were with us all the year were Ignacio Gelpes (general and offensive coach), he's a great person and without him any of us would have played. Martin Fernandez (defensive coach) also great person, always helping us with all.



Players:

Emilia Ballestrino No. 11 (receiver)
Valentina Cabaleiro # 22 brokerage flanker (offensive),
rusher / linebacker (defensive)
Karina center Day # 00
Paola Juri # 69 center
Sofia Sequeira # 27 rusher / linebacker (defensive)
Camila Cresseri # 21 receiver, cornerback (defensive)
Diana Martinez # 14 Marshal SS (defensive)
Veronica Busiello # 23 cornerback (defensive)
Virginia Alvez # 86 rusher / linebacker (defensive)

OBITUARY 2016



Emely Stephanie Rodriguez Ayestas

Country: Honduras

Team: Panteras

4-9-93 / 5-18-16

Her parents were Roger Misael Rodriguez Ayestas and Maria Eduvigis Rodriguez Ayestas. She was born in Tegucigalpa, April 9 th of 1993. Studied at Jardin San Angel and graduate from Emiliani Catholic Institute, in the present she was a senior civil engineering student at the Catholic University of Honduras. She loved to eat, her favorite color was pink and that's why her teammates called her Pink Panther. Emely was so cheerful, noble-earted, was very creative and had a big round smile that always brightened the day. Her favorite flower was the sunflower indeed she always shined. We are all going to miss you Emely, thanks for all the special moments shared.

Sincerely,
All your loved ones.

Telma Raquel Cosajay Yuque #24

Country: Guatemala

Team: Gladiadoras USC

4-20-94 / 5-13-16

She was the youngest daughter, she was studing Laws at USAC Guatemala, she joint to the Gladiadoras team on 2014, she wa one of the firts players of Flag Football in her country and participated in several tournaments.

She loved the books, music, Flag Football and nothing else!!! Also she was proud of every girl from her team. Everyone enjoyed her good and bad times because she was so epresive but also she had a great

Heart. She alwasly had a nice reason to appear in every training day just to say Hi.

She is gonna live in our memories for ever, as her love for her team. 1..2...3... Gladiadoras!!!!

In Memory Of Daniella Sanchez #22

From: El Salvador Cuscatlecas

2-22-96 / 5-13-2016

Captain Sanchez #22. Great friend, athlete, leader, chef and above all, an amazing person. You'll always be an example of leadership, humility and effort. Don't just stuck out at all, but you were helping the other to excel. You were always willing to help. You were patient when it comes to teach us, motivabas to your teammates and I did see that they were capable of doing things. Your saw their potential as long as they did not see anything.

Your positive attitude, your charisma, your cute smile and your crazy happy to our days. No doubt you were a genuine person and you had a huge heart. It was a great honor to be able to share so many moments with you. Dani, we love you so much and we will miss you as you have no idea. You leave a huge void but always we'll get you in the heart. Now we have a little angel in the sky.

- Celtas Falg Football Family

CAPITANA SÁNCHEZ #22. Gran amiga, deportista, líder, chef y sobre todo, una increíble persona. Serás siempre un ejemplo de liderazgo, humildad y esfuerzo. No solo sobresalías en todo, sino que ayudabas a las demás a sobresalir. Siempre estabas dispuesta a ayudar. Eras paciente a la hora de enseñarnos, motivabas a tus compañeras y les hacías ver que ellas eran capaces de hacer las cosas. Tu veías su potencial mientras ellas no veían nada.

Tu actitud positiva, tu carisma, tu linda sonrisa y tus locuras alegraban nuestros días. Sin duda eras una persona genuina y tenías un corazón enorme. Fue un gran honor poder compartir tantos momentos contigo. Dani, te amamos mucho y te extrañaremos como no tienes idea. Dejas un enorme vacío pero SIEMPRE te llevaremos en el corazón. Ahora tenemos a un angelito en el cielo.

- Celtas Falg Football Family



5th. ANUAL Gothenburg, Sweden Flag Football Tournament

sanctioned by the IWFFA
August 27-28, 2016
Hosted by
the Gothenburg Angels



<http://www.iwffa.com/>
iwffa@iwffa.com

Has your Flag-A-Tag belts lost it's "POP"? Here is how to make them strong again

- By: Diane Beruldsen

Flag-A-Tag sonic boom belts and flags are the official belt of the IWFFA.

The reason we chose these type of flags is because you can hear the "pop" sound for those runs up the middle, flags are not easy to pull off and require a certain amount of pressure. No matter what temperature (extreme heat or cold), or if it's raining, the flags still hold tight. These belts last longer than all other types of belts and flags out there on the market today.

I myself have been using the same set of flags since 2004, conducting hundreds of flag clinics, and they are still good. However, once in awhile, I find a flag that will drop on it's own and it's time to give the belt and flag a little "Tune Up".

Through the years, if you have kept your Flag A Tag belt and flags - attached (flag inserted into the sockets) while storing after season, the rubber may loose it's original shape. This causes the friction and hold to weaken and your flag may begin to fall on it's own when your out there on the field. Here is how we can fix that little problem for you.

Two methods you can use

1) You can simply purchase from Flag A Tag the "Sonic Conversion Pack"



It includes: 12 sockets, 12 stems and 12 flags.
Your belts will be like brand new! They are easy to insert on your old belt and you can do this. You also get brand new flags in the kit which may be another problem you need to fix.

Costs around \$25 - \$40

Google search " Sonic Conversion Pack" or purchase through IWFFA@IWFFA.com

Has your Flag-A-Tag belts and flags lost it's "POP"?

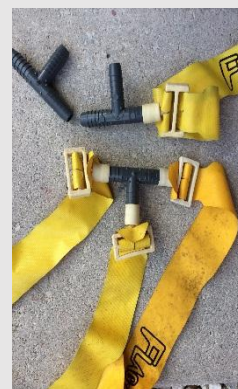
Do your flags fall off while your running down the field?

We'll tell you how to fix and make just as good as new!

or

2) Go to a Home Depot, a plumbing store, or hardware store

Go to the plumbing section
Ask for a: plastic PVC
"INSERT" - 1/2 inch



(The shape of the PVC is your choice) They have:

Coupling (fits 2 flags)

Tee (fits 3 flags)

Elbow (fits 2 flags)

Cross (fits 4 flags)



Simply insert the flag stems that keep falling off onto the PVC INSERT for about 15 minutes

Take off and insert into your belt socket and
Presto!!!! What a hold!

Costs around \$1.29 - \$4.00

FYI

It is not illegal - because you have not added any foreign substance to your belt (that is illegal)
You are bringing back the original shape of the socket.

And.... if you are the type who wants new all the way, then please send us your old belts & flags. We donate equipment to teams around the world and many of the countries are not economically well off. We would make good use of your old Flag A Tag belts & flags and we will give you credit for your donation on our website.

Key West Women's Fest



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17th Recipient Porter Wilson Award 2015

Mark Walker Rhode Island, USA



To be a great Official, It's not enough to know the rules and apply the penalties. It includes keeping calm and control amongst all the players and teams... while having their respect and admiration.

- IWFFA

This describes our 17th Porter Wilson recipient, Mark Walker who was born on August 21, 1965 and raised in Providence RI.

Mark had an active life in sports, playing high school: baseball, basketball, lacrosse and ran cross country. His favorite sport and passion is basketball and Mark continues to play competitive basketball still today.

For a living, Mark sells luxury automobiles such as: Audis, Bentley, Maserati and Cadillac's since 2002. He has received numerous awards for sale and customer satisfaction.

When you speak to Mark, he's always positive, upbeat, fun and great to hang out with.

His hobbies outside of work include: traveling, dancing and cooking. He truly enjoys the beach and spending as much time as possible with his girlfriend Paula.

Mark got involved with officiating flag football as a favor to his sister, who asked mark to officiate for the Rhode Island Women's Flag Football League. That was 18 years ago and he still officiates for the RIWFFL and has been the Head Official since 2006.



Mark joined the IWFFA in 2010 and officiates: Key West, Provincetown, New Jersey and Norristown, PA tournaments. In 2013 Mark became the Head Official for the IWFFA's North American region. He sits on the rules committee board for the IWFFA and shares so much passion and dedication for the rules of the game, the integrity of the sport and the safety of the players.

There are many tournaments where Mark officiates plenty of games. His record high was in Key West, 2010 - officiating 8 games - back to back.

The players and teams respects Mark's officiating. He keeps calm and cool throughout each game and allows for the tournaments to run smooth.

At the IWFFA tournaments, you know when Mark and his partner Jane Eldredge officiate, that it will be a good tournament.

Congratulations Mark Walker - Head official of the IWFFA and 17th recipient of the Porter Wilson Award.



18th Recipient Porter Wilson Award 2015

Jane Eldredge Rhode Island, USA

To be a great Official, It's not enough to know the rules and apply the penalties. It includes keeping calm and control amongst all the players and teams... while having their respect and admiration.

- IWFFA

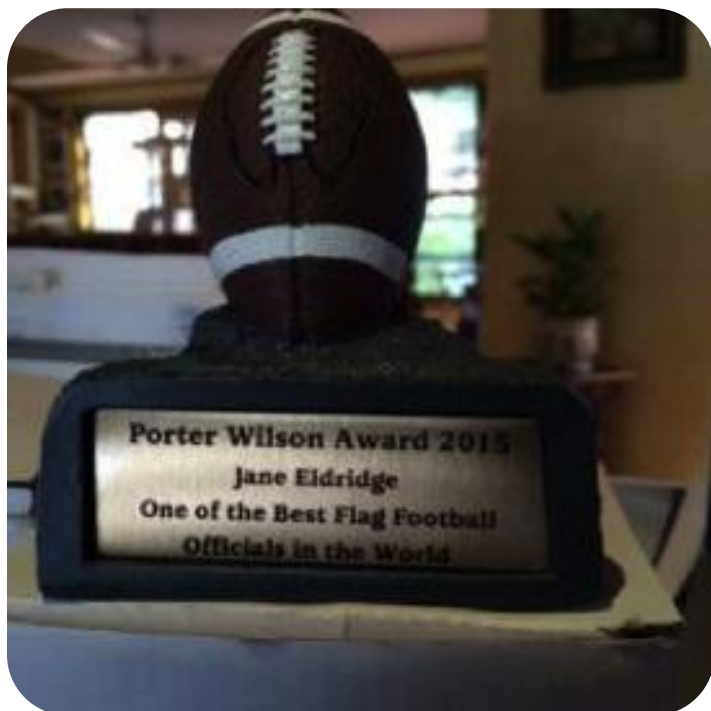
This describes our 18th Porter Wilson recipient: Jane Eldredge of Providence, Rhode Island, USA.

Jane joined the IWFFA back in 2003 as a player for the RI Thunder, then RI Hurricanes, and started to officiate for the IWFFA in 2011. One of a few female officials, Jane is most respected and loved by many teams.

At the IWFFA tournaments, you know when Jane and her partner Mark Walker officiate, that it will be a good tournament.

Jane writes:

I have been involved with Rhode Island women flag football for nearly fifteen years. I began my adventure playing for Orange Crush on a Sunday morning league. During my career I was fortunate enough to participate in tournaments on the east coast, meeting a variety of players and coaches.



Due to numerous injuries, I had to hang up my cleats. Not being involved with football was not an option for me, so I decide to become a referee. I now referee a number of tournaments, as well as, the Rhode Island league, giving me the chance to meet new and see existing players.

Personally, I work for a non-profit agency that provides services to adult and children with a variety of disabilities. I enjoy participating in a variety of sports which has included softball, boxing and basketball.

It has been an enjoyable experience to be involved with the IWFFA, Diane and her team. Thank you to everyone who nominated me for this award. I will see you all soon.

Congratulations Jane Eldredge - 18th recipient of the Porter Wilson Award.

11TH ANNUAL KATE CLINTON CLASSIC IWFFA WOMENS FLAG FOOTBALL TOURNAMENT

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IWFFA - Nordic Sportswoman of year 2015 Award

- Sara Harriet Hvedhaven

Born in Silkeborg, Denmark, Sara is 29 years old and has lived four years, since 2012, in Stavanger, Norway where she was introduced to flag football and played for the Stavanger Sardines.

Sara designed the team logo, made cakes for our coffee after trainings, printed each team shirt by hand, came to almost every training, no matter the temperature, was always in good spirits and played GREAT flag football.

When bringing a new sport to a new area, it is the people on the team who attract new players. The spirit and fun on the Stavanger Sardines was definitely effected by Sara... the great person that she is.

Sara is a designer and artist and passionate in helping people in their everyday life to make it easier for them. She is a Design Consultant incorporating user experience, interaction design, design thinking, graphic design and counseling. She has a master degree in Industrial Design.

As a child Sara played tennis, ran and did fitness exercise. Today she does not play other sports on a regular basis but watches all kinds of sports. " It gives energy and makes me smile". Her favorite sport is to watch is the Danish handball team and her favorite sports to play are : flag football, ultimate, soccer and tennis.

"I love playing flag football!! It's great exercise for the body when you sit in front of a computer all day. It is liberating to be outside and exercise every muscle in the body as well as the brain. I find it more interesting and intriguing than my initial thought because not only do you have to be fit, you also have to develop a great sense of team spirit and think strategic. For me flag football is great physical and mental training together with lovely, fun team members "

"IWFFA is amazing at organizing and supporting flag football for women basically all over the world, even in places where nobody even knows what flag football is. Teaching and gathering players without previous knowledge of the sports isn't an easy task - but it helps when a serious organization like IWFFA is behind making it fun and engaging".



1ST ANNUAL IWFFA - CUBA WOMEN'S FLAG FOOTBALL TOURNAMENT

October 15-16



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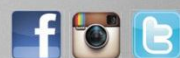


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photo: Barry Gaukel

3rd. ANUAL IWFFA Tournament Guatemala



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The IWFFA is creating
a documentary film on
the History of Women's
Flag Football



**Send us your League
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- Name of League City, State, Country
- Year League was founded
- Who was the Founded of the League?

also send stories and any photos
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IWFFA ~ Sports Girl of year 2015 Award

~ Valentina Donado ~ Panama

Personal Data

Name: Valentina Donado
 Birthdate: March 31, 1999
 Place of Birth: Barranquilla, Colombia
 Nationalities: Colombian, Panamanian
 Contact information: +507 66128106
 valentinadonadoa@gmail.com

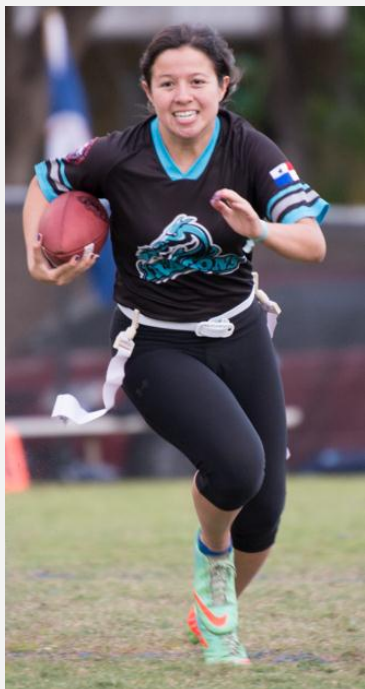


Tournaments

Tournament	Location	Date
U-17 Flag Football Liff	Balboa Academy	2012, 2013, 2014, 2015
U-15 Flag Football Liff	Balboa Academy	2013, 2014, 2015
U-15 Flag Football Kiwanis	Balboa Academy	2015
Varsity Kiwanis Mexico League	Balboa Academy Denver, Colorado	2015 2015
Denver Tournament	Denver	2014
IWFFA	Key West, Florida	2015

Awards and Recognitions

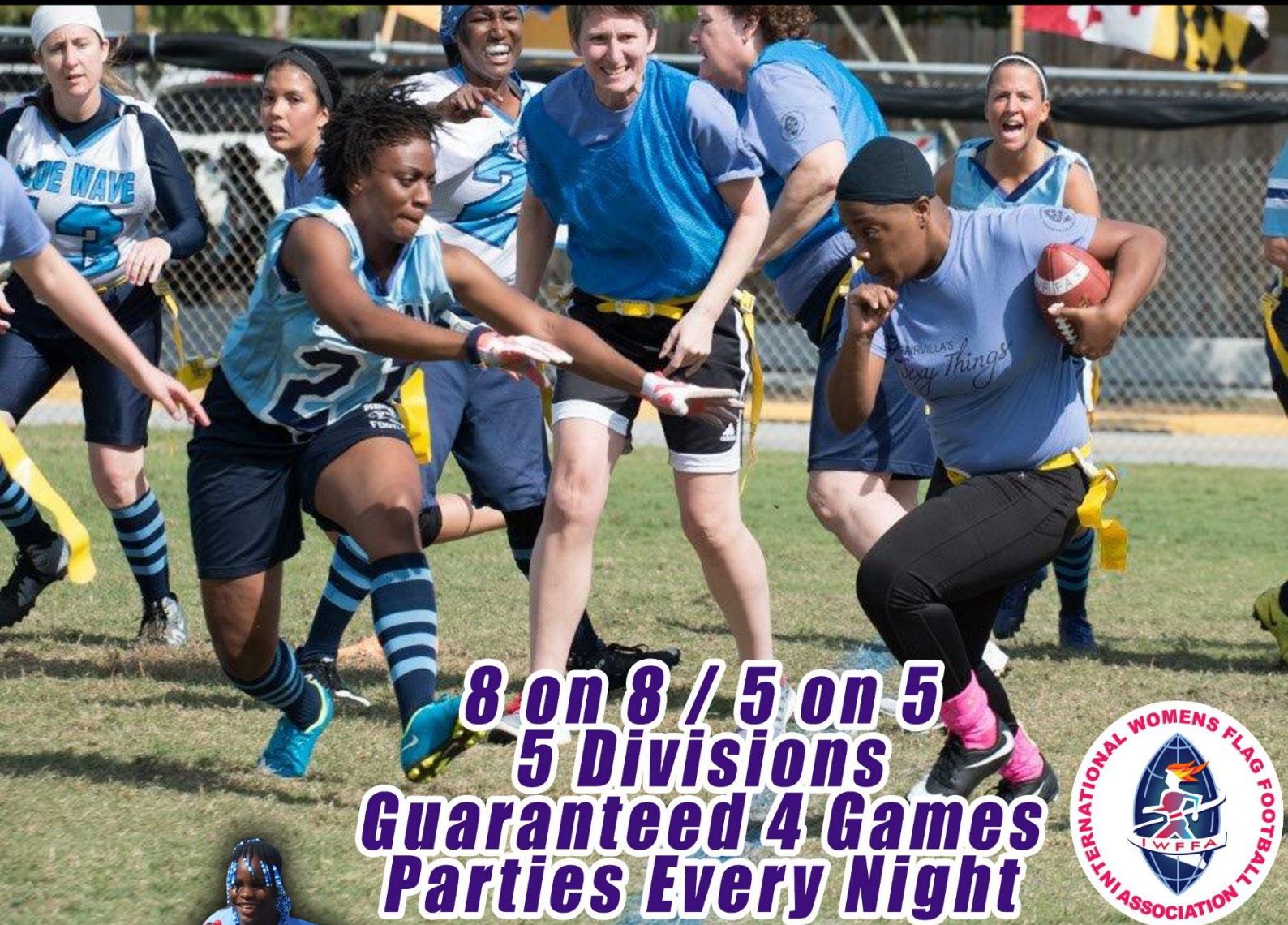
Award	Location	Date
MVP Kiwanis League	Panama	2015
MVP offence, Liff U-15	Panama	2014
Best Quarterback, Liff U15	Panama	2015
MVP offence, IWFFA	Key West, Florida	2015
IWFFA All Star Game	Key West, Florida	2015
IWFFA Champions	Key West, Florida	2015
Sub Champions, Liff U-17	Panama	2014
Flag Masters Rumble in the Rookies 2, Marlins	Denver, Colorado	2014
All Star Game U-17	Panama	2014



26th Kelly McGillis Classic

International Flag Football Championship & World Challenge Game

Key West, Fl.



Jan. 26 - 30, 2017 (Games Only)
Jan. 23 - 30 (Full Week Events)

IWFFA.com
IWFFA@IWFFA.COM

IWFFA - Latin America Sportswoman of year 2015

Daniela Sanchez - El Salvador



Born in El Salvador, Daniela played regular season for the Barbarians in the El Salvador ASFA league. Her tournament team was the Cuscatlecas and was recognized for her elite athleticism.



Colocha Sanz

El 1 de mayo a las 7:09 p.m. • 2

In the 2015 IWFFA - Guatemala women's flag football tournament she was awarded MVP for Offense and MVP Defense in addition to Defensive All Star.

Daniela was very competitive and also won numerous half time game awards. She was outgoing, fun loving, loved by all of her league teams and IWFFA family.

Daniela was a true asset to women's flag football not only in Latin America, but all over the world. She will be dearly missed. #22 was her number and she will never be forgotten.

Born - February 22, 1996 - Died - May 16, 2016

I just can say, thanks God! For giving me the ability, love, knowledge, humility, heart and opportunity of always succeed in sports,. This Latin American Sportswoman Award is in you honor! Also thanks to my team mates for lettin me be their Quarter Back, more than a team a family Cuscatlecas, and to my team celtas. I just can say, nothing could happened without you. #22

#Love #Proud





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