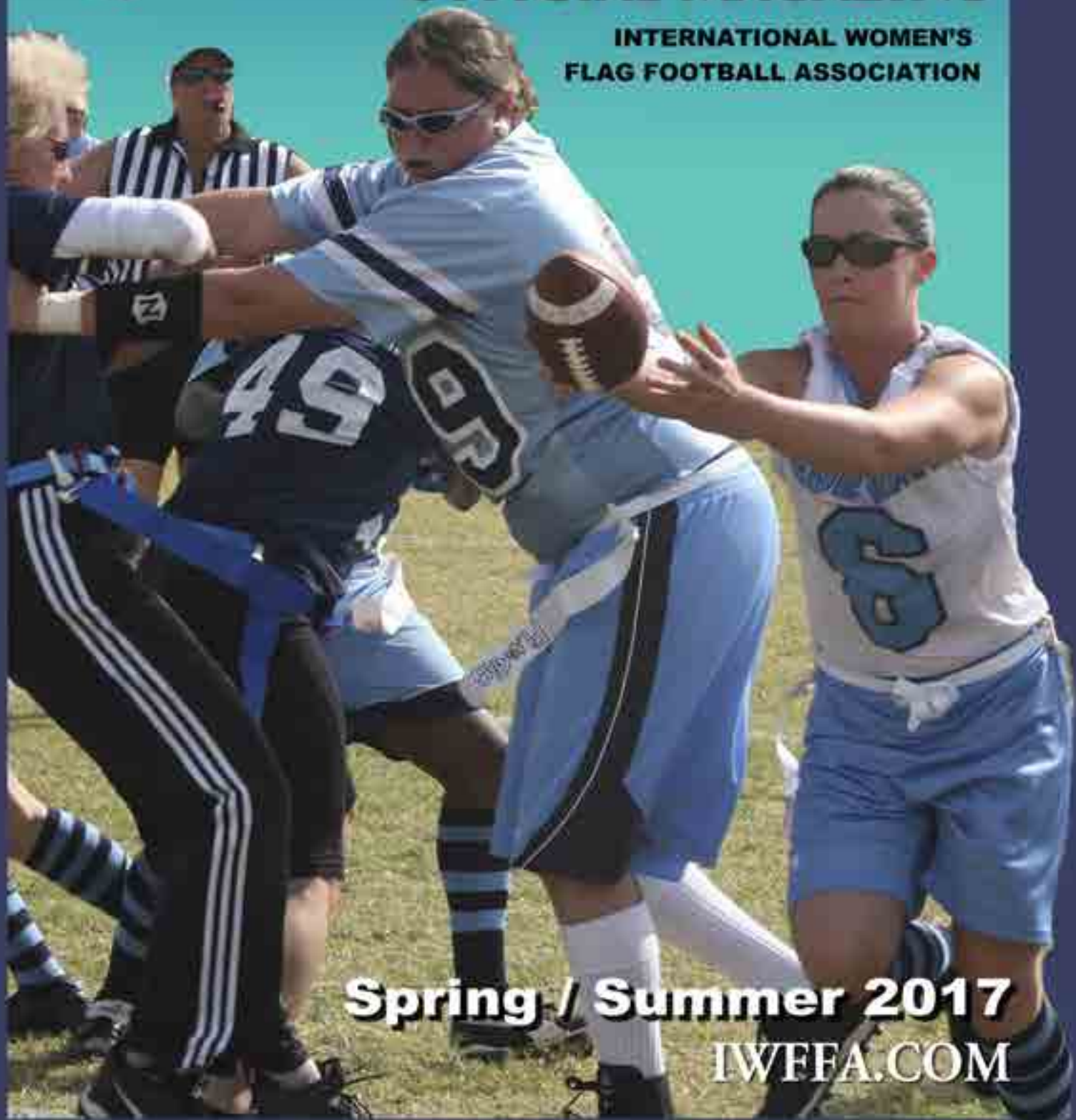




# FORWARD PASS

OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S  
FLAG FOOTBALL ASSOCIATION



**Spring / Summer 2017**

**IWFFA.COM**

# STARK IS FOR EVERYDAY LIFE

Stark is for Pre/Post workout supplement or just a great source of energy and wellness



**STARK ENERGY**  
is your answer!

Contact: Carla Morrison - 215-703-8190  
[Businesssandbox.Starknolimits.com](http://Businesssandbox.Starknolimits.com)



### Table of Contents

Letter from the President of the IWFFA - By Diane Beruldsen	3
When you start on your journey to Ithaca - By Cavafy, 'Itaca'	4
A Word from the IWFFA Philosopher - By Lauren Bridges	7
Women officiating and competing in their own tournaments - By Diane Beruldsen	9
Taking the lead - Player, Official, Trainer - Maria Fernanda Eguigure Torres	12
Playing as an older player (or why play past your prime?) - By Alison Wood	14
SWEDEN - IFAF - 2002 - NO MORE - By Lena Johansson	16
Don't get caught up in Propaganda - By: Diane Beruldsen	18
Uruguay Valkirias Women's Flag Football - By Diana Martinez	19
IWFFA presents - A New League in Guatemala - By Natalie Manrique	21
Panama Black Tigers - By Ileana Carrillo	24
Meet IWFFA Coordinator - Elisa Karen Chavez Montalvan - El Salvador	25
Autenticas Pumas- Women's Flag Football - By Judith Rodriguez Bustamante	27
IFAF has no right to penalize female flag football players	30
IWFFA Wins the Battle with Finland! - By Mary Angelini	
New Experiences - New Challenges - By Meybi Delgado	32
Diana Nyad @Kelly McGillis Classic	34
3 Months across the US & Canada - by Diane Beruldsen	35
3 countries: Guatemala, Cuba and Norway - By Diane Beruldsen	40
1,2,3: TEAMWORK! 4,5,6: TIGERS! - By Ellie Livadiotakis	43

Contact the IWFFA / Web  
 IWFFA.COM / Email: IWFFA@IWFFA.COM  
 Graphic Design: Karen Cruz Rodriguez  
 Cover: Rori Baldari • Many photos by: DOC

### Ad Directory

STARK Drink	2
Alexanders Guest House	4
Connie Tarpley	7
Fanizzi's Restaurant	7
Heartland Trophy	7
IWFFA shirts	10
Inn at the Moors	13
IWFFA Ptown Classic Tournament	15
TomboyX	20
TPH sports	26
Historic Key West Inns	46

### In The End Zone

Mission Statement IWFFA	6
2017 IWFFA Tournaments	8
Team Rankings Juniors & Girls 2016	9
Team Rankings Women Division 2016 - 8 on 8	11
2016 IWFFA Sports Women and Sports Girl	16
Porter Wilson Award - Chris Mann	17
Building better flag football players and leaders	18
Become a Team Owner	23
Are you coaching a girls flag football team	23
Cleat Drive for Cuba	24
Compete in the 2017 Latin America Challenge	25
Loose Women Wanted	25
Make your own Down Marker and Chain Set	27
On the Air with the IWFFA - Live Broadcast	28
Great Sports Women- Sonja Henie - By: Yoshie Bujek	29
Membership IWFFA	32
Dance Challenge 2017	33
Selfie Photos - send us your team	34
Share your flag football experience with us	34
Great Women - Rosa Parks - By Yoshi Bujek	38
Let's Talk Flag Football - So when should you go for it on fourth down - By Alison Wood	39
Music - Catie Curtis	40
How to care for your footballs	41
Kiva - Make a Loan to Empower Women	42
Women who strive for excellence - Serena Williams	45

#### Disclaimer

The acceptance of advertising in the Forward Pass does not constitute or imply endorsement by the IWFFA of any product or service. IWFFA accepts no responsibility for any claims made in any advertisement. IWFFA reserves the right to refuse to accept any advertisement. For advertising information, call (888) GO - IWFFA or (888) 464 - 9332 or (305) 293 - 9315.

# Letter from the President

Hello everyone and welcome to all the women and girls flag football teams and players from: North America, Latin America, Scandinavia, Caribbean, Middle East and African regions.

In our Spring-Summer 2017 Forward Pass issue, we open new topics of discussion to further our women's movement for female flag football. Women supporting women, taking control and becoming leaders in the world.

I want to make clear that our organization is a co-op of female flag football players around the world, addressing concerns for the health, support, organization and promotion of our sport as we unite all ages of female flag football players. We offer flag football clinics to any country which instructs how to: play, coach, officiate and which are free. We are the only organization who does this, since 1995, and we are women who run our organization. It is your IWFFA membership dues that allows the IWFFA to exist financially - thank you for your support and being a member.

In this issue, we introduce some special women: IWFFA coordinator: Elisa Chavez, IWFFA philosopher (yes, philosopher): Lauren Bridges, junior writer: Ellie Livadiotakis, our Spanish and English translator: Natalie Manique, new columnist: Alison Wood 'Let's Talk Flag Football', as well as guest writers: Maria Eguigure, Meybi Delgado, Ileana Carrillo, Diana Martinez, Judith Bustamante, Yoshi Bujek, Lena Johansson and Mary Angelini. Many thanks to our editors: Connie Tarply, Anna Costello and graphic designers: Karen Cruz and Rosaria Baldari.

These interesting stories are a variety brought to you by other female flag footballers. Some articles are achievements, struggles, ideas to help your flag football program and all to empower women. You will find your 2016 team ranking in this issue and you will see we have begun to rank other styles of play in addition to the IWFFA 8 on 8 game. The IWFFA offers to rank any style of flag football play, just register your team.

Other exciting news .....

Was our special guest: Diana Nyad who attended our 26th Kelly McGillis Classic International Flag Football Championship in Key West this past January!. Diana was our Keynote Speaker, Grand Marshall who autographed the most player's shirts at the tournament field. Diana was the first human being to swim from Cuba to Key West (more than 110 miles), across the Gulf of Mexico without a protective cage.

"On the Air with the IWFFA " is now a LIVE broadcast, produced by: B.J. Coleta of Women's Football Talk. Now you can join our host Kristin Horgen and call into our show or sign onto our chat room to weigh in with your thoughts and opinions for the topic of conversation. Every third Wednesday of the month at 9PM eastern time. You can find us on our website media link.

This 2017 Spring-Summer issue will be followed by our Fall-Winter issue. We welcome you to share your own flag football stories, thoughts, opinions and experiences. And we welcome you to join us.

I hope 2017 will be your best flag football experience thus far and I invite any female who want to "take the ball and run" to take a larger role in our IWFFA organization. "It's our sport.... it's our time"

Sincerely,  
Diane Beruldsen  
President / Founder IWFFA

If you would like to register your team, league or join as an individual, contact our office.  
To contact the IWFFA: Website: IWFFA.com or email: IWFFA@IWFFA.COM



## WHEN YOU START ON YOUR JOURNEY TO ITHACA

then pray that the road is long,  
full of adventure, full of knowledge.  
Do not fear the Lestrygonians  
and the Cyclopes and the angry Poseidon.  
You will never meet such as these on your path,  
if your thoughts remain lofty, if a fine  
emotion touches your body and your spirit.  
You will never meet the Lestrygonians,  
the Cyclopes and the fierce Poseidon  
if you do not carry them within your soul,  
if your soul does not raise them up before you

-Cavafy, 'Itaca'



*Relax - Recharge - Refresh*

KEY WEST'S PREMIER GAY & LESBIAN RESORT



ALEXANDER'S  
APARTMENTS • KEY WEST

DAILY HAPPY HOUR  
FROM 5 - 6PM

ALEXANDERSKEYWEST.COM 800.654.9919

# IWFFA Mission Statement

The IWFFA is a union of women's and girls' flag football teams, leagues, and individual players from around the world. It is an organization run by women.

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

Our goal is to promote the educational process, assist our players through our tournaments, trainings, clinics 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.

The IWFFA ranks teams internationally and offers flag football education and clinics around the world, including regions where the sport does not yet exist. We also offer scholarship funds to underprivileged teams so that they may compete in IWFFA tournaments.



## A Word from our IWFFA Philosopher

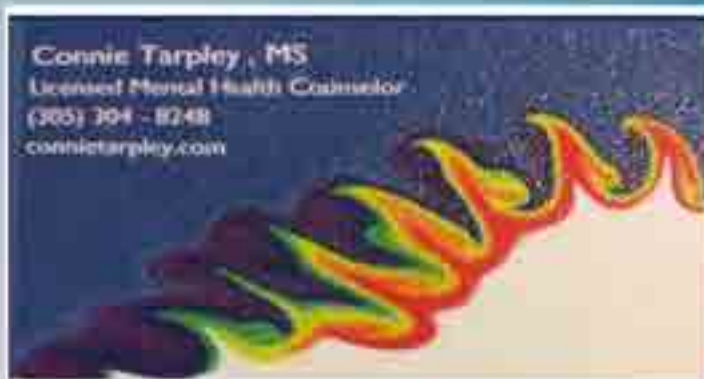
 **LAUREN BRIDGES**

Question Asked: Why do girls need to see women as role models or leaders in the sport?

It's important for girls to see women as role models because it allows girls to see themselves as leaders. In most contemporary cultures women will still default to a man as the voice of authority. This is not the natural state of things, but rather learned and internalized when we are as young as 3 and 4. To break this cycle, women must be seen as leaders, as figures of authority in their own right. Many of the traits associated with gender are those designated by our modern societies but this was not always the case. In past cultures to be female was associated with being warriors and leaders, healers and counselors, and in other words.... leaders. Having women as leaders in the sport reinforce this new paradigm, one which goes against the grain of the male-centered paradigm many of us have experienced. It provides an opportunity to change the future with future generations.



Connie Tarpley, MS  
Licensed Mental Health Counselor  
(305) 304-8248  
connietarpley.com



**Fanizzi's**  
Restaurant  by the sea



*An eclectic menu, offering everything from Cape seafood classics to fresh salads, elegant international entrees, comfort foods, Italian, burgers, children's menu and much more...*

Sunday Buffet Brunch 11am - 2pm: \$14.96  
Friday Night Fish Fry with our house salad: \$13.99

Open year round, daily

Lunch 11:30am - 3:45pm - Dinner 4pm - Close  
Early Bird Special 4:30 - 6pm (orders must be placed by 6:00pm)

539 Commercial Street, Provincetown, MA 02657  
508-487-1964 - Reservations Suggested  
www.fanizzisrestaurant.com - fanizziinc@aol.com

*Heartland Trophy and Awards LLC*

**Celebrating Achievement**

**Free Engraving for all  
IWFFA tournaments and teams**



573-887-0256 • 10943 St Hwy 77  
Chaffee, MO 63740

heartlandtrophyandawards@yahoo.com

# 2017 IWFFA TOURNAMENTS

## *Kelly McGuillis Classic International Female Flag Football Championship*

*& World Challenge, Key West, FL. 26th January 26 - 30 (Games Only)  
(Full Week of Events: January 23 -30)*

*Istanbul, Turkey 1st May 20 - 21*

*San Salvador, El Salvador 2nd July 1 - 2  
Hosted by ASEFA*

*Havana, Cuba 1st July 2 - 10  
Friendship Game*

*Norristown, Pennsylvania 3rd August 12-13  
Hosted by Norristown Women's Flag Football League*

*Key West Women's Fest 3rd September 8-9, 2017  
Friendship Game and Clinic - Loose Women Only*

*IWFFA Ptown Classic, 12th September 15-17, 2017  
Provincetown, Massachusetts*

*Guatemala City, Guatemala 4th October 7 - 8, 2017  
Hosted by Guatemala Women's Flag Football League*

**27th Kelly McGillis Classic International Women & Girls Flag Football Championship &  
World Challenge Full Week of Events- January 22 - 29, 2018  
Tournament Games Only - January 25 - 29, 2018**

There may be other tournaments added, dates are subject to  
change check with our website: [IWFFA.COM](http://IWFFA.COM)



# Women officiating and competing in their own tournaments

## - by Diane Beruldsen



It all started with the Scandinavians. In the 90's, the IWFFA introduced flag football in: Denmark, Norway, Sweden and Iceland. Flag Football had never been heard of before, American football (tackle), was not very popular, so finding coaches and officials for these new women's flag football teams was extremely difficult.

What to do?

### ***Hand these players the rules and let them officiate!***

It was the early tournaments in Scandinavia, which started a new culture for women's flag football. Each team had to supply the tournament with two players who would officiate the tournament when their own team was not playing their competitive tournament game. The camaraderie amongst teams was exemplified, the nature of games were very clean and fun as well as competitive.

I have spoken to players, officials and coaches in the U.S.A. about players officiating in their own competitions, and heard the majority opinion that to do this, there would be an unfair advantage having a player from "the other team" officiate in a tournament game.... especially if it was to decide a play off position or even the championship game.

But we have found the opposite to be true and more advantages having players officiate.

- Players become more educated about the rules and they play a "smarter game"
- Players better those "tough calls" during game situations
- Women are looked upon as leaders and role models from other players and fans
- Players do not confuse IWFFA rules with other sets of rules
- Players take on the responsibility to officiate with respect to the sport
- Players have respect for both teams competing, not to give any team an unfair advantage



continue next page..

## TEAM RANKINGS JUNIORS & GIRLS 2016

<i>7 on 7 Style - JUNIORS</i>				
<i>Team</i>	<i>Ranking Pts.</i>	<i>Pt Differential</i>	<i>Tournament</i>	<i>Country</i>
Hawks	8	28	Jacksonville TD Against Cancer	USA
Lady Tigers	3	(-2)	Jacksonville TD Against Cancer	USA
Renegades	1	(-26)	Jacksonville TD Against Cancer	USA
<i>8 on 8 Style - GIRLS</i>				
<i>Team</i>	<i>Ranking Pts.</i>	<i>Pt Differential</i>	<i>Tournament</i>	<i>Country</i>
Wheatons Key Largo	14	68	Kelly McGillis Classic Key West	USA
Blue Heaven	5	(-4)	Kelly McGillis Classic Key West	USA
Sandy's Café	3	(-15)	Kelly McGillis Classic Key West	USA
Sunrise Rotary	3	(-27)	Kelly McGillis Classic Key West	USA
Ripley's Believe It or Not	1	(-24)	Kelly McGillis Classic Key West	USA

continued from page 6..

Which countries today have their female players officiate in their own league and tournaments?

Honduras is doing it  
Guatemala is doing it  
El Salvador is doing it.



And we encourage your league to do it as well. The IWFFA offers Officiating Clinics - Free to our Members and would be happy to travel to your league to turn players into officials. We welcome female officials to join our International women and girls officials association (IWGOA)

Contact the IWFFA if you would like to set up an officiating clinic in your city.

Let us know if your league uses it's own players to officiate and share your stories for our next issue of Forward Pass. Do you know the IWFFA rules? - Why not TAKE THE TEST! [IWFFA@IWFFA.COM](mailto:IWFFA@IWFFA.COM)



Contact the IWFFA if you would like to set up an officiating in your city. Let us know if your league uses it's own players to officiate and share your stories for our next issue of Forward Pass.

**DO YOU KNOW THE IWFFA RULES? WHY NOT TAKE THE TEST**  
**[IWFFA@IWFFA.COM](mailto:IWFFA@IWFFA.COM)**

order your favorite design  
or get them all



# Team Rankings Women Division 2016 - 8 on 8

## 8 on 8 Style

Team	Ranking Pts	Pt Dif	2016 Tournaments	country
Barbarians	32	141	El Salvador +Guatemala	El Salvador
Norristown War Eagles	28	147	Kelly McGillis Classic, NJ, PA	USA
Blue Wave	23	93	Kelly McGillis Classic + Ptown	USA
Breakfast Shop Slammer	16	52	NJ	USA
Phoenix	16	13	Kelly McGillis Classic	USA
RI Hurricanes	14	21	Kelly McGillis Classic	USA
NJWFF- Fire	13	(-62)	NJ , PA , Ptown	USA
Grants Pass Tight Endz	11	75	Salem Freedom Bowl	USA
Norristown All Sum	8	63	PA	USA
Ceitas	8	16	Guatemala	El Salvador
Spartans	8	15	El Salvador	El Salvador
Seattle 20Pick6	7	(-23)	Salem Freedom Bowl	USA
Field Crashers	6	1	PRWFFL	Puerto Rico
Medford Empire	6	(-7)	Salem Freedom Bowl	USA
Grants Pass Legit	5	17	Salem Freedom Bowl	USA
Philly/RI Mashup	5	8	NJ	USA
Linces	5	6	El Salvador	Honduras
Guaras	5	4	El Salvador	Honduras
Gladiadoras	5	1	Guatemala	Guatemala
Aqua	5	(-25)	Kelly McGillis Classic	USA
NY/DC Dream Team	5	(-83)	NJ + PA	USA
Blondes	4	12	Blondes vs Brunettes - Santa monica	USA
Fireballers	3	(-1)	PRWFFL	Puerto Rico
Cuscatlecas	3	(-3)	El Salvador	El Salvador
Advisors	3	(-21)	Kelly McGillis Classic	USA
Salem Blitz	3	(-28)	Salem Freedom Bowl	USA
Sea Dogs	3	(-64)	Ptown	USA
Vikings	3	(-126)	El Salvador + Guatemala	Guatemala
Copanecas	2	(-6)	El Salvador	Honduras
OCISCEA	2	(-46)	Guatemala	Guatemala
Windbreakers	1	6	PRWFFL 2016	Puerto Rico
Las Panteras Rojas	1	*0	Cuba Friendship Game	CUBA
Escorpiones Azula	1	*0	Cuba Friendship Game	CUBA
Rainmakers	1	(-6)	PRWFFL 2016	Puerto Rico
Brunettes	1	(-12)	Blondes vs Brunettes - Santa monica	USA
Ptown Loose Women	1	(-31)	Ptown	USA
Eugene Reign	1	(-34)	Salem Freedom Bowl	USA
Fairvilla Loose Women	1	(-36)	Kelly McGillis Classic	USA
Norristown Gladiators	1	(-39)	NJ	USA
NY-DC Dream Team	1	(-63)	PA	USA

# Taking the lead - Player, Official, Trainer

by: Maria Fernanda Eguigure Torres

The 2017 Kelly McGillis Classic was such an enriching experience. At 17, this year was my second time representing Honduras with my teammate Danelia. Unlike last year, 2017 was completely different. I was a part of the Latin American team but I didn't know any of the players. Even though I didn't know any of my teammates I got to know them all on the field. The reason why we did not do that well during the tournament was because we had just met. At least we didn't give up on ourselves and we did laugh a lot!



However, the main reason why I travelled to Key West this year was to learn how to officiate. Once I learned I could help my country, Honduras, who strongly needs officials. When I read the email sent by Diane Beruldsen, President of the IWFFA, about the main purpose of my trip I was happy. Learning to officiate was not in my plans but they say unexpected things are better! At the same time, I was scared because I never thought about officiating; I had no experience. It's funny that as a flag football player I should know all the rules in order to play right, but it is completely different when you're watching.



During the tournament in Key West, I was only able to officiate one game. I sprained my ankle during a game against Mexico and that made me sad. I wanted to continue to play and get experience officiating; since this was the main reason I was here. I was a back judge and it was not that bad. I was the only woman at that field and that made me feel empowered. I did a good job and I became friends with the other officials.

Two months after returning from Key West, on March 1st, I gave officiating classes in my country to active players of the Honduras flag football league. We gave them paperwork which included a football hand signal study sheet, clinic assessments and much more. This way they could study them and apply them later on. The day we gave the clinic my hands were shaking but once I started teaching it was good. I could not believe I did it! I am now looking forward to doing more clinics.



During the tournament in Key West, I was only able to officiate one game. I sprained my ankle during a game against Mexico and that made me sad. I wanted to continue to play and get experience officiating; since this was the main reason I was here. I was a back judge and it was not that bad. I was the only woman at that field and that made me feel empowered. I did a good job and I became friends with the other officials.



Two months after returning from Key West, on March 1st, I gave officiating classes in my country to active players of the Honduras flag football league. We gave them paperwork which included a football hand signal study sheet, clinic assessments and much more. This way they could study them and apply them later on. The day we gave the clinic my hands were shaking but once I started teaching it was good. I could not believe I did it! I am now looking forward to doing more clinics.

# Inn at the Moors

Provincetown, MA  
Your room is ready



**Host Hotel Ptown Classic**

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

**508.487.1342**



# PLAYING AS AN OLDER PLAYER (or why play past your prime?)

• By Alison Wood

I am old. I grew up before title 19. I didn't go to camp, I didn't have a coach, no private lessons, no travel teams, no teams at all. Until high school I played no organized sports. But I played. I played every day after school. I played with the boys (and a few of us girls). I loved it. There were advantages to this unorganized play beyond teaching us to be self starters, imaginative, negotiators, etc. I was able to throw a million interceptions without being benched or affecting the outcome of a game that actually mattered. I learned the limits of my abilities, was able to push them without any repercussions. Playing was the reason I saw the inside of a class room when I was younger and the reason I did well. My love for playing far outweighed my love for learning. It wasn't until college that learning would catch up but never exceed the pure joy I have always felt playing. Playing on a team, contributing, winning together, the camaraderie, the respect of your teammates, the cheers of the spectators (and they have always been few), is simply put pure joy. It came to be in college like breathing. I couldn't think of being without it. The level of competition, the dedication of everyone, the elation of winning was like nothing I had ever experienced before.

When you love something that much, when it is that important to you, it is so hard to walk away. Since I majored in economics I look at a lot of things as risk reward analysis. Is the risk of playing, the pain of playing (and it hurts more and more each year), worth the joy of playing. The answer is yes. Now it might have tipped to no years ago but I started playing flag football. I will never be better at softball than I was in college. I will never play on a better field hockey team than I did when we won the MAC conference and went to the Nationals. But my flag football career started a decade ago after a very long hiatus from my street days and is in its hay day. The gym I belonged to began a woman's 5 v 5 league and someone I was playing basketball with asked me to play. I wound up with a group of very athletic, very talented women. We continued to play because we enjoyed it so much. We started going to tournaments. And as we continued to play my bond with these extraordinary women grew. Only once before have I played on a team that was like this. Everyone supportive, everyone dedicated. We have so much fun together. Now how do you walk away from that? I simply don't know how. Why do I still put on cleats and try to contribute? The team, the camaraderie, the pure joy of the game.



# 12<sup>th</sup> Annual IWFFA Ptown Classic Womens Flag Football Tournament

September 15 - 17, 2017 • Provincetown, MA  
**Bring your team!**  
or come as a loose woman  
(individual player)



Images by Doc

**Email: [iwffa@iwffa.com](mailto:iwffa@iwffa.com) • Web: [iwffa.com](http://iwffa.com)**

# SWEDEN - IFAF - 2002 - NO MORE - BY LENA JOHANSSON



In 2002, my team, the Gothenburg Angels were to host for the second year, the Sweden IWFFA flag football tournament. The Swedish American Football Federation (SAFF) is Sweden's national sport organization where we would get permission to use their fields and hire officials to officiate our games. I personally organized the event and made arrangements through SAFF. The Angels team were members of both SAFF and the IWFFA.

These arrangements were done six months in advance (we Swedes are very organized) and all permissions were granted then from our governing sports organization. We had invited teams from Norway and Denmark to compete against our Swedish teams. Everything was prepared for our invited guests.



It was then only one week before the tournament when the Gothenburg Angels were notified that if the tournament was to be sanctioned by the IWFFA, our team would be fined 20,000 SKR (approximately \$3,000 US dollars). All the women were scared because this was a lot of money. We had a team discussion and sadly, we decided we had to host the tournament without the sanctioning body of the IWFFA. We felt terrible because it was the IWFFA who had started all the women's flag football teams in Scandinavia who were to compete. Without the IWFFA, there would be no flag football in Sweden (or Scandinavia).

Continue next page..

## 2016 IWFFA SPORTS WOMEN AND SPORTS GIRL

### 2016 IWFFA SPORTS GIRL



BEKKY VALENZUELA - KEY LARGO, FLORIDA

### 2016 IWFFA SPORTSWOMEN NORTH AMERICA



WENDY ROMBLAD MOONEY - RHODE ISLAND

### 2016 IWFFA SPORTSWOMEN LATIN AMERICA



IVONE MARTINEZ - EL SALVADOR

### 2016 IWFFA SPORTSWOMEN NORDIC REGION



KAIA KRISTIN JENSEN - NORWAY





The day after the tournament, as planned, all of the Gothenburg Angels quit SAFF. We were angry and did not understand why at first we were granted permission to use the field and allowed to hire the officials, only to have that permission to be taken away at the last minute (a deal is a deal). Why were the Angels threatened to pay a penalty and why so much money for that penalty? Why was the tournament not allowed to be sanctioned by the IWFFA and why were we told only one week before the tournament would take place? But these were all men making the decisions. And they were very demanding and unfair to tell the women's teams that they no longer could be a part of the organization who had created them. We were very happy with the IWFFA and all that it has done for us Swedes, while the IFAF has done nothing for us.



We hope all women's flag football teams can be brave and unafraid of the IFAF. For the Swedes, it was simple - We quit SAFF and had nothing to do with IFAF. IFAF is a terrible organization which used fear tactics and oppression. IFAF has no right to tell any player who they can or cannot play for. Be smart women!

# Porter Wilson Award 2016

## 19th Recipient-Cris Mann

Duncan, British Columbia, Canada



*"My one big thing I try to tell coaches and players is to be positive in everything you say, my biggest word I avoid and I have taken from my vocabulary is the word (don't) always think before you speak and if you do that you will always find a way of saying that you want them to do with positive words."*



Chris Mann left, his dad right (94yrs).

*"My dad use to say when in doubt punt"*

*I lost a championship game because I forgot to punt"*

*In 1971 my brother an I and some friends started a minor program which became a huge success, ( I must say that coming from a large family had it's benefits as there was always help and support from my Mum and Dad and brothers & Sister and my. Wife Wendy and children )*



# FUN FACTS:

**Movie trailers were originally shown after the movie, which is why they were called "trailers".**

## **Building better flag football players and leaders Description of IWFFA Flag Football Clinics**

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, flag football and to be successful off the field. We encourage athletes not to loose control, not to become angry, nor use dirty tactics 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.

## **Don't get caught up in Propaganda by: Diane Beruldsen**

We have so much male influence in our societies.

Because men play on the professional level, they have money behind them - those companies who want to promote the male athlete in order to "sell their product". Some of the professional football players have been caught in domestic violence, crimes, felonies and murder and yet, these crimes are swept under the rug, tried to hide away to protect the image of the athletes to that money can be made.

There is a reason why male athletes are seen much more on TV than females. It is because these male athletes are promoted, advertised, glamorized and sensationalized to make billions of dollars. It's a marketing business that sends messages to the world in order to "sell their product".

It's tough to be a highly competitive female athlete to live in a world where the male athlete is put on a different level. But it's not a higher level if you realize all the advantages the men are given. Women have to be smart not to fall into the male dominance of our societies. We are more exciting to watch than the men and we don't have to act like them. We have our own playing field and should focus on our own style of play. Be proud to be a female and highlight your own game.



# URUGUAY VALKIRIAS

by: Valkirias - Diana Martinez

¿Qué es lo que nos da la fuerza cada año para arrancar un campeonato? Los domingos me gusta dormir te dicen todos... No estamos nunca juntos te dice tu novio... Pensá en estudiar y trabajar te dicen tus parientes... Pensás por dentro y sonreís... Qué saben ellos de qué cosa significa el flag para MI... Qué saben ellos de la tensión y los nervios que no te dejan dormir un día antes del partido... Qué saben ellos de los partidos que jugaste lesionada o enferma... Qué saben ellos de lo que sentís cuando haces un touchdown/intercepción y tus compañeras te abrazan desesperadamente... Qué saben ellos de la fuerza que te da una palmada en la espalda de una compañera cuando terminaste el trabajo físico. Qué saben ellos de lo profundo que respiras cuando el técnico está dando las indicaciones.. Qué saben ellos de la impotencia que se siente cuando estás sentada en el banco de suplentes... Qué saben ellos de lo que es ganar o perder un partido a 5 segundos del final... Qué saben ellos de lo que estás pensando mientras elongás 10 minutos antes del partido... Qué saben ellos de lo que es estar entrando en calor esperando que en algún momento el técnico te llame para hacerte entrar... Qué saben ellos el dolor que se siente después de un foul... Qué saben ellos de lo que se siente cuando te hace un punto la jugadora que tenes que marcar... Qué saben ellos de los codazos que recibís, y de las veces que nos levantamos una y otra vez... Qué saben ellos de lo que es dar la última vuelta y llegar casi muerta que no podés ni siquiera escupir, pero sabés que lo hiciste... Qué saben ellos lo que sentís cuando miras el partido de una gradería... Qué saben ellos lo feo que es estar parada por una lesión... Qué saben ellos de las duchas de agua fría que te diste... Qué saben ellos cómo es cagarse de calor en Febrero haciendo la pretemporada mientras que tus amigas/os están de vacaciones y viven de joda... Qué saben ellos lo que se siente cuando van todos a bailar y vos te morís por ir pero te tenés que acostar temprano para jugar al otro día... Qué saben ellos lo que es jugar una final, la semana anterior, la noche anterior, los minutos antes, perderlo, ganarlo... Qué saben ellos lo que es reunirte todos los días, con las personas que marcan tu vida, tus amigas, tus compañeras de equipo... Qué saben ellos de lo que AMAS este deporte... Qué saben ellos lo que es perderse un viaje por el flag.. Qué saben ellos lo que es perder una final... Qué saben ellos lo que se siente al fallar el último pase para ganar... Qué saben ellos de ese abrazo de touchdown de último segundo.. Qué saben ellos lo que es salir campeón.. Qué saben ellos de la emoción, piel de gallina, el sentimiento que siente cada una de nosotras, cuando leemos esta nota... Pasto, una línea de gol, 4 personas con vos, 5 del otro lado, una pelota, y un silbato largo y seco... Esta es nuestra vida, qué saben ellos... GRACIAS POR FORMAR PARTE DE ESTA FAMILIA, DE ESTE SUEÑO.



# TOMBOY X



*Size XS-4X*

*For Any Body*

*No Riding Up*

*No Chafing*



*#humanagenda*

# IWFFA PRESENTS A NEW LEAGUE IN GUATEMALA!!!

By: **Natalie Manrique**

"Flag Football" a sport that is gaining territory in our country, juego de bandera or tochito as it is known in other countries. It is a sport similar to American football and although in Guatemala this sport is mastered and practiced mostly by male, every day is increasing women's participation in the different forms of this discipline: 5 against 5, mixed teams and 8 against 8 (contact).



This sport requires commitment and different skills such as: strategy, concentration, teamwork and physical fitness to practice, so more women want to be part of it; women who represent, organize this sport and that they are now under the support of the International Women's Flag Football Association (IWFFA) in mode 8-8 (contact).

The first Flag Football team in mode (8-8) to form was Gladiadoras USC in 2011, registered with IWFFA since 2013 and in 2014 participated in their first tournament.



It was followed by the Vikingas Flag Football and ODISCEA Flag Football Guatemala teams in 2016, Vikingas were present in the first tournament of the IWFFA in El Salvador where they gain playing experience against 3 teams of Honduras and El Salvador respectively.



*(Continues on next page)*

## International Women Flag Football - IWFFA: Guatemala

The date of September 18, 2016 will be recorded as the official date of the formation of the League Flag Football women Guatemala, in mode 8-8 (contact).

Diane Beruldsen (President of IWFFA) gave clinics and supported the organization and logistics of the tournament in October, where members of the different teams learned the rules and conducted training along with Diane for rules, positions and moves in this mode.



The IWFFA League of Guatemala was established with 3 teams: Gladiadoras USC, Vikingas Flag Football and ODISCEA Flag Football Guatemala.



Prior to the tournament in October there were 2 pre-season games between Vikingas and ODISCEA; with positive results for both teams, since they knew more about the rules, the sport, adrenaline of the game, coexistence and were highly motivated to pursue their goals.



Karen Cruz, representative of IWFFA for Guatemala and ODISCEA team player; It has high expectations for growth of the League and has an achievement on a personal level as being invited to participate in a tour by the United States and Cuba in order to learn more about this sport and push it in our country.

# 3rd. Annual IWFFA Tournament 2016: Hosted by Guatemala

On 29 and 30 October 2016 was counted with the participation of teams from El Salvador and Guatemala 3 teams as hosts, promoting healthy competition and coexistence of this sport of women for women.

Reactions to the tournament...

The majority of the participants felt satisfied by the event and your organization. For new tournaments are taken into account the constructive comments as more clinics for referees, knowledge of the current rules and there is much enthusiasm to participate in tournaments next year.



Soon... May 2017 Libéulas Flag Football GT new team.

If you are interested, we invite you to be part of this great Womens sport, from women's to women's with IWFFA support!

**BECOME A TEAM OWNER TODAY!**

and Sponsor one of our National / International / Girls or Women's Teams

Own your "Own Team" and support female flag football around the world

Team name and shirts to blazon your company name and logo | Sponsorship (IWFFA) other benefits

This is your chance to support female flag football!

**Email: [IWFFA@IWFFA.COM](mailto:IWFFA@IWFFA.COM)**

**Are you coaching...**

**a girls flag football team?**

# PANAMA BLACK TIGERS

by: Ileana Carrillo

Black Tigers is a team formed since 2014 in the east side of Panama.

We have flag football for girls and also contact for boys from 5 up to 18 years old. We have experienced coaches certified by USA football. We have been two times Champions for category sub 10 (2015-16), sub Champions of sub 13 category (2017) and 3rd place category sub 15 (2016). Team Director Roberto Carrillo believe in Panamanian kids potential and work along with the coaching staff in order to develop, motivate positively and support all of them to be outstanding players and good people for life.

Black Tigers mission is to improve players skills, create positive attitude, stay humble, always willing to learn and share with co-players their knowledge and support each other as a family.

They call us BEAST FROM THE EAST. We are Black Tigers!



## WE ARE COLLECTING OLD CLEATS



We are conducting a cleat drive and delivering them to our CUBA players who need them badly.

"Give us your tired poor cleats you no longer use. They are yearning to breath fresh air We'll get them back on the flag football field"

Take your photo holding the shoes and we will take a photo of your cleats new owner and post on our face book page



## FUN FACTS:

*Hitler's mother considered abortion but the doctor persuaded her to keep the baby.*



## Meet our IWFFA Coordinator Karen Elisa Chavez Montalvan

My name is Elisa Chávez, I'm 30 years old, currently working on a call center as a team leader. I graduated from business economics.

I've been practicing flag football since 2012, currently coaching a team in El Salvador.

I love playing sports, I play soccer as a goal keeper, I play rugby as a wing and flag football as a wide receiver and cornerback.

I like to do a lot of community service and also children's activities, I'm also involved in church activities

I'm planning to get Women's flag football sport in Latin America very strong organization by helping IWFFA coordinating different activities and organizations

"This is not only a sport, this is a lifestyle" -  
Elisa Chavez



2017

### Women's Flag Football Latin America Regional Challenge

# WANTED LOOSE WOMEN

For all our tournaments we offer  
Loose Woman's Team  
Individual Players  
Sign Up Today For Any  
of Our Tournaments



Email: [iwffa@iwffa.com](mailto:iwffa@iwffa.com)  
Web: [iwffa.com](http://iwffa.com)

# SPRING & SUMMER LINEUP

All teams that in the iwffl will receive 15% off the price



**Uniforms**  
**\$55.75**



**Tee Shirts**  
**\$15.65**



**Shorts**  
**\$17.65**



**Long Sleeve**  
**Tee Shirts \$24.00**

To place orders please contact  
Chris Thorpe 1-618-444-3256  
Ed Thorpe 1-217-840-7956  
e-mail [TPHSPORT@GMAIL.COM](mailto:TPHSPORT@GMAIL.COM)

# Auténticas Pumas- Women's Flag Football

By: Judith Rodriguez Bustamante

*The Pumas team of University City in the men major league, from the National University Autonomous in Mexico (UNAM) started in 1927. The Women's flag football in Mexico and inside the UNAM began at the end of the 70'.*

*The team Auténticas Pumas of University City, emerged in April 2009 when the coach Judith Rodriguez, -who plays since she was 12 years old and has been selected to play with the Mexican Selection in the international tournaments and world championships, winning the MVP recognition in several occasions-, had the dream to create her own team, a different team to others, where the sisterhood between players, the coexistence with the families, the no discrimination, the justice, loyalty, coherence and friendship were the base of this team.*



A team coached by professionals, "Dog Coach" (Jorge), dentist by profession, implant specialist and with a master degree in Education and meanwhile "Coach Ju" (Judith) with a degree in International Affairs, performing a master degree in foreign trade, multilingual and specialist recognized by international organisms in the area of strategic trade, they are those that without receiving any payment, coaching every weekend five hours or more, girls who are part of this dream.



The team emerges as a dream of Ju, she wanted to play again with her friends of her childhood and she invited her ex-coach to help her to coach in the fields of the UNAM, as you know this sport is additive and after sharing the field and the passion for the game with his partner, sharing smiles, shouts, tears, happiness and championships, the love was present in the field and the coaches got engaged and then in 2015, they got married.

Cotinues on next page...

## Make Your Own Down Marker and Chain Set

If you don't have the money or want to travel with a set of down markers that is easy to assemble and light to travel then here is your solution

Take a look and see how easy it is to make your own set of chains and down marker. No Instructions Necessary



*Continued from page 27...*

A mature woman are given the opportunity to participate as equal with teenagers, because it is a sport that requires more than youth, requires intelligence, willpower, dedication, passion, attitude and desire to do great things.

This sport brings together families, as it gives you the opportunity to play with your daughters or your sister, is something that only the Flag allows.

Because it's a big family and the values inculcated will always be of work and love for what they do, We monitor the academic progress of our girls, and for those that no longer study, we encouraged them, to be the best always!!

We have a lot of Stories where Flag Football and the coaches Ju and Perro has changed the life of the people!!!

Now, is the first time that they will participate in an international tournament, They are very excited but the economy in Mexico is not so good or not easy for everybody, so I have a lot of girls that they don't have enough money to go, but all the equipment (coaches, girls and their families) are working washing cars, selling sweets and cookies, making raffles, searching sponsorships to obtain the money to participate. We are very excited!!!!

We want to thank all who have helped us and believed in us, we thank International Women's Flag Football Association for the work they do around the world, revealing the beautiful game and helping teams need and allowing a group of women have a dream to fight for.



### **Autenticas Pumas in numbers**

70 player with parents/family very enthusiastically that are always supporting the team.

15 seasons with different teams, increasingly numbers...

More than 400 played have being part of this dream.

33 different teams, with 4 different categories freshman, youth, male and major (children coming category)

7 sub championships, 1 championship.

And after 7 years and 15 seasons, the team has become a huge family that keeps growing and strengthening ties...



## **ON THE AIR WITH THE IWFFA**

**JOIN US Every 3rd. Thursday  
each month - LIVE**

**9:00 - 9:30 PM Easter Time**



**Call into the Show  
(+1) 718-766-4970**

*share your thoughts, comments  
and suggestions*

**It's our show.... It's our time!**



## **FUN FACTS:**

In Algeria, the largest country in Africa and 35th in world population, women make up 70% of the country's lawyers and 60% of its judges, as well as dominating the field of medicine. Increasingly, women are contributing more to household income than men. 60% of university students are women.



# **GREAT SPORTS WOMEN: SONJA HENIE REVOLUTIONIZED OLYMPIC ICE SKATING AND WINNER OF 3 GOLD MEDALS - BY YOSHI BUJEK**

"The world never puts a price on you higher than the one you put on yourself." -Sonja Henie  
Modern day ice skating is an artistic dance that takes physical talent and imagination, years of training and stamina; yet what we now recognize as ice skating was not introduced until a young Norwegian named Sonja Henie brought her female passion for a relatively unknown sport and brought it roaring into the spotlight. Born in Norway in 1912 Henie is known as the only person, male or female, who has won 3 Olympic Gold medals in figure skating and, to this day, still holds this record. When looking back on her accomplishments, in comparison to what we see on TV today, her performances may seem simplistic, but at that time they were revolutionary.

When she began competing at the age of 11 the majority of competitors wore drab colored outfits that hindered their ability to do any of the moves we see today. Henie challenged that by, according to Encyclopedia.com, wearing short skirts and using choreography in her program; not only was this unheard of but it shook the foundation of a predominantly male sport. Traditionally, ice skating was seen as merely a way to display technical ability. Henie chose to showcase her talent by combining it with flair and choreographing her moves to music and adding many different moves such as spins. She was dynamic and her smile animated which was dramatically different than her competitors. She pushed the envelope of what was acceptable for women in sports during her lifetime.

Sonja Henie actively performed, either on the ice or in film, from the 1920's through the 50's making her one of the first professional sports women to make millions. Although her personal life was a bit more complicated than her public one she always strove to keep them separate, as she was fiercely competitive. Henie combined ballet and figure skating and broke through the stereotypes that surrounded figure skating in the early 1900's. She used her female perspective to bring notoriety to both the sport and to herself. One of her signature moves was her sit spin which is now one of the three basic moves in the figure skating world today. Although, the "Ice Queen," as she is known, passed away in 1969 she will always be remembered as an innovator for ice skating and for women.

#### Resources:

"Sonja Henie," Encyclopedia.com,  
The Gale Group, Inc., 2004,

[www.encyclopedia.com/people/sports-and-games/sports-biographies/sonja-henie](http://www.encyclopedia.com/people/sports-and-games/sports-biographies/sonja-henie)

Woa.tv staff, Belle of the Ice, The Women of Action Network, 2003, [www.woa.tv/articles/at\\_henies.html](http://www.woa.tv/articles/at_henies.html)

# IFAF has no right to penalize female flag football players

IWFFA Wins the Battle with Finland! - The True Story of the Finnish Turkey Spy

Story by - Mary Angelini - Re-run from our 2007 - 2008 Winter Forward Pass Magazine

WINTER 2008

## FORWARD PASS



## News from around the globe

### IWFFA Wins the Battle with Finland! The True Story of the Finnish Turkey Spy

A shocking story about a political struggle to play flag football internationally with out penalty.

To understand the situation a peek into its history is needed.

#### SOME HISTORY

Here is a little history:



Women played Flag Football in Finland for over 20 years with a varying rule book. They sought out other teams outside of Finland, but they

thought they were the only ones. Once the IWFFA discovered Finland playing flag football, three players were invited to participate in the Key West tournament. The following summer the IWFFA traveled to Scandinavia to form new teams and leagues.

The Finnish association (SAJL) who governs the flag football leagues gave Finland notice that they were forbidden to compete in any IWFFA sanctioned events. They vaguely explained the reasons but none of them made much sense to the teams involved. They first said that players were not allowed to participate because the IWFFA was not a non-profit organization, then it was said that players may go there as individuals (not as "Team Finland" or by the name of the club that is a member of SAJL) and finally they said that it's about the rules. As long as IWFFA has different rules than SAJL then they were not

allowed to take part in the tournaments without permission. Sami Virtanen, a player of Team Finland explained "When we attempted to get the permission the answer was a clear "no". When we asked why the answer was "It's in the IFAF (International Federation of American Football) rules". They explained all attempts to permit the rules to be changed.

#### THE TRIP

With no opportunity to play flag football internationally, the players became more interested in heading to their flag football pads. It promised new experiences, teams and tournaments outside of Finland.

They attempted to fight the ban on IWFFA participation but stopped because the SAJL didn't give any consideration to their plea. So they decided to go on an Finland flag football.

They decided that they would then playing days with a great party in Key West. Sami Virtanen explained "We started to save money and plan the trip, asked friends and other Scandinavians coming to us and happily wanted for the days in Key West playing flag football the last time." They kept quiet about the trip and even decided to play with fake names, in addition to changing from the sports club and SAJL before the trip.

#### THE SPY

Another team discovered that they were playing the trip and SAJL that what they were planning was completely wrong. "They decided to be sure that they got what we deserve - so they asked somebody to spy on us and take photos to prove that

we were playing... And that is what happened," said Sami Virtanen.

A person from Finland traveled to Key West and took pictures of the team "Tennessee Turkeys" warming up, playing and laughing on the sidelines. It was clear that the person who took the photos were standing in an angle that was next to bushes and a chain link fence so to hide their identity from the players.

#### HOME SWEET HOME

In the beginning of April SAJL sent a letter saying that they had proof that the Finnish women had taken part in an IWFFA tournament and stated the opportunity to plea a case before the board. None of the participating Finnish women were members of SAJL and many had decided not to play anymore.

However, there was a possibility to participate in a tackle football league and because of the prospect of a tackle league, they went to face the board.

The board decided to punish the team who therefore went to Key West. They forced the team to forfeit over half of its 2008 season.

#### PROTESTING CHAIN GANG

The team felt like the punishment was not fair, and that there were lines among the board members. SAJL refused to make a ruling, even after repeatedly requested. Because there was no official ruling there was no opportunity for an appeal. After many request for the rules describing the the ban on the IWFFA, they finally received the rule book and the rules and were unclear.

*(Continued on next page)*

# IWFFA WINS BATTLE WITH FINLAND (CONTINUED)

After the discovery of the murky rules, "we were mad and confused. It all felt unreal." Sanni Virtanen explained. By the time of our first game in the beginning of July there still was no official information about the case. "This made us even more angry and more determined to make the complaint. We took our IWFFA-caps, shirts and water bottles and spent the first game in the chain gang watching our own team win," said Sanni Virtanen.

## THE FREEDOM OF SPEECH?

A news reporter interviewed the participating team's QB and made a full page story about the injustice. Sanni Virtanen added "Everything she said in the interview was true but SAJL decided that she had 'given bad reputation for the sport' and had to be punished." Because of her participation the SAJL prevented her from playing the entire 2008 season.

Since SAJL was not willing to co-operate the team took the case to the next level. Along with the help of a lawyer they made a complaint to the Legal Rights board for Sport in Finland.

## THE RULING

After a few months of litigation the Legal Rights Board for Sport ruled both complaints in favor of the team. "SAJL had no right to give us the punishments - we were not members at the time and the QB was only using the freedom of speech in the news paper interview." Sanni Virtanen explained.

## AFTER THE VICTORY

Although Finland's legal Rights Board for Sport's ruling was a strong message sent to SAJL, the future is still somewhat uncertain. The 2008 football season has passed and the team had to complete their punishment. The team has made complaint to SAJL about the interpretation of the rules and the allowance of the members to participate in the IWFFA. The yearly assembly of SAJL's agenda focused on this very issue and has recently informed the team that the rules have not changed. Even if there is no flag football offered anywhere under EFAF/IFAA, the members of SAJL are not allowed to take part in any tournament that does not use the rules and regulations of IFAF.

Unfortunately the rules that SAJL use for flag football are so individualized that no other organization, league or tournament follows those rules. That mean's Finland's flag football players are limited to playing only in their region with no opportunity to expand their experience.



## New Experiences; New Challenges

### Cuba's First Female Flag Football Coach

- by Meybi Delgado

Hello, my name is Meybi Delgado and I will talk a little about myself and my initial experience with Flag Football. I'm a normal girl working as a bookkeeper by day and I study Portuguese by night. My day to day was monotonous; work to school, school to home, and days that had no classes left me at home watching TV, reading or studying. Well at least it was before I met Diane Beruldsen and Karen Cruz.

One day, in October, I was walking down the street when I was stopped and handed a flyer. They began to talk about flag football and how they had come to teach women who had no experience so I got directions to their first meeting. At first I had my doubts because the meeting was in the field of a sports center. It was a bit far, I did not know the area very well, had never practiced any sport, and yet something told me it would be worthwhile to take a chance; so I went alone to see how it was and if I dared to participate. After asking thousands for directions and following so many signs I arrived near the end of training and stayed only to look. Watching the practice, I realized it was a pretty entertaining game, with a lot of agility and intelligence and decided to go to the next workout.

Continues on the next page...

Are you a current member  
of the IWFFA?



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

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



## FUN FACTS:

HEART ATTACKS ARE MORE  
LIKELY TO HAPPEN ON  
A MONDAY





At first I was only looking for something to fill my free time; to break up the monotony, exercise a little, maybe meet new people and learning something new was a bonus. I thought, "This will be perfect," so I went to the next training. During that week I met the Dixie Chicks, the first group of women who trained in our country, consisting of Diane and the Women's Rugby team who came together to introduce a new sport experience.

We trained every day for a week and, for someone who had never practiced any sport in her life, it was hard. It was even harder when you tried to block one of the Women's Rugby players; I fell a few times but it was all for the sport. With all the falls, the bruises and the sores I started to realize, that the more I learned about the sport, that the more I liked it. I wanted to participate and they taught us a lot in a short time. We learned it is a game in which the best plays happen in minutes; every move and reaction leads to victory or defeat and have to put all your trust in your teammates.


At the end of the week, we formed two teams: The Panthers and The Scorpions. The teams faced off in a friendly game which ended in 0-0. We all did our best; in every play, every pass, every block our teamwork and desire to participate was evident, it was a great experience.

This does not end here. During that week Diane and Karen met with some executives of the sports federation to ask for everyone's support to create coaches and players of all ages. Flag Football can reach all women and girls in this country. I will support them with everything in my power by training a group of girls.

I started to train the girls the week after the game. Actually, I never saw myself as a coach and, with only a week of experience, it wasn't easy. The first day, when I was in front of the girls, I was so nervous I can't remember how it started but when practice was progressing everything went very well. I had the help of Ray, he is a coach too, and also the girls are amazing. They like this sport and it's great when they tell me, "one more play, coach." Seeing the girls having fun with every practice makes me feel very happy. I realized I love coaching them and I think I'm doing pretty well. I always give my best and the girls get better every day



# IWFFA DANCE CHALLENGE 2017

#1 Team with more thumbs Up   
win \$100.00

Follow this steps to participate:

1. Video your team dance using your uniforms.
2. Dance to the them song from the IWFFA
3. Upload the video to our page and give it a Like!



**You will compete with women's teams from all the world**

Dear IWFFA

Bonnie and I both thoroughly enjoyed every minute of our time with the girls. We can see that they are tremendously empowered, both the young ones and the older ones, by the honor of playing in your esteemed Kelly McGillis Classic tournament.

We got to mix in with dozens of them and that was a wonderful experience, including of course witnessing their skills and passion on the field.

You clearly dedicate every ounce of your energy to the players and we very much admire you for that.

Thanks so very much for treating us with great respect. It was an experience we will remember.

- Diana Nyad  
- World record holder for women's distance swimming



## SEND US YOUR 'FLAG FOOTBALL SELFIE'

AND WE WILL INCLUDE IT IN OUR MONTHLY IWFFA FLAG FOOTBALL NEWS



## Share Your Flag Football Experience With Us!

We'd love to hear your story



Email: [IWFFA@IWFFA.COM](mailto:IWFFA@IWFFA.COM)



Photo: Barry Corbin

# 3 Months across the US & Canada

## 2016 IWFFA Promotional Tour

### June - July - August



by: Diane Beruldsen

The IWFFA is proud of our promotional tours since 1995. Our organization has traveled all over the world and introduced flag football in countries where it never existed: Denmark, Norway, Sweden, Iceland, Guatemala and Cuba. At first our tours taught only how to play flag football, but now includes clinics for officiating, coaching as well as learning how to play flag football stressing finesse, strategy and clean play.

#### The 2016 IWFFA promotional tour was phenomenal From May to November.

We started traveling by car across the USA and Canada, then continued to Central America and Scandinavia. It was a journey that supported and connected existing teams and leagues, helped to start new ones and was an education to thousands about women and girls flag football not normally included in other flag football programs. Along the way we recorded hundreds of conversations with female flag footballers around the world which can be heard "On the Air with the IWFFA" a Women's Football Talk podcast.

Where did IWFFA travel during our 3 months across USA and Canada:

Coco Beach, FL - June 3 / Jacksonville, FL - June 4 / Sacramento, CA - June 12 / Cowichan, Canada - Sun Bowl - June 17 - 19 / Seattle, WA - June 21-22 / Salem, OR - Freedom Bowl - June 25 / Sacramento, CA - Girls & Boys Club - June 28 / Santa Barbara, CA - Blondes vs. Brunettes - June 30 / St. Louis P.A.C.K. - Girls - July 8 / St. Louis Women's Flag Football Skills Camp & Draft - July 9 / 5th annual Jersey Shore, NJ Tournament - Hosted by NJWFF - July 15-18 / Brooklyn, NY Prospect Park - July 23 / Fort Washington, MD - July 24 / Wellfleet Parks & Rec, MA - July 26 / Provincetown, MA - August 4 / 2nd annual Norristown, PA Women's Flag Football Tournament - Hosted by NWFFL - August 5 - 7 / Girls - Park Slope, NY - August 16 / Women - Prospect Park, NY - August 16 / Twin Oaks Women's Festival - VA - August 19 - 21 / Key West, FL - Womenfest - September 10 / Key West, FL - Special Olympics - August 31





# Tour 2016





**Where did IWFFA travel abroad?**

- Guatemala City, Guatemala - September 11 - 20
- Havana, Cuba - October 6 - 16
- Stavanger, Norway - November 3 - 11

**Special Thanks to All These People we met during the tour:**

Dale Kershaw and Neil, Norman McClean, Rodney Johnson, Barbara (BJ) Coletta, Marina Beebe, Chris Mann and Wendy, Trish Wall and Nick, Melissa Valenzuela, Shawn Banks, Gina Magagnini, Jean & Wally Crouch, Laura Crouch, Jonel Coleman & Keisha, Lamont, Kins, Lynn Williamson, Nicole Herbert, Kelli Dochterman, Lynn & Al Milano, Barbara Stensholt, Kenya Sykes, Maranda York, Keyera Lucas, Rebecca Rosenberg, Angel Robinson, Elizabeth Marconi, Tom Stevenson, Jenna Halloran, Jodi Cailler, Tosha Taylor, Charles Wodicka, Erin Tucker, Gabriela Jimenez Rodriguez and special thanks to Karen Cruz who traveled for the 3 month tour, Cuba and Guatemala - It was a lot of hard work

# "Why do you all push us around?" Rosa Parks by: Yoshi Bujek

Everyone who has taken an American history class knows of Rosa Parks and her famous refusal to move to the "back of the bus." However, what do we, as women, truly know what made Rosa Parks the person she became that famous night in Montgomery, Alabama? Many biographies describe Parks as a meek woman whose quiet strength helped her defy an entire nation of racism and yet, there are some who see her as a woman tired of fighting to live in a world that saw her as half a human. It is important to remember that Rosa Parks started her life pushing against the discrimination that would define her. Born in 1913, amidst the Jim Crow laws and the Women's Suffrage movement, Parks was brought up in a home dedicated to racial equality. She married a fellow freedom fighter and by 1943 was an active member of the NAACP. By the time of her famous bus sit in she had already pushed "for voter registration, seeking justice for black victims of white brutality and sexual violence, supporting wrongfully accused black men, and pressing for desegregation of schools and public spaces" (WashingtonPost.com).

Alongside Martin Luther King Jr. Rosa Parks was one of the faces of the Civil Rights movements. Yet hardships followed her momentous action so in 1957 she moved from Alabama and made Detroit, Michigan her home. She continued to work towards racial equality till her death in 2005. Her work has not only been memorialized by Presidents but she has also received the NAACP's highest award, the Spingarn Award. Parks is often quoted in saying that she was tired or that she was just trying to get home from work; many women, regardless of when or where they have lived, have a breaking point and must take a stand. Like Rosa Parks before them they are neither meek nor are they weak; rather they are strong and they have endured much. Rosa Parks' struggle has passed but there are women whose struggles are still very much alive and who will still carry her goal of equality alive today.

## Resources

"Rose Park" Biography.com, A&E Television Networks, LLC. 2017  
<http://www.biography.com/people/rosa-parks-9433715#early-life-and-education>  
Theoharis, Jeanne. "Democracy Dies in Darkness" The Washington Post, 2015  
[https://www.washingtonpost.com/posteverything/wp/2015/12/01/how-history-got-the-rosa-parks-story-wrong/?utm\\_term=.fe83ec0c999f](https://www.washingtonpost.com/posteverything/wp/2015/12/01/how-history-got-the-rosa-parks-story-wrong/?utm_term=.fe83ec0c999f)



## FUN FACTS:

**Men and women's clothes are buttoned on opposite sides because in the past few centuries, in high society, men generally dressed themselves whereas women were dressed by servants. Reversing the buttons on women's clothes made the job faster and easier.**

# " Let's Talk Flag Football "

- So when should you go for it on fourth down?

Columnist: Alison Wood

Flag football is like no other sport. The mental side of the game is as important as the physical. Calling a good game, reading a defense, when to commit or not commit a penalty, when to accept or decline one, etc. can be the difference in a game. Flag football is situational. Bill Belichick runs his practices going through situation after situation. There are five things that make that situation, they are; down, distance, field position, score, and clock. Score and clock are only relative together and more so at the end of a half.

So when should you go for it on fourth down? Well that, like all things in flag football, is situational. Most people make that decision if they think they can make it and that question should actually have nothing to do with it. Going for it on fourth down is a risk reward analysis. If you do not make it what do you lose? If you make it what do you gain? It is that simple. Field position has the most to do with this decision since what you are risking and what you might gain is drastically affected by your position on the field. Score many times dictates if you have to go for it. Toward the end of the game if you are losing you have to use every down available to try and score regardless of the field position.

So let's say you are on your fifteen and it's fourth and inches should you go for it? Let's not worry about score or clock, it's tied early on. If you go for it and don't get it you give the ball to the opponent in scoring position. If you get it, well you still have a lot of real estate before scoring. The risk is giving up a touchdown the reward is still pretty crappy field position. The risk is too high for the small reward. Don't go for it. But it's only inches! Never think about that because, as a great flag football player and teammate of mine said, bad things happen on a flag football field. Look at the risk not the percentage chance of the risk. Now let's say you are on their twenty-five same scenario, fourth and inches, tied early on. If you make it you continue your drive. Another four downs toward the end zone, good but not great reward. If you don't make it they get the ball on their side of the field on the twenty five. Now that is very low risk. Also factor in your kicking game. Our kicker is putting that in the end zone and it comes out to the twenty so our team would be losing five yards. Absolutely go for it.

A chance to score versus five yards, decision made. So in the future ask yourself what down get if we go for it versus what do we lose if we don't make it and don't worry about the distance you have to go because I've seen fourth and twenty completed and fourth and inches stopped.

# IWFFA Promotional Tours Part 2 of 2016

**3 COUNTRIES: GUATEMALA, CUBA AND NORWAY  
SEPTEMBER – OCTOBER – NOVEMBER**

- by Diane Beruldsen

**Guatemala City, Guatemala from September 11  
- 20, 2016 - A new league is born : )**

Teams met and formed the first Guatemala Women's Flag Football League sanctioned by the IWFFA which included: Gladiadoras, Vikingas and ODISCEA. Each team would have a female captain and the league would have a female representative. After their first year, each team would coach a girls team. We had player clinics and teams participated in an officiating clinic which consisted of lecture, then practical application on the field for two days. Players will officiate in their new league.



**Havana, Cuba from October 6 - 16, 2016**

2015 was the first year IWFFA traveled to Cuba and the very first women's flag football team: the Cuba Dixie Chicks was started. The IWFFA returned to Cuba to continue its promotions. For eight consecutive days, two and a half hours long, the women trained learning how to play flag football. A totally new sport to these women and girls. A group of girls (mostly daughters of the players) joined the women for most of the time, while another group of girls trained separately who were trained by Karen Cruz (Guatemala). The newly formed teams competed against each other in Cuba's first Flag Football "Friendship Game" held on October 15th.

Continues on next page...



**If you ever get a chance to listen to  
Catie Curtis - LIVE - DO IT!  
(at the very least, buy her records)**

**by: Sandy Flowers**



One morning.....

I opened the newspaper and found a flier announcing a new singer coming to town. I never heard this singer, so I "You Tubed" her: "Catie Curtis"

From what I saw on You Tube, I thought she was good and so, bought tickets to her show.

A lone singer with guitar.

There was a piano sitting still, but for one song. She was special.

Listening to her music, lyrics and choruses for the first time - made me feel.

I laughed, thought, identified and just loved her music. It was that strong.

I instantly became a fan listening to her music for the first time, as she brought the audience into her songs inviting everyone to join in.

You became a part of each song.

That night I bought one of her CD's and then bought more of her music on - line.

Today, I ride my bike listening to her songs and really love how fresh and raw and well thought out her music is.

Catie Curtis music is not commercial and only something a true artist could create.

I highly suggest you buy her music and soak in the words.

I promise you will love Catie Curtis's music.

And if you ever get a chance to listen to Catie Curtis - LIVE - DO IT!



## Stavanger, Norway from November 3 - 11, 2016

Back to Stavanger to join the Stavanger Sardines. There is a new group of players who never played before. We trained at night, when it was dark and cold. (My water bottle froze after the first hour). On the weekends we had daytime and some sun. The team has a new coach: Michelle Heckenlaible.



## HOW TO CARE FOR YOUR FOOTBALLS

- Take air out when you travel in plane (In higher altitudes air pressure increases and ball could pop)
- How much air should the ball hold? 13 lb. of pressure
- Balls are expected to last only one year (they are not long term or life term investments)
- Break in a brand new ball before using it in a game. As a matter of fact, there is a special brush to roughen the ball up to get a better grip.
- Allow ball to dry after getting wet (it's not the end of the world, and take it out of your sports bag to dry).
- After the game just place ball to sit on paper newspaper and in a normal tempered room (don't even think about the microwave – remember what happened to that old lady's dog)
- Should you use stickum on the ball? No, no, no.
- Should a separate ball be used when kicking? No. The ball withstands kicks.
- If you notice the ball is getting softer after so many kicks, then you probably have a SLOWWW leak.

### Why do we use a leather ball? (and not the less expensive rubber or composite balls?)

Have you no respect for the game! PIGSKIN, was the original material (after they got tired of using the bladder from the cow and other animals – depending how far you want to go back). And so in tradition, pride, and standardizing rules and equipment, we go with tradition. There is nothing like the “feel” of a premium leather grade ball, which is the one we use. Of course, it gets heavier during rain, and is more difficult to throw in the snow..... And that is what the game is all about. When the going gets tough, the tough get tougher. By the way, now we use cow hide (so much for tradition). And we use the JR size because women and girls hands are not as big as the men or boys (it doesn't make sense to use their size).

Can you use some other type of football during tournament play? Not in our IWFFA tournaments. In addition IWFFA rule states: “only one game ball will be used and provided by the tournament.” It is the Wilson TDJ all leather premium grade football. This was to save time for ball exchanges – which amazingly some teams used an extraordinary amount of time to get their ball onto the playing field (we found a correlation under certain game situations).

Did you know that our balls have the IWFFA logo printed right on our TDJ Wilson All Leather Premium Balls? They make great gifts, not only for the QB's but for each player on the team

You can order your very own ball direct email: [IWFFA@IWFFA.COM](mailto:IWFFA@IWFFA.COM)



# KIVA - Make a loan to empower women

Loaning money to female businesses in third world countries - who then pay back your loan - 100% of every dollar you lend on KIVA goes to funding loans.

Kiva is based out of San Francisco, CA. They organize the loans, and your money will be paid back. Once you go onto the KIVA website, there is a wide variety of borrowers. You can choose by: country, individual women or groups of women to loan money to. There is a description of what they want to do with the money they wish to borrow.

Money is needed in order to up start a business, go to school to become a professional or to make their existing business operate better. The goal of Kiva is to take these women out of poverty, to become self-sustaining and economically free.

The IWFFA has made it's first loan to a female company in Guatemala.

Duo Los Aguacatales Group - Maria is part of the group, originally from Sumpango, is married and a mother. Maria has a vegetable stall in the terminal market of Guatemala.

She needs capital to buy various vegetables and also she needs seeds and fertilizer so that beyond selling in the terminal, she can also grow vegetables. For this reason, Maria has requested a loan from Kiva. This is her first loan, she promises to pay on time and hopes for a better quality of life.

IWFFA has made a small \$25 loan which brings Maria and her group: Duo Los Aguacatales Group closer to their goal which is to borrow \$550.

We ask you to support other women around the world. Women supporting Women.

Here is the KIVA website: <https://www.kiva.org/>



**Duo Los Aguacatales Group** - Guatemala

A loan of \$550 helps a member to purchase various vegetables and seeds to grow vegetables to sell.

**\$75 to go**

## How Does Kiva Work?

- 1 Choose a borrower**  
Browse hundreds of borrower profiles and find a story that connects with you.
- 2 Make a loan**  
Click 'Lend' to send money via our Field Partners, who vet, distribute and administer each loan.
- 3 Get repaid**  
Receive updates as the borrowers you support succeed and repay their loans.
- 4 Repeat!**  
When borrowers repay, that money is yours to keep, donate to Kiva or lend again to empower someone new!

# 1,2,3: TEAMWORK! 4,5,6: TIGERS!

-By Ellie Livadiotakis

Player Fort Hamilton Lady Tigers Flag Football - Brooklyn, New York

Brooklyn New York's Fort Hamilton High School: Lady Tigers, with 22 girls from the age of 14 to 18, have developed an outstanding sense of sportsmanship as well as leadership. As stated in their favorite cheer: "TEAMWORK," and as their coach, Lynn Beruldsen, says, "Together Everyone Achieves More." With the involvement of many newcomers to the team, one would think it difficult to achieve success. The former players, however, have easily taken leadership, providing constructive criticism and guiding other teammates during practices. Senior wide receiver, blocker, and running back Awilda Jiminian explains, "It's my job as a 'veteran' player to make the new girls feel welcomed and feel free to open up on any questions or concerns they have regarding football." Having a shoulder to lean on provides not only comfort, but allows for a strengthened sense of confidence within individuals, especially teammates. Sophomore newcomer and snapper Helen Chang clarifies, "The experienced players have helped me. They would remind me how the plays work, or what the rules are again. As we scrimmage, the experienced girls would give us useful tips and info." To summarize, the experience and skill of former Lady Tigers influences the knowledge of the sport as well as the confidence and performance level of "newbies."

Continues on next page...



H  
U  
D  
D  
L  
E

S  
N  
A  
P



BROOKLYN!



As a result of the complete understanding of flag football from all players- both new and experienced- teammates recognize the five offensive positions as well as the four defensive. The effect of this is simple: every player knows her responsibility on the field and supports those of her teammates. Senior wide receiver Alyssa Hernandez describes the role of a quarterback to be nothing less than "causing pressure. In a quick moment, you have to think fast, get rid of the ball, and execute the plays effectively." Luckily for the Lady Tigers, sophomore quarterback Ameera Jawad's confidence leads her to easily analyze the opposing team's defensive methods, allowing her to adjust and quickly find an open receiver. She explains, "As I scan across the field, I have a split second to look at each girl and contemplate which has the open space and let the ball go. After the ball releases, it is all on them to adapt and catch the ball." Clearly, no position in the sport of flag football is unchallenging; each player has to work their hardest to collaborate with their teammates in order to ensure a successful play, followed by a successful touchdown. The understanding of everyone's position not only benefits the performance of individual players, it eliminates any chances of mistakes, ensuring success during games.



With teamwork and success rising at a rapid rate within a short amount of time, the Lady Tigers have nothing but a positive attitude about their team and sport. Senior blocker and wide receiver Feda Assad describes that "A positive attitude ensures success because this is a sport team. There is no 'I' in team; if there is bad chemistry, the whole team will collapse on itself. We are supposed to be family and sisters, not enemies." Keeping one's own head up while being a shoulder to lean on for teammates is not easy when enduring the pressure of being a member of a sports team. These girls, however, enjoy supporting each other just as much as they enjoy the thrill of playing. "You need to try your best and believe in yourself as well as the girl next to you. Communication and self-confidence is so important; if you don't have these major keys, you can lose yourself on that field," confirms Ameera Jawad. The 22 Fort Hamilton High School Lady Tigers, through their outstanding camaraderie, dedication, and knowledge of flag football, will surely advance to levels beyond compare.

# To all incredible women who strive for excellence

• **Serena Williams**

• **Printed in: the guardian - Tuesday**

• **November 29, 2016**



*When I was growing up, I had a dream. I'm sure you did, too. My dream wasn't like that of an average kid, my dream was to be the best tennis player in the world. Not the best "female" tennis player in the world.*

*I was fortunate to have a family that supported my dream and encouraged me to follow it. I learned not to be afraid. I learned how important it is to fight for a dream and, most importantly, to dream big. My fight began when I was three and I haven't taken a break since.*

*But as we know, too often women are not supported enough or are discouraged from choosing their path. I hope together we can change that. For me, it was a question of resilience. What others marked as flaws or disadvantages about myself – my race, my gender – I embraced as fuel for my success. I never let anything or anyone define me or my potential. I controlled my future.*

*So when the subject of equal pay comes up, it frustrates me because I know firsthand that I, like you, have done the same work and made the same sacrifices as our male counterparts. I would never want my daughter to be paid less than my son for the same work. Nor would you.*

*As we know, women have to break down many barriers on the road to success. One of those barriers is the way we are constantly reminded we are not men, as if it is a flaw. People call me one of the "world's greatest female athletes." Do they say LeBron is one of the world's best male athletes? Is Tiger? Federer? Why not? They are certainly not female. We should never let this go unchallenged. We should always be judged by our achievements, not by our gender.*

*For everything I've achieved in my life, I am profoundly grateful to have experienced the highs and lows that come with success. It is my hope that my story, and yours, will inspire all young women out there to push for greatness and follow their dreams with steadfast resilience. We must continue to dream big, and in doing so, we empower the next generation of women to be just as bold in their pursuits.*

*Serena Williams - Tennis Star*





HISTORIC KEY WEST INNS

1938

Choose from a collection of six historic properties in Old Town

*Arrive. Relax. Be Local.*

800.549.4430