



FORWARD PASS

OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

IWFFA.COM

2020
Annual Issue



**IWFFA FORWARD PASS
ISSUE: 2020**

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OFFICIAL MAGAZINE

TABLE OF CONTENTS

INTERNATIONAL FLAG FOOTBALL WOMEN ASSOCIATION

- 04 LETTER FROM THE PRESIDENT
- 05 THESE COVID TIMES
- 07 FIRST ORDER FLAG FOOTBALL TEAM
- 08 TEAM PAKISTAN STORY
- 12 IWFFA FILM DOCUMENTARY: "A LEAGUE OF OUR OWN"
- 13 A WORD FROM OUR PHILOSOPHER
- 14 LET'S TALK FLAG FOOTBALL

09 GOOD VS EVIL

BY DAWN MAHAN

- 15 CUBA AMBASSADOR
- 17 PLAYING AS AN OLDER PLAYER
- 18 2021 FLAG FOOTBALL TOURNAMENTS
- 20 SPECIAL IWFFA AWARDS
- 22 WHO ARE WOMEN'S FLAG FOOTBALL PLAYERS MOST VALUABLE PLAYERS?
- 24 FLAG FOOTBALL ALL STARS
- 30 WOMEN'S FLAG FOOTBALL INTERNATIONAL TEAM RANKING



PHOTOS BY BARRY GAUKEL

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Letter from the President of IWFFA

The year 2020 will be remembered as uncharted and un-navigated times. To the believers and non-believers, there is no quarrel that our flag football sports programs had suffered. Athletes who move their bodies daily, strenuously, fit for competition, all of a sudden were locked down, inhibited and slowly saw their bodies get out of shape. It's been hard for the serious flag football athlete to be prevented from playing with her team. There is psychological stress as well. It's hard for anyone who uses sport to socialize, exercise and make friends, to be isolated as long as we were.

The Covid pandemic came out of nowhere and how to structure leagues, teams and tournaments has been very difficult. For the IWFFA, it was after the Key West, Kelly McGillis Classic in January, when we had to cancel the rest of our 2020 tournaments, clinics and promotional tours. You will see in the annual team rankings that the Kelly McGillis Classic is the only ranking we have for 2020 for our teams around the world.

All our sanctioned leagues and teams were forced to lock down. Our promotional tour to Sierra Leone, Pakistan, Jamaica, Honduras and Bahamas were postponed till 2021, and travel to: New York, Ohio, Arizona, California for clinics had to be rescheduled.

But out of it all, we kept busy. The IWFFA offered for the first time on-line clinics for officiating certification, hosted by our Officiating Director: Briseida Beltran. We had coaching clinics for advanced coaches held by: Coach Alison Wood. The IWFFA had on-line coaching clinics for the beginner coach and beginner flag football player. The IWFFA offered free membership and so all our clinics were free, and we found another way to support our members: <https://www.youtube.com/watch?v=FUHqRRzthHk>

The IWFFA created a special videos: "Throwing the Football Around the World" <https://www.facebook.com/IWFFA/videos/286090019057844/>
"Leaders of the IWFFA" <https://www.youtube.com/watch?v=GWk3iLJyZiQ&t=14s>

We began a monthly International Team Trivia Contest which highlighted teams of women from: Pakistan, Jamaica, Sweden, El Salvador, Cuba, USA and Afghanistan, and we offered fun contests throughout the year. Our monthly podcast: On the Air with the IWFFA could be heard each month, as we continued flag football related conversations with our players in live or taped broadcasts.

Now, it's the end of the year 2020. There has begun COVID vaccinations and it seems we may be able to imagine a normal 2021 year.

We send our condolences to those who lost family, or friends to COVID and we ask all our players to MASK UP, continue social distancing, be smart and play it safe.

Sincerely,
Diane Beruldsen
President / Founder IWFFA





THESE COVID TIMES

by Diane Beruldsen
Coach-Organizer-President

The year 2020 will be remembered as a significant year, just as 9-11 is remembered as a significant date. The Covid pandemic has affected every country, every person on the planet, especially our athletes.

From controversy to ignorance to intelligence to science, there is a gamut of beliefs on how to behave during this time.

For the International Women's Flag Football Association (IWFFA), the COVID truly pushed back our promotions, our leagues, our tournaments and our athletes.

Covid started in Wuhan, China in December of 2019. In the first few months of 2020 (March) some countries were in lock down, and people were not allowed to walk the streets unless they had a letter or note from their workplace, doctors appointment, or important reason to travel on the public streets and the military was checking everyone's papers (El Salvador) . Some countries tried the 'Herd theory', where it was desired to have the majority population contract the disease so that they could start an immune response (Sweden). Some countries had strict rules and regulations. Hong Kong was the first country to lock down its citizens and everyone had to wear masks, stay distant, and wash hands throughout the day. In the U.S.A., with 50 states and numerous territories, there was no set of mandates for the public. Instead each state had their own set of rules.

What Covid has been like for me personally living in Key West, Florida USA

The state of Florida has had no travel restrictions. Tourists can travel to Florida freely. Residents and tourists are advised to wear face coverings and to avoid gatherings

of 10 or more persons, but there are no penalties for anyone not abiding by these measures and social distancing 6 feet or further is recommended. Early in the pandemic, the Florida Keys did have a physical lock down and put up a gate at the tip of the Keys in which no one who lived out of the Keys, was allowed to enter. This truly kept numbers of COVID infections low, and COVID deaths very low. At the 18 mile bridge, just before you entered the Keys, you had to show residency. If you were not a resident, you were told to go back. There were many boaters who had to 'turn around' who were hauling their boats intending to launch their boats inside the Keys. We had scandals of people buying fake residence stickers so "Non-Locals" could enter the Keys. There were people opposed to the "lock down" and "restrictions". Some believed their liberty and constitutional rights were taken away, and there were people who felt the urgency and necessity to comply with COVID restrictions felt these were crucial times and must be followed.

Key West was a quiet town during the two months of lock down. Residents were mostly staying indoors, wearing masks. A rule was implemented that no one was allowed to enter a business or store without a mask. People had to wear masks while walking public streets. We were told to social distancing 6 feet or more and wash our hands. With these precautions, and the hype on the news, there really was an emotional sense of caution and importance to be careful and abide by the rules. But then, with time, businesses were shutting down for safety of their workers or going out of business. The economy could not survive more than the few months and then business owners were starting to complain. Workers were starting to complain. People could not pay their rents and so in April the Florida Governor DeSantis made a law which no one could be evicted from their homes. Families were safe until October when the law was void and persons and families could then be legally evicted (some were). There were food distributions, and locals could drive up to a food tent and load their car with free food.

The USA government had given U.S. citizens a small economic support of \$1,200 for individuals, more for families. Unemployment benefits added \$600 each week in benefits through the "Heroes Act" which was initiated in May 2020 and ends January 2021. But not everyone collects unemployment. And since that one time economic relief, times are tough again for many of us.

As of December 1, 2020, in Monroe County (Florida Keys) there have been 3,426 cases of Covid and 28 deaths since the beginning of Covid.

So, as President of the IWFFA, coach of our girls flag football, Organizer of the Kelly McGillis Classic (to be our 30th in January 2021), what was I to do?

I'm no expert, let me make that clear. And I had to be careful, because what I decided would effect the health of our players. So here was my thought process.



I LOOKED AT THE STATISTICS

COVID STATISTICS - AS OF December 3, 2020 World Wide: Total cases 64.5 MILLION / Persons Recovered - 41.5M/ Deaths - 1.49M.

I was asked by parents (over a dozen) if I would have the girls flag football season, because they wanted their daughter to get some exercise. Everyone I sent a text out to all the parents from the previous season and asked if they would allow their daughters to play flag football - we lost over a dozen players because of the pandemic. Parents did not want their daughters running up and down the field with masks on, or parents did not want to risk the chance this season but would come back next year when the COVID is under control. For me personally, I need to get out of the house after months of hibernating. I needed to feel "normal" again. We are social animals, and I was secluded. Physically and mentally the isolation was hard.

The local soccer league was having their season. Boys football at the high school was held back. So, I decided to begin the girls flag football a little bit later, but we would have our season. I spoke with some mom coaches who helped me define what our COVID precautions would be. Below is our mandate for the girls flag football:

IWFFA COVID 19 GUIDELINES

Due to the recent Covid 19 pandemic, we will be adding some additional safety features to our flag football program to ensure the safety of our players and coaches.

- We will be sanitizing our equipment after every practice, scrimmage, or game by means of a combination of the steam method, natural disinfectant products, and alcohol based products.
- We will be asking players and coaches to wash hands and or use hand sanitizer more frequently during practices and games.
- We will be socially distancing the players and coaches. Staggered start times for when we run laps, breaking players up into smaller groups for water breaks, and limiting the number of players for practices is a few examples of how we will be distanced.
- We will encourage our players to wear a lightweight, breathable buff during practice and games.
- We will also increase breaks due to the facial coverings.



Photo by Barry Gaukel

- We will have a digital thermometer on site to take the temperature of all players and coaches before the start of any practice or game. If a player or coach has a temperature of 100.4 or greater, we will kindly and discretely ask them to leave the practice to go home and get some rest.
- IWFFA will be following all rules and regulations set out by the CDC if any of our players or coaches become ill due to Covid 19.

****Do not come to practice, scrimmage, games or the tournament if you are not feeling well.****

We will continue to assess the Covid19 situation regularly and will make adjustments as needed to ensure the safety of everyone who is involved with our program. The player's safety is our top priority.

If you have any questions or concerns, please contact Coach Diane at 305-896-8678.

WEARING A MASK

As an adult, I was not attending school, where all students had to wear masks, so I was not use to this facial covering. At first it was a bit too much, wearing a mask, but then I got the buff mask which made breathing easier while on the field and exerting myself.

Wearing the buff mask at each practice (I have practices 6 days a week), is easy now and not a distraction or discomfort. By taking everyone's temperature, we are tracking any cases of COVID should it arise. By sanitizing the equipment and our hands at the beginning of practice, we are adding a preventative measure to the safety of our girls.

So, for now, the COVID is manageable, with masks on, hands sanitized and we stagger our players in lines during practices, for their lap around the field at beginning of practice.

We will host our 30th Kelly McGillis Classic in Key West, come this January 19 - 25, 2021. Then we will tell all our players and fans to Mask up as well. It's not the best thing to do to play flag football, but it's O.K.





Founders of First Order Women Flag Football Team Deniele Barbosa the Ambassador for Brasil with the IWFFA and Roxx Sempero South Eastern Director with the IWFFA.

FIRST ORDER WOMEN'S FLAG FOOTBALL TEAM

First Order Women's Flag Football team is an all-inclusive and friendly atmosphere that is competitive and fun! First Order is based out of Wilton Manors Florida and encourages the engagement and involvement of competitive sports with the support of our community. First Order is a member of the International Women's Flag Football Association (IWFFA). Through this organization, First Order has had the opportunities to represent south Florida on a national level. As a team, we support and encourage involvement that includes lesbian, bisexual, transgender and straight allies. First Order is open and accepting of everyone that wants to participate.

In the short time that First Order has been competing, we have participated in 5 tournaments and won our division in the 28th Annual Kelly McGillis Tournament in 2019. We place in 3rd in P-Town In 2019 and place 3rd in the 29th annual Kelly McGillis Tournament. Whether we win or lose, First Order steps on and off the field not only as a team, but as a family. One of the core foundations of our First Order football team is, your teammates are and will always be your family. Having this mindset will allow for success for any team and every single player is proud to be a part of The First Order family. It's good to know that we will always protect, defend and care for each other not only as teammates, but as family. That is truly a blessing.

We have played flag football together for 5 years now. Together we decided to start our own team. We have the same principals, same passion for flag football and to see new upcoming players evolve in the sport makes all the hard work worth it.

WORDS FROM OUR PLAYERS

First Order is a way to create great memories and meet people that turn into family. These groups of women are some of the most wonderful humans I have ever met. My favorite time is when we share our family dinners at every tournament we go to."

Roxx

My fondest memory P-Town, on defense I tipped the ball from the QB and ran back for a touchdown vs Blue Wave also winning our 1st year in the Kelly McGillis tournament in Key West."

Ashley

It's physical and fun. My teammates are all interesting, we get to travel to different areas and play an assortment of teams. We all enjoy the game and want to have fun."

Felicia

I was nervous going to the Key West tournament but the reassurance of having my team support me kind of took those nerves away. In this tournament I learned to listen to my quarterback. This game taught me that when Deny says "the ball is going your away" cover the player. I was able to intercept the ball and almost scored a touchdown. It was an exciting moment for a newbie."

Laura L.

Moving here 4 years ago from Michigan and not knowing anyone was one of the scariest things I have had to experience. Coming from a place where I played sports for years and still played ball with college teammates 20 years later, I had teammates that will forever be a part of my life. Experiencing the camaraderie that we had established through our college years playing ball together and continued well after college, I was scared I would never find that again. I was wrong. I am so thankful and blessed that my life's path has brought me here to south Florida and I am a member of The First Order! I am so proud to have not only amazing teammates, I also have an incredible family! I came into this sport as a softball player and with the coaching and encouragement from both Deny and Roxx, I now have confidence as a football player. Thank you to the both of you."

Laura Rainbow



International Team Trivia Champs Team Pakistan

By:
Ume Omema



I am Ume Omema, even though I was born and raised in a small town of Pakistan, named Alipur, yet hurdles haven't been able to restrain me from achieving any of my goals. And with persistent hard work, I have been able to complete my degree in MPhil in field of Microbiology from a very prestigious and renowned university of Pakistan "The University of Lahore". Although I do not belong to sports background but within these few years, I have developed a strong connection with women in sports and as I came to know about their troubles adjusting in patriarchal society, I become passionate to help these women. They are the gems of society who have been able to survive through so much, with little bit of support how much they can achieve, one can only wonder and that's why I have founded keen interest to work with sports management of Pakistan.



Even though, Pakistan is patriarchal society but modern women of Pakistan are breaking barrier of those misogynistic chain, they are more passionate than ever. When I heard about International Women Flag Football Association (IWFFA) from one of my friends Zeba Hussain (Asian Representative) that there is an international Women organization with the name of IWFFA which is purely dedicated in putting their efforts to empower women it inspired me more to give my best to help female athletes of Pakistan.

"I have develop a strong connection with women in sport "



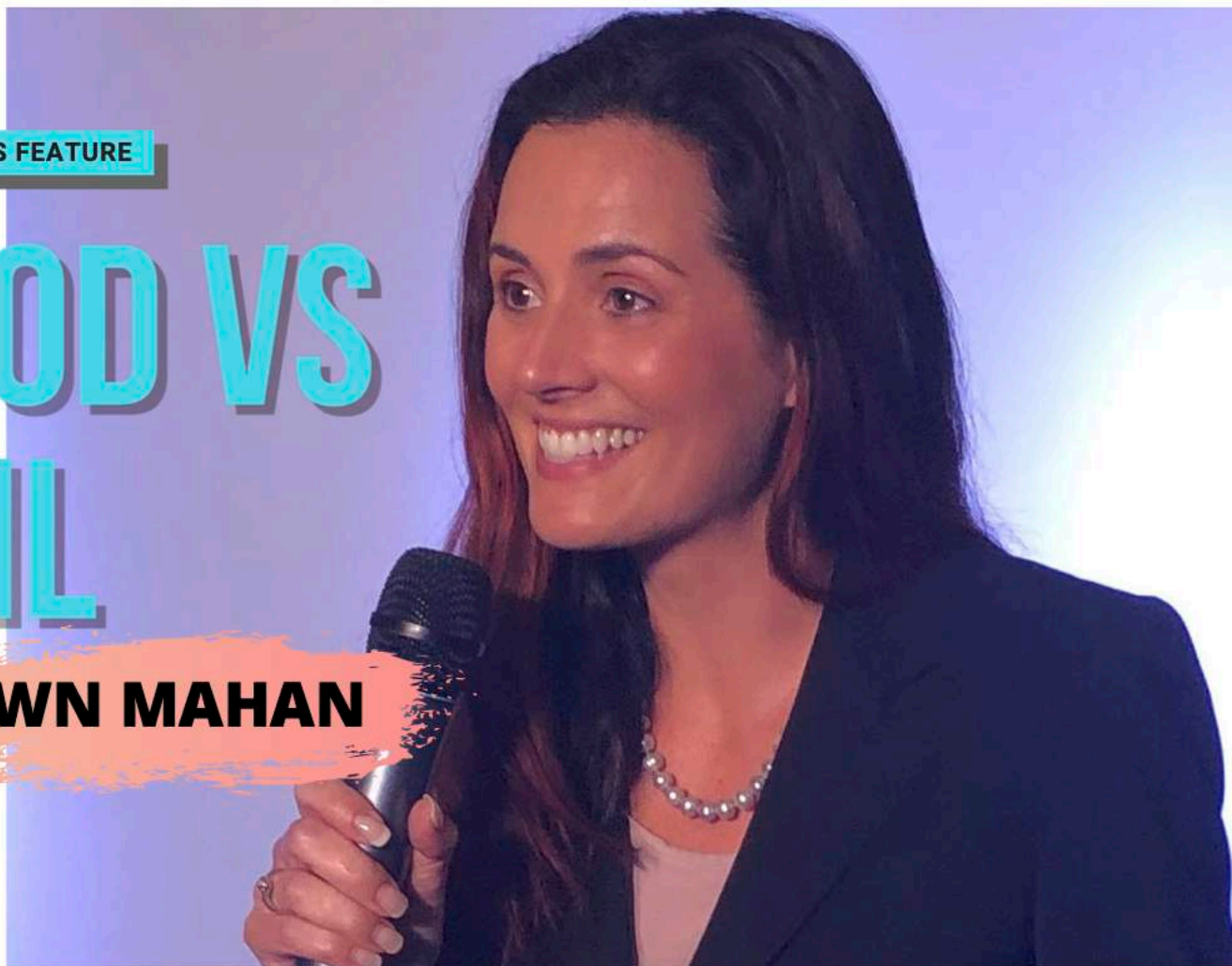
For this, I decided to train myself. For experience, I took part in different online sessions along with many other women (Quratuline Qangash, abida Batool). We attended trivia contest against Afghanistan, Sweden, and USA, and we won against all. Although it was a fun game but as Pakistan representative it was a big achievement for us. Our excitement reached over the moon when our victory got published in newspaper. Our most of the Women joined flag football in this pandemic period. I really appreciate Diane Beruldsen (president and founder of International Women's Flag foot ball association) who conducted online coaching courses for Pakistani women. Pakistani women are waiting to take part in the key west tournament and are very keen to play flag football on the field. We welcome our president to visit Pakistan and inspire more women.



THIS MONTH'S FEATURE

GOOD VS EVIL

BY DAWN MAHAN



So, I'm in kindergarten, minding my own business, and the teacher says, "Class, I want you to each take turns, stand up and tell everyone what you want to be when you grow up." I was terrified, but I knew my answer. Jeremy, my very first friend in the world, stands up and says, "I want to be a firefighter." Gwen says, "I want to be a teacher." I stand up on shaky knees, look Mrs. Robbins straight in the eye and whisper, "I want to be happy."

Isn't that what we all want? As humans? As women? In America, we are all about "the pursuit of happiness." I learned at two years old that life has a way of making this journey difficult.

Fast forward forty years to a global pandemic, social unrest and an America (and world) that is divided on many important issues. 2020 is not utopia for most of us. As for me, I'm single, my father got stuck here with me when everything locked down and my business got hit hard.

The joy I get from speaking, consulting and teaching internationally has been reduced significantly as we've switched entirely to virtual delivery. Plus, I'm in Florida. My dad is about 23 years older than I am and still has hair, so I swear people assume he's my husband.

On a positive note, this lockdown has afforded me more time to think.

No packing and panicking to get to the airport on time. No jetlag and zombie days as I switch to a new time zone. To help boost my energy before giving a virtual speech one morning, I tried to recall moments of pure joy.

**"ON A POSITIVE NOTE,
THIS LOCKDOWN HAS
AFFORDED ME MORE
TIME TO THINK"**



One fond memory is from high school when we would roll down all the windows of the school bus and cheer, chant and scream our heads off after winning a game, so that our entire tiny town knew that we made them proud.

That feeling of collective pride and joy was both powerful and contagious. We'd get big smiles from strangers on the street and see their fists pump in the air, which would boost our moods even more. Even though I usually felt self-conscious and different, in that fifteen-minute ride through my hometown, I felt that I fully belonged.

Belonging is the innate human desire to be part of something larger than us. Because this yearning is so primal, we often try to acquire it by fitting in and by seeking approval, which are not only hollow substitutes for belonging, but often barriers to it.

~ Brene Brown, Author of *Braving the Wilderness: The Quest for True Belonging and The Courage to Stand Alone*

Of course, I also experienced “mean girls” well before the movie made this female phenomenon real. Working in international business, I have unfortunately met many women who clearly never grew out of the “mean girl” phase.

Why is it that some women feel the need to tear other women down? How can a woman immediately assess another woman as a threat to be annihilated before she even knows the first thing about her as a human being? Why can't the first reaction be to genuinely want to help a sister out?

Recently I started to question my sanity. I needed to solve my feeling of isolation, resolve my tendency to work nonstop rather than move my body and figure out how to meet new people in a pandemic.

For my birthday, I treated myself to a massage and the therapist and I were sharing stories.

I happened to mention that I was the token girl on a flag football team in college and she said, “I have the answer to your prayers! Women's flag football is right here!” At first, I was reluctant to reach out, since I have not always had a good experience with women.

When I mentioned this to a friend, she said that she knew the organizer of the Big Pine women's team and assured me THESE women were not THOSE women. She was right!

One day at practice, we were short some players. Luckily, one of the moms offered up a willing son to play a little defense.

Something happened on a play and the boy ended up on the ground crying. I felt all of our hearts collectively embrace this child to heal him. (He's totally fine, thankfully!)

In that moment, I knew I found my people.

Generally, we women have a lot of natural qualities that can either be used for good or evil. Where do you see yourself on the spectrum for each of the following three characteristics? With your family, your community or your team, do you tend toward one side of the spectrum or the other?

Embrace vs. Ostracize –

When you meet someone new, do you smile, help people feel welcomed, valued and give them the benefit of the doubt? Or, do you assess them as foes before getting to know them? Do you welcome new people or treat them as outsiders not worthy of your attention?

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Collaborate or Dictate

Do you listen and take other people's ideas into account? Or, do you bark orders and expect them to jump to it when you speak?

Empower or Criticize

Do you see the strengths inside someone and highlight them, or do you find their weaknesses and tear them down?

I see the Big Pine women recognizing the strengths of each other and cheering for one another. I see beauty and strength. I see women with big hearts who want to work together toward a common goal and have fun.

I am grateful to these women who have naturally created a healthy team culture, where even this sad, lonely kid who just wanted to be happy could feel immediately included, valued and loved. If you don't feel that on your team, the first thing you can do is look in the mirror and ask yourself what you can do to help shift the culture.

As an adult woman, you have the power to influence the world around you. If you don't believe me, just say a kind word to a stranger and give them a smile and nine times out of ten, they will smile right back at you.

The more that we women pump up the volume on our natural abilities to embrace, collaborate and empower people, the more beautiful life will be. Let us turn down the volume on the harsh sounds of our inner mean girls, even if that voice is the critical dictator in our own head.

Team sports like flag football are not about violence. They are about teamwork, finesse and strategy. As individuals, we need to know and understand our own positions, what our teammates expect from us, as well as what we should expect from them.

Now go back over all of those questions again and focus on your reaction to men vs. women. Do you treat new men differently than women? Are you more likely to be more critical of other women? Why do you think that even in a progressive country like Norway, some women would prefer to have a male coach?

How we communicate is the foundation for how we are perceived on all three of the spectrums presented above. In my popular workshop, "Communication Styles: Discover. Play. Adapt.," participants learn about their own communication style, how it is perceived by others and how to adapt their style to more effectively communicate. But one of the biggest takeaways is this. Some researchers say that 55% of communication is body language, 38% is tone of voice and 7% are the actual words spoken.

I am thrilled to hear that the IWFFA really is changing the world. There are now two women's and three girl's teams in Cuba. Women from Afghanistan traveled to India to learn the game and bring the sport back to teach their girls too. This is women helping women and giving girls and opportunity to belong to a team and learn skills that they can carry into adulthood. When women and girls are happy, the whole world is a more beautiful place.

We are women. We are powerful. Let's play some good clean fun football and improve our world!

Dawn Mahan, PMP is the Founder of PMOtraining.com & the Project Guru Academy, an award-winning consultant, international speaker and proud new member of the IWFFA.

**Learn more about what my team of Project Gurus can do for you and your crew:
<https://linktr.ee/DawnJMahan>**



THE IWFFA FILM DOCUMENTARY "A LEAGUE OF OUR OWN"



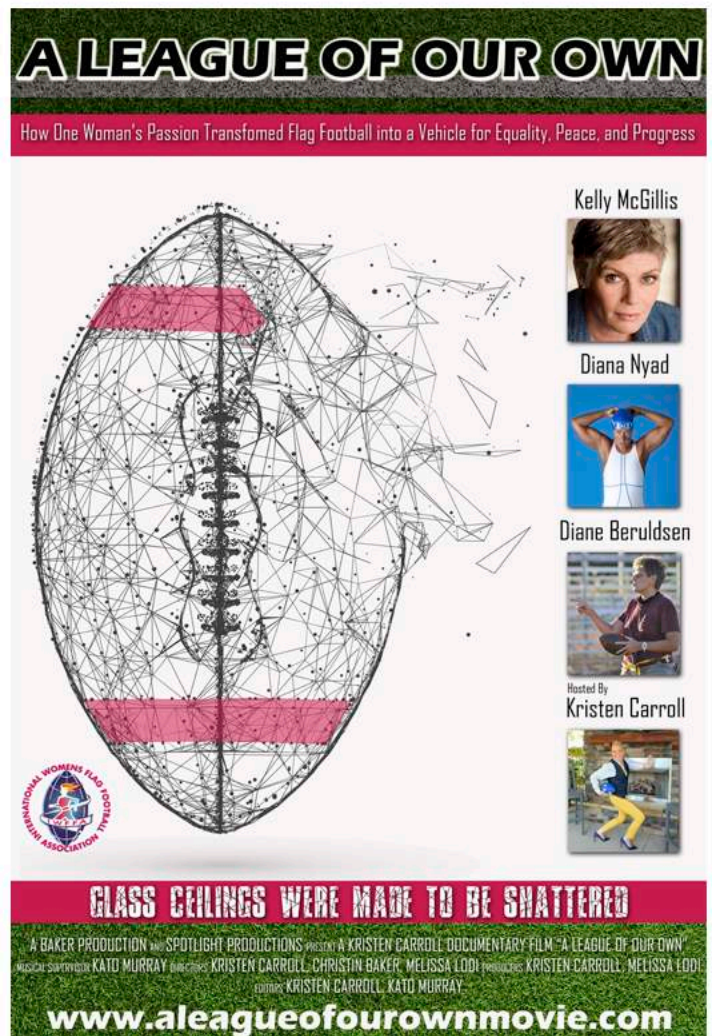
Kristen Carroll - Director - Producer
 Christin Baker - Producer - Director, head of Tello
 Films and Baker productions
 Melissa Lodi, LMC Spotlight and Assistant
 Director
 LMC Group - <https://www.lmc.group>

Kristen Carroll would like to include other women who have participated and/or contributed over the years, as their involvement alone provides a beacon of inspiration for what a strong woman can do, both in general, but through athletics and undying resilience. If you are a woman who fits this description, contact: IWFFA@IWFFA.COM

In November, 2020, Kristen Carroll of The LMC Groups, interviewed: Diane Beruldsen, Founder of the IWFFA (while also getting a crash course in flag football) and she also spent time with the local Key West female flag football teams, shooting footage for an upcoming documentary film on: The IWFFA.

The documentary will be A Baker Production, which will be previewed during the 30th annual Kelly McGillis Football Classic this January, 2021, in Key West, Florida, USA.

The film also features a 1:1 interview with famous actress: Kelly McGillis as well as Record holder Swimmer: Diana Nyad.



And Now A Word From Our Philosopher.....



Ms. Raina

The Winner

A winner's definition is to succeed by striving or effort, gain victory or overcome an adversary, and be successful or competent and acknowledged for it. By this simple understanding of the definition, we can conclude that every effort we make in life that overcomes any adversity can be a win. Throughout the history of humanity, winning has been at the forefront of what drives us in life. Why does winning play such an essential and crucial part of our lives?

I've been an athlete since I was five years old. From the first time I picked up a bat and ball, laced up my spikes, and ran onto the field, I knew that sports would always be a part of my life. To me, nothing beats the smell of a football or softball field, the feeling of getting bruises and bumps, the chlorine smell that's seeped into your skin after several months of swim practice, and the sweet taste of victory and that feeling of defeat you feel after losing a close game. I can honestly say that sports have taught me so much, but sadly, the game we love very much can lead us to unhealthy and unrealistic ideals about life.

When I was young, the one thing that always stuck in my mind was seeing many coaches and players becoming upset at the games' outcome. At first, I could never understand why losing a game was so upsetting. After all, I was never that type of athlete to get upset if I lost or didn't play well. My attitude was that if I played hard and gave it my all, I was happy with myself. In all my experience, I see too many of us get lost in the battle of win vs. loss. It is most likely that sense of instant accomplishment when we win a game that causes us to chase being a winner. And who can blame us?

Our body fills itself with endorphins and dopamine that makes us feel alive when our hard work pays off. Still, I think it's imperative for us to always remember that competition is to push us to challenge ourselves and not validate for the things we are missing in our lives.

It is easy to get caught up in winning when we feel without in life. It is the brain's response to distress to seek instant gratification to which we think we have lost. Especially right now, during stressful times in our lives, our natural body's response is to make ourselves feel good about who we are. When we are emotional and unhappy, we tend to seek these external factors to fill those voids temporarily. Now we understand why winning is so enticing. These ideals are dangerous for many people because they create unhealthy habits, and we will try to counter these feelings by other means. Some will seek happiness in food, others will shop, and some of us need to win at all cost.

I feel that it is our responsibility, not only as athletes but also people, to create a healthy emotional and mental mindset. To make sure to use athletics to teach us that no matter an outcome in life, if we work hard towards our goal, we are still winners even if we come up short. It is also essential that we pass healthy ideals and understanding down to our children that will come after us. If we teach them that friendship, hard work, teamwork, effort, and compassion are the real trophies in sports, we set up future generations in a world where they will thrive.



LET'S TALK FLAG FOOTBALL

FLAG FOOTBALL IS LIKE NO OTHER SPORT



By Coach 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.

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 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 football player and teammate of mine said, bad things happen on a 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.



CUBA AMBASSADOR TO IWFFA: MEYBI DELGADO AND COACH FOR GIRLS FLAG FOOTBALL

BY PATRICIA GORKY

Meybi Delgado coaches a girls' team in Havana, Cuba.

"I didn't have [much of] a background in sports before," said Meybi. "When I was little I practiced sports... and I can remember how I met people in other schools and made friends. It's really good to play sports and to stay healthy."

Flag football is not a common activity in a country where soccer and baseball are predominant. When Meybi met Diane in Havana, she took a flyer and then gave flag football a try.

Normally shy, Meybi said that even though she didn't know anyone on the team, she began to enjoy playing the sport with time. Playing on a team develops confidence: "You have to play in a united way, you have to be friends, you have to know how to be a team player."

Sports are encouraged for Cuban youth, and are a regular part of school activities. Unlike in the United States for example, there are no fees to participate in sports. If there is a fee it is small.



Social services such as health care, and education from kindergarten through to graduate degree are all free. "But we don't have much equipment here, [because] equipment is expensive," said Meybi. Their team collaborates with the local women's rugby team, who shares equipment with them.

Some goods such as internet access or certain food products like meat are expensive, mainly because of the 60-year economic war that the U.S. government wages against Cuba. The blockade means that any country or company, anywhere, that wishes to do business with the island faces financial persecution from the U.S. government. This drives up the prices of items that Cuba imports, including equipment.





The team is excited to learn from and play with other international groups who will be travelling to Cuba to work with the teams. Flag football is an important part of the young girls' lives, said Meybi. "[We can] get them out of the house, to do something active, to have confidence, to be a good partner, a good friend, and to love people."

"Everything is affected. They banned the cruise ships from coming, and they were very important for our economy. My husband is a chef in the restaurant. When those ships would come to Havana, Meybi said, all of the people disembarking would then dine at a restaurant. "That's money for all the people who work in the area. But now, they can't come to Cuba. That was a big punch in the stomach for Cuba."

Lifting the 60-year U.S. blockade would mean a lot for the Cuban teams. "We want to travel, but it's hard to travel to other countries. It's very expensive. We want to go to the tournaments in El Salvador and in Key West, Florida ... but because of all of these political things, we can't do it."



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 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 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.



2021 IWFFA TOURNAMENTS

30th Kelly McGillis Classic International
Women & Girls Flag Football Championship
Key West, Florida, USA

January 21-24, 2021 (Games Only)
(Full Week of Events: January 19 - 25)
Trainers Camp - January 26 - 30)

1st Qutte, Pakistan

February 20-21 (clinics Feb 12 - 19) dates may change due to COVID

2nd Honduras, Tegucigalpa
Tegucigalpa, Honduras - Flag Football Clinics

March 20-21 (clinics March 16-19) Postponed due to COVID

31st Sierra Leone, West Africa

May 29 - 30, 2021 (clinics May 1 - 28)

5th San Salvador, El Salvador Hosted by ASFA

June 26-27, 2021

1st Kingston, Jamaica tested roger and aisha

July 10-11, 2021 (clinics July 5 - 9) - I

New Orleans, USA 2021

July 10-11, 2021

5th Havana, Cuba

July 24 - 25 (clinics 19 - 23)

Grand Bahamas annual tournament

August 7 - 8, 2021 (clinics August 1 - 6)

8th Readington, New Jersey Hosted by NJWFF

August 7 - 8, 2021

17 Gothenburg, Sweden
hosted by Gothenburg Angels

August 21 - 22, 2021

15th IWFFA Ptown Classic,
Provincetown, Massachusetts

September 17-20, 2021

Dayton, OH Oct 10-11, 2021

October 9 - 10, 2021

7th Guatemala City, Guatemala
Hosted by Guatemala Women's Flag Football League

November 6 - 7, 2021

(The Official)

30th Kelly McGillis Classic
International Women & Girls Flag Football
Championship & World Challenge Game
Key West, Florida, USA

January 27-30, 2022 (Games Only)
(Full Week of Events:
January 24-31, 2022)





IWFFA AWARDS 2019

SPECIAL AWARD	RECIPIENT
PORTER WILSON 2019	MARCUS DARNELL - USA
IWFFA SPORTSWOMAN AWARD NORTH AMERICA REGION 2019	MAGGIE KOOSA - USA
IWFFA SPORTSWOMAN AWARD NORDIC REGION 2019	MIMMI CARLSSON - SWEDEN
IWFFA SPORTSWOMAN AWARD LATIN AMERICA REGION 2019	BRISEIDA BELTRAN - EL SALVADOR
IWFFA SPORTSWOMAN AWARD ASIA REGION 2019	SARITA PADRA - INDIA
IWFFA SPORTSWOMAN AWARD AFRICA REGION 2019	NESSMA ABDELAZIZ MOHAMED - EGYPT
IWFFA SPORTSGIRL AWARD 2019	JANY FERNANCEZ - CUBA
HUMANITARIAN	JAMIE SAFFA - SIERRA LEONE (JIMMY FOUNDATION SPORTS - ACADEMY FOR GIRLS)



IWFFA AWARDS 2020

SPECIAL AWARD	RECIPIENT
PORTER WILSON 2020	KRISTIE BAREIKA - ARTIGUE
IWFFA SPORTSWOMAN AWARD NORTH AMERICA REGION 2020	MICHELLE FRANCES RIZZUTO
IWFFA SPORTSWOMAN AWARD LATIN AMERICA REGION 2020	MARIA JOSE EGUIGURE TORRES - HONDURAS
IWFFA SPORTSGIRL AWARD 2020	EMILY CANO - USA





MVP'S 2020



WOMEN HIGHER DIVISION

TEAM	MVP OFFENSE	MVP DEFENSE
BLUE WAVE	GABI OLIVER	AMBER MOORE
CAT 5	AMANDA LARA	OBIOMA OBIAGUZOR
FIRST ORDER	TISHAN HENDRICKSON	KELLY BERINGSON

WOMEN LOWER DIVISION

FAIRVILLA LOOSE WOMEN	ALLISON DICHOSO	ERIN DIETTE
BIG PINE WOMEN	AMANDA APPEL	SAIMA KAWZINSKY
LATIN WOMEN	DEBORAH CASTILLO	PAOLA COELLO
UPPER KEYS SEA STARS	BOBBI BURSON	MORGAN BAILEY

JUNIOR DIVISION

FL STEAK & LOBSER & BARNES ALARM MARATHON	ELENA EUBANK	KRISTINA DUNCAN
CAPUTO ELECTRIC KEY LARGO	NATALIE BARAJAS	DEANDRA VALVERDE
SPARKCHASER HOB JR ELIANY	ELIANY LEAL ESPINOZA	HERLANI LEON LOPEZ
SUNRISE ROTARY HOB JR JOANN	MARIA MARATITA	JOHANNA ANDRADE

GIRLS DIVISION

FAUSTOS HOB GIRLS	JAYLIN CARRAZANA	EMILY CANO
PRIBRAMSKY & CO LOOSE GIRLS	ARIANNA ANDERSON	CLAUDIA STELING
BLUE SOPHIA JEWELRY POINCIANA THUR	ELIZABETH MCCAULEY	BRIANNA BRENNER
TOTAL POOL SUGARLOAF GIRLS	AVA ARTIGUE	ALTHEA OLSON
BERKSHIRE & HATHAWAY BIG PINE GIRLS	BELLA SIMS	JULIETTA CALABRO
GARY'S PLUMBING POINCIANA FRI	FAITH HARRIS	AYLA FREEMAN
BLUE HEAVEN GERALD ADAMS	CAMILLA GARCIA	NYASIA MAJOR



★ ALL STARS 2020 ★

WOMEN'S HIGHER DIVISION DEFENSIVE ALL STARS

TEAM	POSITION	PLAYER
BLUE WAVE	PRIMARY	MICHELLE ALEXANDER
FIRST ORDER	PRIMARY	FAYOLA MOISE
CAT 5	PRIMARY	SHAUNA CORSO
FIRST ORDER	SECONDARY	ASHLEY KOFFMAN
FIRST ORDER	SECONDARY	DIANE DELGUADIO
CAT 5	SECONDARY	KATIE HARRIS
FIRST ORDER	SAFETY	TISHANI HENDRICKSON
BLUE WAVE	SAFETY	MICHELE RIZZUTO
CAT 5	KICKER	SAMANTHA WRIGHT

WOMEN'S HIGHER DIVISION OFFENSIVE ALL STARS

TEAM	POSITION	PLAYER
BLUE WAVE	QUARTERBACK	MICHELLE RIZZUTO
FIRST ORDER	RUNNING BACK	MELISSA DUNNE
FIRST ORDER	RUNNING BACK	LAURA LINARES
BLUE WAVE	RECEIVER	MACKENZIE GOMES
CAT 5	RECEIVER	AMANDA LARA
CAT 5	CENTER	JESSICA RICHARDELLA
BLUE WAVE	GUARD	JAMIE ALBURY
FIRST ORDER	GUARD	KELLY BERINGSON
BLUE WAVE	PUNTER	JULIE OBRIEN

WOMEN'S LOWER DIVISION DEFENSIVE ALL STARS

FAIRVILLA LOOSE WOMEN	PRIMARY	SARA PERSSON
UPPER KEYS WOMEN	PRIMARY	ELIZABETH GIORDANO
LATIN WOMEN TEAM	PRIMARY	PAOLA COELLO
BIG PINE WOMEN	SECONDARY	SAIMA KAWZINSKY
FAIRVILLA LOOSE WOMEN	SECONDARY	TIANA FULLER
LATIN WOMEN TEAM	SECONDARY	IVETTE CHAVEZ
BIG PINE WOMEN	SAFETY	MORGAN ROME
UPPER KEYS WOMEN	SAFETY	MORGAN BAILEY
LATIN WOMEN TEAM	KICKER	LETICIA LINARES



ALL STARS 2020

WOMEN'S LOWER DIVISION OFFENSIVE ALL STARS

TEAM	POSITION	PLAYER
FAIRVILLA LOOSE WOMEN	QUARTERBACK	FRITA HADEFJELL
UPPER KEYS WOMEN	RUNNING BACK	JULIE SOGEGIAN
BIG PINE WOMEN	RUNNING BACK	JENNY REEVES
FAIRVILLA LOOSE WOMEN	RECEIVER	TIANA FULLER
LATIN WOMEN TEAM	RECEIVER	MARIA FERNANDA EGUIGURE
LATIN WOMEN TEAM	CENTER	GABRIELA FLORES
FAIRVILLA LOOSE WOMEN	GUARD	ERIN DIETTE
LATIN WOMEN TEAM	GUARD	VANESSA BERMUDEZ RIVAS
UPPER KEYS WOMEN	PUNTER	EMILY MURPHY

JUNIOR DIVISION DEFENSIVE ALL STARS

FL. LOBSTER & STEAK - BARNES ALARMS MARATHON	PRIMARY	CAYLIE GLOBE
SPARKCHASER HOB JR ELIANY	PRIMARY	ELIANY LEAL ESPINOZA
CAPUTO KEY LARGO	PRIMARY	DAYANARA FERNANDEZ
SUNRISE ROTARY HOB JR. JOANN	SECONDARY	JOHANNA ANDRADE
CAPUTO ELECTRIC KEY LARGO	SECONDARY	JASMINE VALDES
FL. LOBSTER & STEAK - BARNES ALARMS MARATHON	SECONDARY	KRISTINA DUNCAN
CAPUTO ELECTRIC KEY LARGO	SAFETY	EMILY TORREY
CAPUTO ELECTRIC KEY LARGO	SAFETY	BRITANY LOPEZA
SUNRISE ROTARY HOB JR. JOANN	KICKER	DORCELIE JUSTE

JUNIOR DIVISION OFFENSIVE ALL STARS

FL. LOBSTER & STEAK - BARNES ALARMS MARATHON	QUARTERBACK	ELENA EUBANK
SUNRISE ROTARY HOB JR. JOANN	RUNNING BACK	MARIA MARATITA
CAPUTO ELECTRIC KEY LARGO	RUNNING BACK	EMELY ESPARZA
FL. LOBSTER & STEAK - BARNES ALARMS MARATHON	RECEIVER	NAUDIA COWAN



ALL STARS 2020

JUNIOR DIVISION OFFENSIVE ALL STARS

TEAM	POSITION	PLAYER
SPARKCHASER HOB JR ELIANY	RECEIVER	HERLANI LEON LOPEZ
SPARKCHASER HOB JR ELIANY	CENTER	SHAKHINABONU ILKHOMOVA
SPARKCHASER HOB JR ELIANY	GUARD	MARIE NOEL
CAPUTO ELECTRIC KEY LARGO	GUARD	REILY CLARK
SUNRISE ROTARY HOB JR. JOANN	PUNTER	LANDAWA SYLLA

GIRLS DIVISION DEFENSIVE ALL STARS

TEAM	POSITION	PLAYER
BLUE HEAVEN GERALD ADAMS	PRIMARY	BELLA EDWARDS
PRIBRAMSKY & CO LOOSE GIRLS	PRIMARY	CLAUDIA STELING
TOTAL POOL SUGARLOAF GIRLS	PRIMARY	SARA OBRIEN
PRIBRAMSKY & CO. LOOSE GIRLS	SECONDARY	ISABELLA GRODZINSKI
BERKSHIRE & HATHAWAYBIG PINE GIRLS	SECONDARY	JULIETTA CALABRO
FAUSTOS HOB GIRLS	SECONDARY	EMELY CANO
PRIBRAMSKY & CO LOOSE GIRLS	SAFETY	MASHA PETRYKA
BLUE HEAVEN GERALD ADAMS	SAFETY	FAITH HARRIS
FAUSTOS HOB GIRLS	KICKER	EMELY CANO

GIRLS DIVISION OFFENSIVE ALL STARS

TEAM	POSITION	PLAYER
FAUSTOS HOB GIRLS	QUARTERBACK	JAYLIN CARRAZANA
PRIBRAMSKY & CO. LOOSE GIRLS	RUNNING BACK	LUCELY TREMINIO
BERKSHIRE & HATHAWAYBIG PINE GIRLS	RUNNING BACK	IEMMA DUNCAN
PRIBRAMSKY & CO. LOOSE GIRLS	RECEIVER	NICOLE GIRODANO
BLUE HEAVE GERALD ADAMS	RECEIVER	CAMILA GARCIA ALVAREZ
BERKSHIRE & HATHAWAYBIG PINE GIRLS	CENTER	SARAH BELLA SIME
FAUSTOS HOB GIRLS	GUARD	NAKATHY DORT
TOTAL POOL SUGARLOAF GIRLS	GUARD	ALEEYA NIEVES
POINCIANA THUR BLUE SOPHIA JEWELRY	PUNTER	BRIANNA BRENNER



2020 TEAM RANKING

WOMEN'S HIGHER DIVISION TEAM

	Team	O POINTS	D POINTS	Pt Differ	Ranking	TOURNAMENT
1	BLUE WAVE	108	45	63	16	29th Kelly McGillis Classic
2	CAT 5	100	7	93	12	29th Kelly McGillis Classic
3	FIRST ORDER	74	25	49	5	29th Kelly McGillis Classic

WOMEN LOWER DIVISION

	Team	O POINTS	D POINTS	Pt Differ	Ranking	TOURNAMENT
1	Fairvilla Loose Women	32	40	-8	12	29th Kelly McGillis Classic
2	BIG PINERS	12	39	-25	9	29th Kelly McGillis Classic
3	LATIN LOOSE WOMEN	06	61	-51	2	29th Kelly McGillis Classic
4	UPPER KEYS SEA STARS	112	105	7	1	29th Kelly McGillis Classic

JUNIOR DIVISION

	Team	O POINTS	D POINTS	Pt Differ	Ranking	TOURNAMENT
1	Marathon Barnes - FI Steak & Lobster	57	12	45	10	29th Kelly McGillis Classic
2	KEY LARGO CAPUTO	25	26	-1	5	29th Kelly McGillis Classic
3	HOB JR ELIANY SPARKCHASER	06	27	-21	3	29th Kelly McGillis Classic
4	HOB JR ELIANY SPARKCHASER	12	35	-23	1	29th Kelly McGillis Classic

GIRLS DIVISION

	Team	O POINTS	D POINTS	Pt Differ	Ranking	TOURNAMENT
1	HOB Faustos	32	6	26	8	29th Kelly McGillis Classic
2	LOOSE GIRLS PRIBAMSKY & CO	59	14	45	7	29th Kelly McGillis Classic
3	POINCIANA THUR BLUE SOPHIA JEWELRY	31	20	11	5	29th Kelly McGillis Classic
4	SUGARLOAF TOTAL POOL SERVICES	34	26	8	5	29th Kelly McGillis Classic
5	BIG PINE BIRKSHIRE HATHAWAY	18	25	-7	3	29th Kelly McGillis Classic
6	POINCIANA FRI GARY'S PLUMBING & FIRE	27	67	-40	3	29th Kelly McGillis Classic
7	GERALD ADAMS BLUE HEAVEN	19	62	-43	1	29th Kelly McGillis Classic