

# IWFFA WOMEN'S FLAG FOOTBALL FESTIVAL

EL SALVADOR APRIL 10-17, 2022



**IWFFA**

International Women's  
Flag Football Association



## 1ST IWFFA WOMEN'S FLAG FOOTBALL FESTIVAL



A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult.

-Melinda Gates

EMPOWERING WOMEN SINCE 1997

**Our First Women's Flag Football  
Festival is waiting for you!!!**

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# **Join Us Women & Girls**



**A UNITY OF FLAG FOOTBALL  
PLAYERS & NON-ATHLETES**

**A week in the woods  
Tenting under the stars  
Full moon celebration  
Flag Football Clinics Every Day  
Food -Clinics - Workshops  
ALL INCLUSIVE**

**REGISTRATION  
\$100 FOR THE FULL WEEK  
IWFFA@IWFFA.COM**

# FLAG FOOTBALL FESTIVALS – SIMILAR TO MICHIGAN WOMEN'S FEST WITH A TWIST EL SALVADOR APRIL 10 – 17, 2022 / SWEDEN JULY, 2023

by Diane Beruldsen IWFFA founder / President



Influenced by the Michigan Women's Music Festival, since the 90's, I learned a great deal from the festival. I was impressed with the unity, love, honesty and support for one another. I was amazed how a group of women could build a little city in a matter of weeks, then tear down once the festival was over.... It was WOMAN POWER and a great feeling to be a WOMAN! So as president and founder of the International Women's Flag Football Association (IWFFA), I wanted to offer our flag football players this wonderful experience and to create a similar atmosphere to build not only strong bodies, but strong female spirits.

Our Flag Football Festivals (FFF) would not only be for players, but all women, athletic or not, who would like to join a week of camping, tenting, participating and sharing in workshops and flag football. The FFF will offer what women want to share, and already for our first FFF in El Salvador, from April 10-17, 2022, we have indigenous women, healers, story tellers, singers and clinics for every flag football position. The FFF will end in a "Woman's Champion Flag Football Game" closing ceremonies celebrating the achievements women made during the week and ending with a 'Candlelight Unity for all Female Spirits'.

The IWFFA is a woman's organization first, who uses the sport of flag football to teach leadership skills while uniting female flag football players around the world. For example, in 2018 we traveled to India to teach a group of women from Afghanistan how to play, coach and officiate flag football so they could take the sport back to Afghanistan, where they developed and coached the girls. We've traveled to dozens of countries, putting the women in charge of their own sport, and spreading our philosophy for flag football. Our biggest promotional tour will be next year when we travel to Sierra Leone, West Africa to train 250 girls and 100 women!

I was a first generation flag football player from the 70's, where there were no role models other than NFL tackle football players, all my coaches were men, and this atmosphere created lots of rough and tough female flag football games and players. We were taught to "hit her hard" and "take her out". Through the years organizing the IWFFA, and traveling to dozens of countries around the world,

I realized there was a more natural and different style for female flag football. I learned a lot from the Scandinavians in the 90's and added my experiences from the Mich Fest Festivals. The philosophy of the IWFFA became more clearly defined as we shared internationally with each new country. Not having the male influence for the sport in these countries, offered the opportunity to create the female style of playing flag football. Using the female style and IWFFA philosophy, women play a smarter game using strategy and finesse, versus brute force and speed. There is more camaraderie with competing teams versus animosity, and more important than winning, is understanding how to play your position so you can make the best decisions on the field. Because winning is not emphasized, doing one's best and being a team player is. These characteristics created not only a more exciting game, but develop smart females who we want to become leaders and for women to rule the world.

**Any woman who would like to offer a workshop or be a participant (you don't have to play flag football) contact: [IWFFA@IWFFA.COM](mailto:IWFFA@IWFFA.COM)**

*WHAT'S INSIDE THIS  
ISSUE:*

**A LETTER FROM  
EL SALVADOR  
AMBASSADOR**



# WHAT IS A WOMEN'S FESTIVAL?

**By Briseida Beltran, El Salvador Ambassador**

When Diane (president of the IWFFA) mentioned she wanted to have a women's festival, I had no idea what she was talking about, because at that moment I had never heard about a women's festival. So, when Diane started to mention all the activities and purpose of women getting together to empower us through clinics and workshops, I thought that sounds nice then when I knew the 1st festival would be in El Salvador, I said oh my!!

In El Salvador we have never had a women's festival, a whole week only with women, sharing their stories, camping, tenting, practicing football, music, in the nature, etc. This was a challenge, starting with the land and all the logistic that a week full of events will take, but El Salvador said yes. This festival might be the 1st but we want this to become a precedent for future women's festivals in different countries where we can empower more women from around the world and at the same time enjoy more flag football.

We will have a lot of activities for women joining us, we will have an indigenous women sharing her story, this week will not only be about flag football but also we want to make a bond with nature and women like we have never done before.

I want to thank Leticia de Mendoza and Elisa Montalvan for helping me with this festival, and all the women from El Salvador, former and current players. I want to thank the mayor of our City Colón for given the women from El Salvador the opportunity to have the festival and to open the door for a new sport in our community.



# Special mention

We want to thank the City Hall of Colón and his mayor Samael Rivera for allowing the women have its flag football festival.

*Thank you!*





# IWFFA CLINICS



(Each Day A Different Position)

## SUNDAY

IWFFA RULES



## TUESDAY

RECEIVER,  
SECONDARY AND  
SAFETY



## MONDAY

CENTER, GUARD AND  
OFFENSIVE LINE

## WEDNESDAY

RUNNING BACK AND BLOCKING

## THURSDAY

OFFICIATING, COACHING AND PLAYS

## FRIDAY

QB, CHAINS AND HUDDLE



## SATURDAY

GAME WARM UP AND SCRIMMAGE

## SUNDAY

FLAG FOOTBALL FRIENDSHIP GAME



**IWFFA**

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# ITINERARY

## SUNDAY



**Early Bird - Stretching and breathing**

**7:30AM-8:00AM**

**Breakfast**

**8:00AM-9:00AM**

**Workshop#1 Learn Indigenous culture**

**9:00AM-12:00PM**

**Lunch**

**12:00PM - 1:00PM**

**Flag football clinic IWFFA rules**

**2:00PM - 3:30PM**

**Workshop #2 - How to make pupusas & tortillas**

**4:00PM - 5:30PM**

**Dinner**

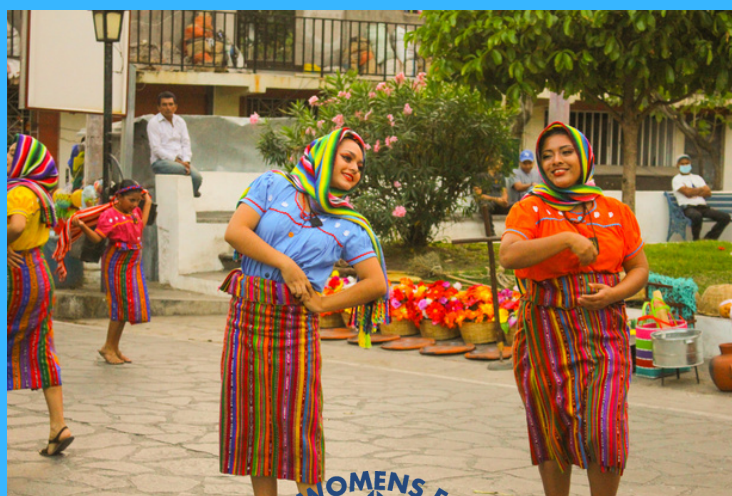
**6:00PM - 7:00PM**

**Women's Presents - Opening ceremonies**

**7:30PM - 9:00PM**

**Fire pit - Topic: Trans women & women flag football**

**9:00PM -10:00PM**







# MONDAY



**Early Bird - Stretching and breathing**

**7:30AM-8:00AM**

**Breakfast**

**8:00AM-9:00AM**

**Flag football clinic Center, Guard & defensive line**

**9:00AM-11:00AM**

**Breathing**

**11:45AM**

**Lunch**

**12:00PM-1:00PM**

**Workshop #1 Learn Swedish Massage (1 of 2)**

**2:00PM-3:30PM**

**Workshop #2 -Make your own Flag football Trading card.**

**4:00PM-5:30PM**

**Dinner**

**6:00PM-7:00PM**

**Women's Presents - Stories - Songs - Music - Comedy 7:30PM -9:00PM**

**Fire Pit-Topic: The difference w. Female & Male coaches 9:00PM-10:00PM**





# TUESDAY

<b>Early Bird - Stretching and breathing</b>	<b>7:30AM-8:00AM</b>
<b>Breakfast</b>	<b>8:00AM-9:00AM</b>
<b>Flag football clinic Receiver, Secondary &amp; Safety</b>	<b>9:00AM-11:00AM</b>
<b>Breathing</b>	<b>11:45AM</b>
<b>Lunch</b>	<b>12:00PM-1:00PM</b>
<b>Workshop #1 Learn Swedish Massage (2 of 2)</b>	<b>2:00PM-3:30PM</b>
<b>Workshop #2 - Yoga</b>	<b>4:00PM-5:30PM</b>
<b>Dinner</b>	<b>6:00PM-7:00PM</b>
<b>Women's Presents - Stories - Songs - Music - Comedy</b>	<b>7:30PM -9:00PM</b>
<b>Fire Pit-Topic: Girls Flag Football - The Next generation</b>	<b>9:00PM-10:00PM</b>



# WEDNESDAY



<b>Early Bird - Stretching and breathing</b>	<b>7:30AM-8:00AM</b>
<b>Breakfast</b>	<b>8:00AM-9:00AM</b>
<b>Flag football clinic Running back &amp; Blocking</b>	<b>9:00AM-11:00AM</b>
<b>Breathing</b>	<b>11:45AM</b>
<b>Lunch</b>	<b>12:00PM-1:00PM</b>
<b>Workshop #1 Girls flag football and Moms</b>	<b>2:00PM-3:30PM</b>
<b>Workshop #2 - Women's Poetry &amp; Stories</b>	<b>4:00PM-5:30PM</b>
<b>Dinner</b>	<b>6:00PM-7:00PM</b>
<b>Women's Presents - Stories - Songs - Music - Comedy</b>	<b>7:30PM -9:00PM</b>
<b>Fire Pit-Topic: History of female Flag Football</b>	<b>9:00PM-10:00PM</b>



# Colón Girls and Women's Flag Football

**Girls & Moms Flag Football - Two workshops**  
**Wed 2PM - 3:30PM & Thur 2pm-3:30PM**

The flag football festival invites groups of girls (ages 9 and older) from Colón, along with their mothers to train together and learn how to play flag football.

It's a great way to exercise, bond, have fun and learn a new sport together.

These groups of local girls and women will be invited to compete in Sunday's Friendship Game, to practice their newly learned flag football skills.

After the flag football festival week, all flag football equipment to Colon teams will be supplied and sponsored by the IWFFA.





# THURSDAY



**Early Bird - Stretching and breathing**

**7:30AM-8:00AM**

**Breakfast**

**8:00AM-9:00AM**

**Flag football clinic Officiating, Coaching & Plays**

**9:00AM-11:00AM**

**Breathing**

**11:45AM**

**Lunch**

**12:00PM-1:00PM**

**Workshop #1 Girls flag football and Moms**

**2:00PM-3:30PM**

**Workshop #2 - Women's Poetry & Stories**

**4:00PM-5:30PM**

**Dinner**

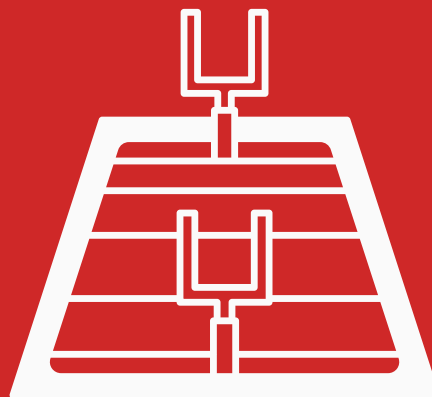
**6:00PM-7:00PM**

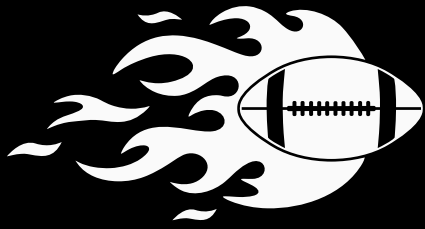
**Women's Presents - Stories - Songs - Music - Comedy**

**7:30PM -9:00PM**

**Fire Pit-Topic: Professional Women Flag Football**

**9:00PM-10:00PM**



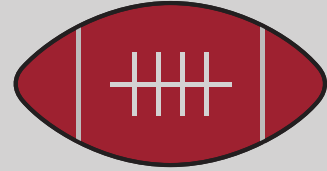


# FRIDAY

<b>Early Bird - Stretching and breathing</b>	<b>7:30AM-8:00AM</b>
<b>Breakfast</b>	<b>8:00AM-9:00AM</b>
<b>Flag football clinic QB, Chains &amp; Huddle</b>	<b>9:00AM-11:00AM</b>
<b>Breathing</b>	<b>11:45AM</b>
<b>Lunch</b>	<b>12:00PM-1:00PM</b>
<b>Workshop #1 Power Animals</b>	<b>2:00PM-3:30PM</b>
<b>Workshop #2 -Open for any women's workshop</b>	<b>4:00PM-5:30PM</b>
<b>Dinner</b>	<b>6:00PM-7:00PM</b>
<b>Women's Presents - Stories - Songs - Music - Comedy</b>	<b>7:30PM -9:00PM</b>
<b>Fire Pit-Topic: Taking the next step for the IWFFA</b>	<b>9:00PM-10:00PM</b>



# SATURDAY



<b>Early Bird - Stretching and breathing</b>	<b>7:30AM-8:00AM</b>
<b>Breakfast</b>	<b>8:00AM-9:00AM</b>
<b>Flag football clinic Game Warm up &amp; Scrimmage</b>	<b>9:00AM-11:00AM</b>
<b>Breathing</b>	<b>11:45AM</b>
<b>Lunch</b>	<b>12:00PM-1:00PM</b>
<b>Workshop #1 Drumming</b>	<b>2:00PM-3:30PM</b>
<b>Workshop #2 -TBD</b>	<b>4:00PM-5:30PM</b>
<b>Dinner</b>	<b>6:00PM-7:00PM</b>
<b>Saturday night Women's dance</b>	<b>7:30PM -9:00PM</b>
<b>Fire Pit-Topic: Great flag football Stories</b>	<b>9:00PM-10:00PM</b>
<b>Candle Light Ceremony</b>	<b>10:00PM-11:00PM</b>





# SUNDAY

<b>Early Bird - Stretching and breathing</b>	<b>7:30AM-8:00AM</b>
<b>Breakfast</b>	<b>8:00AM-9:00AM</b>
<b>Flag Football Friendship Game</b>	<b>9:00AM-11:00AM</b>
<b>Awards</b>	<b>11:00AM-11:30AM</b>
<b>Breathing</b>	<b>11:45AM</b>
<b>Lunch</b>	<b>12:00PM-1:00PM</b>
<b>Women's Market - Sell your goods or barter</b>	<b>2:00PM-3:30PM</b>
<b>Workshop #2 -TBD</b>	<b>4:00PM-5:30PM</b>
<b>Dinner</b>	<b>6:00PM-7:00PM</b>
<b>Closing Ceremony parade</b>	<b>7:30PM -9:00PM</b>
<b>Candle Light Ceremony</b>	<b>9:00PM-10:00PM</b>





# Description of our Woman's Land

- At the festival, breakfast, lunch and dinner are included.
- Do not want you to bring your own food, so there'll not be trash
- You will need to bring your own culinary and there will be a washing area once you are finished eating, for you to wash your dishes.
- There is a washing machine where you can wash clothes if necessary.
- We will provide all the clinics, flag football equipment, workshops.
- There are showers and toilets.
- There will be Minimal lighting at night around the area
- No Alcohol on the property please as we want to strengthen and build the female spirit
- If you would like to consume alcohol, we ask you to go into town
- You are welcome to come and go as much as you like
- Each registered participant will be given a wrist band to wear during the week
- There will be a kiosk for your sweet tooth where you can purchase such things as: candy, cookies, soda, coffee, tea, etc.
- Swimming pool on property - bring your bathing suite

Continued Next Page



**The town is just a 5-minute drive from the woman's land and shuttle service is available if you don't have a car  
The cost is \$5 for the shuttle service which will take you to and back**

**We ask women to bring camping equipment such as:**

- tent
- sleeping bag
- flashlight
- plate, bowl, fork, knife, spoon, cup to drink beverages such as water, coffee
- rain jacket (in case it rains)
- sweatshirt (in case it's cold)
- chair to sit on during workshops
- mat or blanket for yoga

**We encourage women to offer their own workshop, Contact our office so we can include you on the flag football festival schedule**

**Throughout the week, we will ask for volunteers to help with tasks we hope you will enjoy helping out**

**This is our first flag football festival and we welcome all ideas and suggestions**

**We hope you leave feeling empowered and proud to be a woman and join future flag football festivals in other countries**



# Sponsored & Hosted by

