



# WEEK PROGRAM

# IWFFFA



## IWFFFA VALHALLA SWEDEN FLAG FOOTBALL FESTIVAL

**For the Female Warrior In You  
MIND • BODY • SPIRIT • August 1-7**

**Workshops for Female Spirit,  
Empowerment, Enlightenment**

**Deadline to Register: May 31  
IWFFFA@IWFFFA.COM - \$300**

<https://iwffa.com/sweden-iwffa-valhalla-flag-football-festival-2023/>

### WORKSHOPS

Meditation • Yoga • Shamanic Journeying • Breathing  
Flag Football • Hiking • Swimming • Jumping off Rocks  
Canoeing • Tubing • Bike Riding  
Berry & Mushroom Picking  
Cooking Swedish • Baking Breads • Wood Carving •  
Story Telling by the Fire Pit • Dancing • Creating Song &  
Music • Live Performances



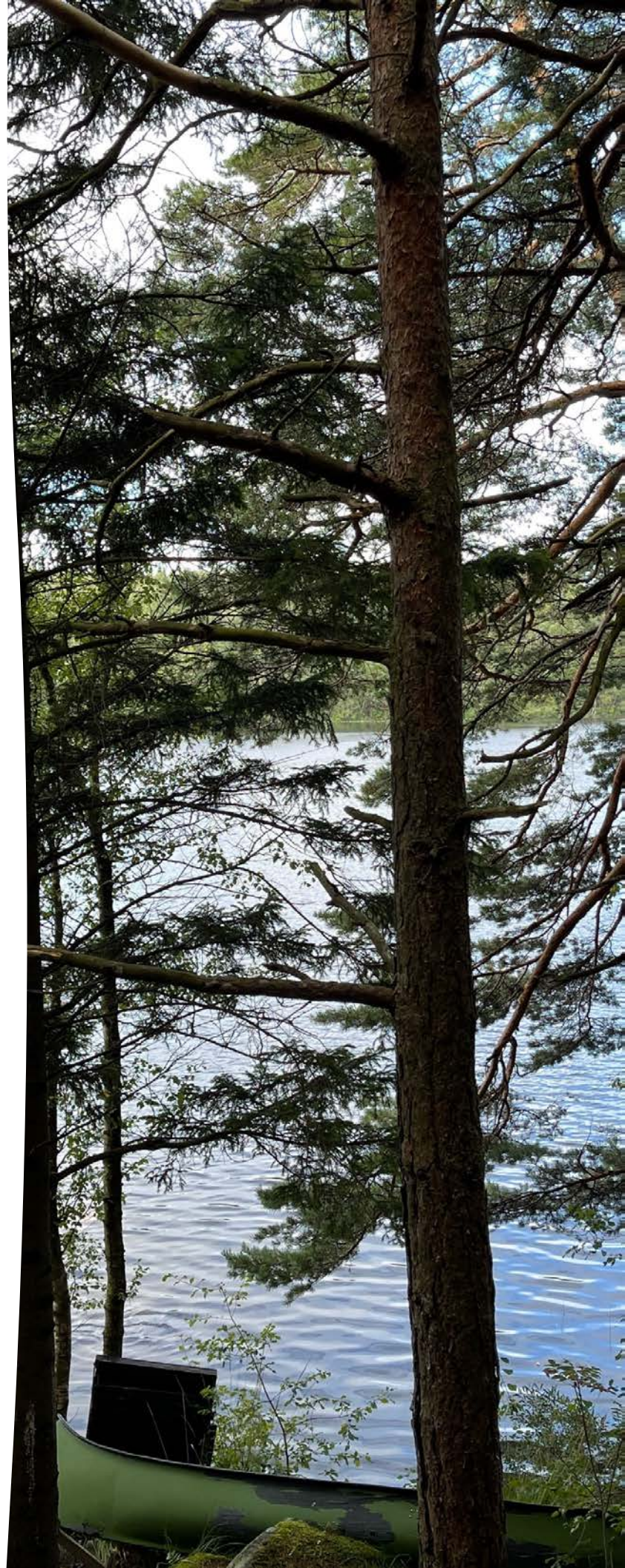
**Welcome to our 2nd  
IWFFA Flag Football Festival  
and  
Welcome to Håcksvik, Sweden!**

Women are welcome to come a day early and can help to set up the tents

- Contact our Office a month in advance

Pitch your tent, or join the large community tent, or if you want to sleep indoors put your belongings in the community building

- This week you are welcome to join all our activities, or which ones you like. You can wander off into town, or the woods, read a book, your free to do whatever you like.
- If you have a workshop you would like to offer, please do. We have set aside Free Time to offer this opportunity.
- We are a group of women united for one week, sharing our energies and growing our spirits & building our feminine power.
- The environment is not exclusively in the woods, there is the town of Håcksvik which we are situated in. So, civilization is nearby : )
- We have indoor toilets, hot indoor showers (thank God). We are in Sweden, a safe and clean place where you can feel safe.
- Save your money you might have used to buy bottled water .... you can drink the water out of the faucet.



# This event is brought to you by the: International Women Flag Football Association

A woman's organization first.

The IWFFA uses flag football to unite females all over the world, putting women in charge of their flag football programs & building leaders

The IWFFA is a leader in women's flag football, organizing the very first national women's flag football league in the United States in 1995, joining almost every U.S. state through their tournaments.

In 1997, the organization went international traveling to Denmark to introduce the sport and created Denmark's first flag football team: The Copenhagen Mermaids.

Girls play  
flag football  
for FREE

The IWFFA continued to introduce flag football in Scandinavia: Norway (1998), Sweden & Iceland (2000) and formed the Nordic Region for women's flag football in 2000



The IWFFA brought together the largest women's flag football tournament in the world in 2001 with 48 women's teams, in Key West, Florida, U.S.A. at the annual event: Kelly McGillis Classic

Since 1997, the IWFFA has traveled to around the world to support and help grow teams & leagues: United States, Denmark, Norway, Sweden, Finland, Iceland, Scotland, Canada, Mexico, Germany, Belgium, Puerto Rico, El Salvador, Guatemala, Honduras, Cuba, India, Jamaica, Morocco, Spain, Guam, Switzerland

## List of countries IWFFA introduced flag football and put the women in charge.

Denmark – Norway – Sweden – Iceland – El Salvador – Guatemala  
Puerto Rico – Cuba – Afghanistan – Jamaica – Pakistan - Guam

And through the years, the IWFFA has evolved from a tournament oriented sports organization, to a humanitarian women's organization. Our dedication and support for our female athletes & all females directed our efforts: to get asylum for 72 of our Afghan female flag football players and their families, to work with refugees, women in shelters, orphans, deliver hundreds of pounds of food, clothing & medical supplies to Cuba. And our work continues & grows around the world.

## DISCUSSIONS

Throughout the week, we will have time for conversations with the group of women.

Sharing our lives, opinions, thoughts, ideas, etc. which will be personal and for flag football

Topics to be discussed this week - Why are we here?

Let's talk about the next level for women's flag football – putting our IWFFA women from many countries in charge of the IWFFA.

Professionalizing women's flag football - Understanding women's sports - What's the difference with female & male sports – Getting away from societies restrictions on the female athlete - female attitudes - The purpose of sport - The purpose of IWFFA

The importance of:

female officials – female coaches – girls flag football

# DAY 1 - AUGUST 1 TUESDAY

- 7:30 Stretch - Exercises - Breathing
- 8 - 8.30 **YOGA by Petra**
- 8 - 9 30 minute Walk
- 9 - 10 Breakfast
- 10 - 11:30 Flag Football - Sweeps - Flag Grab - Chain Gang
- 11:30 - 1:30 - Wood work with Maria - (bicycle there)
- 1:30 - 2:30 LUNCH
- 2:30 - 4 Free Time / Bike / HIKE / Go into town
- 4 - 5 Discussion
- 5 - 6 Let's Make A Movie - Let's formulate characters, plot get the story line down. This will be a week long event.
- 6 - 7 Dinner – Lasagna – Birthday Cake
- 8 - 8:30 Dance – DISCO – By Diane
- 8:30 - 10 Fire Pit- Each woman takes turn during week to share her life





**DAY 2- AUGUST 2  
WEDNESDAY**

**7:30 Stretch – Exercises - Breathing**

**8:00 8:30am YOGA by Petra**

**8:30 - 9:00 30 minute walk**

**9:00 - 10:00 Breakfast**

**10:00 – 11.30 Flag Snap - Catch - Hand Off - Pitch - Throw - Shuffle Pass**

**12 – 2 PM Dinner @ Hacksvik Community Center**

**2 - 3.30 Swimming - Jump off the rocks - Bicycle there**

**4.30 - 6 Making Music with Susanna & Women Speaker Series**

**6 - 7 Supper**

**7 - 8 We're making our movie**

**8 - 10 Fire Pit – WOMAN SHARE**

# Day 3 - August 3

## Thursday

- 7:30                      Stretch – Exercises - Breathing
- 8:00 8:30am            YOGA by PETRA
- 8:30 - 9:00             30 minute walk
- 9:00 - 10:00            Breakfast
- 10 - 11:00              Badminton
- 11 - 1PM                Drumming / Spiritual World
- 1 - 2PM                  LUNCH
- 2 - 3                      Pick berries and mushrooms
- 3 - 5                      Baking sourdough bread
- 4 - 5                      Bake pies (with the berries)
- 5 - 6                      DISCUSSION
- 6 - 7                      Supper
- 7 - 8                      We're making our video
- 8 - 10                    Firepit - Songs with Susanna



# Day 4 - August 4 Friday

8:00 - 8:30am	Stretch – Exercises - Breathing
8:30 - 9:00	30 minute walk
9:00 - 10:00	Breakfast
10AM-1PM	Canoe – Tubing – Jump off Rocks – Bicycle Ride
1 – 2PM	LUNCH
2 – 3PM	FREE TIME
3 - 5	Girls & Moms Flag Football
5 - 6	Prepare international dinner Håcksvik / TACOS
6.30 - 11	Pub evening Håcksvik, Live Music - Drink – Dance



# DAY 5 - AUGUST 5 SATURDAY

8:00 - 8:30am	Stretch – Exercises - Breathing
8:30 - 9:00	30 minute walk
9:00 - 10:00	Breakfast
10 - 11:30	Learn Swedish Massage
11:30 - 1PM	Pet the Animals on the farm - cows - horses - goats - chickens
1 - 2PM	Lunch - BBQ @ Lone's Farm
2 - 4	Fishing
4 - 6	Disc Golf
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6 - 7	Supper - Potato Soup w. sourdough bread
7 - 8	Lets See the Video !!!
8 - 10	Fire Pit – Being Gay in the 50's



# DAY 6 – AUGUST 6 SUNDAY

<b>8:00 8:30am</b>	<b>Stretch – Exercises - Breathing</b>
<b>8:30 - 9:00</b>	<b>30 minute walk</b>
<b>9:00 - 10:00</b>	<b>Breakfast</b>
<b>10 - 12</b>	<b>Half Time Games - Kick - Pass - Punt - Wheel Barrell - Push Ups</b>
<b>12- 1</b>	<b>Learn to cook a swedish dish - kjottboller (swedish meatballs)</b>
<b>1 - 2</b>	<b>Lunch - kjottboller</b>
<b>2 - 4</b>	<b>Hiking - Biking</b>
<b>4 - 6</b>	<b>Open</b>
<b>6 - 8</b>	<b>Dance - by IDA – Joy of movement to different music style: Hiphop, Swedish, Pop, Rock &amp; Roll</b>
<b>8 - 10</b>	<b>Closing Ceremonies @ the Pit - Candle Light</b>


# DAY 7 - August 7

## Monday



8:00 - 8:30am	Stretch – Exercises – Breathing
8:30 - 9:00	30 minute walk
9:00 - 10:00	Breakfast
10 - - 12	Flag Football - Becoming a Trainer
12 – 1PM	Communicating with your spirit
1 – 2PM	Lunch
2 – 3	Women's Workshop
3 - 4	Flag Football Theory
4 - 6	Cooking up a story - Another Swedish Dish we learn to cook while listening to some Swedish Children's Fairytales
6 - 7	Dinner
7 - 9	Women's Music
9PM	Fire Pit

Let us know when your flight home will be  
so we can arrange for your travel to the airport



This has been a wonderful opportunity for our Flag Football women, and ALL women to share a special week in the woods, in Håcksvik, Sweden.

The IWFFA wanted to invite our flag football women in a setting different from our regular Flag Football competitions and instead offer a more nurturing and holistic environment to share our female energies & spirit.

We want all women to support one another in whatever way is possible to make a better world.

We thank Håcksvik for allowing us to gather in your beautiful community.

We want to thank the organizers of the festival: Lone Olesen, Susanne Elofsson, Ida, Petra, Maria

And thank you to Lena Johansson for her hospitality to our early arrivers to Sweden