

IWFFA - ONU FEMALE FLAG FOOTBALL TOURNAMENT

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Staying properly hydrated is important, particularly for athletes who are exercising for more than an hour. When you exercise, you lose both fluid and electrolytes through sweating, and even heavy breathing can cause you to lose fluids! Dehydration can increase the risk of injuries, and decrease performance. However, it's also important not to over hydrate, as that can cause levels of sodium in the body to drop, which can lead to headaches, vomiting, or extreme tiredness among other symptoms. Let's talk about some of the best ways to hydrate before, during and after exercise!

Before Exercising: About 2-4 hours before your workout, it is recommended to drink about one ounce of water or sports drink per 12.5 pounds of body weight. For athletes who will be exercising longer than two hours, or who tend to need to drink a lot of water to rehydrate, it is recommended to choose a sports drink. Some athletes may try to over hydrate before exercising but this is not recommended, as it dilutes the amount of sodium in our bodies, causing overhydration.



During: For athletes who are exercising more than two hours, or who need a lot of water to rehydrate, it is recommended to drink a sports drink while exercising. How much you should drink varies by the person, but the NSCA recommends 3-8 ounces of sports drink every 10-20 minutes for any exercise lasting longer than 1 to 1.5 hours.



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Thank you for your Donation



Many thanks to these people below for supporting the IWFFA-ONU flag football tournament.

Many thanks to: Russ Crawford - Thomas Simmons - Andy Wentling - Joan Delbo - Jill Newlan - Abigail Shaw - Robin Bruce - Coach Wise - Coach Mack - Gabe Hensley - Joseph Bruno - Tyler Tierno - Kenneth Preston - Mom Coach Matty - Mom Coach Cathy - Sophie Crawford - Ruth Lim - ONU APhA or ONU American Pharmacists Association there as providing water and peanuts. and of course all our volunteers and female athletes.

Program design by: Karen Cruz



Letter from the President



(That would be of the IWFFA: Diane Beruldsen)

There are so many presidents around here 😊 . The IWFFA never held a sanctioned tournament at a University, and this year we are privileged to do so. At Ohio Northern University (ONU), the accommodations, the field, campus hotel, athletic director, faculty, students and sponsors have been phenomenal, making organizing this event easy.

This tournament will not be one of our typical tournaments. We have not registered teams a month in advance of the tournament as we normally do, instead we are building teams in the community. Students from ONU have created the competition in the women's division, and girls from Maplewood (possibly Ada elementary also) will make up the girls division. I myself came a week before the tournament to Ada to offer training to these groups and we hope to establish more local teams for next year's competition. Our goal is to bring four outside teams (one international) to Ada for next years tournament.

I want to thank these people below for allowing us to offer women and girls the IWFFA-ONU flag football tournament. It is important for females to have their own playing field in order to grow as female flag football players and develop the female style for playing flag football. Many thanks to: Russ Crawford - Thomas Simmons - Andy Wentling - Joan Delbo - Jill Newlan - Abigail Shaw - Robin Bruce - Gabe Hensley - Joseph Bruno - Tyler Tierno - Kenneth Preston - Ruth Lim - Sophie Crawford - and of course all our volunteers and female athletes.

May the Games Begin! Play your best flag football, have fun and make new friends

Sincerely, Diane Beruldsen

A handwritten signature in black ink, appearing to read 'Diane Beruldsen'.



Who's Who

The IWFFA ONU Tournament

The idea for the IWFFA's Ada Tournament grew out of a guest lecture that Diane did for my Women's Sport History class in the fall semester of 2023. When she expressed interest in holding an Ohio tournament, we asked her why not at Ohio Northern University? From there, we talked with ONU Athletic Director Tom Simmons, and Assistant AD Kourtney Wilson, who were also enthusiastic about the event. Andy Wentling of the Wilson Football Factory was also in the meeting and offered support for the women's flag football. We hope to make this a successful tournament for women and girls to build upon for a great future.



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ONU students exceed the national average of senior students who participated in high-impact practices (HIP): learning communities, service-learning, research with faculty, internship or field experiences, study abroad, and culminating senior experiences. The majority of teams in this tournament are the ONU students who helped to organize the event. Players, coaches, volunteers, officials working together to bring competition & team work.

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Influenced by a unique history and an enduring affiliation with the United Methodist Church, Ohio Northern University's mission is to provide a high-quality learning environment that prepares students for success in their careers, service to their communities, the nation, and the world, and a lifetime of personal growth inspired by the higher values of truth, beauty and goodness.

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**Thomas Simmons
Athletic Director
ONU**

**Thomas Simmons - Athletic
Director ONU**

Serving 24 years as director of athletics at Ohio Northern University.

Simmons is an Ohio Northern graduate, with the B.S.B.A degree in Business Administration ('85) and the B.A. degree in Sport Management ('86). He earned the M.S. degree in Sports Administration from Ohio University in 1987. Since his appointment in August of 1999, Northern boasts 58 OAC championships and 170 All-Americans across all 24 sports. He has a strong background in sports administration and promotions in professional baseball. Simmons served as General Manager of the Los Angeles Dodgers' Class A minor league affiliate in Vero Beach, Florida from 1987-1997. He served as the General Manager of the San Diego Padres Class AA affiliate in Mobile, AL in 1998 and 1999. He received the 1998 Southern League Community Relations Award and was named the 1991 Florida State League Executive of the Year.



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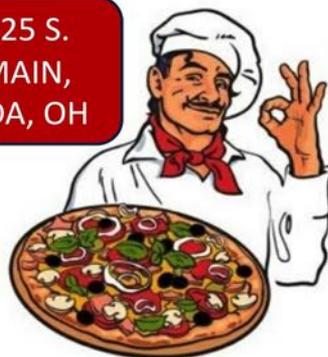
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**Russ Crawford
Helped to bring
the IWFFA-Ohio
Women's flag football
tournament to Ada.**



Russ Crawford is Professor of history at Ohio Northern University. He graduated from Chadron State College with a BA in History in 1985, and again in 1991 with a BS in Social Studies Education. He taught high school in South Dakota and Iowa. He received his MA in History in 2000, and his Ph.D. in 2004 from the University of Nebraska-Lincoln. He has published three books: *The Use of Sports to Promote the American Way of Life During the Cold War: Cultural Propaganda, 1945-1963* (2008), *Le Football: The History of American Football in France* (2016), and *Women's American Football: Breaking Barriers On and Off the Field* (2022).

**Diane Beruldsen
President & Founder of the
International Women's Flag
Football Association (IWFFA)**

First generation flag football player since 1978, then started her first team called the Brooklyn Untouchables in 1979. She started the Brooklyn Women's Flag Football League in 1985, then New York Women's FFL in 1990, Key West Women's FFL in 1991, Key West tournament In 1992 Diane started what was to become the Kelly McGillis

Classic tournament and would become the largest women's flag football tournament in 2001 with 48 teams (7 were international) registering 1,243 athletes.



International Women Flag Football

Association (IWFFA)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.





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