

EVENT PROGRAM



2ND ANNUAL JULY 29 – AUGUST 4, 2024

IWFFA VALHALLA SWEDEN FLAG FOOTBALL FESTIVAL

For the Female Warrior In You

MIND - BODY - SPIRIT - UNITY - STRENGTH

WORKSHOPS FOR THE FEMALE SPIRIT
EMPOWERMENT - ENLIGHTENMENT



WORKSHOPS

Meditation – Yoga – Shamanic Journeying – Breathing – Flag Football
Hiking – Swimming – Jumping off Rocks – Canoeing – Tubing – Biking
Wood Work - Cooking – Baking – Dance– Music - Poetry – Writing – Hiking

This event is brought to you by: HACKSVIK & 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 - New Zealand

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 intensive conversations with our group of women who come from:

Morocco – Pakistan – Afghanistan

Denmark – Sweden – Norway - USA.

Let us share wisdom we have learned from our cultures, religions, our life experiences .

Let us be open to different opinions, thoughts & ideas

We are a women's organization using flag football to teach leadership skills, wisdom & compassion for all others.

We focus on what great changes we can make in this world putting women as leaders.

We learn to build strong & compassionate leaders for this world as we unite great female warriors



**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 in advance

Pitch your tent, or join the large community tent, you are welcome to sleep indoors as well.

- This week you are welcome to join all our activities, or just those you like. You can wander off into town, or the woods, read a book, your free to do whatever you like.
- We ask all women to put down your cell phones. Please no social media absorption and as we ask you to focus on the week of activities.
- There is internet, you do not need a Swedish Sim card & if you need to communicate with others – we ask you do it between 4-6PM (if you need other times it's O.K.)
- If you have a workshop you would like to offer, please do. Contact our office ahead of time.
- 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 showers, full kitchen. Hot Coffee each morning !
- We are in Sweden, a safe and clean place where you can feel safe.
- You don't have to buy bottled water . Drink the water out of the faucet. It's clean & fresh



**SUNDAY
BEFORE THE FESTIVAL BEGINS**



Pick Up Airport
1.5 Drive from airport to Women's Land (Hacksvik)
Orientation
Pitch Tents
Dinner
Bon Fire – Discussion about the week –Women around the world





DAY 1
MONDAY



- 7 - 8 Breathing - Stretch - Light Meditation
- 8 - 9 Breakfast
- 9 - 10 Open - Possibly write lyrics to a tune - to create your own song for music later this day
- 10 - 12 Flag Football - Throw - Pitch - Shuffle - Pass - Lateral - Catch In Front and Running
- 12-1 Lunch
- 1-3 Woodcraft with Maria
- 3 - 4 Dance with Ida - Hip Hop
- 4-5 Bike Ride
- 5PM Dinner - American Food
- 6 - 7 Pick Berries & Mushrooms
- 7pm Swedish Massage - Hands - Arms
- 9PM Bon Fire Topic of Discussion – What makes a strong woman



**DAY 2
TUESDAY**

7 - 8 Breathing - Stretch - Light Meditation

8 - 9 Breakfast

9 - 10 History of the IWFFA by President Diane

10 - 12 Flag Football -Snap: Direct - Shotgun - Field Goal (with setter) - Punt - snap to running back

12-1 Lunch

1-3 Music (song to sing Friday Night live) with Musician Susanna

3-5 Swim - Bike Ride to Lake

5PM Dinner - Moroccan

6 - 7 WALK

7pm Swedish Massage - Legs – feet

9PM Bon Fire – Topic: Culture and it's influence on women in different countries

DAY 3
WEDNESDAY

- 7 - 8 Breathing- Stretch -
Light Meditation
- 8 - 9 Breakfast
- 9 - 10 Yoga with Petra
- 10 - 12 Flag Football - Punt -
Kick - Field Goal -
Fake Kick
- 12-1 Lunch
- 1 - 3 Deep Meditation -
Let Go and Travel the
Universe
- 3 - 4 Ice Bath
- 4-5 Learn how to make
Swedish Meatballs
- 5PM Dinner - Swedish
- 7pm Swedish Massage -
Head – Neck
- 9PM Bon Fire - What
would the world be
like if women ruled?





**DAY 4
THURSDAY
PRESIDENTS DAY**



- 7 - 8 Breathing- Stretch - Light Meditation**
- 8 - 9 Breakfast**
- 9 - 10 Poems - Time to write and share**
- 10 - 12 Flag Football - Blocking - Sweeps - Running Plays (finding the holes and open field)**
- 12-1 Lunch**
- 2-4 Jumping off the Rocks – Bike**
- 4-5 LIFE stories - Time to reflect and write (we share later)**
- 5PM Dinner - Pakistan Food**
- 7pm Swedish Massage - Back & Legs**
- 9PM Bon Fire – SHARE our STORIES**

DAY 5
FRIDAY

- 7 - 8 Breathing- Stretch - Light Meditation**
- 8 - 9 Breakfast**
- 9 - 10 Dance Disco with Dancing Queen DBDQ**
- 10 - 12 Flag Football - Passing - Getting Free (if no free then block) - Play Calling - #'s - Verbally – Diagram**
- 12-1 Lunch**
- 1-2 Kick Ball**
- 2-5 Canoeing - Walk with canoes to river**
- 5:30 Dinner - Afghanistan**
- 6:30 Pub - Live Performance (us) - Sing - Dance**



- 7 - 8 Breathing- Stretch - Light Meditation
- 8 - 9 Breakfast
- 9 - 10 IWFFA flag football rules
- 10 - 12 Flag Football - Defense - One on One - Zone Defense:
2-4-2 / 4 - 3 - 1 / 3 - 3 - 2
- 12 - 1 Lunch
- 2PM Friendship Game !
- 4pm Awards - Everyone receives an award for an accomplishment
- 5PM Dinner – To be Decided
- 7PM Closing Candle Light Ceremony - Everyone shares what this week has meant to them
- 9PM Last Fire Pit - Have you changed



DAY 6
SATURDAY

DAY 7

Sunday



7 - 8 Breathing- Stretch - Light Meditation

8 - 9 Breakfast

Pack up tents - clean up

10:30 Leave for Gothenburg to spend the day - sightseeing





DAY 8
Monday Home
Safe

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 & helpers of the festival:
Lone Olesen, Susanne Elofsson, Ida, Petra, Maria, Lena. Kikki

And Thank you to those persons not listed here involved with making this event possible,

May your female spirit grow – be strong & bring great change to the universe



INTERNATIONAL WOMEN FLAG FOOTBALL ASSOCIATION

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