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# FORWARD PASS

## OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

Winter 2010

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To Women's Tackle

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Promotional Tours

Founding Mothers:  
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Porter Wilson Awards

MVPs & All Stars  
2009-2010

[www.iwffa.com](http://www.iwffa.com)



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## Letter from the President Diane Beruldsen - *It's time now for you to get behind the IWFFA*

The IWFFA has taken a turn and changed it's direction. We have stepped into higher gear, added a dozen women to our new committee making great changes and

additions to the IWFFA and are going full force.

The IWFFA will professionalize the sport of women's flag football and is the direction we have turned. In order to professionalize the sport, we need to organize flag football across the United States as well as combine with our international leagues, who will be a part of the professional league.

It has been hard in the U.S. to unite all existing teams and leagues, because when flag football boomed in the 1970's, there was no central organization. Many women's teams would join men's leagues, and use those men's flag football rules. Leagues across the U.S. would play with such a variety of rules for ex.: 6, 7, 8, 9, 11 players on field, blocking, no blocking, kicking, no kicking, rushing, no rushing, etc. So, that was our first struggle. Standardizing flag football rules.

Then, there is the struggle to join existing leagues under one umbrella. If you have a league with 24 teams, why would you join an outside organization? And then there is the distrust groups may have for outside groups. There is the membership dues which some consider too expensive for their players. These have been some hurdles in the past which have prevented the IWFFA from unifying all women's leagues across the United States.

But now times, have changed. Women's Flag Football leagues are loosing their number of teams. Leagues have gone under for various reasons and our sport needs a boost. Even if your league is operating just fine, think about all the other leagues who have been struggling. Our organization since it's inception in 1997, has traveled and promoted flag football. We get out and make it happen. We have started teams and leagues in the USA, introduced the sport to other countries in the world, created tournaments which truly offer international competition. We started a concept so unique, not found in any other sport which is our "loose women's" teams, that allows individuals to compete. Our website offers so much information for the flag football player and there are so many more wonderful accomplishments the IWFFA has made. But the most important is that we focus on women's and girls flag football.

### **It's time now for you to get behind the IWFFA**

We are an organization run by women for female flag football players. We offer the chance for individuals, teams and leagues to embrace and truly be a part of the IWFFA.



We recognize there are existing leagues who have not been involved with the IWFFA and we are reaching out to them to benefit them directly. We have made direct contact with many league presidents and listened to what their needs are as well as to many flag football players.

### **Our 2011 campaign focuses on American teams and leagues, to support them now.**

The IWFFA offers Leagues:

Liability insurance - FREE

Accident/ medical insurance to all players. - FREE

One representative from your league - A seat at the table on our steering committee

National Ranking of LEAGUES

International Ranking of Teams and using your league results along with IWFFA tournaments.

Option to host a sanctioned IWFFA tournament (as we structure regional tournaments across the US in 2011)

Option to host the annual Kelly McGillis Classic - (the special tournament should rotate to different cities each year)

Our 2011 promotional tour takes the IWFFA across the United States for two months to help create new leagues, new teams and support existing leagues.

### **Building up communication and dialogue**

IWFFA surveys, just recently, have been reaching female flag football players and we have been listening to what your responses have been.

The IWFFA Flag Football News, emailed to all our players has been updated and better designed to make reading easier, interactive and more fun.

IWFFA "On Air" radio has talked about some great topics effecting our sport today and allows our players to call in with their comments.

But we can't reach our goals without you  
And we need your commitment to the IWFFA

Is there any other organization who has done so much for female flag football?

It's time now for you to get behind the IWFFA

If you are a league, become a sanctioned IWFFA league. (It doesn't matter what rules you use)

If you are a team, become a sanctioned IWFFA team.

If you are an individual, become a member today.

Join our committee of women who will professionalize the sport and be a member of the winning team!



## 2011 IWFFA Promotional Tour Across the USA



Our rate of success in helping to create and establish new teams and leagues through our clinics as been tremendous. The purpose of our flag football clinics is to educate, train and teach the proper skills necessary to play flag football in order to support girls and women's flag football.

If you would like the IWFFA to help you start a team or league for girls and/or women's flag football, or to support your group in anyway please call or send an email right away. Our clinics are intensive 3.5 hours trainings. We have lots of fun learning new skills and end our trainings with a scrimmage game. Plus the IWFFA will continue to support your group in numerous ways.

**All it takes is a phone call or email from you.**

**Email: [iwffa@iwffa.com](mailto:iwffa@iwffa.com) or phone 888-GO-IWFFA (888-464-9332)**

### IWFFA Face book

Updated regularly by Rigmor Brox

<http://www.facebook.com/home.php?#!/group.php?gid=10800977131>



### Have you checked out our website lately

And seen our "New Look" and "New Information"

<http://iwffa.com/>



### IWFFA Videos

See action packed girls and women's flag football from our NFL Films footage, Ellen Dance footage (special thanks: Mary Angelini, Erin Lagarenne, Justin Ortega), Lifetime coverage of women's flag football and more Go to our website : <http://iwffa.com/Media/index.html>

Or search You Tube: IWFFA

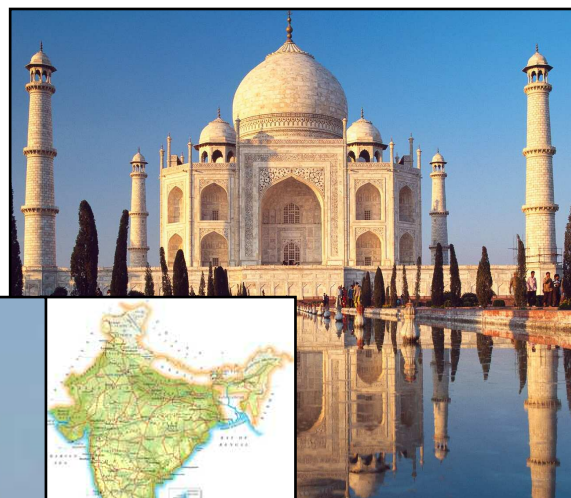
### Help us bring India to the USA

India has 13 women who will come to the 20th Kelly McGillis Classic in Key West, FL this February 2011. This is phase one of two phases, which the IWFFA then will travel to India in 2012 to train and promote flag football.

The IWFFA will sponsor most of the teams expenses once in the USA, but they have to get to the U.S.

**Do you have any airline miles which you would be willing to donate to help them?**

Please contact our office.



## Kelly McGillis Classic flag football - Gave rise to today's women's tackle

by Lynn Lewis

When I heard that the 2011 Kelly McGillis tournament was going to be the last tournament held in Key West after 20 years, I immediately had many thoughts running through my head. This was going to be the end of an era. The end to many many memories, both good, bad, happy and sad. A reminder of friends and teammates no longer with us, of a game that forged many friendships and a time when many of us were younger and in the prime of our athletic lives.

It took me back twenty plus years to Brooklyn, New York where Diane Beruldsen gave the women a chance to play the sport only men were supposed to love. Memories of Fort Hamilton High School and a field of grass or so they said. The field was mostly dirt and very very hard in November and December with



a few patches of grass sprinkled within . A place that on Sundays dating back to 1985 transformed itself into a football field where 12 -14 women flag football teams gathered, comprised of the most talented athletes, to compete in the highly competitive game of flag football. This is where flag football started for me and when Diane decided to leave the cold North and head to Key West she brought flag football to the South and the Kelly McGillis tournament was born.

Thinking of Key West all those years ago brought back memories of the Sunday night championship game packed with fans and players from all over the



United States and Europe, the bonding done over a drink or ten at Fat Tuesdays and the camaraderie among women who had the same passion for a sport known as flag football. And make no mistake, had it not been for this tournament there would not be tackle football for women as it exists today. The people who formed the WPFL in 1999 and decided to have women's football games in cities where flag football was ever present and oh so popular got their ideas by traveling to Key West and watching first hand the talented female athletes who played the game of flag football. On offense women were running through holes created by their offensive line, catching balls thrown by gifted quarterbacks, blocking down field , protecting the quarterback. On defense they were putting pressure on opposing quarterbacks, making great plays while stopping the run and defending against the pass. 10 yard first downs, ineligible line-men, down field blocking were all the ingredients needed for women's tackle football. Tackle teams ten years ago were comprised of flag players. And since 1999, as a result of being so impressed by the talent in Key West, tackle football has flourished with over 100 teams throughout the United States, Canada and Europe.

For a while the introduction of women's tackle stunted the growth of flag but there has been a recent resurgence in the popularity of flag, I believe, as a result of the players acknowledging that playing flag football teaches you the fundamentals of tackle football and hones tackle skills. Flag football can be played year round, gives teammates timing, unity, and the sense of team. Flag football is a fast, exciting sport dominated by truly gifted athletes. It is very popular in





Canada, Europe and Japan as well as in the United States. For players that played in the Kelly McGillis classic playing one tournament a year wasn't enough. The yearning for additional competition was satisfied by the creation of tournaments in places such as San Francisco, Los Angeles, Chicago, Ohio, New York,

Orlando, Tampa, Ft. Lauderdale and Las Vegas as well as Canada, Norway, Denmark and Sweden.

So here we are thinking back 20 years to the first Key

West tournament. All across this country, Canada and Europe the vast majority of players participating in tackle, whether now as a player or coach, had their first introduction to tackle via flag football. The pioneers of women's tackle football in America, started, introduced and taught flag football to the women. Today's woman's football player should recognize the efforts of the past 25 years and the impact the Kelly Mc Gillis classic has had on women's football to date.

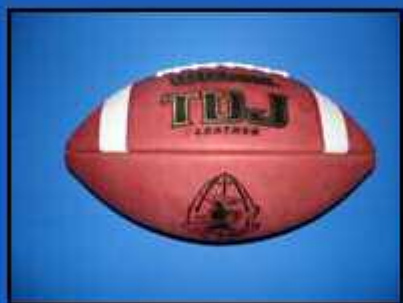
Happy 20th birthday to the Kelly McGillis classic and thank you. It is the end of a memorable era and a start of a new one. I hope this new era brings to all the wonderful experiences, friendships and lifelong memories these past 20 years brought to me. After all isn't that what it is really about?

Lynn Lewis

Ex Player, founder, head coach TNT flag Football

Ex Head Coach of Sharks Tackle Team

Current Defensive Coordinator Sharks Tackle Team



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<http://iwffa.com/iwffaradioshow.html>



## The IWFFA Strives to Bring Women's Flag Football to the Next Level

by Georgeann Lewis,  
IWFFA member



As we approach the 20th and last Kelly McGillis Classic in Key West Florida 2011, the IWFFA is eager with anticipation regarding the organization's next phase. This small organization that began many years ago in Key West is now a global entity. The expansion has been immense. In an effort to maintain forward progress, the continued support of all players, coaches, volunteers, sponsors, and communities is necessary. The IWFFA encourages anyone that currently participates or those that are interested in participating in the upcoming re-structuring to please do so by contacting the IWFFA. You can participate in a variety of ways, from playing to sitting on committees. The opportunities are endless and all help is welcome.

So what will this re-structuring entail? With Diane Beruldsen leading the way, IWFFA plans to professionalize women's flag football. Diane's insight into creating stronger, more confident women through sports has inspired us all. The logical next step is to organize

women's flag football. IWFFA will begin the effort in 2011 by allowing leagues to become sanctioned by the IWFFA. What does this mean for your team? By becoming a sanctioned league your league will benefit from things like insurance and



funding that have been barriers to tournament participation in the past. It creates a system that allows teams to be nationally ranked. This national ranking is an essential part of professionalizing the sport.

By players paying the IWFFA membership fee, the sanctioned leagues will be given the ability to host local and regional tournaments as well as offer affordable insurance to your players and league. Players will no longer incur travel expenses. There will be scholarships for underprivileged teams, which is a great way to begin youth leagues. They will have access to training camps and promotional tours as well as discounted equipment. But most importantly there will be continued camaraderie with women worldwide and the chance to "show off" your home state. By being sanctioned, your league can bid to host the annual Kelly McGillis Classic as well as local and regional tournaments.

Stay tuned in upcoming issues for updates regarding IWFFA's progress towards these goals. If you are interested in sanctioning your league or participating in our mission contact the IWFFA. ■■

## INDIA - IWFFA Reaches New Territories

by Georgeann Lewis, IWFFA member

The IWFFA is excited to announce the addition of a new Region and country to the 20th annual Kelly McGillis Classic. India has now joined the international ranks of Europe, Canada and the United States. This is an unprecedented opportunity for the women of India and the IWFFA is ready, willing, and able to facilitate their participation in the tournament. The IWFFA continues to expand athletic autonomy for women throughout the world.



The state of Maharashtra (Marathi) will represent India in the 20th Annual Kelly McGillis Classic. The state of Maharashtra is located in West India. The word Maharashtra originates from Maha, meaning "Great" and Rashtra, meaning "Nation". It is the second most populous state in India and the third largest state in terms of area. Maharashtra is the "richest" state in India and contributes approximately 15% of the country's industrial output and over 40% of its national revenue. Mumbai is the capital of Maharashtra and is India's largest city. The official language is Marathi. Maharashtra boasts a literacy rate of over 77% and the University of Mumbai graduates the largest number of students worldwide. Hinduism is the dominate religion.

India's team representative, Deepesh, provided the IWFFA with some insight regarding how this distant third world country became familiar with our organization. Deepesh described his experiences while visiting the United States last year. Deepesh first came to the United States when he participated in an India Reality show entitled *The Million Dollar Arm*. The reality show was search-

## IWFFA Committee - Introducing Our Finest Women

**THE IWFFA** is an organization run by women for women. It promotes leadership skills and allows women to control their own sport.

We are a current, full force organization, serving the sport of girl's and women's flag football in every capacity necessary all over the world.

No one earns a salary, but instead volunteers her time and energy for the cause. As the IWFFA heads into it's new campaign for 2011, the purpose of which is to professionalize the sport, there are areas we need to develop and parts of the organization we need to structure and re-structure. Tremendous work will be involved to take the sport to a higher level. We need you to accomplish these goals.

Since fall of 2010, these women below have dedicated themselves to our cause.

They have brought energy, enthusiasm, hard work and dedication

Here is list of women committed to advance girls and women's flag football and the IWFFA  
We invite you to join our committee.

**Founder IWFFA** - Diane Beruldsen

### Committee Members

Nancy Wernes  
Alison Woods  
Rigmor Brox  
Georgeann Lewis  
Hillary Sinclair  
Tamalan Walker

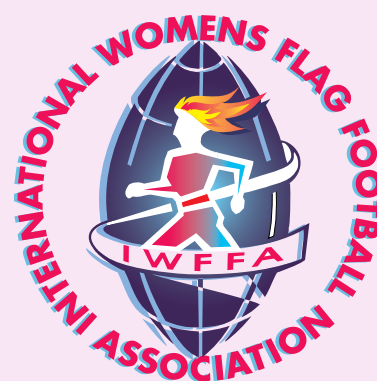
### Board of Advisors

Lena Johansson  
Mary Angelini  
Rosaria Baldari

### Regional Directors

Lena Johansson - Scandinavia  
Jeanette Thorsrud - Norway  
Jeanette Myhr - Sweden  
Rikke Nyholm Sorensen - Denmark  
Stephanie Vigneault - Canada

**To Read about each Individual Member :**  
<http://iwffa.com/Organization.html>





ing for the man with the strongest arm. I emphasis man because the reality show had only male participants. Deepesh, along with the other winners, traveled to the University of South Carolina to participate in a project with USC's baseball team related to the *Million Dollar Arm*. Deepesh is hopeful that *The Million Dollar Man* reality television show will help sponsor his team of female athletes. Their sponsorship will set a precedent regarding the importance of women in society and the importance of women in sports.

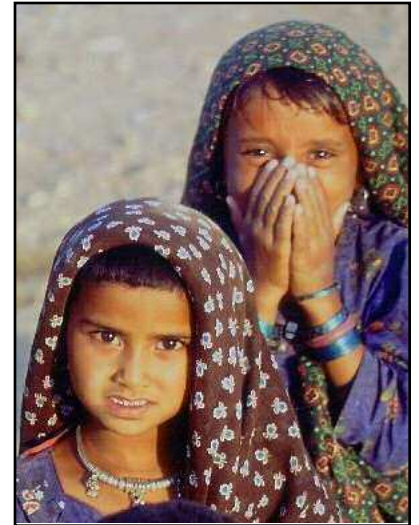
While working, Deepesh noticed the USC football team, the Trojan's, practicing on the adjacent field. Deepesh watched the Trojan's practice for hours, trying to understand the sport with dreams of one day playing. Finally, his co-workers organized a football game and Deepesh recognized his dream. Deepesh played quarter back and fell in love with American football. Deepesh stated his American friends teased him stating "every Indian" should play football!

Upon his return to India, Deepesh investigated how to begin a football league. He quickly discovered the high cost involved in the sport of tackle football. A second issue then arose. Equipment required for the sport was not available in India. Determined to introduce American football to his countrymen he stumbled across something unexpected on the internet, the IWFFA. Realizing flag football required only a ball and flag belt, Deepesh had a new found inspiration. But football for women? After viewing a UTube video of a Kelly McGillis Classic Tournament, Deepesh was amazed. He stated what impressed him most was how the IWFFA created opportunities for women, emphasized teamwork, and that almost all IWFFA directors participate on a voluntary basis. Deepesh recognized flag football involved no tackling, no "attacks" (as he referred to them), and was affordable.

Deepesh had a mission; assembling a team of women to travel to the United States to play in the Kelly McGillis Classic. Deepesh's primary obstacle is fiscal. Being a third world country and flag foot-

ball being a foreign entity provided two enormous obstacles. Deepesh is working to obtain sponsors and is saving his own money to help send a team. *The Million Dollar Arm* will hopefully provide some assistance for the cause. Additionally, his

friends are forgoing one day's pay monthly for his cause. He is also organizing some fund raising events. Deepesh's commitment to provide this opportunity for the women of India is commendable and demonstrates his allegiance to improving the quality of life for women and men. He hopes these women can learn the game and return to India inspired to teach others.



The IWFFA is supporting the initiative of this insightful man and these brave women through sponsorship of their team. This includes providing the necessary equipment, uniforms, and training. The women arrive one week prior to tournament, the 20th, and at the Kelly McGillis classic will participate in a one week training camp. This affords the women a chance to learn the game of flag football, acculturate, and gain and understanding of IWFFA's mission. Upon their return to India, experiences will be shared with other women and the men who will be taught the sport of flag football! IWFFA will follow up with a promotional tour of India during 2012 season.

The IWFFA remains confident the women of India will be welcomed by "old" and "new" teams alike, and will be embraced by the strong community of flag football they have created. Collectively, international participation has created a unique athletic experience for women unrivaled by any other. The IWFFA takes great pride in all those who have dedicated their efforts to the game of flag football.

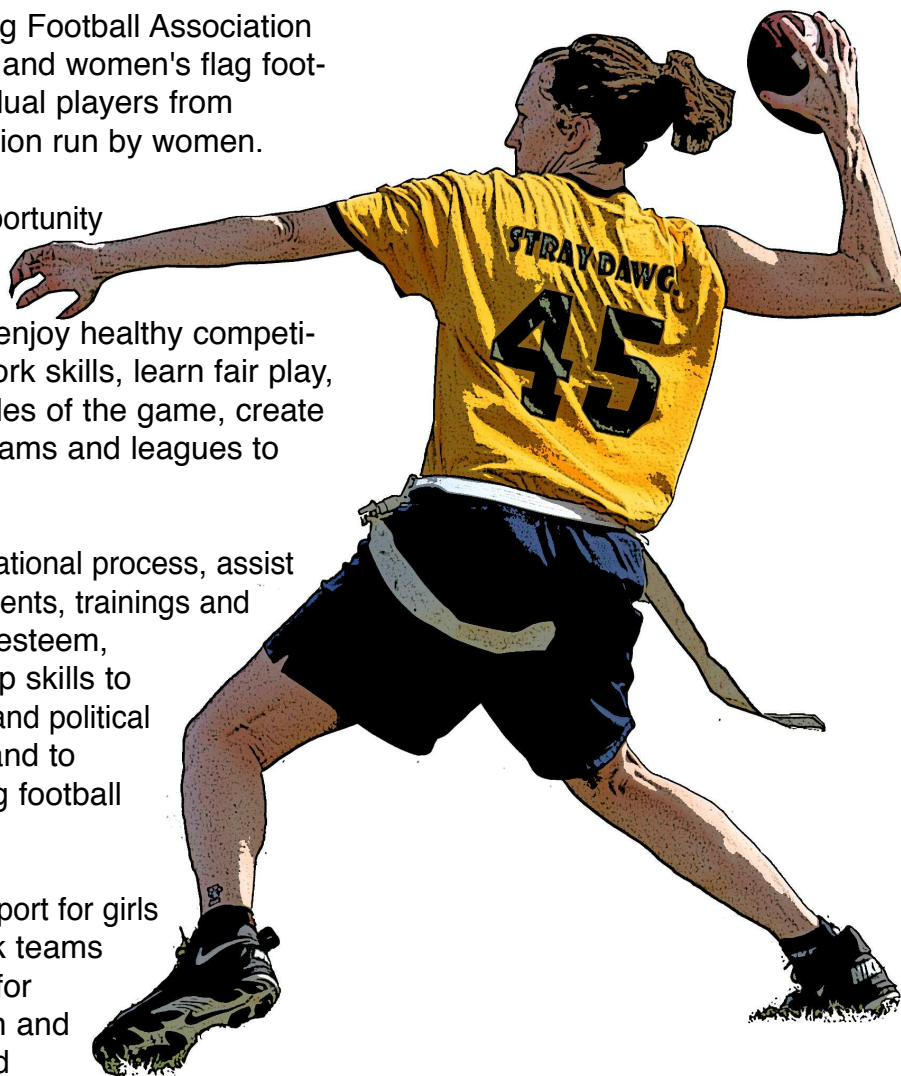
## IWFFA Mission Statement

The International Women's Flag Football Association (IWFFA) is an alliance of girls and women's flag football teams, leagues and individual players from around the world. An organization run by women.

Our mission is to provide an opportunity for all females regardless of race, nationality, age, economic status or sexual orientation to enjoy healthy competition, have fun, develop teamwork skills, learn fair play, good sportsmanship, standardize rules of the game, create new teams and unify existing teams and leagues to help organize the sport.

Our goal is to promote the educational process, assist our players through our tournaments, trainings 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.

We are a central office and support for girls and women's flag football, rank teams internationally, offer discounts for equipment and offer education and trainings in regions of the world where the sport does/does not exist. We also offer scholarship funds to underprivileged teams so that they may compete in IWFFA tournaments.



**It's Time Your League Joined the IWFFA**

**BECOME A SANCTIONED LEAGUE NOW!**  
**Tremendous Benefits / Contact our Office Today**

**[iwffa@iwffa.com](mailto:iwffa@iwffa.com)**



## Norway's Newest Team Takes the Lead in Flag Football Education



During the 2010 IWFFA promotional tour in Grimstad, Norway, IWFFA Trainer, Diane Beruldsen, met with Director for Physical Education at Arendal School, Bjorg Vaule, to plan and provide flag football training for the students in order to introduce the sport and start new teams.

Due to the fact that summer break was at hand and there was very little time it was decided to post pone the training until September 28 when the teachers in Aust-Agder Region of Norway were to have their seminar in Arendal. It would then be possible to teach physical education teachers across Norway who then could instruct their students in this new sport of flag football.

The newly formed flag football team, Grimstad Octopussies, were given their first assignment, which was to run the training and instruct the physical education teachers. Below is a description by the trainer, Tonje Haradsvik Huagen. The second trainer was Ase Mari Flaath.

### Narrated by Tonje Haugen

Recently the Grimstad Octopussies received a request to teach Flagfootball at a High School in Arendal. We went there with ideas about how we were going to do this. We began with a little information about the sport and then presented some facts about our team and IWFFA. We gave all of the participants their own book of simple rules for the game and step-by step instruction about how the game is played as well as an explanation of some of the terms used in the game. This was a draft from our Octopussies playbook.



The course lasted from 12.00 pm to 13.30 pm. We had 17 teachers who signed up for the course. The school allowed participants the freedom to sign up for whichever course they desired. 17 was a large number of participants and was a very positive sign, showing how much interest there already is for the sport.

After orientation in the basics of the sport, we originally planned to treat this training as one of our own regular Octopussy trainings which would include some basic passing and running plays. As we got started, we discovered that the group of teachers were so skillful, as well as

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continues next page



being excited to learn and play, that we adjusted our training to an advanced level.

We divided them into two different groups, offense and defense. Åse had the offensive orientations and I had the defensive orientations. With two teams we started to play. The group took

to it very easily and it was very successful. They all said that it was a good experience and they liked the sport. The group was made up of high school teachers from all around the county (Aust-Agder). We present the sport as easily and basically as we could. Some of the rules we bent and changed so that they could see that it was a proper sport that they could use in their own classes. The changes we made were to allow them to continue playing even if the ball hit the ground. This was to make the game last longer and prevent much "still-time". If they are to use the sport in the school, it is a big plus to keep the pupils in motion as long as possible. We also suggested that they could use a different ball so that they might have more control over the game

in the beginning. We also told them how they could keep the game fast by letting them collect more than one flag to make points.

The changes that we made were to let them see that it was easy to make this functional in a short period, and that they could use the sport without much explanation to the students to begin with. This way they could introduce the sport to the pupils easily but in time make it more challenging by adding more of the IWFFA flag football rules.

We got only positive feedback. They liked the sport so much that they weren't ready to quit when the time was up. Because they all had some previous knowledge about American tackle football, the introductions went smoothly. Many of the teachers already were good throwers and they were all in good physical shape. This laid the groundwork for a really good education about flag football. They had an understanding of the basics of the sport, so when we trained them in the rules and the use of the flags they were able to handle it.

We ended with at least an hour of playing, with some instruction along the way. We do believe that we made them aware of the sport as well as making the sport useable in the Norwegian schools. This is extremely important if our goal is to introduce the sport to as many young women as possible. ■■

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## Looking for some very special women...

Join our IWFFA committee.

These are volunteer positions, which you may like work on: one project, or two weeks, one year, or whatever timeframe you are able to offer.

Writers – We need a Film Treatment for our first draft of a screen play

Writers – Ongoing stories for our herstory

Tournament Directors

Regional Directors

Film Editor for Videos

Survey Woman

Grant Writer

Sales & Marketing – This is only position we can pay commission

Web Mistress

We welcome any woman, with any type of experience who would like to join our committee to take the IWFFA to it's next level!

Contact our office: [iwffa@iwffa.com](mailto:iwffa@iwffa.com)



## You can make a donation to the IWFFA

<http://iwffa.com/IWFFAPaypal.html>

## On a special note

Thanks to Diane Beruldsen  
by Janet Boeder

The 20th Kelly McGillis Classic will be held in special celebration, this February in Key West, FL for the last time. Teams will converge to the small island one more time from February 6 – 14, 2011.

The IWFFA has decided that it's largest tournament with 49 teams from across the U.S. and nine different countries should travel each year to a different city, as does the Olympics. This offers international and national teams, the chance to visit a variety of cities in the U.S., allows sanctioned IWFFA leagues the opportunity to host the special competition and makes the tournament more affordable as Key West has been an expensive tourist destination.

We want to thank Diane Beruldsen, the director and founder of this very special tournament, for all the years she has dedicated herself to producing the competition, bringing teams Key West and her dedication to girls and women's flag football.

We loved those half time games, the wheel barrel races, the zany toilet relay races and all the fun the tournament gave us all who traveled to the tournament from all over the world. It has been a wonderful opportunity to experience flag football with such women from: Canada, Mexico, Norway, Sweden, Denmark, Finland, Iceland, Scotland and soon India. I have truly enjoyed this wonderful opportunity through the years.

The Kelly McGillis Classic is the reason why flag football has flourished the past two decades and given rise to other countries participating in the sport. Thank you Diane.

## SHARE A SMILE FOR A DAY

International Women Flag Football is continuing to grow. The year of 2011 will be a very exciting year for the coaches, players, and most of all for the fans. It's just wonderful to have the sport of Flag Football around the world. Team performance, leadership, and guidance are gestures that can be shared for the enhancement of the sport and our countries.

However, I would like for all of the players and staff to add one more Team Event to the sport for the year of 2011. This team sport is called "COMPASSION" and "HOPE". I'm asking all of you to "SHARE A SMILE FOR A DAY". There are many children and adults who are hospitalized, in healthcare facilities, and live in homes suffering from poor health. They need a "SMILE ". My request is for every team member, coach and all associated with Flag Football to take a few minutes of your time to visit with these individuals. Please add a "HELLO AND A SMILE TO THE LIVES OF OTHERS. For the past 20 years of my life I have maintained ties to the Sports Industry. But most of all I have taken some time out to visit hospitals, healthcare establishments, etc. to share KINDNESS AND HOSPITALITY WITH OTHERS.

The entire INTERNATIONAL WOMEN FLAG FOOTBALL ASSOCIATION CAN ADD SOME COMPASSION and HOPE to individual's lives around the world. This is a score that is equally measured. We all become WINNERS OF HOPE AND COMPASSION for the YEAR OF 2011. This is the most exciting year in IWFFA for our Countries, Communities, and The Sport. Please share some of your TIME, TALENTS, AND SERVICE TO ENRICH THE LIVES OF OTHERS.

THANK YOU

Most Gracious,  
Dr. Doris J.W.Brown, PhD - USA  
BOOK : DINING AT HOME, THE BROWN'S SYSTEM TEACHES ETIQUETTE AND SOCIAL BEHAVIOR, 2010 RELEASES, THE BROWN'S SYSTEM GOES SPORTS, AND THE WINDOW

## Raising the Goal Posts for girls and women's flag football




***The IWFFA works to bring women's flag football to the next level***

by Georgeann Lewis, IWFFA member

As we approach the 20th and last Kelly McGillis Classic in Key West Florida 2011, the IWFFA is eager with anticipation regarding the organizations next phase. This small organization that began many years ago in Key West is now a global entity. The expansion has been immense. In an effort to maintain forward progress the continued support of all players, coaches, volunteers, sponsors, and communities is necessary. The IWFFA encourages anyone that currently participates or those that are interested in participating in the upcoming re-structuring to please do so by contacting the [iwffa@iwffa.com](mailto:iwffa@iwffa.com). You can participate in a variety of ways from playing to sitting on the committee. The opportunities are endless and all help is welcome.

So what will this re-structuring entail? With Diane Beruldsen leading the way, IWFFA plans to professionalize women's flag football. Diane's insight into creating stronger, more confident women through sports has inspired us all. The logical next step is to professionalize women's flag football. IWFFA will begin the effort in 2011 by allowing leagues to become sanctioned by the IWFFA. What does this mean for your team? By becoming a sanctioned league your league now benefits from things like insurance and funding that have been barriers to tournament participation in the past. It creates a system that allows teams to be nationally ranked. This national ranking is an essential part of professionalizing the sport.

Players will incur the IWFFA membership fee and sanctioned leagues will be afforded the ability to host local and regional tournaments. Teams will be able to offer insurance for their players and league. Players will no longer incur travel expenses. Scholarships will be available for underprivileged teams which is a great way to begin youth leagues. Access to training camps, promotional tours, discounted equipment will be added benefits. But the most important benefit is the continued camaraderie with women worldwide and the chance to "show off" your home state. By being sanctioned your league can bid to host the annual Kelly McGillis Classic as well as local and regional tournaments.

Stayed tuned in upcoming issues for updates regarding IWFFA's progress towards this goal. If you are interested in sanctioning your league or participating in our mission contact us at [iwffa@iwffa.com](mailto:iwffa@iwffa.com). 



## 2010 IWFFA Promotional Tour - Huge Success

### Making the sport grow

by Diane Beruldsen, Member IWFFA

Arguably the most powerful outreach program in sports are the IWFFA promotional tours. Since 1995 the IWFFA has traveled across North America, Europe and Scandinavia to teach and introduce the sport of flag football in order to start new teams, leagues and regions for flag football.



A true grassroots organization, IWFFA, has with very little funding, dedicated volunteers and contacts in cities around the world, started hundreds of teams and dozens of leagues as well as supported existing flag football groups.

The IWFFA is a unifying force when it comes to teaching

the sport using one set of rules and bringing under one umbrella girls and women's flag football teams and leagues. What other organization does this?

Our 2010 IWFFA promotional tour took the IWFFA to 10 different Scandinavian cities, offering 32 trainings and one tournament. The IWFFA was scheduled to travel to Ghana, Africa, which unfortunately had to be canceled. But the tour continued inside the U.S. to Fleming, N.J., Prospect Park, Brooklyn N.Y., Key West, FL, Naples, FL and Orlando, FL.

As a result the IWFFA helped to start seven new teams in Scandinavia and three new teams in the USA.

Special thanks to our Hosts of the Promotional Tour

Lena Johansson - Gothenburg / Susanne Elofsson - Hacksvick / Therese Bladh - Vaarberg / Elise Larsen - Moss / Wenche Moorland - Oslo / Anne Lise & Kjell Iggstrom - Halmstad / Terje Beruldsen - Grimstad / Lena Hallden - Stockholm / Lisa Berg & Heidi Pomell - Uppsala / Ase Markhus - Grimstad / Linda Nelson - Naples, FL.

Special, Special  
thanks to Promotional  
Tour Contacts

Many thanks to these special people, who before the promotional tour, helped to organize women in their area, contacted schools, contacted their local newspapers and created the itinerary for the promotional tour.



For Norway: Inger Afret, Camilla Heglund - Moss / Terje Beruldsen, Rigmor Caspersen, Rigmor Brox - Grimstad / Tor Kirkhus, Jeanette Thorsrud - Oslo

For Sweden: Theresa Bladh - Vaarberg / Susanne Elofsson & Lone Olesen - Hacksvick / Ebba Iggstrom - Halmstad / Lisa Berg & Heidi Pomell - Uppsala / Miriam Jordal - Stockholm / Pernilla Jigberg - Gothenburg

For USA: Rebecca Davis - Bklyn, NY / Alison Woods - Fleming, NJ / Linda Nelson - Naples, FL

Newspaper Coverage From: Moss Avis - Moss / Grimstad Adrestetidende - Grimstad / Boras Tidning - Hacksvick / Hallands Nyheter - Vaarberg

To see all photos and descriptions of each clinic go to : <http://iwffa.com/promotionaltour2010.html>

# IWFFA Nordic SPORTSWOMAN OF THE YEAR 2008

## IWFFA Nordic Sportswoman of Year 2008 - Heidi Pomell



Heidi Pomell was born in Finland in 1980. She is a physics and mathematics teacher. Heidi started to play women's American Football in Finland in 2004, when it still was women's version of American Football (9 against 9 with contact but no pads). She started to

participating in IWFFA tournaments in Scandinavia in 2006 and in 2008 traveled for the first time to discover Key West and the Kelly McGillis Classic. Heidi has received awards in Finland for: (1) Best beginner of the year 2004 (Team: Roosters), (2) best offensive player of the year 2005 (Team: Roosters) and (3) Defensive All Star 2007 (SAJL). In IWFFA tournaments she has been selected to All Stars Teams almost every tournament for either offence or defense or sometimes even both. She has also received MVP prizes many times.



Heidi has always had interest in promoting flag football and the IWFFA. In the summer of 2008 she traveled to Hawaii to do so. Along with

Michelle Morales, the two offered training for two weeks on the island of Honolulu and were successful in forming a team. Heidi has played on the line with many of the Scandinavian teams. By playing with the Scandinavians, she had no need to start her own team. For this reason it took her several years to finally create her own team to compete in the IWFFA tournaments. In 2009 Heidi played with a Swedish team called "Loosing Team" in which she got the opportunity to play QB. A new zest for a new position! Since then Heidi has been focusing her training for the quarterback position.



In February 2010 Heidi traveled with two women from Finland and Sweden to Key West to compete in the Kelly McGillis Classic. The group played the tournament together with a group of Canadians. Heidi got the chance to play QB which was a great opportunity and a great experience for her. In June 2010 Heidi moved to Sweden and started a women's flag football team named the Uppsala Vultures. Together with Lisa Berg, her co-coach she holds practice once a week. Heidi is looking forward next season and all the coming tournaments.

Those first six years when Heidi played the line, she practiced really hard. It was "all or none" for her. And back then she was very intense. Nowadays she takes a different approach and is enjoying playing which ever position she wants. She is trying different stuff and is able to coach to new players, teaching them what she has learned throughout her years playing flag football.

She comes up with new games purely for fun and she always meets new and nice people. According to Heidi, the best thing in flag football is to make new friends all over the world and have fun with them at the tournaments. Heidi hopes to see many old and new faces next summer in the Scandinavian tournaments. She would also like to see teams from USA there! (hint, hint) 🍌

### Awards:

Oslo 2007 - All Star - Center - Tennessee Turkeys  
Hjorring 2008 - Offensive All Star - Gothenburg Angels  
Hjorring 2008 - Defensive All Star - Gothenburg Angels  
Oslo 2008 - Defensive All Star - Oslo Tigers  
Gothenburg 2008 - MVP Defense - F Fighters  
Hjorring 2009 - MVP Defense - Loosing Team  
Gothenburg 2009 - All Star - Primary - Loosing Team  
KW2010 Defense All Star - Int'l Women without Borders

### Teams Heidi has played for:

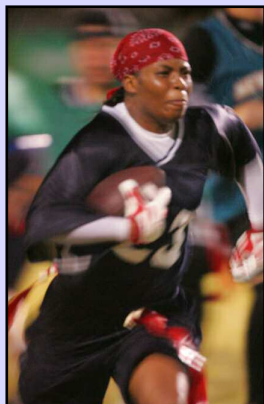
Norske Turske  
Tennessee Turkeys  
Oslo Tigers  
F Fighters  
Loosing Team  
Gothenburg Angels  
Women Without Borders  
Juhannustytöt feat. Teurastajat.  
Uppsala Vultures

World Challenge III - Intern'l Team



# IWFFA North American SPORTSWOMAN OF THE YEAR 2008

## IWFFA North America Sportswoman of Year 2008- Stacy S. Agee



Born in Charlottesville, VA, on January 31 1971, Stacy was a tomboy growing up. Her single parent mother raised her and her younger brother, with help from her grandmother with whom she was very close. It was OK that she played her sports and games in her rural VA neighborhood. Her mother and grandmother never stopped her from being who she was. She was also accepted by the boys

who judged her by her performance in sports and not the fact that she was a girl. Sports truly formed this young athlete's life.

When Stacy was 12 years old she played her first organized sport, softball, for her school team. Then at 15 years old, she added Track & Field, where she ran the 100, 200, 4 x 100 relay and did the long jump. She also played basketball. Basketball was her passion.

Pretty soon came her honors: (1) Converse All American Female Athlete, 1989 for basketball, (2) Virginia State award for track & field, (3) Regional championships in Basketball, (4) Regional championships in Softball. She came close to winning the state as well and (5) She broke the record for the long jump at 17.8 feet.

Of all these sports, basketball was most demanding. This was because this was to be her scholarship to college; her chance to financially afford higher level education. At this time in Stacy's life her mentor was Larry Davis. When I asked where she developed her strong ethics for sports and such a keen level of sportship, she explained that Mr. Davis taught her at a young age to be the best player on the field, while respecting teammates and opponents. She will never embarrass or shame anyone for her glory or try to outshine anyone other than herself. She will "never degrade another human being". And I have seen this through the years of watching Stacy on the field and off. She is a superior athlete who could easily take advantage of a game. She maintains her

demeanor and respect for the sport. And as for her high level and quality of play, Larry Davis was the one who taught her all the "X's and O's". His mottos were, "It's not about you," and "You can only control yourself". Respect for others is what guides Stacy today in every aspect of her life.



Stacy attended VCU - Virginia Commonwealth University in Richmond, VA. She received a full four year sports scholarship and became a physical education major. At some point during her college education, Stacy realized she did not want to be in the classroom, so she changed her life course. She wanted something more hands on and became a personal trainer.

### Stacy discovers Flag Football

In 1996 Stacy played her first flag football with a team in the Virginia League, VA No Fear. She played with them until 1998. It was exciting for her to use her speed to avoid getting "touched" and she perfected the "spin". The league did not have downfield blocking and so when the team traveled to Key West Women's Flag Football tournament and she discovered downfield blocking she found it to be extremely exciting and invigorating. She loved running downfield, having her blockers lead block for her. The thrill of evading her flag being grabbed was a risk that Stacy loved to take. Stacy loved running up holes through the offensive line and having her linewomen break them open. She credits coach Lance Conner with teaching her all about playing a good defense. She had some of her best flag football experiences and great memories of the Key West tournament.

In 1998 Stacy heard there were try outs for the Women's Professional Basketball League Team, the Houston Comets. This was the only invitational try out. All the other teams in the league sought out well known university players with name recognition. She moved to Houston for the year, trained extra hard and was ready only to find out she was told the wrong date. She found out that the try outs were over. She had missed her



of the Houston Energy in 1999. Wow! She fell in love with tackle football. What she loved about tackle is that she could stiff arm an opponent and fight off a tackle. The protection her strong offensive line gives her was a rush. Her flag football spin came in very handy during these games. Her speed was her power.

She played tackle in the WPFL from 2000 - 2007. The Houston Energy took the championship for the first three years and were superior to many of the teams due to their coaching and variety of athletes.

The first three years were exciting. The sport was new. Then in 2005 - 2007 Stacy and Karen Mones took over the Energy team so it would not fold. Owning and playing was a lot of work. During those years there were some memorable moments. In 2008 Stacy ended her tackle career because according to her, "It was time to walk away".

I asked Stacy which sport she liked better, flag football or tackle? She claims to like them equally. She loves the IWFFA rules with ineligible offensive line, kicking and punting. She loves that the IWFFA is world wide. Her favorite team is her current one, Thunder & Lightning, because they are family; a very tight team and her baby. She started the team in 2006 and will bring

chance. Down and out, feeling miserable, Stacy then found out about Houston's first professional tackle team as she met team owner, Robin Howlington

her team to the 20th Kelly McGillis Classic. Her favorite position is running back. Stacy thinks she has a good five years left in her flag football career as a strong player. She states that as she gets older, she becomes a smarter player.



What is her absolute most memorable flag football moment? In 2008 Kelly McGillis Classic, her team, Richmond, came to Key West with 10 players and played the championship against the NY's TNT in the pouring rain. With 8 players remaining (6 were healthy) and one minute, two seconds left in the game, Stacy threw the winning touch down pass to Karen Mones. One of the best flag games ever!

What advice can you give to our flag football players? Don't take the game so seriously. Enjoy playing. You can't control the other seven players. You can only control yourself. It's just a game. "A great thing about flag football is you don't have to be the biggest, fastest, best kicker or whatever. There is always a position for you".

I asked what she thought of the LFL and she explained it is important to have respect for yourself. You don't have to sell yourself or be a playgirl to play. She would never play LFL.

Today, Stacy co-owns Houston Adventure Boot Camp <http://www.houstonareabootcamp.com> with business partner Karen Mones. The two have created a very successful business for the past

6.5 years, where they cater to: stay at home moms, business women, college students and women of all fitness levels. Adventure Boot Camp offers a four week program, seven locations for fourteen different camps and intense training. She loves being a personal trainer, being her own boss, and helping women succeed in their life of fitness. ■■

The teams Stacy has played for are:		All Star Team			
Va No Fear		Key West	1999	Offense	Va No Fear
Houston Fire & Ice		Key West	1999	Defense	Va No Fear
Houston Powerhouse		Key West	2000	Running Back	Houston Fire & Ice
Houston Thunder & Lightning		Dallas	2001	Running Back	Houston Fire & Ice
Richmond One		Dallas	2001	Kicker	Houston Fire & Ice
Richmond in motion.		Dallas	2002	Running Back	Houston Fire & Ice
		Key West	2007	Running Back	Va. Richmond One
Offense MVP Awards		Defense MVP Awards			
Key West 1997	Va No Fear	Key West 1998		Va. No Fear	
Key West 1998	Va No Fear	Key West 1999		Va. No Fear	
Key West 1999	Va No Fear	Key West 2001		Houston Fire & Ice	
Key West 2000	Houston Fire & Ice				
Key West 2002	Houston Fire & Ice				
Key West 2007	Richmond One				
		Special Awards			
		2008 IWFFA North America Sportswoman of year			

# IWFFA Nordic SPORTSWOMAN OF THE YEAR 2009

## IWFFA Scandinavian Sportswoman of Year 2009- Anki Schei



Anki Schei was born in Stavanger, Norway and became involved with flag football by watching the Oslo Pride Parade on June 29, 2002. Once she saw the IWFFA banner, she ran to the group



very next day in the IWFFA / Oslo tournament and it was history from there.

Anki always had a love for American tackle football. She never knew flag football existed until she got involved with the IWFFA. She practiced some with the men who played American tackle football by throwing the ball around and was their kicker. She had an arm like a bullet and can accurately throw the ball 50 yards.

Anki brought the IWFFA to Stavanger, the western region of Norway, to train a new team whom she gathered the next year in 2003.



This was important because it opened up new territory for the IWFFA and Norway flag football. Anki has always been the quarterback and the leader for all her teams. She has traveled to the states to compete in the Key West Kelly McGillis Classic. She was chosen to play for the very first 2008 World Challenge Game.

In 2009, when the American team Blue Thunder came to Norway to compete in their 10th annual Oslo tournament, Anki met the team at the airport and hosted the group while they were in Norway. Anki officiates every flag football tournament she plays in and is founder of the Knøttene United team in Oslo. She is dedicated to flag football and has brought many teams to the Scandinavian competitions. It doesn't matter which team she plays for as long as she is playing flag football. ■■

### Teams

Scotland/Norway POLAR BALL  
Stavanger  
Scandinavian Devils  
Loose Women  
Danish Devils  
Knøttene United  
Polar Bears  
Nordic Mean Machine  
Tennessee Turkeys  
F Fighters

### 2008 World Challenge Game

### All Star Awards

Oslo	2003	Safety	Stavanger
Gothenburg	2003	QB	Scandinavian Devils
Gothenburg	2004	Safety	Danish Devils
Oslo	2005	RB	Knøttene United
Gothenburg	2005	QB	Knøttene United
Hjorring	2007	Punter	Nordic Mean Machine
Oslo	2008	Punter	F Fighters
Gothenburg	2008	QB	F Fighters
Hjorring	2009	QB	F Fighters
Oslo	2009	Punter	F Fighters
Gothenburg	2009	QB	F Fighters

### MVP Offense Awards

Oslo	2003	Stavanger
Gothenburg	2003	Scandinavian Devils
Oslo	2009	F Fighters

### MVP Defense Awards

Oslo	2003	Stavanger
Gothenburg	2005	Knøttene United





# IWFFA North American SPORTSWOMAN OF THE YEAR 2009

## IWFFA North America Sportswomen of Year 2009 - Janet Jordan



The 2009 sportswoman of the year for North America goes to: Janet Jordan. She started her flag football career playing at age 40. She had played football growing up in Dallas but as a girl, at that time, did not have the opportunity to continue the sport she loved.



Janet Jordan has played on the most number of teams than any other IWFFA players. The comfort of playing with a regular team, has never been experienced in

Janet's flag football career. She comes to the tournaments, night before, meets the rest of her team for the first time and steps on to the playing field the next day with her new "Loose Woman's" team. She has played for a dozen loose woman's teams so far and we are still counting.

This can be one of the hardest feats for any athlete.

During tournaments, while other teams practice regular offense and defensive plays, timing and patterns with other fellow team mates to prepare for competition, Janet is introducing herself to a whole new group of women. She is learning their first names and finding out what positions the women will play.



To be so flexible, to be willing to play a variety of positions so that every loose woman on the team fits, is remarkable. Over the years, I have witnessed players refusing to play any other position than their regular position, and here Janet is willing to play "whatever". She has brought calmness, leadership and camaraderie to every loose women's team she has played for. She demonstrates "true sportship" in the highest regard.

She now enjoys many sports besides playing on the loose team and meeting women from all over the country. She is happy for all the younger girls that have so many sport opportunities for scholarships and professional careers. Janet herself now enjoys

bike riding, beach volleyball, ultimate Frisbee, badminton and has trained for many years in the kick boxing form Muay Thai. An avid outdoorswoman she likes being outside in warm weather and also indoor activities such as shooting pool and playing ping pong. Having had the fortunate opportunities to travel the world and with a great sense of humor she is one for funny stories of snorkeling in Tahiti or hiking in Germany. She definitely enjoys life and is an inspiration at the age of fifty to all people to continue sports all through their lives. ■■

Teams		All Star Teams	
Kelly's Loose Loose Women	Key West 2003	Key West 2003	Offensive All Star
Loose Women	DC 2003	DC 2003	Defensive All Star
Kelly's Loose Women	Key West 2004	Key West 2004	Defensive All Star
Salty's Loose Women	Ptown 2004	Ptown 2004	Defensive All Star
Loose Women	DC 2004		
Loose Loose Women	Key West 2005		
Wild Hearts Loose Women	Ptown 2005		
Tampa Brew Crew	DC 2005		
Fairvilla Loose Women	Key West 2006		
Saltys Loose Women	Ptown 2006		
Chicago Spyner's Mud Dawgz	Key West 2007		
Int'l Women Without Borders	Key West 2010		
MVP Offense Awards		MVP Defense Awards	
Key West 2004	Kellys Loose Women	DC 2003	Loose Women
Ptown 2004	Salty's Loose Women	Key West 2004	Kelly's Loose Women
DC 2004	Loose Women	Key West 2005	Loose Loose Women
		Ptown 2005	Wild Hearts Loose Women
		Key West 2007	Spyner's Mud Dawgz

**EYE ON:****Grimstad Octopussies (Norway)  
and NJ Girls - Powertime (U.S.A.)**

**By: Diane Beruldsen - IWFFA Trainer and IWFFA member**

For the IWFFA, during the 2010 promotional tour, there were two groups who should be recognized for their support of the IWFFA and their own future as they have great potential for the sport.

**Grimstad Octopussies (Norway)**

Our efforts in Grimstad, Norway began with Terje Beruldsen who brought me to this city and then



introduced me to two women interested in flag football. One of the women, Rigmor Capser, who never played the sport or who had never even seen flag football was willing to coach the team, if a team could be created. Her wife, Rigmor Brox, was willing to manage the team, to make phone calls, make publicity for the team, arrangement for a field, and help organize the team if one could be pulled together. Perhaps, when starting a team, even more important than players, are strong organizers who can keep the team going. With these two as team manager and coach already in place, this left the team in a good position to support themselves.

There are additional players on the Octopussies who are very much involved in training, promoting the sport and the IWFFA who are: Åse Marie Eriksen and Tonje Haraldsvik Haugen. Another Grimstad player, Linda Ellingsen, has moved to the city of Trondheim,

and is promoting a new women's flag football team there. Grimstad is also a new region for the IWFFA and is located in the south of Norway compared to Oslo and Moss, both which are on the east coast and where the majority of our Norwegian teams are located. We have very high hopes for the Grimstad Octopussies.

On November 21, the team will celebrate their six month anniversary. From the time of their first training in May, this team of women have played in two tournaments, committed to weekly trainings, recruited dozens of players, created their own uniforms and logo, solicited sponsors, conducted special flag football education training for gym teachers in Norway, created their own flag football videos website and facebook and have enriched every team member's life. All from participating in flag football.

**NJ Girls - Powertime Team, Fleming, N.J. (USA)**

Early in 2010, I was contacted by Alison Woods of the Powertime Women's Flag Football League in New Jersey. She had a huge task of salvaging a women's



flag football league that had gone under. She was deciding whether to start her new league with 5 on 5 rules or IWFFA rules. After deciding in favor of the IWFFA rules, she asked for IWFFA to come out and offer a training to teach their women IWFFA rules, and she hoped to get new energy and players for a new league. Alison stated she was attracted to our organization because of our tournaments. She especially wanted her women to compete in the IWFFA Ptown Classic and Kelly McGillis Classic in Key West, FL.

Throughout the first half of the year, Alison kept in



constant contact with me updating me on her group. She showed herself to be a great communicator and a great organizer when signing up her women for the clinic. We had 24 women attend the clinic. The clinic trained two separate groups who competed against each other in a scrimmage at the end. All the women were enthused and eager. Their energy made the clinic flow. No one wanted to stop. We had to end the three hour training only because the lights were scheduled to go out. Almost 100 % of the participants returned their training survey, send out following each clinic. This gave us critical feedback for future trainings and was very helpful to our organization.

The team competed in their first IWFFA tournament in Ptown this year and will travel to Key West for the 20th Kelly McGillis Classic. Out of this team of women, there were so many volunteers who supported the IWFFA. that it is impossible to list them all. Alison Woods, Beth Gustofson joined the IWFFA

committee. Alison also helped form the IWFFA organization chart and Beth helped to create the IWFFA surveys. Both women have been on our IWFFA Radio Program. Erin Lagarenne edited the Ptown Classic Ellen Dance Video. Kippy Pyzik helped solicit teams and became our very first Ms. IWFFA / Ptown. Rosanne De Torres helped craft legal agreements for the IWFFA. And the entire team promised to volunteer at the Kelly McGillis Classic tournament.

Their league is now considering becoming IWFFA sanctioned. This group will host a sanctioned IWFFA tournament in N.J. for 2011. The IWFFA will conduct another IWFFA clinic during our 2011 promotional tour to help recruit more women to their league and the IWFFA. These "N.J. Girls" didn't just join the IWFFA, they BECAME the IWFFA. All eyes on this group to promote and expand flag football and help to take the IWFFA even farther. ●●



## 2011 Membership

\$25 for Adults (18 older) / \$20 for Girls and Juniors

**To Join:** <http://iwffa.com/membership.html>



**\$60 Dozen Belts & Flags**  
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## Founding Mothers - Unsung Heroes

### These are the women who started flag football leagues around the world.

Starting a flag football league takes tremendous energy, love and dedication. Often times there is great stress, grief, joy and pride that comes with the territory.

Here we give credit to the founding mothers, whose stories we include in our history and archives section of the IWFFA website.

This is an on going list of women who have started leagues for girls / women's flag football.

Please submit to us the founder of your league: name, year, original name of league, and contact information.

In this issue of the Forward Pass we include two such stories.

#### ● Founding Mother Diane Beruldsen

*Founder of Brooklyn Women's Flag Football League, New York Women's Flag Football League, Key West Women's Flag Football League, National Women's Flag Football Association, International Women's Flag Football Association*

#### by Rosaria Baldari

In 1978 at age 18, Diane saw her first flag football game, early one morning in Long Island, NY. Immediately she knew she wanted to play. When the game was over, Diane approached the teams. She signed up with "Don's Team", the team from Queens, NY, whose roster was still open.

She traveled 45 minutes by car from Brooklyn to Queens to make practice each week, and also traveled 1 hour and 15 minutes to the games on

Long Island every Sunday. She played the offense and defensive lines her first year, and coach Don taught her two things: protect the QB, and/ or get the QB. And that was all she knew. As the season ended, Diane loved the sport. When it was time to begin her second season, she had a group of friends from Brooklyn who wanted to join. At Diane's first practice for the season, she asked her coach if he would allow her friends join the team. "Sure", he said, "how many friends?" and she said "16". So coach Don suggested she start her own team, which



Diane Beruldsen - Founding Mother for the:  
Brooklyn Women's Flag Football League, 1985  
New York Women's Flag Football League, 1990  
Key West Women's Flag Football League, 1990  
National Women's Flag Football Association, 1995  
International Women's Flag Football Association, 1997

she did. It was the first women's flag football team from Brooklyn, and their name was The Brooklyn Untouchables. Diane explains that no one on the team wanted to order the shirts, or make phone calls, so she became the manager for the team. They practiced in Brooklyn and traveled the long distance to play. Tough and victorious, the team did extremely well. They consisted of softball all-stars from their softball league and had great talent for flag football.

During one eventful game, everything changed. Their coach Tippy, called a "time out".



She wanted a long pass, and she wanted Diane to throw the ball. Kris the QB, said, "I'm the QB", and Tippy said, "Well, I'm the Coach". Kris then gestured to her friends playing on the field, to leave the game with her. Half of the starting the team walked off. Diane was then left with throwing the ball and being the QB, a position she had absolutely no experience with. The remainder of that game and the rest of the season was miserable to say the least. The Brooklyn Untouchables went downhill from that moment.

Through the years the Brooklyn Untouchables kept playing, and were happy just to get a first down. "When you play hard, or loose hard, you party hard, and we all went to the bar after each game to 'party hearty'", says Diane. This caused a problem getting home safely, and she decided it was time to start a league in Brooklyn. The Brooklyn Women's Flag Football League was started in 1985. With six teams, the league was very unique in the Bay Ridge neighborhood. There were a good number of fans that came to watch. The teams were evenly matched and everything was great.

In early 1990, Diane announced she was leaving New York to move to Key West, FL at the end of the year. She left the league in the hands of her friend Jerry who already managed a softball league. Diane would start a new league in Key West, with the intention of uniting the two leagues. However, the Brooklyn women asked Diane not to leave the league with Jerry. Rather, they asked that she stay on as president, and continue to be a part of the Brooklyn League and help with their decision making. Diane then incorporated the league, creating a board for which she delegated a Vice President, Secretary and Treasurer. This board, upon their very first meeting voted Diane out of the league!



Diane was blown away, devastated that her "baby" was taken in such a manner. With the time that was left, she started a new women's flag football league. The New York Women's Flag Football league consisted of 8 teams from each of the five New York boroughs, and Connecticut, New Jersey

and Pennsylvania. After the league's first season, Diane moved to Key West and immediately started the Key West Women's Flag Football league (KWWFFL) in 1991.

I asked Diane what had driven her to start all these leagues. She said, "I didn't think about it, I just did it. I was young, had a lot of energy, was not afraid to talk to people and wanted to play flag football. If I didn't start these leagues, I would have had to travel a long distance, or not played at all".

In Key West, starting the league on a small island was quite different than starting a league in a metropolitan city. The KWWFFL had only three teams.





To get more competition Diane had to bring teams to Key West. She started the first Key West Women's Flag Football Tournament



in February of 1992. With five teams the event was terrific. It included lots of social activities and the local women got to play more games than they did during their regular season. As the tournament continued each year it grew, and it grew. Diane remembers, "In those days there was no internet like we have today. In order for me to find teams across the country, I had to look in phone books, use directory services to find softball leagues, and contact parks and recreation directors in different cities. I would have long conversations with strangers asking if they knew of any women's flag football teams. I started to invite softball teams, and those women were happy to travel to Key West, to party and play flag football. So really, the success for our women's flag football in the early years was due to the softball women".

In February 1995, during the Key West tournament, someone asked Diane how she found the San Francisco Women's Flag Football team who were on the field competing. Diane could not answer that question, and realized it was time the women's flag football had it's own central organization. That was the beginning of the National Women's Flag Football Association (NWFFA). In the summer of 1995, Diane "hit the road" to see what was out there for women's flag football. She

traveled to different cities visiting teams who played in the Key West tournaments, seeking new teams and leagues by talking to lots of people and signing them up for the NWFFA. With no membership dues, the organization was free. Diane thought, "What comes around, goes around," and that women would be happy to donate money to keep the organization going. "I traveled up to Canada and even Mexico the following year, I really covered a lot of territory". What she found was that there were many women's flag football teams across the U.S Canada and some in Mexico. Her goal was to unite these women. However, the Canadians reminded Diane that the name for the association was inappropriate. With Canada involved, the organization should be named the: International Women's Flag Football Association. In April of 1997 the IWFFA was born. To make this a truly bona fide organization, Diane began traveling across Europe, Scandinavia and Mexico, to spread the sport around the world.

I asked why she thought it necessary to travel to so many countries. Diane explained, "In order to make flag football an Olympic sport you have to have so many countries playing the sport".

Today Diane Beruldsen continues with her long struggle to unite women's flag football under the umbrella of the IWFFA, and works now to professionalize the sport. The IWFFA mission statement has been modified through the years to reflect what Diane believes is a more accurate description, "The IWFFA uses the sport of flag football to teach leadership skills to girls and women, so they can transfer that to other parts of their lives to better compete with men in the business and political world, and to have female influence in world affairs and perhaps one day, peace".

This was a long interview. There is an incredible amount of information tied to the fascinating history of these leagues. A book could easily be written about Diane Beruldsen, the steadfast founder of women's flag football leagues and organizations throughout the world. Stay tuned! 🏈



## Founding Mothers - Unsung Heroes

### ● Founding Mother Stephanie Vigneault

*Founding Mother of the Montreal Canadian Sports Attraction League*

**By Diane Beruldsen & Virginie Roberge**

Stephanie Vigneault is a quiet, controlled and passionate participant in every aspect of women's flag football, who has truly taken flag football farther in Canada. She has dedicated her life to women's and girls flag football since she became a player in 1994. Since then, the league which she founded: Sports Attraction in Montreal, Canada, includes three leagues, and 55 teams.

Stephanie is not only the founder of her league, she is the IWFFA representative for Canada, and has helped to create the IWFFA ranking system currently used today, as well as structured scheduling for IWFFA tournaments. Stephanie made the Kelly McGillis Classic an international event in 1999, when she brought the first Canadian women's flag football teams to compete.

#### **Narrated by Diane Beruldsen – President IWFFA**

In 1999, explains Diane Beruldsen: “When the Quebec, Canadians competed in the Key West tournament, most of their players only spoke French. So, out on the field, their players didn't understand what was being said by the other team or the officials so their comprehension for what was going on during the game was the understanding of body language, tone of voice, etc.

In those days, when we grabbed the flag, American teams would automatically throw the opponent's flag into the dirt. It was a little rough. This seemed to be a very aggressive act to the Canadians, and I remember Stephanie who was

coaching, calling time out. She came to the middle of the field and said she didn't want to fight. Her women



did not want to fight. I asked “who wants to fight?”, and Stephanie showed me how the flag would be grabbed, then thrown on the dirt. She said “no fights, no fights”. And so, we realized then, how aggressive and unnecessary this act of throwing the flag to the dirt was and asked players to hold the flag up in the air so the official could see, and then to hand the flag to their opponent. It made a much nicer game and this has become the stan-

dard for flag grabbing since that very game.

“We learn so much from our international teams. The Canadians have been a big part of our IWFFA tournaments in the United States since 1999. Even though 7's, no contact is Canada's flag football rules, Stephanie has always brought very tough, and very competitive teams to our tournaments”. “They play a great game and very exciting for fans to watch”.

In 2009, two Canadian teams took top honors as champs in the top two divisions of the Kelly McGillis Classic: Montreal Warriors and Montreal Rebelles. That year was a ground breaker for Canada as it pushed the dominate American teams aside and made room for a new international leader in women's flag football.

The IWFFA is very grateful to Stephanie Vigneault. Her experience, thoughtfulness and knowledge for the game, has benefited not only the IWFFA, but the girls and women who play flag football in Canada. She is a powerhouse for sure.

Stephanie fell in love with flag football at college in 1994. She played for 3 years as a receiver. Stephanie started her first flag football league, Organisation d'événements sportifs: Sports Attraction, in Montreal, Canada in 1997 with 5 teams. Today, there exists



three flag football leagues (summer, falls and winter) and fifty five teams.

Their rules play 7 on

7 rules without contact, and 5 on 5 rules for the winter season because the league plays indoor due to the cold Canadian weather outside.



Stephanie started the flag football league because as she said "it is a really good sport for woman and I wanted to built a serious organization for women and by a woman".

She also explains: " I like to organized leagues and tournaments, it's my passion. I'm proud to give the chance to many girls to practice their favorite sport".

Stephanie is currently working hard to gain more visibility and sponsors for the league and flag football program for girls and women. Stephanie has higher goals for the Canadians: "I would like to develop a provincial league or maybe a national league in Canada".

Stephanie is working on starting an 8 on 8 flag football league in Quebec "because many players prefer this kind of rules, and I prefer too". Stephanie will also be the tournament director for the IWFFA 7th annual Montreal, Canada Flag Football Tournament, August 13 – 14, 2011 and hosted by the Montreal Rebelles. This will be a wonderful competition and all teams are invited to play.

**Narrated by: Virginie Roberge - Montreal Rebelles Team**

I know Stephanie Vigneault since 2007 for my first participation to the Kelly Mg Gillis Tournament. She is the organizer of the senior Flag football league in Montréal. She's the representative for the referee of Montréal. She gives lessons to the referees of Montréal. She organized many teams for many tournaments of flag football in United States. Like Québec Storm and Rebelles for the P-town and Key West Tournament. Stephanie Vigneault is such a person



enthusiast for Flag football and she knows how to transmit her enthusiasm for these sports.

Stephanie is also a leader for other sports Like Inside Hockey and softball. She is an exemplarily leader in sports. With her knowledge of sports and the respect she receives from all the teams and

players, she should be a role model for the whole world! Everyone in Canada realizes that without Stephanie, in Montreal, there would be no league for girls and women's Flag football.

League website:

[http://www.sportsattraction.net/index.php?option=com\\_content&view=article&id=46&Itemid=57](http://www.sportsattraction.net/index.php?option=com_content&view=article&id=46&Itemid=57)

Sports Attraction est une jeune entreprise avec de grandes ambitions qui se spécialise dans l'organisation d'événements sportifs et sociaux.

Fondée en 2005, par Stéphanie Vigneault, l'entreprise de Sports Attraction se veut la continuité de la ligue de flag football "Le Flagmont" qui a débuté ses activités en 1997 à Montréal.

Sports Attraction sert maintenant plus de 60 équipes sportives et organise chaque année plusieurs ligues et tournois de différents niveaux.

***In English:***

Sports Attraction is a young company with big ambitions who specializes in organizing sporting and social events.

Founded in 2005 by Stephanie Vigneault Sports Business Attraction wants continuity of the league flag football The Flagmont "which began operations in 1997 in Montreal.

Sports Attraction now serves more than 60 sports teams and organizes every year several leagues and tournaments of different levels. ■

## Women in Sports: The Importance of the Early Years; Raising a Generation of Empowered Girls

by Georgeann Lewis, IWFFA member

In order to understand the evolution of athletic opportunities for women it is essential to understand the perseverance of our predecessors both on and off the field. Many women, men, and politicians have worked diligently to create equal opportunities for women in all aspects of life. As you review the following timeline, imagine what being a female athlete was like back in the late 1800 and early 1900's. Women were forbidden from exposing skin. Shorts in the 20's looked more like "bloomers". Imagine playing any sport in a dress? Hosiery? Heels? Men never faced these types of restrictions, nor did they have to fight for rights in any area of life. As you review the timeline try to imagine yourself during those time frames. What would it have felt like to be a female athlete? Were sports a right or something you fought for? Consider the restrictions. Then reflect on how the hard work of women of the past, present, and future will continue to shape sports for women and remind yourself of the opportunities you enjoy today.

### Brief Timeline of Women and Sports

- **776 B.C.** The first Olympics were held. Women were excluded
- **1722** First female British boxer, Elizabeth Wilkinson, enters the boxing ring
- **1804** First female jockey, Alicia Meynell, of England
- **1805** First ice skating race for Dutch women in Leewarden
- **1889** Isabel Stanely is one of the 1st women to play ice hockey in Canada. Ice hockey later becomes a sport for U.S. women in the 1980's
- **1890-1934** "Bloomer" girls baseball era (note men were playing in baseball pants, not "bloomers")
- **1964** Women's volleyball added as Olympic sport
- **1968** Enriquette Basilo is the 1st woman to light the Olympic flame at the Mexico city summer games
- **1972** Congress passes Title IX legislation. Approximately 2.1 teams per college with annual scholarships allocations under 100,000 (but the ball is now rolling)
- **1972** 817,079 girls were participating in high school sports
- **1978** Women's Professional Basketball League begins
- **1980** 233 women compete in Lake Placid Olympics vs. 21 in 1932
- **1980** Establishment of International Women's Hall of Fame
- **1986** Women's Professional Volleyball Association created
- **1988** Congress enacts the Civil Rights Restoration Act overriding President Regan's veto, re-storing Title IX
- **1992** Key West Women's Flag Football Tournament founded by Diane Beruldsen., began with 5 teams, eventually expanding to 49 teams, became an annual event every February and eventually was named after actress, Kelly McGillis. The event helped to create the International Women's Flag Football Association.
- **1997** International Women's Flag Football Association is created whose purpose was to create and organize girls and women's flag football around the world; create new leagues and teams and to professionalize the sport.
- **2000** Women's United Soccer Association created
- **2011** International Women's Flag Football Association goes professional





The bottom line is, internationally, women have traditionally fought for freedoms that were automatically granted men. The IWFFA seeks to change this by continuing to introduce the sport of flag football to school aged females. Like all other initiatives it "takes a village". IWFFA's mission for school aged girls is summed up succinctly by Ann Bancroft:

***"Girls should go on thinking that there is a world out there  
And it is theirs for the taking"***

*~Ann Bancroft, first women to reach the North Pole by dogsled*

The advantages of physical activity are innumerable. Worldwide childhood obesity and poor nutrition represent substantial risk to youth. Sports help change and create healthy life styles and nutritional habits. Although more opportunity to participate in organized sports occurs today, the funding, scholarships, and the option to participate in all sports still places women at a disadvantage. IWFFA remains committed to close this gap. Creating flag football programs in schools and/or after school programs during the elementary, middle and high school years benefits the girls and the sport. Flag football teaches essential skills of fine motor ability, coordination, and balance, to name just a few. More importantly, it empowers women, giving them the right to traits not typically thought of as feminine such as assertiveness and competitiveness. It also provides longevity for the sport. Boys can start play-

ing flag and/or tackle football at age 5. Girls deserve to have access to the same opportunity.

IWFFA feels teaching girls at younger ages to be independent and strong as well as how to push themselves to their limits thru flag football will provide girls the gifts of inner strength, confidence, and high self esteem for a lifetime. Girls entering the college years and work force with this autonomous way of thinking are more likely to live healthier, happier lives; perpetuate this cycle of autonomy; and continue to pave the way for future generations. Flag football is an extremely cost effective sport, especially when compared to other sports. With an IWFFA \$25 membership, teams receive health insurance, clinics teaching the sport, and the opportunity to play in state, regional, and international tournaments. For more information on the IWFFA regarding how to bring flag football to your area and gain support in starting a league, contact the IWFFA. 🏈

## IWFFA SURVEYS

OUR NEWEST WAY TO COMMUNICATE WITH OUR PLAYERS EACH MONTH IN OUR IWFFA FLAG FOOTBALL NEWS WE ASK A NEW SURVEY AND YOUR INPUT!

**YOU DECIDE FOR THE IWFFA  
LET YOUR VOTE COUNT**

CHECK OUT OUR NEW SURVEY LINK -  
<http://iwffa.com/SURVEYSIWFFA.html>



## Organizing 2011 tournaments across the U.S. for American teams

One portion of the 2011 IWFFA Campaign is to structure regional and local tournaments across the USA, to American teams, to offer the opportunity to compete in tournaments close to where athletes live so they would not have to endure travel expenses, and make it easier to compete. These competitions would be inexpensive, one or two day events and encourage teams to become more competitive, thus increasing the skill levels of our flag football athletes and would also be used as a ranking mechanism to help decide how American teams rank nationally.

In time, these tournaments will increase in numbers and IWFFA tournaments will be structured in a tier system so that eventually for girls and women's flag football we have a highly organized competitive tournament structure for teams to compete locally, regionally, nationally and finally represent the USA in our World Challenge International competition to include all of our IWFFA leagues from around the world. This will take time, as we begin to structure these tournaments.

**If you are interested to bring a sanctioned IWFFA tournament to your city, we invite you to do so.  
Contact the IWFFA office: [iwffa@iwffa.com](mailto:iwffa@iwffa.com)**

## 2011 IWFFA Tournaments

(Dates Confirmed)

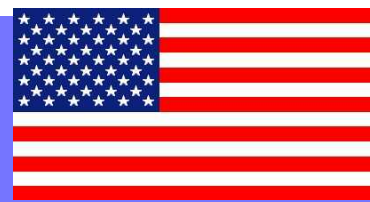
<b>Kelly McGillis classic</b>	<b>20th</b>	<b>Feb 6 – 14, 2011</b>
<b>Hjorring, Denmark</b>	<b>6<sup>th</sup></b>	<b>June 10 – 12</b>
<b>Oslo, Norway</b>	<b>12<sup>th</sup></b>	<b>July 1 – 3</b>
<b>Montreal, Canada</b>	<b>7<sup>th</sup></b>	<b>August 13 - 14</b>
<b>Gothenburg, Sweden</b>	<b>11<sup>th</sup></b>	<b>Sept 2 – 4</b>
<b>Ptown Classic, MA</b>	<b>6<sup>th</sup></b>	<b>September 17 – 18</b>
<b>Key West, FL Women's Week (For Loose Women Only)</b>	<b>3<sup>rd</sup></b>	<b>September 25</b>
<b>Mexico, City</b>	<b>1<sup>st</sup></b>	<b>October 8 – 9</b>

**Dates Not Confirmed – Potential Cities to add to our USA Regional Tournaments – Actual dates to be decided by January, 2011.**

Albany, NY / Dallas, TX / Flemington, NJ / Ft. Lauderdale, FL / Houston, TX / Lincoln, Nebraska / Ocala, FL / Palm Springs, CA / Philadelphia, PA / Sacramento, CA / San Francisco, CA

## Sixth Recipient Porter Wilson Award

Rosaria J. Baldari (Rori)



A graduate of Rutgers University College of Art & Design, Rori enjoys a career in the printing industry as a package designer.

She has devoted many years to promoting flag football even though she is not an athlete herself. She understands the opportunity

for women to bond and the development of skills girls can obtain from the sport which can better their lives.



Dedicating her talents in helping the IWFFA share it's visual image. It is not only important to organize teams, leagues or officiate flag football in order to support the sport.

It is also important to communicate with others who do not participate in flag football, to reach out and offer a visual image of what we flag footballers and flag football is about. Hence, is the need for an artist who can make such a thing happen.

Rosaria Baldari , otherwise known as Rori, has really been a powerhouse for the IWFFA and women's flag football.

Rori has been promoting women's flag football ever since 1979.

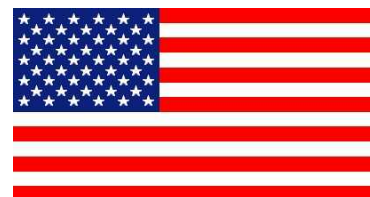
*Every IWFFA art design, logo, website design, flier, poster, and tournament program has been created by Rori.*





**Ninth Recipient  
Porter Wilson Award**

Eduardo Gonzalez - Melbourne, FL. USA



**Eduardo Gonzalez**

is an avid football player and coach. In Puerto Rico, as he grew up, he worked his way up the different football divisions: pop warner, highschool and later semi-pro. In 1998, he was accepted in the Ocean Engineering program of the Florida Institute of Technology.

While pursuing his degree, he got involved with flag football as an intramural sport.



Blue Wave in Key West 2005 Kelly McGillis Classic

In 2002, a year before graduating, he was challenged by a sorority to come up with a football team to beat them. The Blue Wave Flag Football Club was the result of this challenge. Fast forward three years and he was still in college, still coaching and his team was dominating the intramural league. In 2005, he decided that in order for the team to improve, they should find competition elsewhere. That is when he first got involved with the IWFFA and the first time Blue Wave competed in a tournament (Division 3 Champs). Finally graduated from college with a Masters degree in Engineering in 2008, he still coaches the intramural team at FIT, the women's IWFFA team, and a job in another state.

**Ed's greatest asset to the IWFFA has been his calculating mind.**

Eduardo is able to take subjective situations, quantify with numbers to make decision making easy and objective. Our IWFFA tournaments offer several divisions for teams, and to divide teams according to their level of skill as a team is crucial to offer fair competition.

Eduardo has created the IWFFA's very own tournament pre-seeding computer program which factors a variety of variables such as: Using each team roster - number of players, age of each player, awards received, years played, divisions played in, tackle experience, etc. we simply plug in the info to pre-seed teams and then place into the first level of tournament format.

## Porter Wilson Award Winners

### 10th recipient

Porter Wilson Award - 2009

Mary Angelina - Viera, Florida, USA



### Mary Angelina

has been playing women's flag football since she was a junior in high school. Arriving at Flagler College in St. Augustine, FL, she started a women's flag football team there that was eager and ready to compete. Shortly after, Mary contacted the IWFFA and was invited to play as a 'loose woman' in 2003. Thus, beginning her life-long commitment and dedication to girls and women's flag football and the IWFFA. Mary says she loves what the IWFFA stands for and believes their heart is in the right place and wants to see their continuing growth.

As a leader, player and coach, Mary has worn many hats. In 2005 she joined the Blue Wave women's flag football team located in Melbourne, FL, where she currently plays corner, safety, WR, and part time wildcat quarterback. The Blue Wave women have a history of winning. They participate in many games and tournaments throughout the year including the annual Kelley McGillis classic in Key West. One of the driving forces behind the development of the first and only women's flag football league in Orlando, FL was Mary Angelina. 2010 is the league's first year and currently consists of four teams. The league's winner this year will play in the 2011 Kelley McGillis classic in Key West.



Mary was also instrumental in starting the IWFFA monthly radio show which airs every third Thursday of each month.

The radio show reaches female flag football players across the world. Her vision and genius in helping bring radio to our sport is priceless.



There are a lot of female flag football players out there and Mary's goal is to bridge the gap so that girls and women everywhere who want to play have the opportunity. She hopes to really help strengthen our little girls.



Our 2009 and 10th recipient of the IWFFA's most prestigious award goes to Mary Angelina. We thank you for your hard work and commitment to the IWFFA and girls and women's flag football worldwide.



## MVP Awards - 2009 - 18th Kelly McGillis Classic

## Division One KW 2009

Final	Team	Offensive MVP	Defensive MVP
1st place	Montreal Warriors	Saadia Ashraf	Julie Perreault
2nd place	Miami Stingrays	Anita Marks	Trigga McNair
3rd place	Tampa Lethal Weapon	Kim Shaw	Bea Hawthorne
4th place	Va Blue Thunder	Jennifer Whitmore	Chrystal Boyd

## Division Two KW 2009

Final	Team	MVP Offense	MVP Defense
1st place	Montreal Rebels	Carolane Petroni-Hamelin	Marie-Helene Forest
2nd place	Carolina Storm	Terah James	Sibhan Zerilla
3rd place	Mexico Vaqueros	Tania Monsalvo	Paulina Gonzalez
4th place	Loose Women Competitive	Keia Hughes	Keia Hughes
5th place	NC Stray Dawgs	Jackie Peele	Tammy Spellman

## Division Three KW 2009

Final	Team	MVP Offense	MVP Defense
1st place	Blue Wave	Chelsea Health	Stephanie Walter
2nd place	New Moon	Kourtney Trainor	Madalin Gross
3rd place	Fairvilla Loose Women	Samantha Bagoafarian	Becky Sawyer
4th place	Chicago Diesel Daisies	Jennifer Koch	Mia Barnett

## Junior Division KW 2009

Final	Team	MVP Offense	MVP Defense
1st place	Acreage Wolverines Jr	Jena Malsbury	Ashley La Croix
2nd place	Key West Lil Devils	Mikayla Stansbury	Alicia Arrazola
3rd place	Mexico Vaqueros	Karla Gurman	Sheila Embriz

## Girls Division KW 2009

Final	Team	MVP Offense	MVP Defense
1st place	Acreage Gators	Brooke Kelly	Michelle Valero
2nd place	Acreage Wolverines Girls	Kate O'Hara	Brittany Godfrey
3rd place	H.O.B. Buccaneers	Seline Casas	Ashlyn Katz
4th place	Big Pine Bone Crushers	Shandra Singletary	Mildred Riche
5th place	Key West Fire Blades	Nadine Gabriel	Angeline Riche

## Hjorring, Denmark 2009

Final	Team	MVP Offense	MVP Defense
1st place	F Fighters	Cecilie Width	Katta Sterner
2nd place	Danish Devils	Pernille Brasholt	Nina Svenningsen
3rd place	Oslo Polar Bears	Hilde Skagestad	Ornella Frisvold
4th place	Loosing Team (sweden)	Heidi Pomell	Lone Olesen

## Oslo, Norway 2009

Ranked	Team	MVP Offense	MVP Defense
1st place	Blue Thunder	Jennifer Whitmore	Colleen Shepherd
2nd place	F Fighters	Anki Schei	Kaisa Siitonen
3rd place	Oslo Panthers	Jannik Abel	Heidi Pomell
4th place	Oslo Tigers	Kristin Lervik Larsen	Stine Rotne
5th place	Gothenburg Angels	Jonna Salo	Isabel Forsen
6th place	Oslo Polar Bears	Inger Elin Aftret	Stine Aftret

## Gothenburg, Sweden 2009

Ranked	TEAM	MVP OFFENSE	MVP DEFENSE
1st place	F FIGHTERS	CECILIE R WIDTH	BENTE SAKSVIK
2nd place	POLAR DEVILS	ANTOINETTE WEESGAARD	PERNILLE BRASHOLT
3rd place	GOTHENBURG ANGELS	LINN LEROY	ISABEL FORSEN
4th place	LONE'S LOOSING TEAM	DENISE ZEYBRANDT	LONE OLESEN
5th place	OSLO TIGERS	SAMANTHA SOBAKKEN	JEANETTE THORSRUD



## All Star Awards - 2009

### 18th Kelly McGillis Classic, Key West, FL 2009

#### Division One KW 2009

QB	Saadia Ashraf	Montreal Warriors
Running Back	Bea Hawthorne	Tampa Lethal Weapon
Running Back	Tania Sheremetia	Blue Thunder
Receiver	Scooby Roach	Sting Rays
Receiver	Crystal Boyd	Blue Thunder
Offensive Line	Maria Chin	Sting Rays
Offensive Line	Julie Perreault	Montreal Warriors
Center	Deb McMullen	Blue Thunder
Punter	Rebecca Corbell	Montreal Warriors
Primary	Majorie (Toni) Ham	Blue Thunder
Primary	Trigger McNair	Sting Rays
Primary	Julie Perreault	Montreal Warriors
Secondary	Diana Moore	Tampa Lethal Weapon
Secondary	Collen Sheperd	Blue Thunder
Secondary	Tammy Terrell	Sting Rays
Safety	Kim Shaw	Tampa Lethal Weapon
Safety	Scooby Roach	Sting Rays
Kicker	Lisa Currey	Tampa Lethal Weapon

#### Division Two KW 2009

QB	Carolance Petroni-Hamlin	Montreal Rebelles
Running Back	Stephanie Vallieres	Montreal Rebelles
Running Back	Tania Monsalvo	Mexico Vaqueros
Receiver	Laurence Pontbriand	Montreal Rebelles
Receiver	Terah James	Carolina Storm
Offensive Line	Virgine Roberge	Montreal Rebelles
Offensive Line	Lisa Smith	Carolina Storm
Center	Audra Downey	Carolina Storm
Punter	Krystal Jones	Loose Women Competitive
Primary	Sibhan Zerilla	Carolina Storm
Primary	Delores Wimbush	NC Stray Dawgs
Primary	Krystal Jones	Loose Women Competitive
Secondary	Mickey Jones	Loose Women Competitive
Secondary	Terah James	Carolina Storm
Secondary	Paulina Bonzalez	Mexico Vaqueros
Safety	Marie Helen LaForest	Montreal Rebelles
Safety	Shante Morgan	NC Stray Dawgs
Kicker	Angie Zimmermann	Carolina Storm

## All Star Awards

Division Three KW 2009		
QB	BJ Negrete	Chicago Diesel Daisies
Running Back	Chelsea Health	Blue Wave
Receiver	Samantha Bagdarian	Fairvilla Loose Women
Receiver	Kourtney Trainor	New Moon
Receiver	Jennifer Koch	Chicago Diesel Daisies
Offensive Line	Brandi Aldersson	Blue Wave
Offensive Line	Kellee Nelson	Blue Wave
Center	Jamie Albury	Blue Wave
Putner	Perri Quattrociocch	Blue Wave
Primary	Becky Sawyer	Fairvilla Loose Women
Primary	Linda Horwtz	Chicago Diesel Daisies
Primary	Stephanie Wattler	Blue Wave
Secondary	Jordan Lopez	Blue Wave
Secondary	Kourtney Trainor	New Moon
Secondary	Madaline Gross	New Moon
Safety	Jen Juice	Chicago Diesel Daisies
Safety	Mary Angelini	Blue Wave
Kicker	Shauna Corso	New Moon
Junior Division KW 2009		
QB	Jenna Malsbury	Acreage Wolverines
Running Back	Samantha Torres	Mexico Vaqueros
Running Back	La Mesha Poitier	KW Lil Devils
Receiver	Hilary Mears	Acreage Wolverines
Receiver	Megan O'Hara	Acreage Wolverines
Offensive Line	Wendy Macias	Mexico Vaqueros
Offensive Line	Shelby Obermeier	Acreage Wolverines
Center	Alicia Arrazola	KW Lil Devils
Punter	Karla Guzman	Mexico Vaqueros
Primary	Ashley La Croix	Acreage Wolverines
Primary	Tiffany Parks	Acreage Wolverines
Primary	Julia Bailey	KW Lil Devils
Secondary	Hailey Mears	Acreage Wolverines
Secondary	Coral Collum	Acreage Wolverines
Secondary	Fernanda Embriz	Mexico Vaqueros
Safety	Shatiqua Green	KW Lil Devils
Safety	Samantha Torres	Mexico Vaqueros
Kicker	Samantha Torres	Mexcio Vaqueros
Girls Division KW 2009		
QB	Brooke Kelly	Acreage Gators
Running Back	Nicole Hernandez	H.O.B. Buccaneers
Running Back	Morgan Laner	Acreage Wolverines
Receiver	Kristy Rhemer	Acreage Gators
Receiver	Kate O'hara	Acreage Wolverines
Offensive Line	Chelse Powell	Acreage Gators
Offensive Line	Angelica De Stafano	Acreage Wolverines
Center	Llaney Rodriguez	H.O.B. Buccaneers
Punter	Angeline Richie	Key West Fire Blades
Primary	Taylor Godfrey	Acreage Wolverines
Primary	Michelle Valero	Acreage Gators
Primary	Nadine Gabriel	Key West Fire Blades
Secondary	Brittany Godfrey	Acreage Wolverines
Secondary	Selyne Casas	H.O.B. Buccaneers
Secondary	Tiffany Caseber	Big Pine Bone Crushers
Safety	Courtney Byrd	Acreage Gators
Safety	Shandra Singletary	Big Pine Bone Crushers
Kicker	Selyne Casas	H.O.B. Buccaneers

## All Star Awards

Hjorring, Denmark May 30 - 31, 2009		
QB	Anki Schei	F Fighters
Running Back	Lone Olesen	Loosing Team
Running Back	Antoinette Weesgaard	Danish Devils
Receiver	Pernille Brasholt	Danish Devils
Receiver	Anne Marie Kjersem	Oslo Polar Bears
Receiver	Pernille Brasholt	Danish Devils
Guard	Lalla Brantenberg	F Fighters
Guard	Katti Hansson	F Fighters
Center	Maria Dale Andersen	Loosing Team
Kicker	Jonna Salo	F Fighters
Primary	Maria Dale Andersen	Loosing Team
Primary	Kirstin	Oslo Polar Bears
Primary	Nina Svenningsen	Danish Devils
Secondary	Lone Olesen	Loosing Team
Secondary	Cecille Width	F Fighters
Safety	Katta Sterner	F Fighters
Safety	Pernille Brasholt	Danish Devils
Punter	Maria Dale Andersen	Loosing Team
Oslo, Norway June 26 - 28, 2009		
QB	Colleen Shepherd	USA Blue Thunder
Running Back	Tania Sheremeta	USA Blue Thunder
Running Back	Siren Larsen	F Fighters
Receiver	Stine Rom	Oslo Panthers
Receiver	Ann Marie Jkersem	Oslo Polar Bears
Center	Isabel Forsen	Gothenberg Angels
Guard	Lise Rotne	Oslo Tigers
Guard	Virginia Butler	USA Blue Thuder
Punter	Anki Shei	F Fighters
Primary	Jeanette Thorsrud	Oslo Tigers
Primary	Therese Myrold	F Fighters
Primary	Lillian Benz	Oslo Polar Bears
Secondary	Kaisa Siitonen	F Fighters
Secondary	Alicia Hopkins	USA Blue Thunder
Secondary	Jennifer Whitmore	USA Blue Thunder
Safety	Kristin Lervik Larsen	Oslo Tigers
Safety	Hedda Rudd	Oslo Panthers
Kicker	Susanne Ingfeldt	Gothenburg Angels
Gothenburg, Sweden September 5 - 5, 2009		
QB	Anki Schei	F Fighters
RB	Ida Svensson	Lones Loosing
RB	Kaisa Siitonen	F Fighters
Rec	Pernille Brasholt	PolarDevils
Rec	Rose Larsen	Gbg Angels
Cent	Pernille Dahl	PolarDevils
OL	Ina G. Larsen	F Fighters
OL	Kristin Hovde	OsloTigers
Punter	Linn Leroy	Gbg Angels
Prim	Nina Svenningsen	PolarDevils
Prim	Hanne Kristin Slaaen	OsloTigers
Prim	Heidi Pomell	Lones Loosing
Sec	Päivi Korkeamäki	Gbg Angels
Sec	Kaisa Siitonen	F Fighters
Sec	Lisa Berg	Lones Loosing
Saf	Pernille Brasholt	PolarDevils
Saf	Katta Sterner	Gbg Angels
Kicker	Cecille R. Width	F Fighters



## MVP Awards - 2010

Final	19th Kelly McGillis Classic 2010 Division One	MVP Offense	MVP Defense
1st place	Richmond One	Stephanie Bryan	L. Mechelle Jones
2nd place	Blue Thunder	Colleen Sheperd	Nakia Garland
3rd place	Victorious Secrets	Kimberly Tuel	Kimberly Tuel
4th place	MA Rebels	Showna Chang	Leanne Wyant
Final	19th Kelly McGillis Classic Division Two	MVP Offense	MVP Defense
1st place	Mexico Vasqueros	Jimena Martinez	Tania Monsalvo
2nd place	Blue Wave A	Veronica Moor	Latia Rondeau
3rd place	Int'l Women Without Borders	Paivi Korkeamaki	Lisa Berg
4th place	Quebec Elektriks	Karolanne Bellerive	Audrey-Anne Bolly
Final	19th Kelly McGillis Classic Division Three	MVP Offense	MVP Defense
1st place	Blue Wave B	Jennifer Jackman	Sharonda Waddel
2nd place	Chicago Diesel Daisies	BJ Negrete	Maria Vasquez
3rd place	Holley's Loose Women	Jessica Kuperman	Jeannie Saywer
4th place	Alexander's Guest House Loose Women	Lisa Burnett	Dion Watson
Final	19th Kelly McGillis Classic Junior Division	MVP Offense	MVP Defense
1st place	Acreage Wolverines	Charlene Thome	Kailan Casillas
2nd place	Acreage Voltage	Dani Decarolis	Coral Collum
3rd place	KWHS Grim's Grill Bandits	Gunnivere Winslous	Jessica Bodmer
Final	19th Kelly McGillis Classic Girls Division	MVP Offense	MVP Defense
1st place	Mexico Vasqueritas	Karla Guzman	Lisett Gonzalez
2nd place	Blue Heaven BlueAngels	Inmayah Breer	Jasmine Gavis
3rd place	Poinclana Advisors	Raylynn Faatual	Angela Niles
4th place	HOB Buccaneers	Kaneya Sargent	Tanisha Multy
5th place	Gerald Adams Circle K Dolphins	Kelsey Morris	Mildred Richie
6th place	Sigsbee & Girls Scouts Girls Night Out Cougars	Gabriela Sonzogni-Miles	Jordan Catala
Final	11th Oslo, Norway 2010	MVP Offense	MVP Defense
1st place	Oslo Tigers	Camilla Christensen	Jeanette Thorsrud
2nd place	Juhannustytöt feat. Teurastajat.	Cecilie Ruud Width	Lisa Berg
3rd place	Grimstad Octopussies	Rigmor Caspersen	Tonje Haradsvik Haugen
4th place	Moss Crows - Oslo Polar Bears	Inger Elin Aftret	Camila Hegland Kuntze
Final	10th Gothenburg, Sweden 2010	MVP Offense	MVP Defense
1st place	DANISH DEVILS	PENILLE BRASHOLT	LOUISE MIKKELSEN
2nd place	OSLO TIGERS	KRISTIN LERVIK LARSEN	JEANETTE THORSRUD
3rd place	GOTHENBURG ANGELS	SUSANNE NORLEN	ISABEL FORSSEN
4th place	DANDYS	THERESE BLADH	MARIA ANDERSSON
5th place	POLAR / CROWS	HILDE SKAGESTAD	FIONA STRAND
6th place	GRIMSTAD OCTOPOUSSIES	TONJE HAUGEN	GERDA GJERULDSSEN
Final	5th PTOWN CLASSIC 2010	MVP Offense	MVP Defense
1st place	Rhode Island Hurricanes	Wendy Rhomblad	Brenna Leveille
2nd place	Montreal Rebelles	Stephanie Vallieres	Anipier Berube
3rd place	NJ Powertime	Erin Lagarenne	Lissa Eagle
4th place	PTOWN Loose Women	Stacy Walker	Jennifer Lewis

## All Star Awards - 2010 - 19th Kelly McGillis Classic

Offensive All Stars Division One		
Position	Player	Team
QB	Stacie Elliot	Richmond One
Running Back	Tania Sheremeta	Blue Thunder
Running Back	Stephanie Bryant	Richmond One
Receiver	Leanne Wyant	MA Rebels
Receiver	Kim Tuel	Victorious Secrets
Offensive Line	Mechelle Jones	Richmond One
Offensive Line	Angela Murray	Blue Thunder
Center	Terry Brittell	Blue Thunder
Punter	Sarah Mathis	Richmond One
Defensive All Stars Division One		
Primary	Teresa Miller	Richmond One
Primary	Cassandra Alston	Richmond One
Primary	Stephanie Bryan	Richmond One
Secondary	Michele Brazil	Victorious Secrets
Secondary	Kirsten Ulrich	MA Rebels
Secondary	Lashanda Winston	Blue Thunder
Safety	Karen Mones	Richmond One
Safety	Tania Sheeta	Blue Thunder
Kicker	Holly Bridau	MA Rebels
Offensive All Stars Division Two		
QB	Valeri Martinez	Mexico Vasqueros
Running Back	Chelsey Health	Blue Wave
Running Back	Paivi Korkeamaki	Int'l Women Without Borders
Receiver	Jimenon Beltran Martinez	Mexico Vasqueros
Receiver	Tania Taseon Monsalvo	Mexico Vasqueros
Offensive Line	Lisa Berg	Int'l Women Without Borders
Offensive Line	Hillary Sinclair	Int'l Women Without Borders
Center	Jaimie Albury	Blue Wave
Punter	Perry Quattrochocci	Blue Wave
Defensive All Stars Division Two		
Primary	Heidi Pomell	Int'l Women Without Borders
Primary	Lisa Berg	Int'l Women Without Borders
Primary	Paivi Korkeamaki	Int'l Women Without Borders
Secondary	Hillary Sinclair	Int'l Women Without Borders
Secondary	Janet Jordan	Int'l Women Without Borders
Secondary	Latia Rondeau	Blue Wave
Safety	Mary Angelini	Blue Wave
Safety	Veronica Moor	Blue Wave
Kicker	Perry Quattrochocci	Blue Wave

## All Star Awards - 2010 -19th Kelly McGillis Classic

Offensive All Stars Division Three		
QB	Cristina Canfield	Blue Wave B
Running Back	Jeannie Saywer	Holley's Loose Women's Team
Running Back	Leslie Wallin	Chicago Diesel Daisies
Receiver	Lisa Burnet	Alexander's Guest House Loose Women's Team
Receiver	Jennifer Jackman	Blue Wave B
Offensive Line	Sarah Steele	Blue Wave B
Offensive Line	Jennifer Koch	Chicago Diesel Daisies
Center	Alexis Bigi	Chicago Diesel Daisies
Punter	Lauren Campbel	Alexander's Guest House Loose Women's Team
Defensive All Stars Division Three		
Primary	Amy Metcalf	Holley's Loose Women's Team
Primary	Courtney Roberts	Chicago Diesel Daisies
Primary	Melinda Ruben	Chicago Diesel Daisies
Secondary	Dayanna Arroyuave	Holley's Loose Women's Team
Secondary	Nicole Wallgren	Blue Wave B
Secondary	Leslie Martin	Blue Wave B
Safety	Maria Vasquez	Chicago Diesel Daisies
Safety	Zoe Morozko	Blue Wave B
Kicker	Jacque Frederick	Blue Wave B
Offensive All Stars Junior Division		
QB	Hillary Mears	Acreage Wolverines
Running Back	Coral Collum	Acreage Voltage
Running Back	Guinnivere Winslow	Grim's Grill Bandits
Receiver	Danielle Logus	Acreage Voltage
Receiver	Charlene Thome	Acreage Wolverines
Offensive Line	Jessica Wells	Grim's Grill Bandits
Offensive Line	Shatiqua Green	Grim's Grill Bandits
Center	Madison Harding	Acreage Wolverines
Punter	Cheyenae	Acreage Voltage
Defensive All Stars Junior Division		
Primary	Hannah Saywer	Grim's Grill Bandits
Primary	Kalah Casillas	Acreage Wolverines
Primary	Dani Decarlos	Acreage Voltage
Secondary	Raquel Louis	Acreage Wolverines
Secondary	Hailey Mears	Acreage Wolverines
Secondary	Katianna Castilla	Acreage Voltage
Safety	Megan O'Hara	Acreage Wolverines
Safety	Angelica De Stafano	Acreage Voltage
Kicker	Casey Turek	Acreage Wolverines



## All Star Awards - 2010 - 19th Kelly McGillis Classic

Offensive All Stars Girls Division		
QB	Karla Guzmani	Mexico Vasqueritas
Offense	Angela Nile	Poinciana Advisors
Offense	Maricia Rickie	Blue Heaven / Blue Angels
Offense	Wy Tresa Parker	Sigsbee & Girls Scouts Girls Night Out Cougars
Offense	Jasmine Gavin	Blue Heaven / Blue Angels
Offense	Mariana Vasquez	Mexico Vasqueritas
Offense	Harumi Macias	Mexico Vasqueritas
Offense	Atenea Aboytes	Mexico Vasqueritas
Offense	Tanesha Multy	HOB Buccaneers
Defensive All Stars Girls Division		
Defense	Karla Guzmani	Mexico Vasqueritas
Defense	Kelsey Morris	Gerald Adams Circle K Dolphins
Defense	Lauren Klitenick	Poinciana Advisors
Defense	Kaneya Sargent	HOB Buccaneers
Defense	Jefflyne Desline	Gerald Adams Circle K Dolphins
Defense	Jordan Catala	Sigsbee & Girls Scouts Girls Night Out Cougars
Defense	Lizeth Gonzalez	Mexico Vasqueritas
Defense	Angeline Richie	Blue Heaven BlueAngels
Defense	Karla Cano	Mexico Vasqueritas

## All Star Awards - 11th Oslo Norway 2010

Offensive All Stars		
QB	Jeanette Thorsrud	Oslo Tigers
Running Back	Kristin Lervik Larsen	Oslo Tigers
Running Back	Paivi Korkeamaki	Juhaustytöt feat. Teurastajat.
Receiver	Inger Elin Aftret	Moss Crows - Oslo Polar Bears
Receiver	Ling Mei Trang	Moss Crows - Oslo Polar Bears
Offensive Line	Lise Røtne	Oslo Tigers
Offensive Line	Pia Rendalsvik Lund	Oslo Tigers
Center	Kristin Hovde	Oslo Tigers
Punter	Jeanette Thorsrud	Oslo Tigers
Defensive All Stars		
Primary	Rigmor Caspersen	Grimstad Octopussies
Primary	Paivi Korkeamaki	Juhaustytöt feat. Teurastajat.
Primary	Jeanette Thorsrud	Oslo Tigers
Secondary	Lisa Berg	Juhaustytöt feat. Teurastajat.
Secondary	Camilla Christensen	Oslo Tigers
Secondary	Tonje Haradsvik Haugen	Grimstad Octopussies
Safety	Camilla Hegland Kuntze	Moss Crows - Oslo Polar Bears
Safety	Ling Mei Trang	Moss Crows - Oslo Polar Bears
Kicker	Cecilie Ruud Width	Juhaustytöt feat. Teurastajat.

## All Star Awards

## 10th Gothenburg, Sweden 2010

QB	RIKKE WENNERWALD	DANISH DEVILS
Running Back	MARTINE TELLEFSEN	DANISH DEVILS
Running Back	KRISTIN LERVIK LARSEN	OSLO TIGERS
Receiver	INGER ELIN AFTRET	POLAR / CROWS
Receiver	KARIN BENGTTSSON	DANDY'S
Offensive Line	JEANETTE MYHR	DANDY'S
Offensive Line	SUSANNE SAVENHOLT	GOTHENBURG ANGELS
Center	KRISTIN HOVDE	OSLO TIGERS
Punter	JONA SALO	GOTHENBURG ANGELS

## Defensive All Stars

Primary	RENATE VALEN	POLAR/CROWS
Primary	EBBA IGGSTROM	DANDYS
Primary	KATTI HANSSON	GOTHENBERG ANGELS
Secondary	LINDA GJERULDSSEN	GRIMSTAD OCTOPOUSSIES
Secondary	STINE ROTNE	OSLO TIGERS
Secondary	LISE ROTNE	OSLO TIGERS
Safety	RIKKE WENNERWALD	DANISH DEVILS
Safety	KATTA STERNER	GOTHENBURG ANGELS
Kicker	PERNILLE BRASHOLT	DANISH DEVILS

## All Star Awards - 5th Ptown Classic 2010

## Offensive All Stars

QB	Erica Stakus	Rhode Island Hurricanes
Running Back	Nicole Distefano	NJ Powertime
Running Back	Stephanie Vallieres	Montreal Rebelles
Receiver	Meg Kashner	Rhode Island Hurricanes
Receiver	Wendy Romblad	Rhode Island Hurricanes
Receiver	Erin Lagarenne	NJ Powertime
Offensive Line	Chantal Bauer	NJ Powertime
Offensive Line	Stacey Martin	Rhode Island Hurricanes
Center	Virginie Roberge	Montreal Rebelles
Punter	Liz Torres	NJ Powertime

## Defensive All Stars

Primary	Brenna Leveille	Rhode Island Hurricanes
Primary	Nicole Herber	NJ Powertime
Primary	Maggie Koosa	Rhode Island Hurricanes
Secondary	Lisa Vincent	Rhode Island Hurricanes
Secondary	Beth Gustofson	NJ Powertime
Secondary	Jennifer Lewis	Loose Women
Safety	Anipier Berube	Montreal Rebelles
Safety	Lissa Eagles	NJ Powertime
Kicker	Christine Elliot	Rhode Island Hurricanes

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