



FORWARD PASS

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OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION
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Spring 2012

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Section

plus much more

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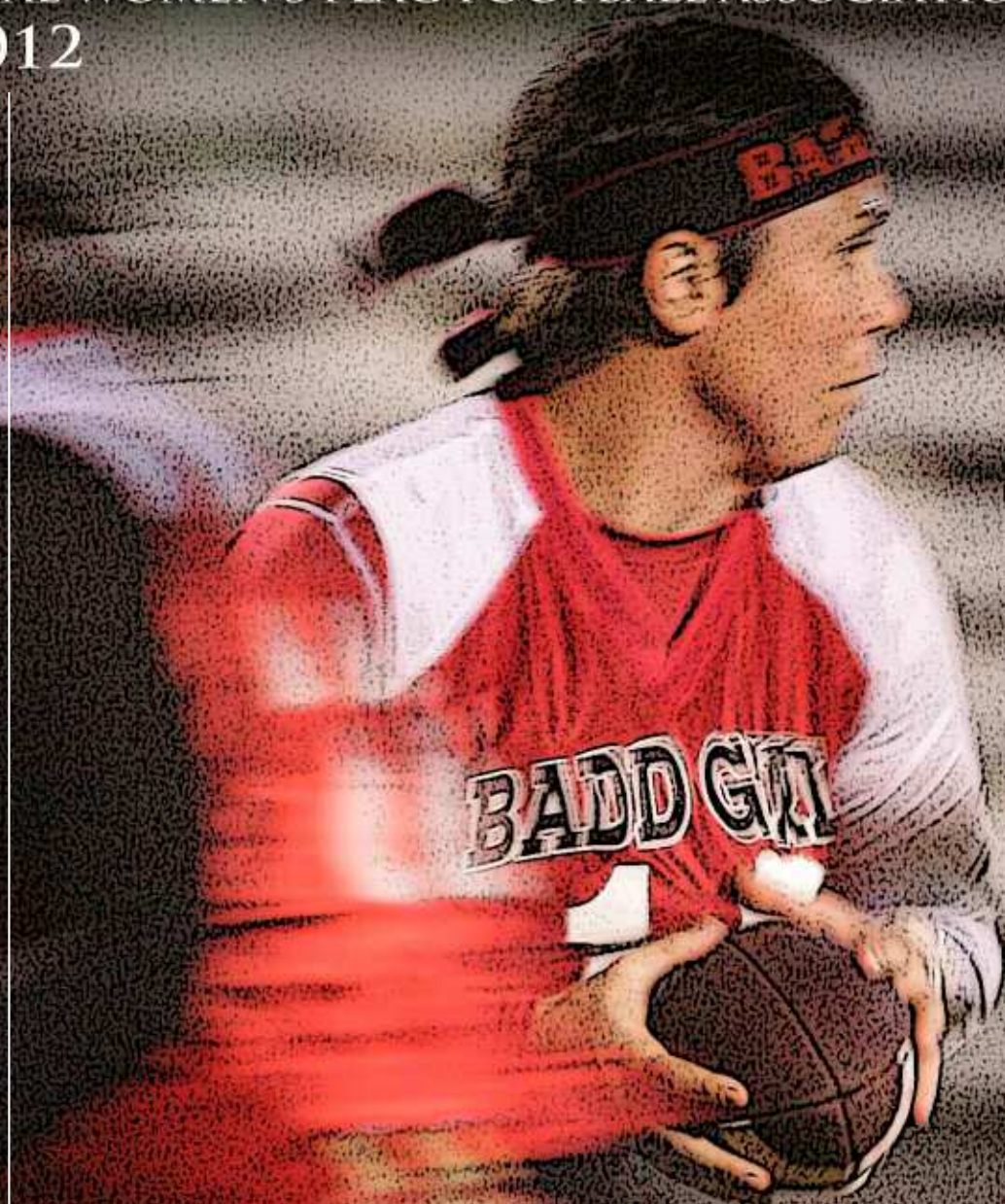


photo by Doc

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We want to thank all those who have contributed to this issue of the Forward Pass Magazine

Send us your comments and suggestions to the IWFFA

If you would like to advertise in our next issue, email: iwffa@iwffa.com

Message from the President of the IWFFA

Greetings everyone,
I hope everyone is enjoying the warm weather this spring, good health and great flag football!

Currently, I am living in Norway and have just started a new team in Stavanger for the IWFFA. Stavanger Women's Flag Football Team, will soon become a league, and my job is to expand to other cities in Norway as well as Denmark and Sweden to help build up their flag football program. It is fun, a challenge and quite refreshing for myself. Many of these Scandinavian women have never heard of flag football, nor seen this "American Tackle Football" game. So when the Scandinavian women play, they use a "true" female style, not influenced by the men's style of play. We will cover this topic in our Winter Forward Pass Magazine.

Our 21st Kelly McGillis Classic – took place in Cocoa Beach, Florida, USA for it's 21st! The plan was to rotate the Kelly McGillis Classic to other cities, offering teams different cities to compete in and to opportunity our leagues the opportunity to host such a great event. The organizers of the 21st Kelly McGillis Classic were: Ed Gonzalez, Mary Angelini and Jaime Albury who did a great job producing the event. The tournament gave teams much fun off the field as well as on the field and had incorporated new methods to communicate with teams such as: using a huge screen on the field which also offered teams game competitions that were very fun and totally interactive. It takes tremendous work to host any tournament, and this was our largest tournament, which meant, there was much more work involved. The tournament was great and we thank our gracious hosts for taking on such a huge task in hosting the 21st Kelly McGillis Classic.

For our 22nd Kelly McGillis Classic (2013), we reached out to our teams and players in various surveys, phone calls and emails asking which city they would like to host the next 2013 Kelly McGillis Classic International Women's & Girls Flag Football Championship and World Challenge Game. From all the responses we received, it was clear that we should bring the tournament back to Key West, Florida, USA!

For practical reasons as well, in Key West we have established 20 years with the local community who has helped to support the event. This support then offers the IWFFA many opportunities to support our teams. The tournament has just received a 3rd field, so it is possible to make the event a 3 day or 4 day competition for games. On this we would like your feedback! The Kelly McGillis Classic will continue as a week long event filled with social activities and training for new teams from different countries entering the sport, which the IWFFA can sponsor. So, plan for the 22nd Kelly McGillis Classic February 2013 and we will keep you updated as the event progresses.



Kate Clinton – Have you seen Kate's "current news topic" videos? They are hysterical! You have to check them out. Kate will take on a current issue and creates a 1.30 sec. video on her website. I promise you, they are really, really funny! <http://kate-clinton.com/kates-dates/>

Our monthly radio show: "On the Air" with the IWFFA – has been lot's of fun lately. We have started to reach out to our players, pick some fun topics and have some great conversations. Take a listen each 3rd Thursday of each month. You can join the show and you can download past shows from our website: iwffa.com

Serious Thinking – on Current Issues

In this issue of the Forward Pass, we wanted to find out what some of our players thoughts were on a more serious level and so we chose the "Occupy Movement" phenomenon to ask what their thoughts were on the movement. We would like to continue asking such opinions from our players, as these current event topics effect our lives. Send us a topic for us to cover in our next Forward Pass Magazine. Email: iwffa@iwffa.com.

U.S.A. Teams Highlighted - In this issue of our Forward Pass, we highlight some teams from the good ole U.S.A. Teams from: Georgia, New York and Hawaii. I think you will find their stories very interesting.

Adding tournaments for 2013 – The IWFFA has been asked by various groups around the world to host sanctioned IWFFA tournaments. We are willing to consider sanctioning additional IWFFA tournaments and adding to our circuit. We consider such variables as: location, time of year, responsible and reliable person in charge (we prefer females for this position) for the tournament. If your interested, contact our office.

IWFFA poem "contest"

We offered our players, the chance to submit a poem in a contest for "Best Poem". It was just a fun idea, trying to bring out the "softer" side of our flag football players. No one entered a poem, so I, myself searched my inner "softer" side and thought to enter a poem written by: Shel Silverstein who wrote: "The giving tree poem". I did some research on this poem and it's meaning is pretty controversial. For me, it is pretty clear. If I tell you now, why I choose this poem, it would be too easy. So, now I invite all the flag football players around the world to interpret the poem and share with us for our next issue of Forward Pass.

"What is the meaning of this poem?"

As the IWFFA continues to promote flag football around the world you are welcome to join us at any level.
Send us an email: IWFFA@IWFFA.COM

I hope you enjoy this issue of our Forward Pass Magazine

Diane Beruldsen
President / Founder IWFFA

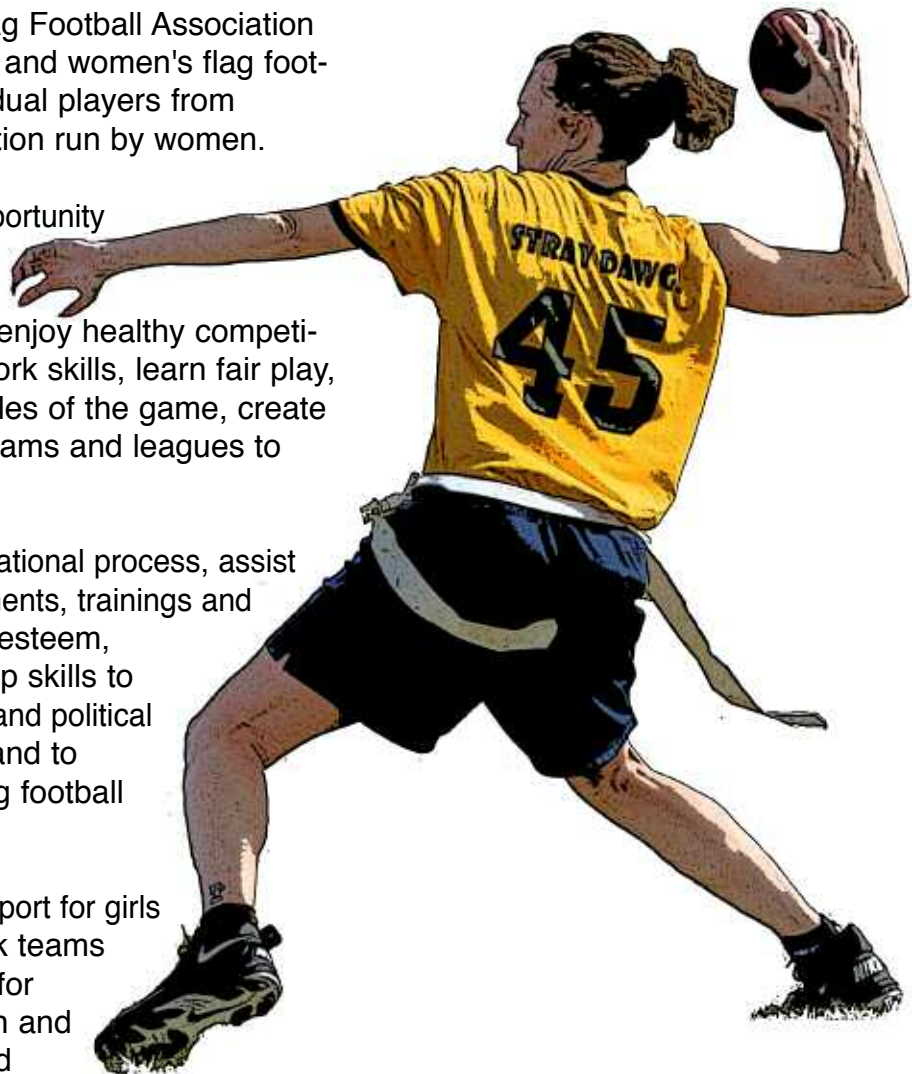
IWFFA Mission Statement

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.



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Bits & Pieces

Kate Clinton 2012 Tour – ALL FRACKED UP

Join Kate for her 2012 [ALL FRACKED UP Tour](#). Kate’s hyperbolic fracking method shakes the bedrock of the comedy mother lode with seismic aftershocks of laughter. She vents about global weirding. Tosses an occu-pie in the face of banksters. Glitter-bombs presidential politics. Spelunks some LGBT schist. Mud will be flung. Warning: dikes could be in danger of collapse. It’s a blast! She’s a gas! And after – Kate always cleans up her own fracking mess!



Go to Kate’s website for dates of her tour - <http://kateclinton.com/kates-dates/>



Send Us Your Jokes!
Each monthly IWFFA Flag Football News
 Opens with a joke.
 Send us your joke and we will make you honorary jokester of the month

Announcement for LOOSE WOMEN! (individual players)

Loose Women’s Game
 If you are interested sign up now!

Email: iwffa@iwffa.com



‘Women’s Week in Key West’
 A week long of women’s events, ends with our
IWFFA Loose Women’s Game
 For individual players only
Sunday - September 9th 11:00 AM

Which City will Host the 22nd
 Kelly McGillis Classic
 International Women’s Flag Football
 Championship & World Challenge
 The answer is in this issue!



Something's brewing in Stavanger, Norway!

IWFFA has just introduced women's flag football in Stavanger

We are currently working on Team #1
More Info in Next Issue Forward Pass Magazine



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writers and marketers

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Founding Mothers: New York Women's Athletic League, Inc. (NYWAL) Kenya Sykes and Diane Petrillo By: Kenya Sykes

Out of necessity, these two women: Kenya and Diane founded the NYWAL. Read how they did it



Founders – How We Met

Diane Petrillo (Dee) – a former member of the New York Sharks, women's tackle football team, an avid football junkie (Pittsburg Steelers Fan).

Kenya Sykes – a former high school basketball player who is an avid football junkie (Tampa Bay Buccaneers Fan).

Dee and I met in 2006 when we were on the same team of a newly formed women's flag football team. We hit it off right away because we shared a passion for football and competition. We quickly became friends. In 2007, we returned to play with the same league, but that would be the last year, as the league would fold. In 2008, Dee called me to find out if I had somewhere to play and the answer was no. She repeated this again in 2009. In 2010, something had to change.

How We Started:

All founders of great endeavors possess a unique passion, a burning desire to see their dream come to fruition. Well for me, that desire began with a daydream. On August 4, 2010, that daydream became a Mission Statement, which was immediately shared with Diane Petrillo.

MISSION STATEMENT

The New York Women's Athletic League (NYWAL) was founded on August 4, 2010 as an organization that seeks to promote the positive social and athletic enjoyment of Women's Teams Sports. Through our league, we seek to foster the development of community cohesion and cooperation through the fundamental principles of fellowship, sportsWomynship and athleticism. NYWAL was

created to provide a place where women athletes of all orientations and skill levels can come to display their love and appreciation for competitive sports. The core sport of this league will be flag football. However, our goal is to offer other sports (i.e. basketball, softball and tennis) as the league continues to grow.

The New York Women's Athletic League (NYWAL) is a league for women over the age of 18 and is built for women by women. To that end, we endeavor to provide a stable league and environment where all women feel welcome to display their love of sports.

Pregnant with excitement, we brainstormed until we birthed this new league. That dream was not borne of flights of fancy, but out of necessity. It was literally that simple. I wish that I could embellish, but that was the impetus. Frustrated with women's leagues starting and then disappearing just as fast, we found ourselves disenfranchised athletically. We searched, but every league in this city seemed to offer one sport, was not solely for women, or 'women-only' multiple sports league in New York City that catered to ALL women.

Our three founding principles are Fellowship, SportsWomynship (our own unique take on the spelling) and Athleticism. Incorporating those principles, we built a league that caters to everyone by creating an atmosphere for fellowship among women of diverse backgrounds, ethnicities, sexual orientations, economic class, etc. This league is quite simple, WHERE SHE ATHLETES PLAY™, the operative word being PLAY. NYWAL is carving out that safe place in NYC for women.

During those impassioned planning discussions, we decided that our primary goal would be longevity. Further, managing our growth would enable us to perfect the production and management of one sport before moving on to the next offering. Because we shared a love and passion for football, we always knew that flag football would be the

cornerstone of our league. Being in NYC, we knew that it would be tough for a new league to find a place to play. As a former player with the New York Sharks, Diane recalled a contact from Aviator Sports Complex from her playing days. She and I set up a meeting with this individual in early September, where we laid out a PowerPoint presentation of how he could outsource his fledging flag football efforts to our league. Prior to the meeting, we meet in the parking lot to get our thoughts together and then we went in and we were like Ying and Yang. Wow, we played off each other and the excitement and passion was so overwhelming that he agreed to our terms. With that, NYWAL had a place to play so the wheels were turning.



Now, we just have to get people to come out and play. We hit the pavement running to get the word out. We setup social media outlets (facebook, MySpace and Twitter), created a code of ethics and rules, rulebook, had a logo designed, set up a website, cold recruited from sites like

sportsvite, worked our friendships all focused on SEPTEMBER 25, 2010, the date that we would make our own personal history. We had no idea about creating websites, but we creating our first website using Intuit Websites and we were able to set up a registration form. After getting the word out, we started to receive registrations and we were excited and scared to death because we did not know if the women would show up.

Our Debut:



We took this picture while we were setting up and waiting for the women to show

On Saturday, September 25, 2010, Dee and I and our partners arrived at the facility extremely early so that we could set up. We knew that first impressions were everything and we wanted to make sure



This picture was taken after the first ever Unity Game

This was the schedule for our opening day!

Week 1 -- Saturday, September 25, 2010	
11:30 am -- 12:00 pm	Team meet and greet (sign injury waivers)
12:00 pm -- 12:15 pm	Rulebook review with teams (by NYWAL Staff)
12:15 pm -- 12:30 pm	Team photos
12:30 pm -- 12:45 pm	Equipment check by officials
12:45 pm -- 12:55 pm	Team warm-ups
12:55 pm -- 1:00 pm	Captains meet for coin toss and player count
1:00 pm -- 2:00 pm	Game Time
2:00 pm -- 3:00 pm	NYWAL Happy Hour @ Aviator Bar & Grill

that we made a great one.

Our first season culminated on October 30, 2010, with our Championship Game. Gotham Inc. defeated the Colts to become the first ever NYWAL Champion.

With the momentum that we established in 2010, we set out to become the preeminent league for women in NYC. We have a long way to go, but what we started in 2010 helped us to launch women's basketball in 2011 and Dodge ball in 2012. In the future, we are planning to offer additional sports to meet the needs of our treasured women athletes. We now have a staff in place to work the games and we launched our redesigned website this past April (www.nywal.com). Dee and I are positioning NYWAL to be a beacon for women's sports in the city. We are proud to share our love for sports and competition in the First Annual IWFFA Tournament in July 2012. Keep your eye on NYWAL because we are on the move.

Challenges:

The biggest challenge that we have encountered in NYC is the availability of facility space because the established leagues crowd out smaller contenders. In addition, facility costs and recruitment are other items, which create additional challenges. To mitigate these challenges, we believe that consistency



This picture shows the women who came out to our debut on September 25, 2010.

in location, play date and quality will ultimately be the key. In addition, we are starting to cross-market with other organizations through tournament play to gain additional exposure for our league.



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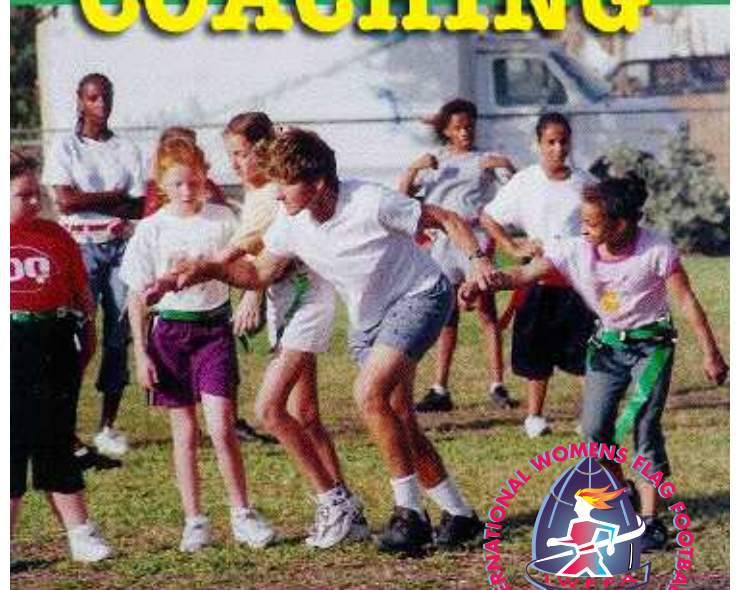
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IWFFA Circuit of Tournaments 2012

If you would like to host a sanctioned IWFFA tournament for 2013, contact the IWFFA today

21 Kelly McGillis Classic International Women's Flag Football Championship and World Challenge V Cocoa Beach, FL. Feb 16 – 20

Hjorring, DK 8th May 26 - 27

Oslo, Norway 13th June 30 - July 1

Asbury Park, NJ 1st July 21 – 22 (regional)

Gothenburg, Sweden 12th September 1 - 2

Kate Clinton Classic 7th Ptown, MA Sept. 15 – 16



22 Kelly McGillis Classic
International Women's Flag Football Championship &
World Challenge VI , Key West, FL. Feb 3 – 10, 2013

(Back by popular demand)

**“I strongly feel that more women are needed and should become more active in politics to help their communities, cities, states and countries.”
- Dr. Doris Brown**

Female Leaders

By Dr. Doris Brown

Women are becoming more involved in government and governmental procedures in the 21st century. Some significant contributions have been made, however many more women are needed to help balance women's participations within our countries.

As of 2002

I have noticed three Queens, seven women Presidents, three Governors and two Prime Ministers. The United States has reached one female candidate for vice president.

As of 2012

We only have a total of 8% increase within these Political and Governmental roles. Canada is working very hard to help women to become stronger in Governmental Positions. A group called Comox Valley Women's Resource Center Host special events to assist women with educational services on how to become more politically engaged in their community. In The United States Of America in South Carolina, the Southeastern Institute for: 'Women in Politics' announced recently that they are offering a training course on how to seek public office. They also offer online information to help women receive information.

Less than 18% of women on a national and global level hold positions in government as well as parliament. I strongly feel that more women are needed and should become more active in politics to help their communities, cities, states and countries. We have a total of 188 Countries only 10 countries have women

in mid-level to high positions in government.

The 10 countries are as follows
(in alphabetical order):

- Andorra
- Belgium
- Cuba
- Finland
- Iceland
- Mozambique
- Netherlands
- Norway
- Rwanda
- South Africa
- Sweden



The English speaking democracies are placed in the top 40% of the ranked countries. New Zealand ranks 17th with women comprising 33.6% of its lower house in parliament. Australia 24.7% in the lower house and 35.5% in the upper house. And Canada 24.7% lower house, 35.9% upper house.

All of these rates can be increased if we had more women seeking public office.

I sincerely hope that during the 2012 - 2015 years that women will begin to take more of a active part in politics because our voice and service is greatly needed. Women's Rights are sure an interest to many woman around the world. Women entitlements and freedom are very important for all women and young girls in all societies. The idea is that women should have equal rights with men.

In some places rights are institutionalized or

supported by laws, local custom, and behavior. Whereas in other cases they may be ignored or suppressed. They differ from broader notions of human rights through claims of inherent historical and traditional bias against the exercise of rights by women and girls in favor of men and boys.

As of September 2011, only a few countries are working very hard to support women. Legal Justice for women in Health and Healthcare, Education, Economic Opportunity and Political Power. Hopefully more countries will join in these important factors to help women to build stronger and solid position within society.

- In order for women to be helped it is very important that polities and government work to help with Education at every level.

- Quotas, are mechanism by which governments seek to increase the number of women represented in governing bodies, Legislation.

- Legislative agendas, to be pushed by female political figures, can focus on several key issues to address ongoing gender disparities.

- Financing, Improve budget efficiency, by ensuring that funds are allowed where they are needed.

- Research and data to locate ways to improve all systems to help women to move forward.

- Develop Grassroots Women's Empowerment Movements (like the IWFFA) worldwide to help all women.

- Women are faced with numerous obstacles in achieving representation in governance.

- Increasing women's support in government is necessary to achieve gender parity.

This notion of women's empowerment is rooted in the human capabilities approach, in which individuals are empowered to choose the functioning that they deem valuable.

In conclusion, I sincerely hope that all women understand that our service, support and interest is needed and we are needed and welcomed around the world. We can become a President, Prime Minister, and World Leaders within our Country. All of this is within the reach of our Hands.

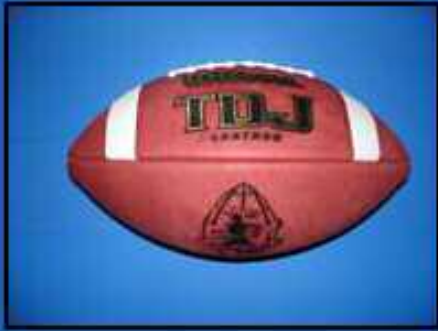
I look forward to becoming the first Female Mayor in the History of Mobile, Alabama in 2013. I am working very hard to win this election. I am a female who had a dream when I was about 5 years old to be a part of the governmental procedures. I have worked very hard to make sure that I make good decision that help my Community and State.

Most Gracious,

Dr. Doris J.W.Brown, USA Ambassador, Author Dining At Home,
The Brown's System Teaches Etiquette and Social Behavior,
The Brown System Goes Sports

Dr. Doris Brown is also a female leader and a Candidate for the Mayor of Mobile, Alabama 2013!





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Loose Women's Section

“With a little help from my friends”

By: Donna Hubley - Official Loose Woman



“This was my first year playing in the International Women’s Flag Football Association. I attended the Gay Pride Parade in Orlando and was handed an advertisement for the league. Shortly after I contacted Diane where she told me about the Loose Women’s team. I recruited a few friends and off we registered for the 21st Kelly McGillis Classic tournament. My friends (Tina and Christy) and I took part in a radio interview where we were asked about our previous athletic experiences, what brought us to decide to join the league/tournament, etc.. The radio interview was great fun. Collectively we thought we had this tournament in the bag. Little did we know....

We played on a coed flag football team during the week and we were aware of some of the rule differences between the coed and all women leagues. Living in Orlando, it was pretty easy to travel to Cocoa however we still booked up a few rooms in Cocoa to make it easier. We arrived Thursday and checked in at the mixer. Great atmosphere, and great idea. Perhaps a larger venue next time? Seemed a bit too cozy, but maybe that is the idea. J

We arrived at the fields around 9am after a hearty breakfast.(cigarettes and coffee for me) The fields were easy enough to find (after a few u-turns). Long walk from the parking lot but not a big deal, only in the rain was it adventurous. Our game wasn’t for a few hours however after we checked in we were asked to take part in another Loose Women’s team. There were two teams due to the amount of players. The first team

ended up short players so my friends and I did a few quick stretches and off we went.

And then reality hit us. And when I say hit us, I don’t mind figuratively. I mean hit us by a few 6’6” tall women on the defensive line. You can block? I missed that in the rules!! We fought through that game, winging it really. A little confusion on who was playing what position, who should sit out, but it all panned out.

Next game, onto our real Loose Women’s team. With one game already under our belts, we felt more confident. All the way up until the point where I was laid out by another very tall linesman. I only hit the deck once the entire tournament though. I almost felt like I needed that in order to get the boundaries down.

We had great plans for a great night that night. Partying, meeting people...Did we? No way. We left the fields around 4pm. My better half Milly and I needed a snack, ended up getting dinner, hitting the showers and ended up passing out from sheer exhaustion (I’m 34 alright) by 8....(pathetic I know).

Woke up the next morning and was curious after doing a once over in the mirror who beat me up in my sleep the night before. My girlfriend? She weighs a buck ten soaking wet. No way. Oh....I remember. The 6’6”

lineswomen that I had the pleasure running into the day before. I was covered in bruises. I have no fear about that though, always the tomboy I proudly showed them off to my girlfriend and friends. Who by the way had considerably less bruises than I did. I felt a little like Charlie Brown (why is everybody always picking on me?) and decided to get mine that day.

We played another few games with both Loose women's teams. I'll admit it was a touch disorganized still on who was calling the plays, who was playing, but we made it work again. Both teams were a lot of fun to play with. Some of the girls have played before and had a bit more chemistry than say...me. That was definitely advantageous though. Perhaps next time around we could get a designated Captain for the Loose Women's teams? Competition was definitely in the air. Getting to know our teammates better, having a laugh and hanging out. We loosened up a bit more. One of the funniest moments of the day was watching my girlfriend trying to locate a spot of shade throughout the day. It definitely turned "Where's Waldo" into "Where's Milly" for me.

We ended the day with more bruises and a lot less spring in our steps. Exhausted yet again. I however did a lot better than my friends Tina and Christy. As they are considerably older than me, I almost felt like borrowing a few wheelchairs from the nearby school for them. However we were in good spirits and ready to hit the town. Took showers, had a beverage and ended up at Coconuts.

Where shortly after we sat comatose for three hours. Just a little. What a bunch of party animals we were!! Coconuts hosted

the party night for the tournament and it really was a blast. Lots of team activities. I was chomping at the bit to participate that evening however I think we lost a few of our loose women members that night to the party gods.

Onto the last day. Exhausted and in pain, but loving it. It was almost a letdown as I felt like I finally had a handle on the game and it was our last day. We ended up losing, but had a great time watching the other teams play. Tina and I were proud of our bruises and seemed to take great pleasure in inflicting pain on each other with karate chops and kicks. Don't ask. We packed up our things and had a cold one to celebrate our first flag football tournament. We had a blast and definitely plan on doing the next one around. We definitely liked the loose women's team but we also are thinking of getting some girls together locally and perhaps not so locally to form a team. Who knows though. Great experience all around and we will definitely be at the next Kelly McGillis Classic. Oh but one thing, my partner wants to know if you

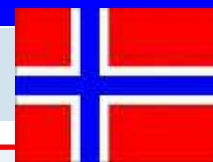


can provide a bit more shade next time around. So I can find her easier. J

Thank you to the IWFFA for putting this together. It was a great time! 🍌

Nordic Region-IWFFA Sports Woman of Year Award 2011

Inger Elin Aftret - Selbu, Norway



Inger Elin Aftret was born November 11, 1976 in Selbu, Norway (middle part of Norway) and on a farm and is the oldest of 3 sisters. Beginning with handball at age 6 as line player, she played the position of line player in handball.

Later she moved to Oslo (capital of Norway), then to the city of Sarpsborg where she works for their building department as byggesaksbehandler.

She began her flag football career in the autumn of 2003 when she experienced her first training with the Oslo Polar Bears.

In 2004, Inger played her first tournament in Oslo. She began playing Guard, and in 2006 became receiver. Throughout Inger's flag football career, she has received many awards.

Inger helped to start the Moss Penguin's team in 2010, who join forces with the Oslo Polar Bears in many of the Scandinavian tournaments and they call themselves: Moss / Oslo Penguins.

"I love to be a part of a flag football team, both playing and for having fun and be social. The best thing about flag football is that there is some many different positions in a team, and there will always be a position that suits every one".

"Besides playing flag football, I also love to

travel around the world and am always planning my next holiday or weekend in another country".

"In wintertime I like go skiing and during the summer I cycle a lot".

Defensive MVP - Oslo Polar Bears - Gothenburg 2004
 Offensive MVP - Polar Bears - Oslo 2005
 Offensive MVP - Oslo 2010 - Moss Crows
 Offensive MVP - Oslo 2011 - Oslo Moss/ Penguins
 All Star - Offensive Line - Oslo 2005 - Polar Bears
 All Star - Offensive Line - Oslo 2006 - Oslo Polar Bears
 All Star - Receiver - Oslo Polar Bears - Oslo 2006
 All Star - Receiver - Hjørring 2006 - Polar Bears
 All Star - Receiver - Gothenburg 2006 - Polar Bears
 All Star - Secondary - Oslo 2007 - Oslo Polar Bears
 All Star - Receiver - Oslo 2010 - Moss Crows/Polar Bears
 All Star - Receiver - Gothenburg 2011 - Moss Crows/Polar Bears



North American Region-IWFFA Sports Woman of Year Award 2011

Virginie Roberge - Canada



Virginie Roberge was born January 14, 1988 and started to play flag football with “Les Indiennes” in Ahuntsic College in 2006.

She has been playing IWFFA flag football for the Canadian team: Montreal Rebelles since 2007. As center, she is very powerful and skillful and she has competed in some of the most highly competitive flag football competitions ever.

Virginie also plays tackle football with the Montreal Blitz since 2008. All types of football is her passion. “ I try every year to improve myself and to know more about football. This is a sport based on teamwork which is very important to me”.

Virginie trains at Crossfit Laval five times a week to increase her performance in football and to be part of Team Canada at the 2013 tackle football. Fitness is very important for me now. It allows me to perform in sports, have a healthier life and a better ability to defend myself at work. As a police officer this is essential. I also play ice hockey and hockey in the gym just for fun with friends in a recreational league that changes a bit of competitive games”.

Besides winning many awards in tackle and other sports, Virginie has won these flag football awards:

2009 - All Star- Offensive line - Kelly McGillis

Classic tournament

2010 - All Star - Center - in Kate Clinton Classic tournament

2011 -MVP Defense - in Kate Clinton Classic tournament

2011 - All Star – Center - in Kate Clinton Classic tournament

2011 - All Star – Primary - in Kate Clinton Classic tournament

2012 - All Star – Primary - in Kelly McGillis tournament

The Montreal Rebelles won Championships in 2007 Kelly McGillis Classic (Beginner Division)
The Montreal Rebelles won Championships in 2009 Kelly McGillis Classic (Division Two)
The Montreal Rebelles won Championship in 2011 Kate Clinton Classic



Problems Create Possibilities

By: Sidney Andrews



No one ever gets through life without experiencing problems, obstacles or unexpected events. No one! The truth is problems create possibilities; they are potential opportunities in disguise!

I'm sure you've discovered you can't hide, ignore or out run them, because no matter where you go, there they are. It's like the bill collection agency that calls, haunts, sends threatening letters and tracks you down to collect the money owed. They don't give up until the bill is paid.

Problems are much the same way until you step up, confront and resolve them. You can't deny, ignore or hide from them because, like the bill collector, they'll make you stand up and take notice. One way or the other, you will have to muster up the courage and stare down the provoking issue you're faced with.

Have you noticed contained within the word "problem," is the word rob? According to Webster's Dictionary the word rob implies "a loss or depriving of something due, expected or desired." Until an issue is confronted, whether with yourself, partner, boss, child, mother or whomever, you rob yourself of the unlimited possibilities and potential, that transform problems into opportunities."

What in your life would change dramatically if the obstacle or situation you're facing disappeared? I suggest it is 'you' who would change, and the opportunity to do so, lies in how you resolve the thought that's contributing to the problem or condition your life is manifesting. If you want to get rid of the bill collector you pay him; likewise, if you want to get rid of a problem you reach deep within yourself and find a resolution. Where the root of every

fear, frustration or lack resides, the corresponding solution lives as well. Disappointments, challenges, unexpected occurrences and events are essential to your individual well-being and spiritual growth. Your happiness is not only measured by how you handle the unexpected that crops up on your path to living authentically; moreover, depends on it!

About Sidney Andrews - motivational speaker and author

Sidney Andrews knows how unforgiving the world can be to individuals who differ from the mold. She inspires others to discover the indomitable spirit within that will give them the strength to remain true to their dreams and themselves.

To Contact Sidney Andrews:

contactme@sidney-andrews.com /
<http://www.authorsmarketingservice.com/andrews/media/>



got sheep?



"We were honored to come and perform for members of the IWFFA at the 20th Annual Kelly McGillis Classic in Key West. Diane and all of the volunteers made us feel very welcomed and cared for throughout our day of performances. We even were asked to participate in some of the contests like the arm wrestling contest, and the toilet relay! It was great fun, and we would be thrilled to come back for any IWFFA event. We are happy to support any organization who devotes so much time and energy into providing such wonderful opportunities and experiences for girls and women."

-Mama's Black Sheep (Laura Cerulli & Ashland Miller)

Baltimore MD based Mama's Black Sheep is available to perform at your tournament or other IWFFA event. Call or email today for rates & availability. Let us create a customized entertainment experience for your team!

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The Kelly McGillis Classic International Women's & Girls Flag Football Championship & World Challenge Game VI



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Special Section: USA Flag Football

Conversation with Coach Michael Grant of team: "CODE RED" - Atlanta, GA.

We have all heard about players who are so passionate for their sport, that they would do anything to play. I had the pleasure to talk with coach Michael Grant, who I believe is one of the most passionate "coaches" I ever knew. He's really into coaching and taking care of his team, he calls his team "family".

Code Red team, was started in 2010 by the league they play in: Atlanta Women's Flag Football League (AWFFL). The team started with free agents looking for a team and Michael Grant was looking for a team to coach. It was a perfect marriage and thus was born: "CODE RED", whose colors are red, black, and silver and their mascot emblem is the skull/crossbones.

Their first year was great, filled with ups and downs as most of the team were beginners and just learning the game. Those range of emotions is what brought the team together as a tight knit team. Coach Michael would tell his players: "Just put your faith in me and it'll all come together". So, as a beginner team, coach Michael felt the team was successful for finishing what they set out to do: play as a team, and they had a decent record for their first year which was 4 – 10.

During his first year, coach Michael had to learn (an ongoing process) to control his emotions. Talking to guys is very different than talking to women. "I have to bite my tongue at times when I show them something more than 3 times... but I love it!"

Goals for the team is to win a championship while staying together as a "family" and "team", regardless of the win/loss record. "As long as you keep coming to practice and learn.... The wins will come in no time".

Coach Michael hadn't thought about playing in

another country, but when asked about the possibility, he says: "That's something me and my team would probably love! Showing other countries why Americans dominate in football (LOL) Yeah, I can get into that!"

Any suggestions for other teams?

Coach Michael suggests:

- Do NOT have too many players!. 16 players and 3 coaches is sufficient.
- Make sure the coaching staff is knowledgeable or you'll lose players quickly
- Let the players know that it's all about them and not the coaches.

Code Red currently has 14 players and are looking for two more players. If your interested to join the team send us an email: iwffa@iwffa.com





Special Section: USA Flag Football

Hawaiian Women's Flag Football League By: Eustacia (Tasha) Joseph

In April 2011, After a Sexual Assault Flag football tournament that produced about 10 females; Vanessa American-Horse and I Decided we should put together an all woman's flag football game. The start of the league was rough on both of us because we didn't know where to start. We found some rules online rounded up a couple of girls and had two teams set up to play. With the help of the coaches we revamped the rules so that they where tailored toward woman and not men. The end product was a lot of angry females who had to adapt to rule changes at the drop of a hat. No particular flag or ball was used at the games. Although the coaches and captains had the rules written down none of the players seem to have a copy of them on hand. We had two refs at some games other times we had four refs. The end product was 4 military affiliated teams that consist of 12 or more girls playing a 7 on 7 flag football game.

The second season marked a change in which the Hawaii Female Flag Football League would use the IWFFA rules to add some sort of stability to us. At face value the coaches, captains, and players all had different views on how this would impact us as a whole. Coaches believed that certain rules had wiggle room rather than seeing it as black and white. Captains welcomed the rule book being on hand, a set number of refs being present, a set type of flags to use and a set ball to use. Some players where pumped since the rules are closely related to tackle football, while other players noted that women as a whole are way more aggressive then men and the new rules allowed for new inexperience players to be to physical. The new rules added one more player on the field and at the same time made 3 players on the offensive team ineligible to partake in pass plays. This rule diminished the competitive nature of the team as a whole and at the same

time emphasis that each player had a role to play to help better the team. The transition over all was a success. Teams learned to adapt and over come. Through the rule changes, coach changes, and players coming and going the one constant that the Hawaii Female Flag Football League has seen is amazingly talented ball players coming together from all walks of life who form new bonds that carries over after the game is over.

Our Teams: Navy = Sharks / Marines=Lady Bull Dogs / Air Force= Falcons / Army= Her-Icanes





Special Section: USA Flag Football

New Jersey Women's Flag Football League 1st IWFFA / Asbury Park, NJ Women's Flag Football Tournament by: Alison Wood

How We Got Started Here In NJ:

In the spring of 2008 a local gym offered women's flag football for the first time. There were seven teams in the league and we played 5 on 5 NFL flag rules. NFL rules consist of: a seven yard rush, no contact, everyone is an eligible receiver, you can't run back interceptions, you start with the ball on your five yard line, you have three downs to get to mid field for a first down and then three downs to get a touchdown. Our team won the championship. There were really only two competitive teams. In the fall there were barely four teams. The league moved to Powertime, an indoor facility. While playing at Powertime a few of us began discussing that we would like to play in a tournament. We thought it would be simple. There must be tournaments going on all over NJ. We would just sign up and play. We soon discovered that women's flag football in NJ is not overly popular. We didn't find any leagues or tournaments. While searching for a tournament to play in we found the IWFFA. We had a IWFFA Flag Football Clinic in August of 2010 and it really got everyone excited about going to Ptown and competing in our first tournament. The training is not just a great work out it is inspiring. To understand some of the history of football and to get training on how to play is well worth the effort!

Ptown 2010:

We combined players from the league and entered the Ptown tournament. For our first tournament we did quite well. However, playing five on five non-contact is a far cry from the IWFFA. Our first possession we went twenty yards in the wrong direction due mostly to penalties. The games were close and we finished third. More importantly, we were hooked. It was a great time! I dare anyone to play in a tournament and

not want to do it again! While the football on the field is so much fun, the camaraderie at the IWFFA events off the field is equally as fun! One of our players, Kathryn (Kippy) Pyzik became Miss IWFFA Ptown. She was the only contestant.



What Happened Next:

We played at Powertime that fall and half of our Ptown team played on Grey and half on Blue. Our own version of the civil war. Actually, it was difficult to be as competitive against former teammates. Five of us went to the Kelly McGillis Classic (KMC) in Key West. It was a great time and we finished second in the beginners category. What a difference having a tournament under your belt makes. In the spring of 2011 we started playing at Powertime again. Unfortunately, the league had fewer players and with a handful of games left one of the four teams dropped out. The future seemed bleak. Then Readington Recreation stepped in and allowed us to use a field for five dollars a person, for the season. Contacting softball players, soccer players, and running adds we did get women to come out and give it a try. Some came once and never again but a handful stuck around. We decided to go to Ptown again. We started playing IWFFA rules



Special Section: USA Flag Football

New Jersey Women's Flag Football League (cont'd)



every week, which is much more like football and just so much more fun. I think anyone who has gone to a tournament will continue to play. Just prior to going to Ptown we were in contact with the NY Sharks, a women's professional tackle football team. A retired player has joined us and that has been a huge help. We formed New Jersey Women's Flag Football and we are a non-profit organization. And then we thought, why don't we have a tournament here?

NJ Asbury Park Tournament:

It's hard to only play two tournaments a year. We want to play more tournaments so we decided we should invite everyone here to have fun at the NJ shore. If you're going to go to the NJ shore go to Asbury Park (Asbury for short). Asbury was made famous from the Bruce Springsteen Album as was the Stone Pony. Asbury had gone into a state of decline and was not a destination spot until 2000.

It was back in 2000 when the gays in NYC and Philly started to hear about Asbury Park. There was an article in a gay publication by a guy named Michael Liberatore who lived and worked in Manhattan but who had fallen in love with the decrepit but beautiful old beach town he'd found 40 miles south of Manhattan on the Jersey Shore. His article included great photos of old dilapidated Victorian houses and a forlorn and empty boardwalk. It worked like catnip. Within days of its publication the local realtor's phones began ringing and suddenly there were cars

filled with well groomed men slowly cruising the streets of Asbury Park wondering if they really were up for the challenge of renovating their first house.

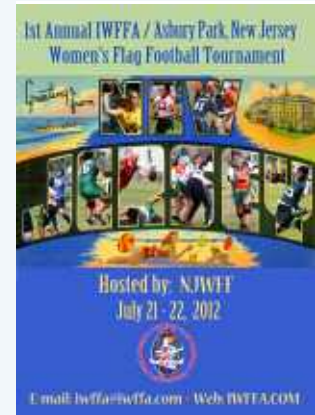
In 2001 a small group of gay & lesbian homeowners decided to create a beach party weekend to promote Asbury Park to the gay community in the tri-state area as a new & upcoming destination for a weekend getaway or a second home.

We thought this would be the perfect place to hold our first tournament. "IWFFA on the beach" and July 21, 22 is Sand Blast weekend. With all the events taking place it should be a great weekend of flag football and off the field fun! There's no better way to spend a weekend!

1st IWFFA / Asbury Park N.J. Women's Flag Football Tournament is July 21 – 22

Your invited to join us for fun, a great weekend and most important: GREAT FLAG FOOTBALL!

Our tournament is July 21 – 22 and we promise to host a great competition. This is the 3rd U.S.A. tournament the IWFFA currently sanctions. What I like about the IWFFA tournaments, is that teams are ranked and at the end of the year, you know how competitive your team is compared to other teams across the country as well as against international teams. Also, IWFFA rules are used. We hope the location, sandblast events and time of year will make it easy for the north American teams to come! If your interested to play either as a team or to sign up for the: Loose Women's Team you can go to our website: <http://iwffa.com/NJ2012.html>





Special Section: USA Flag Football

Kate Clinton Classic - New Energy By Shawna Southern – Tournament Director

Are you ready for some football?...women's flag football that is! Come hit the streets of Provincetown, MA this fall from September 14-16, 2012, and watch the women of the International Women's Flag Football Association in their quest to be crowned the annual Kate Clinton Ptown championship team.



My name is Shawna Southern and I am the new director of the Kate Clinton Ptown Flag Football Classic. I am a native New Englander. I was born and grew up in Rhode Island. I attended the University of Rhode Island which is where I went to school to

become a physical education/health teacher. I teach in Providence, RI. Sports and dance have always been a part of my life. My flag football career began as a flag football official in RI many years ago! Last year, I assisted Diane in securing sponsorships and ads to help defray costs of the tournament, and I ran the raffles, half time activities, the Ms. IWFFA contest, etc.. I am committed to making sure teams have a great tournament in Ptown both on and off the field.

Fall in New England is beautiful, especially when there is football in the mix. Whether you are a player or a fan there is plenty of fun to be had. With lots of half time activities, raffles, prizes, and parties, this should be a no miss tournament if you are a female flag football player!

Provincetown, or Ptown as it is known, is a small piece of heaven at the tip of the Massachusetts arm. Ptown is full of quaintness and charm, but it is also full of shops, restaurants, beaches, whale

watching, fishing charters, art galleries, and a lot more. The nightlife in Ptown is something you don't want to miss. There is usually all kinds of entertainment to keep everyone happy. Dancing, plays, singing, sand dune tours, comedy, and people watching are just some of the things people enjoy during their stay.

Let's also not forget about the Annual Ptown Ms. IWFFA competition! The competition changes each year. The contestants this past year had some physical challenges in which to participate at the Pied Bar on Saturday night. Races around the bar with wooden eggs and spoons, a longest continual hula hooping contest, and other fun games had everyone's heart racing and their faces smiling. The winner certainly earned the "W" with a cast of excellent opponents trying to defeat her.

The 2012 Ms. IWFFA winner is Rachel Nord of the Honey Badgers. Congratulations Rachel, we hope to see you back again this year defending your title!

The championship game was intense and both the Honey Badgers and the Montreal Rebelles wanted the "W." They both put their heart and soul into the game, however, only 1 team could walk away with the honor. Both teams showed excellent sportsmanship and a desire to persevere! The game had to go into overtime to determine which team would be successful. Finally, it was the Montreal Rebelles taking the "W" by a score of 8-2. Congratulations to all the women on the Montreal Rebelles. You all earned that "W."

Last year's teams were extremely competitive and you can certainly expect more of the same this year. The women are ready to put it all on the line for that elusive "W."! Make sure to make your



Special Section: USA Flag Football

Kate Clinton Classic - (cont'd)

reservations so you won't miss a minute of the tournament. Stay tuned to www.iwffa.com for more current information as the event draws near. If you have questions about attractions, the tournament, accommodations, restaurants, etc., while in Ptown don't hesitate to email me. Please put Kate Clinton Football in the subject line.

Teams and Loose Women are welcomed!

With that said, if you attended the tournament last year, I hope to see you back this year. If you were thinking about attending the tournament last year and didn't, you have another opportunity to check it out this year. And now, like the song suggests: See you in September! ●●

#7 Kate Clinton Classic Women's Flag Football Tournament
Provincetown, MA / September 14 – 16, 2012
(Games Saturday and Sunday)
Interested in this tournament? Email:
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“Are you a current member of the IWFFA?”

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And allows us to the sport all over the world

Please keep your IWFFA current

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



**Sound bites from our players:
Political Corner**

We thought it would be interesting to find out what our players think about stuff going on around the world. We just arbitrarily phoned up women asking what they thought.

Send us your question for us to ask in our next Forward Pass Magazine. Email: iwffa@iwffa.com

Question: What do you think of occupy wall street?

Cindy Chaisson – Miami, FL

Well, the money didn't get to the people who really needed it. You read that the bank executives got the bonuses. While people those individuals who needed it are getting thrown out in the streets due to foreclosure. And it's taking down neighborhoods and the local economies

Wenke Breistein – Dale, Norway
It's great

Jeanette Thorsrud – Oslo, Norway

I'm not sure what that means. I have never heard about this demonstration.

Laurie Mott – St. Augustine, FL

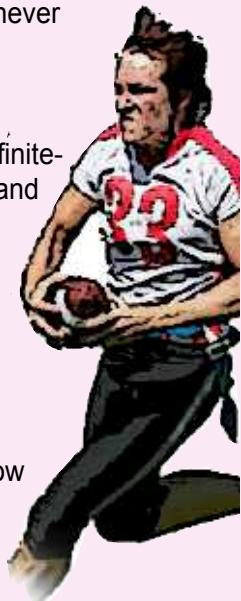
I understand the point, the gesture definitely hits home. But I think it got out of hand At the end of the day it didn't fix anything
It cost more money than it helped by managing the occupy events

Renate Aavik – Grimstad, Norway

What's that? It hasn't been in the Norwegian newspapers, so I don't know about that.

Chris Obrien – Key West, FL

I think it's our only hope and it's the future



Nicole Distefano – Martinsville, NJ

I think that it's great that people can voice their opinion. As long as it's done in a respectable way.

Connie Tarpley - Jackson, Tennessee

I don't know what to say. It's so hard once I get rolling. Umm, I think it's fabulous. It is the one thing that has given me hope for our country that it could be turned around.

Mimmi Carlsson – Gothenburg, Sweden

I think it's not good that so many people lost their money in the mortgage stocks. I really don't like that so many people have lost their homes. The banks were given a bailout by the USA government, and I think the banks should pay back this money. I think the USA government should help the people first. And for the protesters, I thought the people had a right to protest, I don't understand how they can be arrested for this.

Bridget Raven Lynch – Summerland, Florida

OWS failed before it began. Occupy Wall Street, go after the money, take them down, Ideas that resonate with the public but look at what really happened. They were marginalized and confronted with overwhelming force and the media only obfuscated their message. OH! and by the way what exactly was there message? The truth is we all want this insanity to stop but we do not have any hope that it will. It seems that we are stuck and OWS was a something an anything. They went after the Magicians Slight of Hand, watch over here, money is where the power is. That is what we all believe and that is why they failed before they began. We will only have power when enough of us change the way we think. That kind of change takes a courage, a commitment that we may not have. We really are very comfortable letting others think for us because if we think for ourselves then we may have to become involved. No, better to watch OWS march into oblivion, singing patriotic songs while we hum along from the comfort of our televisions. The sad truth is that only a modest change in the way we think can change the world.

Pam Ward – San Francisco, California

I support the movement.

**We announced in March/April IWFFA
Flag Football News our poetry contest
Here is winning poem submitted by:
Diane Beruldsen – Stavanger, Norway**

The giving tree - by Shel Silverstein

Once there was a giving tree who loved a little boy.

And everyday the boy would come to play
Swinging from the branches, sleeping in the shade

Laughing all the summer's hours away.

And so they love,

Oh, the tree was happy.

Oh, the tree was glad.

But soon the boy grew older and one day he came and said,

"Can you give me some money, tree, to buy something I've found?"

"I have no money," said the tree, "Just apples, twigs and leaves."

"But you can take my apples, boy, and sell them in the town."

And so he did and

Oh, the tree was happy.

Oh, the tree was glad.

But soon again the boy came back and he said to the tree,

"I'm now a man and I must have a house that's all my home."

"I can't give you a house" he said, "The forest is

my house."

"But you may cut my branches off and build yourself a home"

And so he did.

Oh, the tree was happy.

Oh, the tree was glad.

And time went by and the boy came back with sadness in his eyes.

"My life has turned so cold," he says, "and I need sunny days."

"I've nothing but my trunk," he says, "But you can cut it down

And build yourself a boat and sail away."

And so he did and

Oh, the tree was happy.

Oh, the tree was glad.

And after years the boy came back, both of them were old.

"I really cannot help you if you ask for another gift."

"I'm nothing but an old stump now. I'm sorry but I've nothing more to give"

"I do not need very much now, just a quiet place to rest,"

The boy, he whispered, with a weary smile.

"Well", said the tree, "An old stump is still good for that."

"Come, boy", he said, "Sit down, sit down and rest a while."

And so he did and

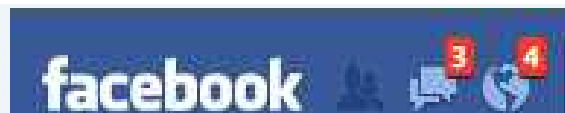
Oh, the trees was happy.

Oh, the tree was glad

IWFFA Face book

Updated regularly by Rigmor Brox

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



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

