



FORWARD PASS

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OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

Kelly McGillis - Exclusive Interview!

Spring 2011

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SFWFFL

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2011 IWFFA Tournaments

plus much more

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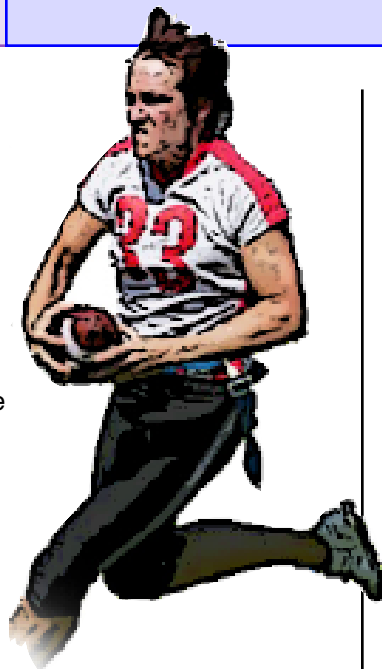
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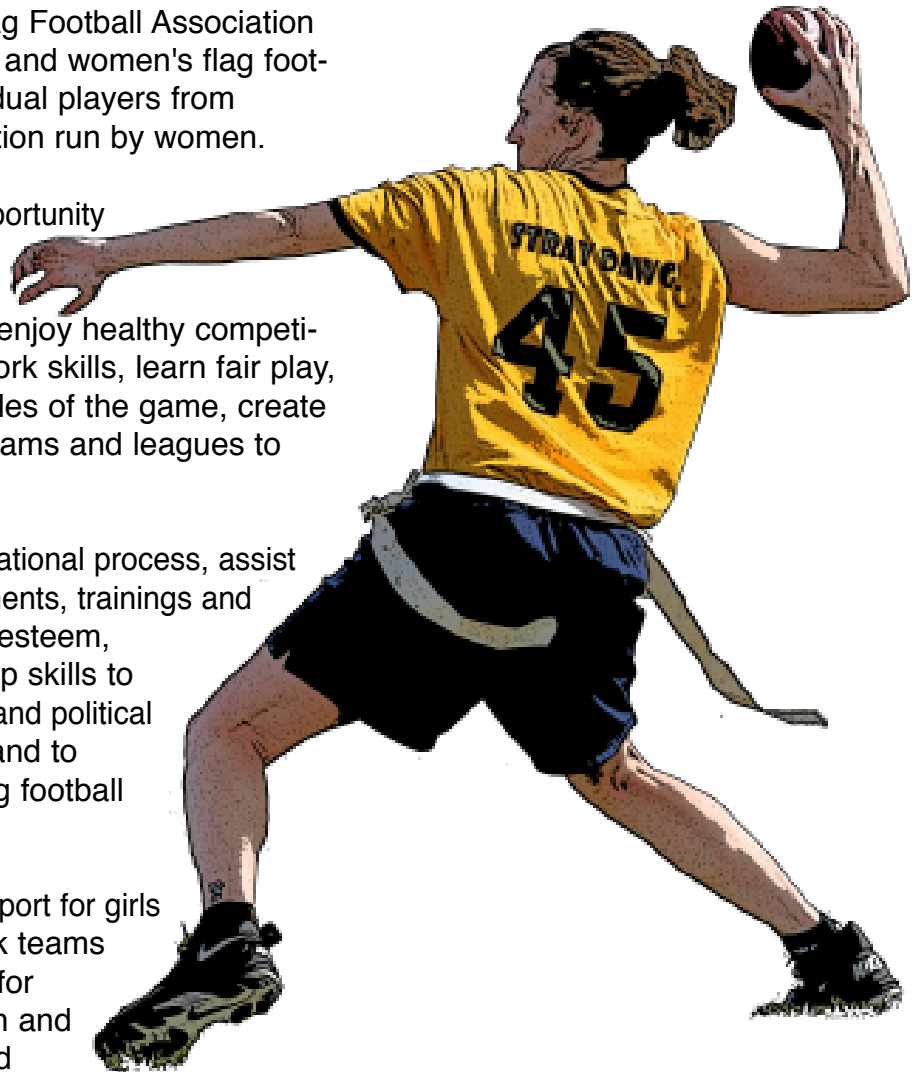
IWFFA Mission Statement

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

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iwffa@iwffa.com

BJ Coletta: The Woman Behind “IWFFA On the Air” & “Women's Football Talk Network”

Barbara Coletta, other wise known as “BJ”, is a true pioneer of women's tackle and flag football as well as talk radio on the Internet. Every month she brings together thousands of players, fans and coaches from around the world . BJ envisions women's tackle and flag football uniting and supporting one another. “Flag football has to be the starting point for young girls.” says BJ. Successful parental support of flag football in the middle and high school levels is paramount. It allows parents to understand the rules and regulations of the game and how the girls are coached and protected in our sport.

While playing women's tackle football in 2006, BJ liked following the three leagues: WPFL, NWFA, IWFL, scores and teams so she started a blog. Her blog was very successful and BJ gained a large following of players and fans alike. Wanting to gain a larger audience and spread the word of tackle and flag football to other areas was at the top of BJ's agenda. She wanted to educate and promote tackle and flag football together hoping they would unite and work together. In August 2007, with one producer, BJ's talk radio show debuted. Since then Women's tackle and flag football worldwide have benefited greatly from her radio work at the station. Her tireless efforts are recognized and appreciated by everyone especially the IWFFA. We thank you, BJ.

BJ is grateful to have the medium for the “IWFFA On Air” show which airs every third Thursday of the month. She is equally grateful for the people and volunteers who have contributed to the show. She says what is most rewarding is the feedback and seeing the excitement tackle and flag football brings to her listeners. Her goals for the network is



simply, to do more. BJ Coletta, a true hero of women's and girls tackle and flag football and talk radio.

Their website is: <http://www.wfbtalk.com/>

Women’s Football Talk

“WFB Talk” (Women’s Football Talk) is on Blog Talk Radio. The project had been in the “thought process” since December 2006 and had its debut on Blog Talk Radio, August 21, 2007.

Their Mission is to: Educate, Promote and Advance Women’s Tackle Football.

Topics for WFB Talk covers every aspect of Women’s Football, from what equipment to wear to coaching methods to public perception of female football players. News and information covers all leagues, which includes the IWFL, WFA and WSFL as well as all things related to women’s football. WFB Talk host s live radio shows through Blog Talk Radio (www.wfbtalk.com). Should you miss the live broadcast “WFB Talk” archives will be available directly from the site or download and listen on your MP3 player or iTunes account.

Their website:
<http://www.womensfootballtalk.com/> 



**Every Third Thursday at 9PM Eastern
Join Us for some “Lively” Discussions**

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

**Founding Mother
Michelle Brodie
San Francisco Women's
Flag Football League
Standing the test of
time:
Michelle Brodie
A Brief History of
Brodies Initiatives**



by Georgeann Lewis

Michelle Brodie is referred to as the foundering mother of women's flag football in San Francisco, California. I had the opportunity to speak with her regarding thoughts on her accomplishments and ability to sustain a league for two decades against all odds. Brodie brought flag football to the Bay area in March of 1990. The closest women's league is 90 miles northeast in Sacramento. Brodie remains humbled when referred to as the founding mother. For many years, her efforts have resulted in the only league in Northern California.

Currently the league boasts nine teams. One of the largest obstacles in establishing such a large network of women was communication. Brodie stated that "in the absence of email and any type of global networking system recruiting and spreading the word about flag football was challenging." Spreading the word consisted of telling everyone she would meet "hey do you want to play flag football?" With help from her girlfriend, they began a grass roots effort. They hung poster all around town, put ads in the newspapers (laughing, Brodie said "back when people used to read newspapers") and by placing ads in a then popular lesbian publication call the Bay Area Times. Another major difficulty was although the league is not exclusive to lesbians it tended to attract mostly lesbians. Brodie is not sure why, but these women often tended to be subject to economic hardship. Due to the enormous

expense incurred in organizing the game; lining the field, officials, and obtaining the field, it made it and continues to make it, more difficult for women to play.

Brodie emphasized the most difficult obstacle has always been managing the cost of play. Due to attrition and field cost, it has always been a struggle to make the sport affordable. When Brodie first began the league, the team fee was \$250. This barely covered costs. Brodie often contributed monies to sustain the league. In retrospect, this fee seems nominal. Current fees are \$675 per team. Teams are limited to rosters of 14 and are penalized fiscally for exceeding the limit. Player's average age is around 25. Skill levels vary and Brodie would love to see the league expand so different divisions of play to be created. Brodie feels this can maximize each players experiences. When I asked Brodie what rules they play by, she replied "I've tried very hard to get the league to adopt the IWFFA rules. My efforts have been unsuccessfully. IWFFA rules are used to fill in the gaps."

Brodie 21 years later

Brodie continues to play flag football, stating, "At 50, I'm probably the oldest player." Brodie plays quarter back, the line, tight end...."wherever I'm needed." Funding has become a bit easier for some. Brodies law firm sponsors her team and another team receives sponsorship from a lesbian bar. The league remains mostly local because regional and/or national tournaments tend to occur during the seasons of play. They play in the spring and fall. Each team plays seven games with the top eight going to the play offs. The league is divided into two divisions based on skill. Brodies team continues to play in the upper division.

When I asked Brodie, besides fiscal matters what areas remain a challenge her response was typical: "Complaining, getting people to assist in maintenance of the league, and people not being happy with decisions she makes on behalf of the

league.” In 2009 the league had a “secret meeting”, and Brodie’s tenure as commissioner of the league ended. Despite the unethical process of her removal, she remains dedicated to the cause. While Brodie was in retirement the organization abandoned a written rule format and rules were kept “in the officials heads”. One of the biggest outcomes of this was...”you don’t have to be a woman to play anymore.” When I asked, “So the league is co-ed?” Brodie’s response was ambiguous. “I’m not sure what you would call it. Women who are transgendered or in the process of becoming a male can now participate. So, yes, men can play if they were previous a male and are now female or in the female change process. This has caused much debate.” Brodie feels the league remains divided over the issue.

I asked Brodie to explain what she feels have been her greatest accomplishments...”starting it, and making it last 20 years. For a brief time at age 40, I dropped out because I thought I was too old to play. I stopped playing for 10 years.” Brodie

experienced a life-changing event, providing a new perspective on life. After 10 years in retirement, she lost a close friend to a motorcycle accident. This motivated her to begin a new team dedicated to her friend. Brodie also takes great pride in one of the leagues officials. This man began when the league started in 1990 and is still an official.

Brodie remains a pioneer

Brodie truly exemplifies a women dedicated women’s flag football. When speaking with her it quickly becomes evident that her perseverance and dedication to flag football is alive and well. Her ability to demonstrate humility in the face of adversity, to continue to advocate for what she feels is right, and her ongoing participation in the league against all animosity, leaves us all with something to aspire. Brodie is a true pioneer, a founding mother for women’s flag football league in San Francisco. She believes in her cause and remains true to her efforts! ●

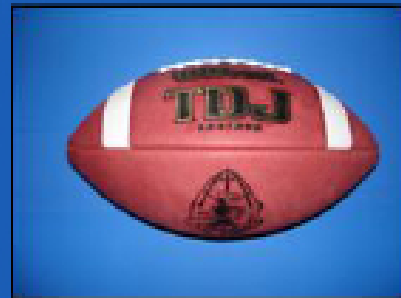
Photo Contest:

Share your photos and receive photo credit and \$25 prize to the best flag football action shot!

And all photos will be posted in the magazine with credit to every photographer!

Contestants:

- Elise Auboug
 - Chris Mann
 - Ashley Kuvlsky
 - Dan Kolby
 - Beth Gustofson
 - Images by Doc
 - Rigmor Brox
- See page 34 for results!**



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Developing the True Female Style of Flag Football:

Some principals and ideas to consider

By Diane Beruldsen

Every Woman Should Coach Girls Flag Football



Coaching Girls Flag Football has been one of the most rewarding experiences in my life. Truly. Not only have I learned many life skills and grown as a human being, but I feel good in helping to steer our young female flag football players to develop the true female style of playing flag football, instead of what I was taught, which was the tackle version of flag football back in the 70's.

Thru all my years as an female flag football player, I have been coached by men, and instructed in this kind of "tackle flag football". Everything I learned about flag football was referenced back to tackle football. Flag football was never it's own game. I learned how to "hold" (we are not allowed to hold in flag football), how to "block hard" (take em down to the dirt), names for flag football positions were named after tackle positions like: tackle, nose guard, tight end (remember we play with eight positions, not eleven), etc. So, I learned "tackle flag football" not "women's flag football". The truth is that the female game involves more finesse and strategy. This makes it the perfect woman's sport. I have found that brute force, speed and strength which are the skills tackle develops are not needed in flag football.

Let me be clear that flag football is not like tackle football. The best example to make this clear is that one sport "takes down" their opponent and the other "grabs a flag". These are two very different goals and mind sets.

And this is where our experiences as female flag football players truly comes to fruition. By coaching young females and helping the sport grow in a positive way we help to create the true feminine style of flag football play, a game much more exciting than tackle football.

When I grew up playing flag football it was not made clear why I had to do certain things on the field. As a matter of fact, the positions I played on the line had two simple rules: "Get the quarterback" or "Protect the quarterback". I did this during practices and I did this during the games. It was all I thought to do or knew how to do during my first two years of playing the game. And because this was all I was instructed to do, it was confusing for me on the field. I had to ask my team mates what was going on during games because I was lost. This is why, today, I have compassion for my girls and women new to the sport. And this is why when I coach, I take the time to explain why we do everything we do out there on the field, both during training and practices. It was my own personal experiences of not knowing that has made me a better trainer / coach.

Later in my flag football career, when I took on the position as QB, I started to understand more of the game, especially in my fifth year when my coach let me call the plays during the games. This new knowledge and understanding of the game would become crucial and very important when I started my journey to promote women's flag football.

The Journey

In 1995, I traveled across the U.S., Canada and Mexico seeking women's flag football teams to bring under one umbrella which eventually became today's International Women's Flag Football Association. With so many leagues using different types of rules (women's teams had piggy backed off the men's rules), it became apparent that we needed to standardize "women's flag football rules" so we could rank teams nationally and internationally. This was not so easy. Women's teams and leagues were reluctant to change rules they were use to. So, how were we going to persuade existing teams/leagues to come together? We still have not figured that one out.

So at that time, if we offered flag football clinics to new groups of women, to help them start teams / leagues and using just one set of rules, we were able to slowly but surely have a large group of women playing by the same rules. This was the beginning of our long haul to standardize women's flag football rules. At that moment, as I became a trainer for the first time, my purpose was to start new teams in which players would use one set of rules.

I remember my first training being clumsy. I did stretch-

es I learned from rugby and softball. I did drills that I learned from my male coaches. The plays were very simple and at the end of my first training, we scrimmaged. When the scrimmage game was over, I became "an official trainer". I learned a new role for the sport of flag football by just doing it. And I say this for the woman who has yet to coach. I say it in order to explain that everyone has their first day and to encourage every female player to coach flag football.

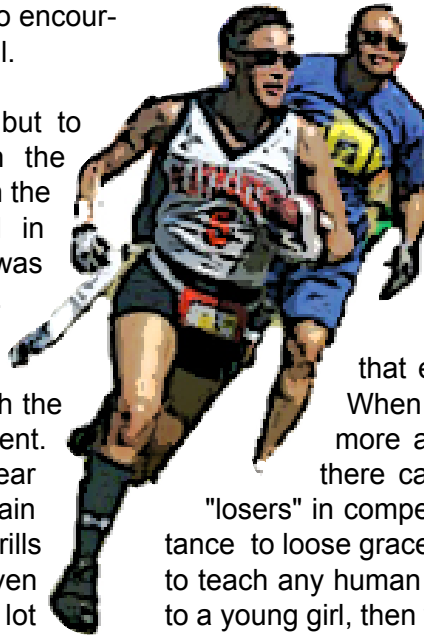
I traveled not only across North America, but to other countries in the Nordic Region. In the Scandinavian countries, in the late 90's, when the IWFFA introduced women's flag football in Denmark, Norway, Sweden and Iceland, was where I really learned how to train beginners.

Teaching a sport that athletes are familiar with is one thing but teaching a sport in which the athletes have never seen before is quite different. There is the need for more description. Clear explanation is needed for why we do certain things in the games and why we do certain drills during practice. Explanation needs to be given for the purpose of each position. I learned a lot myself as I was forced to better understand aspects of the sport which I had earlier taken for granted. Concepts that I never really understood thoroughly suddenly had to be explained so I had to look at them in new ways. The game of women's flag football, geared for women, started to shape in my head. My style of training started to change. It was at this point in my life, that I realized how much influence men's sports had on women's sports and how much our rules, our style of play and strategy piggy backed off of the men. It was time we clarified the differences needed for women's flag football and changed direction in how we coach the sport.

The training I had done in other countries was a great experience to bring with me when I began to train girls. They, too, were beginners. I was their first coach. When they saw a female taking the leadership role it could create the possibility of showing them that they can become leaders, too.

It is important for girls to understand every aspect of their position, so they can make independent decisions during their games. Flag Football is a fast moving game with many changing obstacles. Quick adjust-

ments may need to be made during any given play. No one play may be run exactly as it was instructed during training if we want it to be successful during competition. So it is best to educate and allow the player to think on her own. Also, it is important to develop leaders, not soldiers.



Here is how I usually conduct my training with young girls just starting the sport:

1) The first thing I ask the girls is, "Is it important for you to win?".

If it is, I explain to the girls that more important for this team is that each girl understand her position. When she does, she will enjoy the game more and play a better game. I explain there can only be one winner and many "losers" in competition. I teach the girls the importance to loose gracefully. That is a very important skill to teach any human being. If winning is too important to a young girl, then when her team is losing, she will loose focus. She will allow her negative feelings and behavior take control and she then is truly "out of the game and into her head". When this happens to one of my team players during competition, I have just "lost a player on the team". She is no longer following the team, our plays or the game. She is, instead, in her own world which does not do the team any good. So, I preach to the girls, "It doesn't matter if you win or loose, keep your head in the game."

2A) I explain to the girls, that if they drop the ball or miss a flag it's O.K. I just ask that they focus more the next time.

The best athlete in the world can never catch the ball every time. There comes the time when they will miss. So, when it happens, don't let this hang on your shoulders or distract your playing. Instead, accept the fact and focus on the game so next time you have the chance to do better.

2B) Never criticize your teammate on or off the field. We are all doing the best we can, and that is all that is asked for.;teamwork and support for one another.

3) A very important rule: "No talking in the huddle". This is the time for the Q.B. to give the next play to the team. The QB needs to think, have everyone's attention. The other seven players need to listen and take direction. This "quiet" huddle keep sanity on the field. It allows for the Q.B. to keep the offensive team in control.

Practice on the field

Next, we learn and practice two plays; one running play and one pass play. That is all. One play turns into six plays, but we must learn the basic two plays fluently. Those two plays may be the only two plays we learn for the entire season. The following story explains why. I had a young girl's team that was struggling to execute their plays during a tournament. Some girls might go off sides on the snap and some girls were lost on the field, not knowing what they were suppose to be doing. It didn't make sense to allow this to go on, so I decided something had to change.

During half -time, I took each girl and walked her through her position for one play only. I used a simple "I formation, Sweep Right, On One" . This was so every player knew what she had to do throughout the entire game. That was the only play we used for the second half. Each time in the huddle our QB called: " I formation, sweep right, on one". The next huddle was the same: " I formation, sweep right, on one". The QB and all the players knew what the next play would be and what they had to do. It didn't matter that the other team knew the play. When the ball was snapped, it mattered more that each of my offensive players knew what they were suppose to do and that we all do it TOGETHER.

During the game, I would ask each player if she could explain her job to me. A good indicator of each players understanding is to look into her eyes and see if she looks lost or confused. If she did, I would simply explain her job to her and ask her to try it on the field.

Taking the time with each player may take a lot of your own time at first, but in the long run, you will have developed an athlete who can now understand her role as a team player as well as an athlete who can make better decisions both on and off the field. You have empowered a young female athlete and helped direct flag football to it's natural female style of play.

BITS & PIECES

Corrections from our last issue – EYE ON Grimstad Octopussies Story:
We apologize for these mistakes and would like to make these corrections

AASE MARI FLAATH - Is Coach
Rigmor Caspersen is co-coach
Rigmor Brox is videographer
Tonje Haraldsvik Haugen wrote the story of the training of the PE-teachers, and took the photos

We appreciate hearing from you.
Send us your thoughts, comments and suggestions and we will share in our next Forward Pass Edition.
Email us at: iwffa@iwffa.com (in subject write forward pass comment).
Please include your name, city and state.

Comments from our Winter 2010 Forward Pass

"Thank you ever so much for all the work you've put into this game, and all the joy this brings to a large bunch of people worldwide!! Must be good, and maybe strange too? to see that you alone have started this huge machinery that touches so many people" ?
-Rigmor Brox / Grimstad, Norway

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

I would not give so much credit to today's tackle success to flag football and especially not the Kelly McGillis Classic. NO WAY! We live in an entirely new era where tackle women themselves have made tackle the success it is today. Sorry, flag footballers.
- Laura Askins / NY, NY

A Wonderful Production

Congratulations to all your staff for putting together such interesting stories in your recent forward pass. I am a graphic artist and can say that your art work was phenomenal. I will enjoy reading your next issue. I wish you all well at the iwffa and really appreciate your hard work in putting together a wonderful production.
- Carol Shimbly / No Address

Additional Comments from Players from our IWFFA tournaments

"honestly ... being my first year was very fun & it's an experience unforgettable!! I hope the next tournament so excited! Thanks for all !"
- Karen Gabriella Martinez / Mexico City, Mexico

"Just wanted to say thanks again for a wonderful time! We so enjoyed meeting so many of the players this year, and playing for you. We would love to be involved again. Many thanks, we hope to see you again soon!!!"
- Laura Cerulli / MD



Grimstad Octopussies – Raising the Bar for Women’s Flag Football in Norway

Norway celebrates May 17th as it’s Constitution Day.

Early in May 2010 Diane Beruldsen, the President of IWFFA came to Grimstad, Norway, mostly as a part of her Promotional Tour but also to visit her cousin, Terje Beruldsen who lives here.



May 17th 2010 in Grimstad
(photo:Grimstad adressedtidende)

Terje is a friend of Rigmor Caspersen and Rigmor Brox. Their daughters go to the same school and are in the same class. On May 17, Rigmor, Rigmor and Diane met on the playground outside the school. As the kids ran around them trying out different competitions, eating hotdogs, ice-cream and cotton candy, checking their lottery tickets and listening to the band music, Diane eagerly told us all about Women's Flag Football. A few days later we went to Terje's house and tried out the game with Diane, Terje and his wife, Anne-Mette. Our kids participated.

We decided to really go for it and set our very first training for May 21st on Vik artificial turf field. Terje placed an ad in the local paper and 23 women came to



Our very first training on Vik artificial turf on May 21st in Grimstad. Diane Beruldsen is saying something very important. (photo: Svenn Ivar Bjørkavåg)

see what it was all about. We played and practiced for 3 hours before going home that night. It was decided at that first practice that Rigmor Caspersen would be the coach and Rigmor Brox the manager. We set a new date for the next training, June 1st. On June 1st we met at Doemmesmoen soccerfield and were now 21 players. We had a coach who had just learned a bit about the game from Diane and watching videos on youtube.com ☺ I need to tell you that American football is not common here in Norway. Most of us had never even seen nor touched an American football. In Norway, soccer is the big thing for most people.



Riggy and Birk (8 years old) are obviously having fun (photo: Svenn Ivar Bjørkavåg)

The team decided to meet twice a week to practice this new sport, and on June 10th our team-name was set. After a few other suggestions, the name **G r i m s t a d Octopussies** won all the votes! One of the most eager women was 18 year old Aase Mari Flaath, previous-



Diane Beruldsen gets some farewell-gifts from Grimstad Octopussies before leaving. (photo: Rigmor Brox)

ly a soccer player for the Amazones; Norway's very first soccer-team for women. She turned out to be the only one who had played this game before. She had been a loose player on the Oslo tournament summer of 2009.

Diane came back to train us. We had 4 days of 2-hour trainings starting June 14th. She wanted

us to go to the Oslo tournament 25-27th of June – just 4 weeks after getting to know this new game! On June 17th after training we went to Rigmor & Rigmors' home on Vik and had a farewell-party for Diane, who was leaving to tour other cities the next day.

Aase Mari Flaath and Rigmor Caspersen (Riggy) shared the task of being our coach from this day.



Kristine, Rigmor B, Aase and Riggy on Doemmesmoen soccerfield in June 2010. (photo: Svenn Ivar Bjørkavåg)



The very first team. Four of these are still members. (photo: Svenn Ivar Bjørkavåg)

We planned on going to the tournament, anxious and eager at the same time. Only 4 of us went in the end, as many of the other players had kids and struggled unsuccessfully to find babysitters. Also most of us felt very insecure to go to any tournament after having just started to get to know this new game. These four women were Aase, Riggy, Rigmor and Tonje Haraldsvik Haugen. Four players were not enough for a team which requires 8 women and we were allowed to borrow players from the other teams and loose women players. We bought cheap light blue T-shirts. We placed our players numbers on the back of them using white tape. We didn't win any of the games we played, but learned a lot! Being chain-gang and meeting the other teams taught us so much more about flag football. I want to give a huge THANK YOU to the Oslo Tigers who guided and helped us both during the tournament and by including us in the after-game-activities! ☺ Jeanette Thorsrud, all your piercings and tattoos led us to think you were ever so scary (we almost went home after meet&greet!), but we soon learned that you're kind and sweet and soft as a pussycat – off the field ;) And the tournament left us with two MVP's (most valuable players): Riggy and Tonje. We were proud!

After coming home, filled with new eagerness and new found friends, we trained twice a week all

through July. We ordered our team suits July 13th. One of the team-members, Irene Magdalena Gjeruldsen (Maggi), is a great designer created the octopussy on our T-shirts. We even got a sponsor to pay for the suits! Team-member, Aud-Mari Idalen, is the one who made that happen – she contacted Agder EI-installasjon who is our very first sponsor. Gerda Gjeruldsen fixed the print on our T-shirts. Thanks to all of you!

On the night of Sept.2nd we finally received the suits! This was very lucky because we went to the Gothenburg tournament the very next day! This time we had 8 players along for the ride plus manager, Rigmor Brox and Tonje's husband, Peer. We didn't win any games this time either, but one of the games ended 12-12 . This felt like a victory to us.



Grimstad Octopussies with Diane, summer of 2010 (photo: Rigmor Brox)

We also got 1 player elected for Dream team: Linda Gjeruldsen. Linda and her sister Gerda Gjeruldsen (MVP in the Gotheburgh tournament 2010, along with Tonje Haraldsvik Haugen) are both steady members of the team and our very beloved and great wall of defenders. Both their daughters, Madeleine and Irene Magdalena (Maggi), play flagfootball. Results of the tournaments can be found on www.iwffa.com.

On Sept. 14th we had one of the players from Oslo Tigers, Kristin Hovde, visiting us. She

helped the coaches during a training which was a great kindness as she has more experience than the rest of us with the game. (Thank you, Kristin!)

A team meeting was held at Gerda's on Sept. 16th 2010 and we watched videos and pics from the tournaments and decided on the special roles members of the team should have.: Coach: Aase Mari Flaath ; Treasurer: Rigmor Caspersen. (Riggy) is assistant coach and paramedic. Rigmor Brox is manager and communications specialist, i.e., records events with video/photo, is the web-master for the facebook sites of IWFFA and the Grimstad Octopussies. Aud-Mari Idalen coordinates with our sponsors. In addition to this we've had free transport of equipment thanks to Monica Klemmetsens husband, Erik. Tonje Haraldsvik

Haugen helped as a assistant coach for the PE-teachers (see last edition of Forward Pass Magazine).

Sept.28th Aase Mari Flaath and Tonje went to teach flag football to a group of PE-teachers in the county of Aust-Agder. We got the request through Diane, as she was in the states and did not have the opportunity to travel all the way to Norway for one day of training. The one-day course payed off; the octopussies taught this wonderful game to a class of 21 enthusiastic teachers

and we even made some money from it! Maybe we'll rent our players out for other tasks too?

In October we had snow and it became too dark and cold to keep training sessions going outdoors, but we had no training hall available. So this author and Aase Mari Flaath spent an entire day visiting all the different gym-studios in the area. We ended up



Rigmor Caspersen (Riggy) & Rigmor Brox trying on the team T-shirts

getting a good deal with a local small gym in Grimstad, called Eddiken. They made us a very good deal for the whole team and as from Nov.3rd until now, all of the team-members have met twice a week in Eddiken gym. Their logo is now on our T-shirts along with the other sponsor. As I write, Tonje Haraldsvik Haugen is working on getting a deal with a third sponsor who wants to buy outdoors-suits for us. Nov 2nd we had our second team-meeting and party afterward.

October 28th we lost all our equipment to a thief who stole the bag with everything in it! Luckily, Diane wanted to help us. We got to borrow a set of used equipment from Oslo and we also bought some new balls, vests and a big bag. In Norway one cannot get an American football nor a kicking Tee from just any sports-shop. We would have had to order it all from abroad if Diane had not helped us. Thanks, Diane!

We've been in the local newspaper twice and plan on contacting several media to get some more info out to people and attract new members.

Our coach, Aase, has introduced flag football to her fellow students when they all got to pick one type of sport each, to teach the rest of their class in PE-sessions.

In April 2011 we had 15 members of the Octopussies. Recently got 3 more new members and a fourth that is interested in playing. She is coming to our next our door training to watch and learn. In addition we have a few girls that have been out of town, studying, since last summer. These girls might be back for the tournaments this summer.

Members are Aase Mari Flaath, Tonje Haraldsvik Haugen, Rigmor Caspersen, Ruth Heidi Flaath, Linda Gjeruldsen, Gerda Gjeruldsen, Irene Magdalena Gjeruldsen, Madeleine Svang Gjeruldsen, Aud-Mari Idalen, Karina Idalen, Turid Johannessen, Monica Klemmetsen, Elizabeth Erdal, Kristine Henningsen, Karoline Hildre Spilling and Rigmor Brox.

Several team-members have kids and bring them



Our team April 14th 2011. Kristine Henningsen, Karoline Spilling and Renate Aavik were not present at the time. (photo: Sverre Ivar Bjørkavåg)



Grimstad Octopussies at the Gothenburg Tournament Sept. 2010 (photo: Lena Johansson)

along for the trainings. We want to recruit young people to make the team strong for the future. Also, it makes it easier for mums to participate when not having to get a babysitter twice a week. Our team has members in all ages between 6 and 42. We also have a good deal with a physiotherapist, Monja Odenn. She helps us deal with injuries.

That's our story so far. ■

Grimstad April 14th, Interview with Kelly McGillis: Kelly McGillis continues her support of the IWFFA

Interview with Kelly McGillis: Kelly McGillis continues her support of the IWFFA

by Georgeann Lewis

Kelly McGillis, Born in Newport Beach, California, July 9, 1957



For 10 years, the IWFFA has had the honor of having Kelly McGillis lend her name to our largest and most prestigious international tournament, the Kelly McGillis Classic. As The IWFFA continues to expand and gain forward momentum, I spoke with Kelly regarding her thoughts on our mission. We discussed how her Hollywood fame, how life experiences have shaped the woman she is today, her thoughts on the IWFFA, and what it feels like to have the admiration of so many women. Kelly is truly an inspiration. She openly shares her views on life, football and avidly supports the life skills the sport offers women of all ages.

Georgeann: How did you first become involved with the Women's International Flag Football Association almost 20 years ago?

Kelly: Diane approached me, asking if I would lend my name to the event. Diane's passion sold me. I was residing in Key West at the time and was more than happy to do so. And I thought it would be a fun thing to do.

Georgeann: Rumor has it that you once played flag football.

Kelly: laughter

Georgeann: Is that true?

Kelly: It was only ONCE! Laughter One time was hard enough for me.. because it's really not flag football. It is very tough and I am really not that tough! More laughter I had a good time, but I was really scared of the other team. more laughter

Georgeann: So your experience was that flag football is not the "easy" sport everyone assumes it to be?

Kelly: No, it is absolutely not. I have never been so black and blue my entire life, more laughter

Georgeann: Diane asked me as a player, coach, and official what it was like for me participating in a tournament which not only is the "biggest" flag football event of the year but the only one with your name identifying with it. I explained that for me and our RI league it was the goal will we all aspired to: playing in the Kelly McGillis Classic. Actually during one of RI's first trips to Key West your restaurant (McGillis's) sponsored our awards night and you were there. We were all star struck! During your time on the screen back in the 1980's and early 1990's, many identified your name with the strongest and most determined leading female role model on the big screen. Given this, what does it feel like to have your name represent the largest women's flag football tournament in the world?

Kelly: Laughter...hummm well I guess I never really thought about it like that. To tell you the truth, I think it is very nice. It is something that I believed in, in terms of creating unity, camaraderie and teamwork. These are all very much things that I believe in. The idea that discipline and hard work pay off is also important. That is why I felt it was a good thing to lend my name to.

Kelly: I think you mentioning strength which is odd to me because I don't view myself as strong. I did it more because of what the sport represents and what it can give people, especially for young girls. It can give them the opportunity to work on many different aspects of themselves in addition to playing a sport.

Georgeann: By strength, I was referring to the courage it takes to pursue a career in acting and endure all that comes with it. In addition, in the end remain grounded enough to support efforts such as the IWFFA.

Kelly: O.K.

Georgeann: I'll take your word based on your pre-

vious account of bruising that you don't feel physically strong! Laughter

Kelly: laughter Yes that is true!

Georgeann: One of the IWFFA's future goals is to give other states the opportunity to host the Kelly McGillis Classic. It has long been associated with Key West. Do you have any thoughts regarding a change of venue?

Kelly: I have not had much time to think about it. Diane and I did discuss it. I think it is a business decision that Diane has to make. It has nothing to do with me.

Georgeann: That's a fair response.

Georgeann: You mentioned earlier that you like the sport because it provides women the opportunity to develop different skill sets. We now travel worldwide to provide women with such opportunities. What are your thoughts on this mission? Do you think flag football can help transform other areas of life?

Kelly: I would hope that this could open people's eyes to the possibility of their potential.

Georgeann: Well said

Georgeann: Now I would be remiss if I did not regress and have some fun with you. In the 1980's and 1990's you starred with many leading men in many acclaimed films. But traveling even further back had some appearances on a soap opera? Is this where it all began, your first big break?

Kelly: I was only on that soap opera for a few episodes. That was the 70's, 1978 I think, right?

Georgeann: Yes, One Life to Live I believe.

Kelly: No, this was not my big break "quote unquote." That was a gig I had right out of school. I went to the Julliard School of Drama and had already done a movie called Ruben. Ruben was not out yet. I did not stay very long on the soap opera, just a couple of episodes, I think.

Georgeann: You had some great leading female

roles with some of my all time favorites: Tom Cruise, Harrison Ford, and Jody Foster. Both men were and are extremely handsome, so if I may tease you a bit, who was the better kisser?

Kelly: I will not answer that!

Georgeann: Do you maintain contact or friendship with any of your former co-stars?

Kelly: I think it is a weird thing that people think you become fast friends for life. The thing that you have in common that brings you together is working on that particular project. After the project is over you go back to your lives. I do not feel compelled to stay in touch with people I have worked with. It is a moment in time, I respect that and honor it, but I also have a life separate from my work life.

Kelly: Maybe I just view things different. You really have nothing in common other than that one job.

Georgeann: Great response! Which leads me to my next question.

Georgeann: They say our past defines whom we are today and our future is shaped by our present. Can you share how your life experiences have shaped you and made you the woman you are today?

Kelly: laughter ..oh my god, that is not a 5 second answer!

Georgeann: laughter..just the highlights, obstacles, triumphs and any advice for young girls today regarding what to take from life and what to let go?
Kelly: I don't know. I have no creative quick quips about it, laughing

Kelly: I think that life is a long, winding, complicated, fascinating, and curious journey. I feel if I gave advice it would be trivializing life. I certainly do not know what somebody else is going through or what his or her experiences are.

Kelly: I can talk about mine and can say that I have had varied, complex, arduous journey growing up



and being an adult. I think one of my greatest gifts is that I have overcome some immense obstacles personally. That is something I can share with other women and I aspire to do that and am working towards doing that now. Does that make sense?

Georgeann: Absolutely. I agree life is a long winding road of bumps, hills, and valleys and everyone's experience along the way is different. Based on what we choose to take from these experiences we grow and learn.

Georgeann: We had a large girls division in the Kelly McGillis Classic this year.

Kelly: Yes, Diane mentioned this

Georgeann: Yes, they were amazing and the light and passion they brought to the field was a spectacular thing to watch. They humbled anyone who watched.


Georgeann: Any special shout out or words of wisdom you would like to offer the girls that were brave enough to come out and play, the youngest of which was 7 years old!

Kelly: I acknowledge them for stepping up and taking a chance and perhaps even doing something they were not comfortable doing. I am hoping they had some fun and learned something and would maybe like to pursue that.

Georgeann: It has been a pleasure speaking with you. Is there anything else you would like to add?

Kelly : Not that I can think off

Georgeann: Thank you for your time. It was truly a pleasure speaking with you.**Kelly:** I enjoyed our conversation as well, good luck!

Rigmor S. Brox 

2011 IWFFA Tournaments

Kelly McGillis classic	20th	Feb 6 - 14, 2011
Hjorring, Denmark	7th	June 11 - 12
Key West Pride Week Loose Women Only	1st	June 12 (Sunday)
Chicago, IL Pride Bowl	1st	June 24 - 26 (Fri & Sat) Parade Sun 26th
Oslo, Norway	12th	July 2 - 3
Montreal, Canada	7th	August 13 - 14
Gothenburg, Sweden	11th	Sept 3 - 4
Key West, FL Women's Week Loose Loose Women only	3rd	September 11/ Sunday
Ptown Classic, MA	6th	September 17 - 18
Mexico, City	1st	October 8 - 9



Canadian Pride: Football unites the women of Canada

An interview with Saadia Ashraf, Canada's inspiration



I recently traveled to Montreal to watch a women's semi-professional tackle football game. The Montreal Blitz were hosting the New England Intensity. As luck would have it, Saadia Ashraf is the Blitz's quarterback and quarter backs Montreal's flag football team, which maintains IWFFA membership. I have had the pleasure of playing against these women and officiating them. I have also been amazed by their level of pride, sense of teamwork, and commitment to the sport of football. Saadia was gracious enough to speak with me after a grueling game of tackle football against the New England Intensity. In gusty winds, hail, and cold temperatures, the Blitz came out on top.

Lewis: The question on everyone's mind is...how are you able to maintain such a strong commitment to the sport of women's football?

Ashraf: The Blitz, Flag?

Lewis: Both. Wherever the teams travel the always have a dominate presence. How do you make this happen?

Ashraf: It's hard to compare tackle and flag in terms of dynamics, the teams are so different. In terms of the Blitz, over the last few years we have been fortunate to maintain a core of 10-12 girls. They set the tone for the rookies...this is how a tackle team should be. You listen to the coaches; you don't say "boo", if tired pull up your socks; and if they are kicking your butt just keep going. Things like that.

Ashraf: We have good coaches and veteran players. This year we lost about 17 girls. It's a time of rebuilding. The rookies are stepping up to the plate. It takes that first game to realize "Oh this is what tackle is suppose to be like". It is tough because we cannot scrimmage. We are a work in progress. The coaches are doing a fantastic job rebuilding the

offensive line.

Lewis: How many of your tackle player's play flag football?

Ashraf: Between 12 and 15. This past year only 5 tackle players went to the 20th Kelly McGillic Classic.

Lewis: Would it be a fair analogy that there is some carryover in the sports. Getting women involved in one helps participation in the other?

Ashraf: YES!

Lewis:What skills do you feel the women learn in flag that make them able to step up to the level of play involved in tackle? How important is that process?

Ashraf: Flag football is pretty aggressive. It is almost sometime more aggressive. This is particularly true on the lines. There is no equipment to protect you. The girls look beaten up after a game!

Ashraf: I think the offensive line skills carry over easier than the defensive line skills because they can't tackle. "De-flagging is de-flagging, tackling is tackling." Receivers and running back skills carry

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continues next page

over very easily....they can bump and run etc. They are also exposed in high school to the sport.

Lewis: Let us give you some recognition. You not only play both sports, but are the quarterback, the "leader". What personally, is your biggest challenge?

Ashraf: It's the amount of people. Because I have had the experience of flag football I have become comfortable with having people around me and not being bothered by it. All the skills carry over for me....the quick thinking I have to use in flag help me use the time I get in tackle.

Lewis: I am going to give you some credit that you are clearly not giving yourself! You are a strong, controlled, and dominate figure on the field.

Lewis: You clearly enjoy the sports; possess great leadership skills, sportsmanship, personality...

Ashraf: humbly, thank you I appreciate the compliment.

Lewis: What effect do you think this has on the success of the teams?

Ashraf: I really think I am only as good as those who surrounds me. I do love the game. I can tell you this...when I am coaching a quarterback I am always telling them "you're the most important player", "you have to lead the team", "your confidence will rub off and if your having a bad day, well too bad." "You have to fake it."

Ashraf: But, when it comes to me, I am my worst critic. My standards are really high.

Lewis: Speaking of passion for football...how important is the sport to the Canadian women? Having to compete with soccer and ice hockey,

what is it like to be a group of females that are dominating a sport?

Ashraf: We are very proud. I think it's very kind of you to say we are dominating the sport.

Ashraf: Montrealer's and Quebecer's are very proud. We are still trying to get the word out there to the rest of the Canadian women. Last year we went to the world championships, there were only 5 Blitz girls that could make the trip. Everyone from Calgary and the Maritimes are proud, but we need to take it to the next level. We are not competing at all with the U.S.

Ashraf: So yes, we are proud at the same time we have had much success of the past three years. We won in 2008, made the finals cup and went to the world championships. We don't want to lose. So need to make improvements to continue winning.



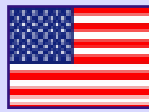
Lewis: So clearly you feel the need for the Blitz to continue to "step up" the level of play. What are your thoughts regarding your flag team?

Ashraf: We have lots of work, it is hard for us to compete. The population based in the U.S. is so much greater. Recruiting teams to develop leagues is so difficult when compared to the U.S. teams.

My conversation with Saadia left me feeling the sense of pride and commitment these woman have in themselves and their teammates. Saadia is a humble, articulate, and sincere woman, whose passion for football has clearly emanated throughout the teams she leads. Although she hesitates to take the credit, she deserves, all teams need leaders, and Saadia Ashraf continues to lead the Canadian woman. ●

IWFFA North American SPORTSWOMAN OF THE YEAR 2010

IWFFA Sportswoman of year 2010 / North American Region - Valeri Araceli Martinez



History of a Great Player

Valeri Araceli Martinez was born on July 26, 1985 in Mexico City. She started her sport's career in women's flag football during 1999 in Club Vaqueros as the center of the team. She is the only player in Club Vaqueros who has played continuously for 12 years, winning a juvenile championship in the autumn of 2002 and two major championships in the autumn of 2008 and in the spring of 2009. She also won seven second places with her team in different categories. She has participated in the Annual Kelly McGillis International Women's & Girl's Flag Football Championship and in the World Challenge during their 12th (2003), 17th (2008), 19th (2010) and 20th (2011) tournaments. In addition to all this, she was nominated twice for quarterback of the All Star Team (2003 and 2010). She and her team also made it to the finals of two championships, the first one in the beginner division in 2008 and the other one in the second division in 2010. Valeri Araceli Martinez is the first Mexican player who has commanded a foreign team in the World Challenge and won the tournament on extra time. Finally in 2010 Valeri Araceli Martinez won the 2010 IWFFA Sportswoman of North American Region title. Valeri Araceli Martinez has been one of the pillars of the flag football in Club Vaqueros, because she has been one of the principal promoters in this sport. Many of the women who played in Vaqueros are there because of Araceli. She brings more women to the team season after season. This administrable the excellence of her team. In addition to all the time she dedicates to the flag football, she managed to earn her college degree in the Universidad Autónoma Metropolitana Iztapalapa as a hydrobiologist at the same time. 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 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.

IWFFA Nordic SPORTSWOMAN OF THE YEAR 2010

**IWFFA Sportswoman of
year 2010 - Nordic Region
Kristin Lervik Larsen -
Norway**



I was born in 1981 and have been involved in various sports since I was 3 years old, from gymnastics and trampoline to soccer, snowboard and now pole dancing, but flag football really touched my heart. In my younger years I was in charge of the youth section of the Oslo District of Sports Activities where our main goal was to help teenagers become more active. Physical activity has always been an important part of me. Also helping others to feel the joy of a healthy body while participating in exercise/sport has been part of who I am.

I started playing flag football for the Oslo Trolls in 2000 and played in my first tournament in Östersund after just one training, where I scored my first touch down and received my first MVP! And there my passion for the sport started. Over the years I've played for various teams and helped start up and coach new teams. Now I'm playing for the Oslo Tigers and having a great time with

the incredible girls on the team. Because I love action and sprinting and am not afraid of physical contact, my positions as running back and safety suit me perfectly. One of the things that I find so positive about flag football is that girls in different sizes, shapes and fitness level can all participate - and we can have a fantastic time together - on and off the field!

For almost 10 years I have been working in the fitness industry as a group instructor, physiotherapist, personal trainer as well as being a strength and conditioning-teacher. I am also a part of the team behind Norway's biggest fitness concept Corebar (currently launching in the States). I have been living in London for the past 12 months, where I'm completing my Master's degree in Sport and Exercise Physiology. 🍷



Porter Wilson Award Winner 2010

Eduardo Lopez Barrientos



History of a Coach

EDUARDO LOPEZ BARRIENTOS (BALOO) was born in Mexico City on May 2nd, 1981. At the age of 6 he started his sport career in Club Vaqueros A.C., He also played in Club Pumitas A.C., in Centro Universitario México (CUM), in Instituto Tecnológico de Estudios Superiores de Monterrey Campus Ciudad de México (ITESM CCM) and in Universidad Nacional Autónoma de México (UNAM) until he turned 22.



His coach's career started at the young age of 12 in Club Vaqueros with children 5 years old. When he grew up, he started teaching 17 teenagers in different categories. At the age of 12 Eduardo trained 5 to 8 year old children in a category named "baby". At the age of 17 Eduardo trained 10 to 15 year old boys in category named "childish"

In 2000, through the joint participation of Minerva Utrilla Pineda and Valeri Araceli Martinez Martinez (who played on Vaqueros' first Women's team), they invited young ladies interested in starting this project to participate in Vaqueros with Eduardo as coach of the team. This was the beginning of the success and excellent results of this team.

In 2002, they achieved first place in Women's Flag Football in the juvenile category of Football Americano del Estado de México (FADEMAC). At that time, Eduardo was awarded position of head coach for the north vs south bowl.

Thanks to all the perseverance, patience, self-improvement as well as the willingness to promote

this great sport by helping women to practice it, the Conference's Women's Club and Vaqueros were able to increase in the number of players. The number of teams went from 153 women participation in age groups from 8 years to women over 40 years in 2000 to 53 players forming 5 teams in the regular league plus 2 teams in the children category, two more in the senior category and one more in the juvenile category during the last tournament of FADEMAC, Club Vaqueros in 2010.

Under the direction of Coach Eduardo Lopez Barrientos, Baloo, Club Vaqueros has won 16 championships (4 in children category, 10 in juvenile category and 2 in senior category) positioning the organization in first place of all the organizations in winning tournaments of the FADEMAC league.

In order to extend all this development and create more partnerships, the women of Club Vaqueros have participated in the 2003, 2008, 2009, 2010 and 2011 Kelly McGillis Classic International Women's & Girls Flag Football Championships, organized by the International Women's Flag Football Association (IWFFA) on February in Key West, Florida. In this tournament, the Vaqueros won first place in 2008 (Beginner Division), two first places in 2010 (Girls Division and Division Two) and one all-star bowl Championship & World Challenge III. This all started with one team in 2003 but in 2011, Vaqueros entered three teams.

Coach Baloo's leadership qualities has helped his players develop their skills, knowledge and desire to continue practicing this sport by accumulating experiences that will help them with their personal and athletic life. This has also given him the recognition and thankful appreciation of all the women in his league for his human and fraternal treatment in and off the field. ●●

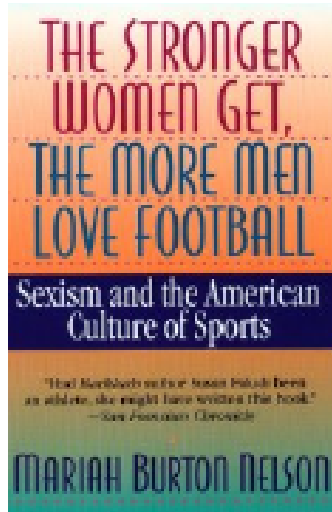
Great Books to read for our Flag Football Players and Fans:

Mariah Burton Nelson has written five books, most of them about women's sports, success or leadership. This book: "The Stronger Women Get, The More Men Love Football" has inspired me personally and as a result has influenced the direction and goals of the IWFFA.

- Diane Beruldsen / President Founder IWFFA

The Stronger Women Get, The More Men Love Football: Sexism and the American Culture of Sports (Harcourt Brace 1994, Avon Paperbacks, 1995)

The author, Mariah Burton Nelson, was one of the pioneers of women's basketball who first played professional basketball in France. She then went on to play for the first United States professional women's basketball league the WBL (Women's Professional Basketball League) from 1979 to 1981. She now lectures and continues to be vocal about the fight for female athletes in today's world.



I know, it's a lousy title, but the book is fantastic. The topics are deep, honest, very thoughtful and enlightening for the female athlete.

I read this book over ten years ago and still refer to it's contents when talking about female sports. The book makes clear why we are where we are. Many times in our society female athletes get the short end of the stick. For example, it's considered normal, healthy, desirable for boys to play football. It is also funded. But not for the girls. And why? Mariah gives you the answers.

There exists social walls which have been obstacles for female athletes throughout history and if you understand on a deeper level how and why these walls exist, you can understand why women's flag football is not a professional sport today.

This book explains factors in our society, not always recognized that have prevented women's sports from getting the same recognition and respect as men's. She explains why it is so important for men to dominate and thus the reasons why the stronger women get, the more men love football. And if we can understand why female sports and female athletes have been suppressed for all these years, then we can begin our fight to end this discrimination.

I don't care what sport your into, how old you are, if you are political or not, this book is a must read (especially for our flag football players). You can order it cheap on Amazon (under \$4.00)



KATE CLINTON IS BACK !

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For more info - <http://iwffa.com/ptown2011.html>

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)*

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From Chaos to Champs in 3 years (the coach's story)

By Diane Beruldsen

This was a special team for sure; Gerald Adams GNO Cougars as they were called this year. I started coaching some of the team players three years ago when they were just 8 and 9 years old. At the time, they behaved terribly and were not what I deemed "manageable" or "coachable" until this year. Maturity was a big factor, but coaching style made a huge difference. That is one thing I want to share with you.

This year my coaching style changed. I did not have much time to manage or discipline the girls during practice if they were goofing off or being distracting to the other players. I had too much work to do, and so I coached with a firm hand. There were two plays I wanted the team to learn. I needed all the players to understand what their job was for these two plays and I wanted the QB to call the plays herself in the huddle. In the younger girls division of the IWFFA, coaches are allowed to come on the field of play. I did not want to be on the field during the tournament games, and so wanted my QB to call the plays.

So what did I do different this year?

I made it loud and clear that I had no time for misbehaving, and warned the girls I would throw players off the team if they gave me a hard time. No description of what exactly that meant, just that they needed to use their own judgment. So, after my announcement it was time to find my "sacrificial lamb", so they knew I meant business. Sacrifice one to save the others and my own sanity.

We lined up for short passes, running plays, took a water break and went back onto the field. There was one girl who was starting to tease the other girls. I looked at her and asked if she wanted to play. She said yes, so I said "then show me, or else you will be off the field". We continued and I knew it was just a matter of time. All the other girls ran, grabbed flags and hustled. This one was slowing



down and finally came to a complete halt getting in the way of all the others. She was either protesting or seeking attention. This was my moment: what I had been waiting for.

I had to make it dramatic to send a strong message and make myself clear:

"OFF! NOW!", I shouted. Of course she begged me to stay. "OFF! NOW!" I said again.

The other girls looked on. It was them who I was most concerned about. For this one incident would make my point to the rest of the team. I stick to my word so we could take the team to a higher level or stay in chaos. ... I stuck to my word.

I felt bad. I really didn't want her to not play, but I knew once I said I was going to do something, I had to follow through. Otherwise, whatever I said from then on out would be meaningless. She started to cry. I wanted to cry. I got the other girls to run a lap to get them away while I said good bye to my young sacrifice.

We continued our practice. Everyone was on the ball. Some of the girls asked if "she" could come back. I said "no". The girls were fast, and on target. They were focused. They knew I meant business.

We ended the practice with our huddle where I asked the girls "was this a good practice"? They all said, "yes." One or two more asked if our sacrificed player could come back. I said I was sorry, but I meant what I said. She could try out for the team again next year and play with the team.

The whole week I felt lousy, really, lousy. I had never went this far in disciplining the girls, to actu-

ally throw a player off the team. But the practice without my troubled player went so well. Still, I felt bad.

One day outside my house, I ran into our water boy. He was a happy boy who wanted to be on our team. He couldn't play with us, so I offered him the job of water boy and he happily took it on. For two years, he has been our water boy and at our practices. This day he asked me if I would change my mind about our player. I asked him, what I should do. And he thought.

As he was thinking, I could tell he really was very thoughtful. So, before he could say anything, I asked him to decide for the team.

I asked "I would like you to decide what is best for the team. Could you decide if we should take her back or keep her off"?

And my water boy said, "yes". He would think about it, then let me know.

I would let him decide and accept his decision.

I wanted a team that could run itself and make decisions. I didn't care that they were 10 or 12 years old. And actually, I think this age is more mature than teenagers. So I trusted my water boy and the rest of the girls on the team.

He thought about it and a day later came to my house to report he thought she should play. He thought then she could show the other players that she can be good during practices and that even bad behaving players can turn into good players.

I liked how he thought and I really liked his decision. It was tough for me to have her off the team.

So, I called her up, and spoke to her parents. I said she had one more chance to be on the team, but that she had to hustle, practice with all of us and follow instructions. The parents approved and I asked to speak to her. I told her that "water boy" made this decision and why he decided to let her back on the team. I asked if she understood and if she agreed with his decision. She did.

At the beginning of our next practice, I explained to the team what had transpired. I asked if anyone had a problem with her coming back onto the team.

No one said a word, but there some girls thinking. I had a great practice. Really, everyone was on top of it. We learned our two plays. My QB was calling each play in the huddle and the team played well.

During the tournament games, I only had to give direction once. There was such control in the huddle where only the QB was allowed to talk. Everyone knew what positions they were playing. We looked like pro's because we got on and off the field as a team and not individuals. My "sacrificial lamb" was good too. She could have been the "problem child" for the team. Her transformation was worth more than anything.

Two years ago we took last place. Last year we took second to last. This year we took the championship. I know it was because of the discipline and the girls taking ownership to be on the team. Each girl, and water boy, had to earn it. □

From Chaos to Champs in 3 years (the girls)

Here are some short interview questions from some players of the championship team:

Gerald Adams GNO Cougars in Division Two of the 20th Kelly McGillis Classic International Girls & Women's Championship February 6 – 14, 2011

Coaches: Doug Sinclair / Hillary Sinclair / Diane Beruldsen

Players

Analise Elia Delvalle
Angela Nafrere
Aniyha Nelson
Ashley Gonzalez
Charnell Williams
Gabriela Sonzogni-Miles
Iris Macies
Kemberly Riche

Lulu Catil
Shakira Colina
Stephania Riche
Stephanie Fleridor
Tatiana Anilus
Triniti Burgohy
Zusana Blanco



Team Manager:
Lynn Parker

Lulu Catil

10 yrs old
Born in USA



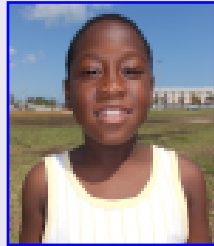
1st played last year in 2010 with the Circle K Dolphins.

She only plays flag football likes it so much because of the : running, exercise, warm ups, drills

Her most memorable moment: all her friends.

Ray Pierre - Water Boy

8 yrs old
Born in USA

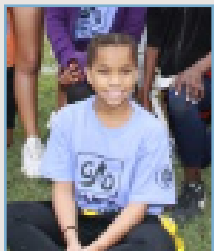


He wanted to be on the team and asked to be the team's water boy. Has been water boy for 2 years. Found out about the girls flag football team from one of their fliers.

He not only did the water, but helped make important decisions for the team.

Zusana Blanco

11 yrs old
Born in CUBA



Zusana has played since 2007 when she was 7 yrs old. She plays because it's fun, you get to be out there with all her friends and she loves to run, and play the games. This is her only sport and she would love to be a professional flag football player.

Her most memorable moment: Getting the awards for MVP and All Star.

Tatyana Anilus

11 years old born in 1999
Born in USA



1st played last year in 2010.

She plays QB.

She thinks flag football is fun.

She likes throwing the ball and running.

Her most memorable moment: the tournament.

Stephanie Richie

Born in Haiti 1999
She is 12 yrs old



Started to play when she was in 2nd grade with the girls & boys club in Key West on their Dolphin Team.

She plays running back and loves to play. During the game what she loves most is when her team has the ball so she can run with it. She gets hand offs and some short passes. It's OK if the team doesn't score. But it is very exciting when she scores one for the team! She thinks the coach is a good player, sometimes she's tough when she says " 5 push ups" , and she loves how the coach handles the team.

Her most memorable moment: Ripleys Believe it or Not and Speedway

Gabriella Sonzogni

11 yrs old
Born in USA



Gabriella started to play in 4th grade with the GNO Cougars (which was last year). She plays center. She says she has been a cougar the whole time. She thinks flag football is fun. She also plays softball, soccer and her favorite sport is softball.

Her most memorable moment: when the team took the championship this year at the 20th Kelly McGillis Classic in Key West, Feb 2011. And to be at the awards ceremony " it made me feel proud that we took 1st place" .

Kemberly Riche

10 yrs old
Born in Haiti 2000



Kemberly started playing in 3rd grade with the girls & boys club in Key West as a Dolphin. She only plays flag football and loves it. " it' s fun" . The games are win, it' s great to win, OK to loose. She thinks the coach ... " some-times I like her, sometimes she doesn' t have time to teach us, but she' s OK" " I want to be a professional flag foot-ball player" .

Her most memorable moment: Ripley' s Believe it or Not and Speedway

20th Annual Kelly McGillis Classic



1. Why did you decide to come to the Key West Tournament?

	Response Count
	27
answered question	27
skipped question	2

2. How satisfied were you with the event?

	Response Percent	Response Count
1 (Not Satisfied)	10.7%	3
2 (Barely Satisfied)	17.9%	5
3 (Satisfied)	39.3%	11
4 (Very Satisfied)	32.1%	9
answered question		28
skipped question		1



PARKINSON'S / HEALTHCARE
By Dr. Doris J.W.Brown



I would like to share some information on Healthcare regarding Parkinson's disease. This disease is a progressive disorder of the nervous system that effects movement, The storage of its major cause is low levels of Dopamine, a brain chemical involved in controlling body movements. The shortage of this brain chemical occurs when nerve cells in a part of the brain that produce Dopamine fail and deteriorate. The exact cause of this deterioration is not known by the medical industry. I was recently informed that my sister Jacquelyn has been diagnosed and is suffering from Parkinson's. This disease does not happen instantly, it is a slow, progressive, and depilating disease that just causes the body to shake constantly. And over a period of time the individual is not able to move any part of their bodies.

Many of you reading this article today have busy schedules and sometime fail to focus on personal healthcare. I would like to make a suggestion that all readers try to educate themselves by reading and researching Parkinson's Disease. The rate of women being diagnosed globally are much higher than men worldwide. I know that International Women Flag Football requires practice, focus, and time away from family and friends sometimes. However it would be a great idea for all of the teams to work together in your Countries to schedule a Healthcare Day within your community, so that people can learn the importance of preventive Healthcare. Community residents can meet all of the players, coaches, sponsors, and others associated with your team. I'm sure that Healthcare professionals would be happy to be a part of your Countries Healthcare Day. Individuals and Families can get tested and receive information regarding Parkinson's disease. This day can make significant changes within someone life. Also this day would be another community project that International Women's Flag Football is providing as a part of Public Service.

Also I would like to wish Price William and Kate Middleton a Happy and Loving marriage. 🍷

Most Gracious,
Dr. Doris J.W.Brown
USA Citizen Ambassador
Author, Dining At Home, The Brown's System Teaches
Etiquette and Social Behavior, Founder of Doris's
Dogs Therapy Program --

**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.

President / Founder IWFFA
Diane Beruldsen

Board of Advisors
Lena Johansson
Rori Baldari
Stephanie Godsey

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

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

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

VISIT MEXICO CITY!

1st Annual IWFFA / Mexico, City
Women's & Girls Flag Football Tournament
October 8 - 9



It's Not Just A Tournament

Mexico City has been and is the heart of the country and the historical and cultural capital of America, from its foundation by the Mexica in 1325, has been the meeting place of different cultures. It is our City one of the most dynamic and largest planet, and a cluster of cultural world-views and modern legends, that is why seduces and captivates those who live and enjoy.

The building houses both pre-Hispanic city, showcasing the wealth of cultures that gathered in the Valley of Mexico, as well as the architecture of an enigmatic colonial Mexico. They are among others: hotels, restaurants, travel agencies, museums, galleries and entertainment centers. On this site you will find information and tools to enjoy, discover and experience this city in Motion.

Mexico City you can enjoy a wide variety of national and international dishes. There are very select restaurants and traditional inns. If you are looking for traditional dishes and Iberian your best option is the Historic Center area, where its colonial atmosphere is the perfect setting to enjoy a good breakfast or dinner.

La Condesa area houses a large part of the international restaurants (especially in Argentina, Colombia and Italian) as well as restaurants with

menus called modern fusion cuisine. For something more traditional markets of Xochimilco and Coyoacan offer the unique Antojitos Mexicanos.

As part of the cultural heritage of our City of Mexico, we have a wide variety of museums and galleries which deal with various issues of interest and show the wealth of past and present of our history.

There is no experience like going back in time and discover the cultural, social, political, of our city and so we recommend you visit our museums as the Museum of Anthropology and History, Natural History Museum, the Museum Commission Federal de Electricidad, the Museum of Modern Art, the San Ildefonso Museum, the Temple, among others.

Mexico City highlights the world for great painters of all time as Rufino Tamayo, Frida Kahlo, Diego Rivera, José Clemente Orozco, Remedios Varo, José Alfaro Siqueiros, among others, and show why this is the galleries of our city.

Mexico City has ecological reserves that will allow you to perform activities such as flora and fauna of varied species. The beautiful landscapes that make up these natural areas will invite you to take long walks through trails and streams.

Xochimilco Ecological Park.



PHOTO CONTEST

Contestant: Ashley Kuvlesky

Submissions: 4 photos



Located south of Mexico City, No. East Avenue Loop. 1, Cologne Cienega Grande, Xochimilco. Cultural Heritage Site for its cultural value and unique natural features in this park the conditions necessary to enjoy a cultural tour that ecological and illustrated on the draft conservation of endemic flora and fauna of one of the most important wetlands in the metropolis. It has an area

Green Park St. Nicholas Totolapan. Located southwest of Mexico City, at Km 11.5 of the Picacho-Ajusco highway, Delegación Magdalena Contreras. In his 2 ha. there is a large variety of endemic flora and oak, fir, mixed forests and grasslands. The importance in maintaining habitat for species such as deer or teporingo has allowed the development of ecotourism infrastructure in which visitors can contribute to the conservation of the flora and fauna endemic to the mountains of Ajusco. As part of the exploration work, you know the deer and participate in reforestation activities led by expert guides to accompany him on trails, prepared especially to enrich your visit.

Recreational Park in Desierto de los Leones. It is located west of Mexico City, on Main Road to Desierto de los Leones s / n, Colonia Valley National Park Nuns on the road no. 15 Mexico-Toluca. It is one of the most important natural reserves in the city, which has a large population of oaks, pines and firs, on hills, creeks and numerous springs and streams. Practice walking in a quiet environment as perceived and n around the Desierto de los Leones will allow better understanding of the coniferous forests are home to possums, rabbits and squirrels. Near the road leading to the old Carmelite convent, is guarded by a path which may move freely.

Package Deals are Offered to make travel easier for this tournament to this beautiful city.

For more information go to:
<http://iwffa.com/mexico2011.html>

Contestant: Chris Mann

Submissions: 12 photos



Contestant: Rigmor Grimstad

Submissions: 12 photos



Contestant: Rigmor Grimstad - continued

Submissions: 12 photos



Contestant: Elise Aubourg Tampa

Submissions: 1 photo



AND THE WINNER IS...?

This was a very hard contest to judge. Congratulations to all the contestants for submitting excellent stop-action photography. The IWFFA is very proud of the action shots we use on the web and in printed media as well.

Since I must pick only one winner, I must choose shot #3 by Chris Mann. I love the way the 2 athletes are interacting and how the photographer captured an almost modern-dance like pose, while the football flies overhead. After all, you can't have a great football action shot without the biggest star, the football!

Nice job Chris!
-Rori Baldari - Judge