



FORWARD PASS

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OFFICIAL MAGAZINE

INTERNATIONAL WOMENS FLAG FOOTBALL ASSOCIATION

IWFFA.COM

Spring / Summer 2014 Issue:

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Diane Beruldsen

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- by Janice Ober

Father, son and daughter
- by: Diane Beruldsen and John Bettencourt

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Tamalan Walker
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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

BECOME A SANCTIONED LEAGUE NOW!
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**BECOME A
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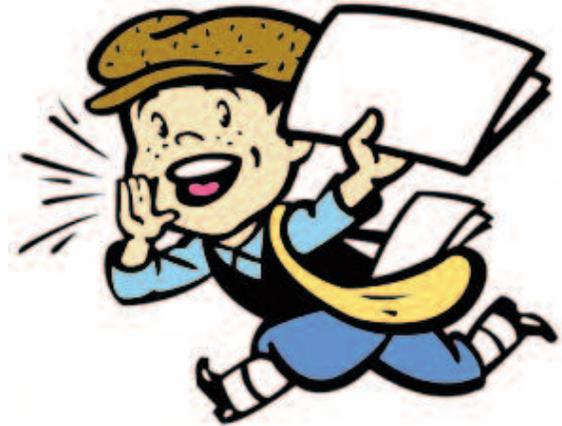
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Letter From the President

Diane Beruldsen - President / Founder IWFFA



Welcome everyone to our 2014 Spring/Summer edition of the IWFFA Forward Pass Magazine.

You will notice in this issue and future publications / media of IWFFA, the more common use of term "Female Flag Football" compared to: Women's & Girls. It seemed more fitting and inclusive for all females to join together... as we are truly "ONE".

I really am excited about this edition because it includes some great stories about our girls and growth of the IWFFA. First of all I would like to thank our advertisers who support this issue and female flag football around the world. Without their financial support we could not have produced this issue and I welcome new advertisers to join us next issue, we offer discounts to our members.

IWFFA had added a new tournament late last year for it's ranking of teams, and this year we were able to fully promote the event: the 2nd annual Noreen Halcon Memorial - Salinas, CA - July 25 - 27, which is a great flag football competition and fundraiser for relay for life / women's breast cancer. Kristin Halcon, the tournament director, lost her mother to cancer and decided to take action in fighting this disease. She has brought T.V. coverage to the event, and raised lot's of money for the cause. This year, and every year the tournament takes place, the IWFFA will donate half of the tour-

namment memberships to relay for life. I congratulate the individual Loose Women players, and the teams who will have registered for the tournament - and there is still time to register, so contact the IWFFA today!

Our 23rd Kelly McGillis Classic was a huge success this year. It was held for the first time in January, the weather was perfect, Kelly McGillis was there and lot's of great teams. Instead of writing a story directly related to the tournament, we wrote some personal stories of people and families who made a wonderful difference. Our tournaments are free to fans and spectators, everyone is a volunteer and so, there are always jobs which needs to be filled that our organizers can't always get to. When ever you compete in IWFFA tournaments, it is always appreciated when you offer a helping hand - even as a competing athlete. Read stories: Super Girl & Super Family, Father, son and daughter. These stories will describe two families who took part in the tournament and really made a huge difference in helping with the tournament's success. You will also ready about an amazing young girl: Bethany Blazetic. A short story: What does it feel like to be a flag football girl - include letters from our young flag football players.

The Kate Clinton Classic #9 tournament will be a big tournament for us this year. September 19 - 21, in Provincetown, MA, Kate herself will be there on and off the field supporting the event, we have had big promotions and this year we

(continues on page 6)

will have a documentary of our teams. Before the tournament begins we will collect data and history of each competing team. Now is the time to contact the IWFFA if you would like to compete as a team, or loose woman. Read our story in this issue.

Congratulations to: Brandi Alderson - IWFFA / North America Sportswoman of year 2013, Katta Sterner - IWFFA/ Nordic Sportswoman of year 2013, Tamalan Walker - 15th recipient of the Porter Wilson Award - who were all most deserving. Read about Tamalan and Katta in this issue!

New for 2014! - Next year we add the IWFFA/ Sports Girl Award of year 2014 as well as Latin Sportswoman of year 2014.

And speaking of Latin..... the IWFFA has opened a new region for female flag football named the: IWFFA / Latin Region. Women from Latin countries are now joining the IWFFA and we have just begun the "Latin Female Flag Football " association or the: LFFF. You MUST read our stories from the Latin region in this issue! To join the LFFF, you must be a female player from Latin America, have a female captain/representative for your team, a female representative for your league and a female representative for your country... in other words: "Let the Women control their own sport!". I especially encourage teams from Latin America to read these stories and to join, as there is an open window from July - August. The LFFF will have it's own newsletter, radio and other promotions. Read stories: 'Introducing the IWFFA/Latin Female Flag Football Region', ' IWFFA 2014 Promotional Tour - El Salvador' and 'Introducing the

Regional representative for the Latin Region: Rebekah Suarez'.

In Stavanger, Norway where I myself am currently living, we have been pretty active. The women have been training and preparing for the Scandinavian tournaments. We use a new facility thanks to the: Stavanger Rugby Klub and one of our very own from the region - Hårvard Rugland, a guy who never played football in his life, has a real chance of becoming one of the NFL's greatest kicker! If you were one of the ten million YouTube viewers, you saw that he's the guy who can kick a football at great distances: in a basketball hoop, canoe across a lake, high up onto a mountain, 60 yd. through the goal posts and onto the NFL field for the preseason game with the Detroit Lions. In this issue you can read more of him and see some great photos of our footballers in Stavanger.

And speaking of NFL, you really won't want to miss our story: 'Is tackle football going down the drain' written by Janice Ober. You women who play tackle should definitely read this article, and also any woman thinking about playing tackle. Do whatever you want in this world, but know what your doing! I say no more. Read the story.

'Mind Over Matter ' is an empowering story to be yourself - no matter who you are. It reminds us of the simple things we do and to not be afraid to be honest with who we are. Sidney Andrews has written articles for us before and I think you will appreciate this issues article - take a read.

Over the past 6 months I want to thank espe-

(continues on page 7)

cially these persons for helping to organize and promote the IWFFA and thus supporting female flag football all over the world: Joel Otero, Rebekah Suarez, Roberto Cerna, Miguel Eduardo Fonseca Argueta, Kelly McGillis, Mary Lou Hoover, GNO (Girls Night Out of Key West), Dennis & Sonja Blazetic, John & Nick Bettencourt, Lena Johansson, Laura Thornburgh and to all our teams and player members who financially support the operation and expenses of the IWFFA through their annual membership dues. Even if you take a break for a season or two, don't take a break from us, and consider continuing your support by keeping your IWFFA membership current for each year.

All the stories in this issue are truly great and dedicated to our flag football players around the world. I want to give special thanks to all our

writers and those who contributed to the stories: Sidney Andrews, Rebekah Suarez, John Bettencourt, Noreen Halcon, Sonzogni Miles, Stephania Richie, Janice Ober, Wenke Salvesen, Connie Tarpoly. If you would like to submit a story for our next issue, please send to: IWFFA@IWFFA.COM. We would love to hear from you.

In our next Fall/Winter edition of the IWFFA/Forward Pass Magazine - you will read about new persons and groups who will advance female flag football - taking great strides in it's growth. Will it be about you who we write about?

Get involved, Make it happen. Remember: United we stand.... divided we fall. I ask if you would spread the word about our organization so that many more teams and leagues around the world can stand together under the IWFFA





Is tackle football going down the drain? - by Janice Ober

'Frontline' investigative TV documentary: "League of Denial", came out with a sensational story revealing the manipulation and corruption involved inside the NFL. The documentary details how the NFL kept

secret the danger of playing tackle. Since the 1970's, the NFL kept secret medical information of former pro football players suffering from chronic traumatic encephalopathy, otherwise known as "CTE". They conducted their own "research" with unqualified personnel who downplayed the danger of playing tackle and the disease.

The very first CTE case discovered was from once legendary great: Mike Webster, otherwise known as: "Iron Mike" who played center from 1974 - 1990 in a total of 245 games. He was actually disabled before he retired. In 1999 he was diagnosed with brain damage as a result of "too many blows to the head". Mike would die as a result of the disease in 2002, when he was 50 yrs. old, but not before he lost everything suffering from the side effects of the disease and ending up homeless.

Memory loss, confusion, impaired judgment, impulse control problems, aggression, depression, progressive dementia, alcohol and substance abuse, early death and even suicide are behaviors seen as a result of incurring numerous concussions from playing such a violent game such as tackle football. A lawsuit has been filed from over 5,000 NFL play-

ers and family members. The suit alleges that the NFL "concealed information about football-related brain injuries." which the league has known about concussion-related injuries since the early 1970s. Some high profiled athletes who suffer are: Joe De Lamielleure , Junior Seau, Steve Young, Moses Moreno, Dwight Wheelers and Troy Aikman. Dan Marino would make public his participation in the lawsuit, then next day, withdrew his name from the suit.

Concussions in the NFL has changed the future of the sport.

The next generation of our youth in America are changing sports for the reason of safety. It had been thought for all these years, that the helmet protected players and kept them safe. A study presented at a meeting in Philadelphia, April 26 to May 3, 2014 by the: American Academy of Neurology, compared 10 of the most widely used football helmets.

The latest research finds that football helmets, which have been designed largely to prevent skull fractures and brain contusions, aren't all that effective against concussion, which happens when the brain bounces and twists around inside the skull. "All of them were terrible," said Dr. Francis X. Conidi

How Well Do Football Helmets Protect Players from Concussions?

The study found that football helmets currently used on the field may do little to protect against hits to the side of the head, or rotational force, an often dangerous source of brain injury and encephalopathy. Yet generations of football and other sports participants have been under the assumption that their

brains are protected by their investment in head-wear protection.”

Helmets do not protect and parents are worried.

Pop Warner football dropped its registration by 9.5% since 2010. That is more than 23,000 kids nationwide who are not playing tackle football due to the concerns of parents. In Rochester, N.Y., parents weigh in on youth football legislation against tackling and local politicians are even trying to create laws prohibiting children under the age of 10 to be allowed to participate in tackle football.

High school football players are nearly twice as likely as college players to suffer a concussion

either in a game or at practice, according to a new study funded by the NFL.

A shift is taking place with the once ever popular sport of tackle football as more and more reports of injuries related to tackle football become public, more parents are turning to flag football for their children which is on the rise and becoming very popular. Parents are understanding the high risks involved with tackle and it's not worth the price. Traumatic brain injuries have also been shown to triple the risk of early death.

The question now is: Will flag football take the place of tackle football in the American culture?

Which tackle positions are most dangerous to play ?

In the 2013 NFL season - There were listed on the NFL injury report :152 concussions. However, there actually were: 228 diagnosed concussions during the 2013 season! 1/3 of all concussions are left off the NFL injury report.

Here is the break down of how many diagnosed concussions each position endured

Offensive Team's Number of Concussions

Running Backs	15
Full Backs	1
Quarterback	6
Receivers	40
Tight ends	16
Center	4
Guards	18

Defensive Team's Number of Concussions

Defensive Tackles	8
Defensive Ends	22
Cornerbacks	46
Linebackers	45
Safety	40

Father, son and daughter - John Bettencourt, Nicholas & Katie

by: Diane Beruldsen and John Bettencourt

From: John & Denise

Subject: Flag Football

Date: December 10, 2013 4:55:01 AM

GMT+01:00

To: "iwffa@iwffa.com" <iwffa@iwffa.com>

December 10, 2013

"Hi,
My daughter, Katie Bettencourt, would like to sign up for the tournament. She is 10 and attends Sugarloaf Elementary.
- John Bettencourt "

We did not have enough girls from the Sugarloaf School to make a team. If Katie would play, she would have to recruit some friends at school to make a team, or she would have to play on the "Loose Girls Team". So, I called her father and explained this to him. John understood, he had coached kids before and under



stood the dynamics with kids teams. He would ask Katie to ask her friends to see if the school could enter the tournament with it's own



team.

I was grateful that he understood. We would give it a week.

Before hanging up, John asked: "If you need a coach, I would be happy to help out".

We didn't get any more girls from the Sugarloaf school, so Katie would play on the loose girls' team. We had all the schools teams come to practice a few weeks before the tournament and boy... were there a lot of girls!. More girls than was anticipated. Years

of having a girls division in this tournament, some great phys. ed. teachers: Ashley Roosen, Debo Dingler and Albert Fabio, and younger sisters to older sisters who played in the past.... yes, we certainly planted a seed in Key West, and it had grown!





John brought Katie to the first practice and also his son Nick who would be his assistant coach. But there too many girls to have any assistant coaches, and so Nick had his very own team. Nick was young - around 16 yrs. and the girls liked him very much. He had never coached before, but he realized the urgency for him to pick up a

team and he just "went with the flow".

There were 8 girls teams in the tournament this year. I am one. Over the past 3 years, I have invited our women's teams to coach the girls, which is possible because their games do not conflict. We have had players step up to the plate, and even referees when they are not officiating as well as the girls themselves as they got older. But this year was our largest number of girls teams and we had just enough coaches now that Nick picked up his own team. Through out the practices, social events, games and awards were John and his son Nick. These two were not only coaching their teams, but holding chains, chaperoning for the girls parties, transporting players across Key West and all with humor, fun, dedication, care and beautiful souls.

I asked John a few questions to get his perspective as the father of these two and his own experience for the whole event. Read below his summary:

I found out about the tournament when Katie brought home the info sheet from school. She'd been asking to play flag football, so this was perfect.

I got involved when I called you and asked if you needed any help. I love coaching and Katie want-

ed me too, so when you said you needed coaches I was really excited to do it.

I put in some time getting drills together before the first practice because I wasn't sure how much I'd be following your lead or how much I'd have to have a plan for the girls. When the practices and tournament started, it wasn't too much time outside of the practices so a simple approach seemed to be best with the limited prep time, and the girls were there to have fun.

My first impression was that there was a big disparity amongst the ages, sizes, and experience of the girls but that they all seemed to really enjoy being out there.



I did start out with a plan for the team, but when we realized we needed to mix players

around I just went with some simple plays and tried to get each girl a chance to handle the football and play different positions so they could learn and experience as much as possible.

As far as winning, I think winning is always the objective in sports, but the question is at what cost. You've got to try to win and get better because that's healthy competition and gives the team something to work towards, but if you're hurting kids on yours or the other team emotional-

ly or physically you've just defeated the purpose. There's always some hurt in a loss, and getting through that and moving ahead is part of what



makes youth sports so great as a life lesson, but if you're cheating, stacking teams, running up scores, or treating people badly to win, the cost just outweighed the value of winning. Kids should be having fun and learning how to work towards that winning goal as a team, and reaping the benefits of going through that process together. So try to win, yes, but at

the cost of compromising integrity or losing sight of the bigger picture, no.

We had a great time. We learned quickly who the team leaders were and made some key plays. As the tournament went on, you could really see the growth in some of the girls and watch them come together. Unfortunately we got beat in the final game - the girls were not happy, so I was glad to see they were taking seriously, but I was really glad to see they came together afterwards and were friends.

My highlight was when my daughter Katie threw a TD on her first practice throw, and then seeing a girl who thought she couldn't catch, catch a TD in one of the games. The looks on their faces was priceless.

A nice story to share: On the last play of the final game, my daughter Katie threw an interception on our own goal line and the girl on the other team ran it all the way back for a TD. Katie was actually in tears which surprised me. The awesome



thing was that the girl who caught it had been a friend Katie made during the tournament, the Grand Marshal who was so talented, and she came up to Katie afterwards and said she was sorry. Katie told her not to be that it was a great play, and they hugged and stayed great friends. Healthy competition at it's finest.

I was so proud of Nick. He was going to help me coach, and when he got the chance to do it on his own he was so excited and nervous. He looks older than he is, but to have been 13 and coaching girls older than him was amazing. It was great to see the approach he took and how he worked with the girls. I could not have done that at his age.

Katie had a blast and learned a lot. Playing in a game is very different than playing catch in the back yard. She was the youngest on her team at 10, and did well with the older girls. She really learned a lot about courage and being part of a team, and also that the players on the other team are not necessarily going to be polite and nice and how to deal with that but not lose your cool. I was proud of her. She'd never played and was out there running plays as QB. Again, I could not have done that at her age either.

Coaching the girls flag football, being a part of such a tournament was one of the biggest highlights of our time there in the Keys. I was really impressed with you Diane and had a blast at our volunteer dinner with Kelly McGillis. She is a great woman.

Sincerely
John

**We've got tournaments
for you throughout the year!**



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photo: Images by Doc

Super Girl & Super Family

Bethany Blazetek & Sonja, Dennis, Katrina, Barbara Baldwin & Richard Horinka.

by: Diane Beruldsen



Last year, the IWFFA received a video from the mother of a young gifted flag football player: Bethany Blazetek. Only 11 years old, Bethany was playing in a boys flag football league in Deland, Florida and winning lots of awards. Bethany started play-

ing when she was 8 yrs. and each year was rated as one of the top athletes in the boys league. We were very interested to do a story, not only for this talented young athlete, but also for the mother: Sonja. Reason why is because it is the parents who make it possible for their daughters to participate in team sports, and we think it's extra special when enthusiastic parents allow their daughters to be involved in flag football.

Sonja wrote the story: 'Flag Football Mom' which was featured in the 2013 Spring/Summer Forward Pass Magazine. It was a great story which you can download from our website: IWFFA.COM, but the story did not end there... it continues.

It was the end of summer 2013, when I received the first



registration for the Kelly McGillis Classic tournament (January 20 - 27, 2014) for the Loose Women's Team. Sonja had signed up Bethany for the loose women's



team. Because of her age (12 yrs.), we had our first "Loose Girl". Why not? So now, the IWFFA offers a "Loose Girls" team for our tournaments as well as our ever popular "Loose Woman's" Team.

A group of us organizers for the tournament got to talking, and thought it would be great to also have our first "junior marshal" for the tournament parade (Kelly McGillis would be the 'Grand Marshal'). So, we then invited Bethany to be our first junior marshal and Sonja accepted our invitation for her daughter.

Then soon after everybody came! Mom (of course), then came dad, then came sister, then came grandma and then even a family friend would come and they all would play a valuable role in the 23rd Kelly McGillis Classic.

Dennis, the father was also a coach. He asked if we needed any help and offered to coach one of the girls teams.



Bethany's sister Katrina would play, and she became "Loose Girl #2", Grandmother Barbara, a photographer, would come and she became the tournament photographer. Then finally, friend Richard would come with the family to Key West and he ended up holding the chains during the tournament games.

Everyone who piled out of their car, was a valuable asset to the tournament. They were there to cheer Bethany and Katrina ... and while they were there - they wanted to help the tournament in any way possible.

Bethany turned out to be such a strong player, that her dad asked if she could play on the Loose Women's Team. "Really?" I asked. I saw Bethany on the field. I wasn't sure.... only because she was so young. We had young girls at 14 yr. play with the Scandinavian women in the Scandinavian tournaments, but was this different?. Looking at Dennis, how sure he was that Bethany could handle the level of play... I said "OK..... Let's do it!" (by



the way, we have a league rule, players can play up.... but they cannot play down in age) . So, Bethany creates another first for the IWFFA - the youngest player to play competitively in the women's division - is now 12 years old!

She played in the girls tournament games, in addition to the women's tournament games. (That's a lot of games). She was voted: All Star for Secondary Defense in the Women's Lower Division and also played in the World Challenge Game (first time we had a 12 yr. old in



the World Challenge - another first). She played extremely well and fit into the women's division just fine.

There is a lot you can take away from this story. What I feel is that we (the IWFFA) gave the opportunity for a young girl to play and she "ran with the ball". The tournament event, offered the stage for all our athletes and for families like the Blazek's to participate and share their energy. Having this family a part of this year's Kelly McGillis Classic was special. On and off the field (Bethany really wasn't off the field very long :) the Blazetek's and Baldwin's were MVP's and Super in every way!

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IWFFA Circuit of Tournaments 2014

**Kelly McGillis Classic International
Female Flag Football Championship
& World Challenge, Key West, FL.**

23rd Annual

January 20 - 27

Stavanger, Norway

14th Annual

June 28 - 29

Guatemala

1st Annual

August 23-24

**Noreen Halcon Memorial,
(fundraiser for breast cancer)
Salinas, California**

2nd Annual

July 25, 26, 27

Gothenburg, Sweden

14th Annual

August 30 - 31

**Kate Clinton Classic, Ptown, MA
(KATE PERFORMS ON & OFF THE FIELD)**

9th Annual

September 19 - 21

Puerto Rico

1st Annual

November 8-9





How fortunate we are for the Kelly McGillis Classic, that we have both girls and women play. I know so many of the women enjoy watching the girls and the women are role models for many of the girls. I really implore upon everyone how important it is to coach a girls flag football team because you not only are planting the seed for the future of women's flag football, but the girls have so much to offer .

A special thanks to all the parents who allow their daughters to play. Special, special thanks to all the parents and families who come to the tournaments and help in any way.



Introducing the IWFFA/ Latin Female Flag Football Region and you are welcome to join !

By Diane Beruldsen

May 3, 2014 - was our first Latin Female Football Board Meeting!

Countries attended were: Puerto Rico, El Salvador and Guatemala.

Our Latin Regional Director is: Rebekah Suarez

The organization is for Latin Female Flag Football Players. The IWFFA has created this new region for female flag football (originally we intended to have two separate regions: Caribbean and Central America) and soon you will see Latin Regional rankings, individual and team awards, and a Latin Region Sportswoman award 2014! The goal of the group is for Women to Run their own sport, by having female representation and female say. We have asked each team what their goals are, and we work together to support one another. IWFFA

has already conducted flag football clinics for: players, coaches and officials and given equipment to El Salvador - ASFA, and will continue to support female flag football in Latin America.

To join, there are these stipulations below:

- Your team has to have a female captain or representative
- (If your league wants to join) Your League has to have a female representative
- Your country should have a female representative

From the months of July - August - there will be an open registration for free.

Contact the IWFFA to join either as an individual, team, league or association.

Email: IWFFA@IWFFA.COM

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Sign Up Today



IWFFA facebook



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

**CURRENT REGISTERED MEMBERS OF THE
IWFFA / LATIN FEMALE FLAG FOOTBALL**

Puerto Rico Islenas

Alexandra	Gomez	Islenas
Andrea	Ramos	Islenas
Ashley	Esteras	Islenas
Barbara R	Concepcion	Islenas
Carla	Roman I	Islenas
Danna C	Burgos	Islenas
Deborah	Santos	Islenas
Dhara	Adkins	Islenas
Gladys	Rivera	Islenas
Jason	Levi	Islenas
Joel	Otero	Islenas
Karla	Rivera	Islenas
Kimberly	Rivera	Islenas
Lucille	Ruiz	Islenas
Maria T	Ramos	Islenas
Michael	Otero	Islenas
Rebekkah	Suarez	Islenas

Puerto Rico Blue Wave Lightning

Coral	Camacho	Blue Wave Lightning
Daneichka	Canales	Blue Wave Lightning
Fabiola	Fortuno	Blue Wave Lightning
Ivyderlin	Vargas	Blue Wave Lightning
Jessel	Arvelo	Blue Wave Lightning
Karen	Torres	Blue Wave Lightning
Lizvette	Cotto	Blue Wave Lightning
Marilian	Maldonado	Blue Wave Lightning
Miliangie	Cruz Martinez	Blue Wave Lightning
Nahomi	Rivera	Blue Wave Lightning
Shakira	Santana	Blue Wave Lightning
Valeria	Diaz	Blue Wave Lightning
Vanessa	Diaz Tirado	Blue Wave Lightning
Yadmin	Vargas	Blue Wave Lightning
Zahira	Colon	Blue Wave Lightning

Puerto Rico Blue Wave Thunder

Carib	Hernandez	Blue Wave Thunder
Carolina Garcia	Martinez	Blue Wave Thunder
Chelsea	Clesea Twohig	Blue Wave Thunder
Cristina Garcia	Martinez	Blue Wave Thunder
Daniela	Bertran Vincens	Blue Wave Thunder
Graciela	Villegas	Blue Wave Thunder
Hannia	Moore Moreno	Blue Wave Thunder
ileana	Martinez	Blue Wave Thunder
Iliana	Vazquez	Blue Wave Thunder
Juneilly	Mercado	Blue Wave Thunder
Lisseidy	Falcom	Blue Wave Thunder
Melmavis	Mellado	Blue Wave Thunder
Natalia Lopez	Cordero	Blue Wave Thunder
Natalie	Beauchamp	Blue Wave Thunder
Nicole	Colon	Blue Wave Thunder
Olga	Santiago	Blue Wave Thunder
Rebeca	Bayron Adames	Blue Wave Thunder
Suania	Ortega	Blue Wave Thunder
Tatiana	De la Paz	Blue Wave Thunder
Xiomara	Rios	Blue Wave Thunder

EL SALVADOR LEONAS

Claudia	Parada	LEONAS EL SALVADOR
Graciela	Gonzalez	LEONAS EL SALVADOR
Karla Alvarenga	Reyes	LEONAS EL SALVADOR
Mercedes	Andrea	LEONAS EL SALVADOR



(continues on page 20)

El Salvador - Barbarians

Alexandra Maria	Mena	Barbarians El Salvador
Allison Fatima	Del Cid	Barbarians El Salvador
Fabiola	Garcia	Barbarians El Salvador
Breny Magali Cabezas	Hernández	Barbarians El Salvador
Bresley Naama Godoy	Cardona	Barbarians El Salvador
Darine Mireya Lara	Rendon	Barbarians El Salvador
Esmeralda Lopez	Azahar	Barbarians El Salvador
Gabriela	Flores	Barbarians El Salvador
Maria Alejandra Zamora	Delgado	Barbarians El Salvador
Maria Elena	Medina	Barbarians El Salvador
Maria Jose	Palacios	Barbarians El Salvador
Michelle Sarai Ventura	Preza	Barbarians El Salvador
Nini Gabriela Salinas	Salinas Caceres	Barbarians El Salvador
Olga Antonieta Quevedo	Navas	Barbarians El Salvador
Rossana Rosa Jeannette	Saravia	Barbarians El Salvador
Susana	Guadron	Barbarians El Salvador

Guatemala Gladiators

Ana	Rodriguez	Gladiadoras de la USAC
Angelica	Caballeros	Gladiadoras de la USAC
Astrid Carolina Urias	Ramos	Gladiadoras de la USAC
Cristian Rodriguez	Carina	Gladiadoras de la USAC
Emili Escobar	Robles	Gladiadoras de la USAC
Gabriela Bravo	Gonzalez	Gladiadoras de la USAC
Keren	Garcia	Gladiadoras de la USAC
Laura Hernandez Pineda	Fernanda	Gladiadoras de la USAC
Lucero Escobar	Gonzalez	Gladiadoras de la USAC
Melissa	Escobar	Gladiadoras de la USAC
Escobar	Gonzalez	Gladiadoras de la USAC
Miguel Eduardo Fonseca	Argueta	Gladiadoras de la USAC
Monica	Baten	Gladiadoras de la USAC
Monica Alejandra Estrada	Escobar	Gladiadoras de la USAC
Rebeca	Garcia	Gladiadoras de la USAC
Stepanie Juarez	Samayoa	Gladiadoras de la USAC
Telma	Cosajay	Gladiadoras de la USAC
Yaqueline Garcia	Lara Valeska	Gladiadoras de la USAC
Yessica	Castellon	Gladiadoras de la USAC



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MEET IWFFA'S LATIN REGIONAL DIRECTOR REBEKAH SUAREZ

Rebekah Suárez - Puerto Rico
Fashion designee / freelance photographer
Latin Women's Flag Football Regional Director

I'm 24 years old and I started playing sports since 4th grade. I began with basketball, but eventually ended up in volleyball, soccer, and my biggest passion, surfing. But, in 2012, I began to play female flag football, it was the first time in Puerto Rico that Flag Football really gives an opportunity for women to play in an only female flag football team. I didn't know anything about the sport back then, and neither did the other ladies, but thanks to our great coaches we all fell in love with it and committed to the team. So, in 6 months we were ready for our first IWFFA tournament in

Key West, and to our surprise, we won the Division 2 Championship.

The energy I felt in that moment was incredible, playing flag football with other countries, meeting so many people, traveling to represent my Island, everything was amazing, so I decided to keep going.



I have been doing Female Flag Football for almost three years, and from all the experiences I have learned so much and it has also helped me a lot with my personal things. I want to keep working with IWFFA and my team, to help the growth and promotion of the IWFFA in my and other Latin American Countries. I have been in El Salvador with my coach Joel and another player (Lucille), and we really enjoy doing this; playing flag football, but also teaching, learning, and traveling, so we can learn about other cultures, women, and at some point, get some inspiration from all of this.

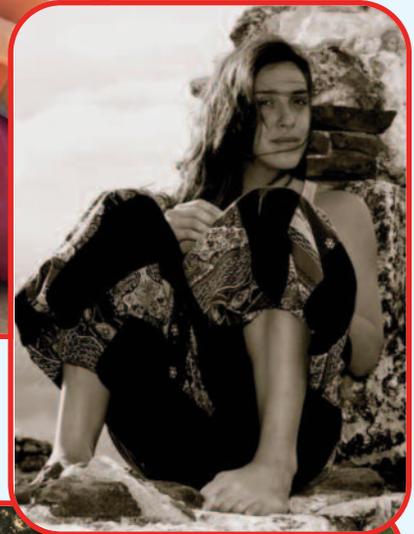
So, I wish more women would give themselves an opportunity to play a sport that unites every type of athlete, because everyone is

(continues on page 23)



important in this game, and that is something that makes us feel big. Let IWFFA keep spreading around the world.

Special Note: Rebekah really has taken the ball and is running with it! As regional director for the IWFFA / Latin Region - Rebekah has helped to organize this new region for female flag football. Her hard work in outreach and communications with all the female representatives for the teams has truly been remarkable. It's success will be because of Rebekah's hard work and dedication.



IWFFA Promotional Tour 2014 in El Salvador, San Salvador March 27-30



***One of my best flag football experiences ever!
By Rebekah Suarez***

After playing in the IWFFA Key West tournament with my team: Puerto Rico Isleñas, I was asked by Diane Beruldsen (founder and president of IWFFA) and one of my two coaches: Joel Otero, if I would assist in the IWFFA promotional tour which was to be in El Salvador. I said yes, and together with my teammate: Lucille Ruiz and Joel we would take command of this mission with the purpose to: teach, learn, enjoy and grow excited hearts with love for female IWFFA flag-football and expand the league by joining flags through sport. I had no idea that this would be one of my best flag football experiences ever!

The Itinerary for the IWFFA promotions included four days of non-stop activities. On Thursday evening we would hold for the coaches a theoretical conference for: coaching female flag football, and also an officiating certification clinic to certify male and female officials. On Friday we would conduct for the players a theory course in flag football, followed by practical skills and drills, which would end in a small tournament between the teams throughout the weekend.

It is early Thursday morning, March 27, and we are leaving from Puerto Rico headed for El Salvador. We were ready, but unfortunately our plane wasn't because a bird flew into the engine and the flight was cancelled so we had

to take a later flight to Panama and wait over night till next morning to then fly out to El Salvador. Once landing in Panama, we didn't waste any time to check out the Panama women's flag football and see what style they played. The girls were mostly thin and very



(continues on page 25)



fast, but the line did not play as strong and aggressive as we played in the IWFFA with U.S.A. teams. Their facilities were in excellent conditions and the grass looked like a pillow, comfortable for running and falling. There were many female athletes, many flag football teams, good music and a good entertainer who welcomed us (Puerto Ricans, as always, love to get noticed).

The next day, late afternoon, we arrived to El Salvador where we were first welcomed by the stifling heat. We traveled to the clinic area where we then joined Roberto Cerna, president and founder of the ASFA league (American Football Salvadoran Association), referees, coaches and players. Because of our flight delay, we had to restructure the clinic itinerary and instead of separating the players and coaches' clinics, we joined them together. We started with the officiating certifi-



cation clinic and that was very important. IWFFA rules were new to these officials and Joel was very good in explaining what is penalty and how to officiate. There was an exam, which we administered, and by the end of the weekend, these officials became certified IWFFA officials.

Teams were from: El Salvador and Guatemala whose players, and even those of Panama, were like the players from our team of Puerto Rico. We tend to be lighter in muscle consistency, lower in stature, and tend to worry about the "girly" look to play on the field. So, Guatemala's team arrived with the uniform and make up on. I don't know if it was because



of their long ride on the bus from their country, or because they were shy, but these players from Guatemala didn't seem to be hungry for play, they were just there. The players of El Salvador looked more athletic and more passionate about learning and playing IWFFA flag football (which is the best). But they were all interested with what Joel was teaching and explaining about the rules of the IWFFA. Much later, the coach of Guatemala, Miguel, explained to us that for most of his players this was their first experience with the sport, which had not even been practiced. So maybe their shyness was due to this being their first time ever playing.

(continues on page 26)



Joel emphasized more in the organization and the importance of the players offense and defensive lines, and I assume it was because when compared to other flag football leagues, as we saw in Panama, IWFFA flag football uses the "line" as a big part of the formation of the plays. In other types of flag football, there is almost no physical contact on the field. So, while Joel was explaining how it is legal to use physical contact for IWFFA, many faces reflected joy and a few others with concerns. I noticed between coaches and referees some confusion as well, and anxiousness to see how this was going to all work out.

Roberto and Miguel explained to everyone that very few women in Latin America liked sports that had lots of physical contact. So it was thought then that all Latin American women were like this. I know that this is the belief because with the Isleñas in Puerto

Rico, no one believes us when we tell them that we play on a women's flag-football team. People in Puerto Rico find it very hard to understand that the Isleñas play very well and especially hard and that we have the necessary force needed on the line. But after our clinic we would soon be very surprised!



The next day, we gave the player's clinics in the morning. We divided the women into three teams: El Salvador, Guatemala and The Isleñas of Central America (this would be our "Loose Women 's" Team). The Isleñas comprised of two Isleñas, four players El Salvadorians and four Guatemalans. Roberto explained how difficult it was for his players to do physical conditioning. So, the clinics began teaching the importance of physical conditioning by doing a stretching routine. We ran and stretched and warmed up our bodies. π



Then, for the first time the players were taught how to put on the official flags of the IWFFA (Flag A Tag belts). All the equipment was donated by the IWFFA and equipped the two countries: El Salvador and Guatemala so that they can continue to play with regulation belts and flags and balls. Ready to train, Joel divided the players into two stations. One that he would be directing, teaching offensive line blocking, pulling and pass protection, running

(continues on page 27)



plays, defensive coverage: one on one and zone defense. The other station was directed by Lucille and me, teaching how to enter as defensive line rushers, the proper way to stand and settle, how to protect oneself and the three basic techniques for rushing on the



defensive: bull rush, swim move, and spin move.

When Lucille and I explained to the players, we asked them to rush and push us hard as if they were playing in a game situation. I don't know if it was because they were afraid to push us hard, but just a few of them did the technique correctly, except for two or three players from El Salvador who were more skilled and aggressive. We constantly told the women that the IWFFA flag football game was more a strategy game rather than physical and overpowering. We compared these women with players from our team in Puerto Rico who mostly had the same physique (slim and petite), and who could still manage to pass the guards or centers successfully on the line. We had to talk about this because we saw in the faces of those with smaller physique, an expression as if they could not do this, that this could never be their position. So, we fed their minds with words of encouragement and examples that anything is possible if the right techniques are applied. "We can all do this if we do it correctly."

Break, lunch at noon and then the games begin.

The Guatemala team did not have set positions, so the clinic helped them to understand which player should play where. I remember that coach Miguel asked me: "what position do you think I should put this player?". Lucille and I would give our suggestions for which positions. The surprises came when we watched the games unfold. We noted how Guatemala had understood and applied all the concepts that we explained just a few hours before. And then, they scored a touchdown to the team of El Salvador who had more experience playing flag football, but

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now both teams were applying IWFFA rules. In every play, each Guatemalan player was improving her game. Applying the techniques they just learned, the games were interesting and competitive. This team was almost ready to compete in a good IWFFA tournament.

All players showed their physical abilities on the field. At the end of the day, the players told us how they felt either verbally using words, or others reflected it on their faces. All of us were excited by the fun we had on that cool day of flag-football and all the lessons learned.

On Sunday the awards were celebrated. The long-awaited activity of every IWFFA tournament for the players is highlighting athleticism, which helps to motivate and encourage the athlete to give her best. It is a nice way to be recognized for the progress one makes as a flag football player. And really, what athlete does not want to be recognized for her efforts? This also was the perfect time to meet for the women to share stories, contact information, photos, etc. Before the awards we were not able to organize an evening social event because most of the women here were not independent women and also El Salvador is not always the safest place to hang out at night.

The whole weekend was fantastic and then came the farewell where we all celebrated the culmination of a fantastic journey.

Roberto Cerna took us the last hours to enjoy the sun at El Tunco beach in Puerto de La Libertad. There I fulfilled my own personal dream of surfing the wonderful waves, which are famous on the El Salvadorian shores. We traveled in a pickup wagon, which is a common way to travel in El Salvador, while noting

all of nature's beauty that exists everywhere in El Salvador.

So, this was it for our wonderful five-day weekend which we felt was much more. We felt that we were able to do so much and everything in very little time. We felt very satisfied even more because we left everyone happy and eager for more. And as we departed we were so tired but would leave with an inexplicable happiness for achieving much more than expected.

In conclusion, any trip is interesting, but to travel with purpose is gratifying to the heart and soul and the joy with which you rejoice for every detail stays with you forever. We know that we touched many hearts of these female flag football players, and they touched us as well. There were so many wonderful people whom we met who always showed us a good humanitarian sense and marked our hearts. Salvadorans, as we saw, give everything without expecting anything in return, are very grateful all the time and always give their best in everything. They are very grateful for the opportunities and never quit, always looking for progress and their wellbeing. Let's aspire for more international women flag-football tournaments around the world. Everyone deserves it - everyone is connected.

From all of us and for everything: THANK YOU DIANE AND THE IWFFA!



Gira Promocional 2014 de la IWFFA

Se llevó a cabo en El Salvador, San Salvador.

Marzo 27 al 30



***Una de mis mejores experiencias en el Flag-Football.
Por Rebekah Suárez***

Después de jugar con mi equipo Puerto Rico Isleñas en el torneo de la IWFFA en Key West, Diane Beruldsen (fundadora y presidente de la IWFFA - International Woman Flag Football Association) y uno de mis dos entrenadores, Joel Otero, me preguntaron si me gustaría ayudar en la gira promocional IWFFA 2014 que se estaría llevando a cabo en El Salvador. Sin mucho que pensar dije que sí, y junto con mi compañera de equipo, Lucille Ruiz y Joel, tomamos el mando de esta misión con el propósito de enseñar, aprender, disfrutar y poder dejar corazones emocionados y apasionados por el flag-football femenino de la IWFFA, ayudando a expandir la liga y lograr unir banderas a través de este deporte. No tenía idea de que este viaje iba a ser una de mis mejores experiencias en el flag-football femenino.

El itinerario de trabajo para la gira promocional de la IWFFA incluía actividades continuas para cuatro días. El jueves por la



noche estaríamos ofreciendo una conferencia teórica para los entrenadores sobre cómo entrenar a mujeres en flag-football, así como una conferencia y examen para la certificación de árbitros oficiales tanto para hombres como para mujeres. El viernes se ofrecería a las jugadoras un curso de teoría en el flag-football de la IWFFA, seguido de clínicas para desarrollar habilidades y jugadas que culminarían en un pequeño torneo durante el fin de semana entre todos los equipos.

El jueves, 27 de marzo, se suponía que temprano en la mañana estuvieramos saliendo de Puerto Rico rumbo a El Salvador. Estábamos listos, pero desafortunadamente un pájaro tropezó con el motor del avión que nos tocaba y el vuelo fue cancelado, así que tuvimos que tomar la próxima salida para Panamá y esperar hasta la mañana siguiente para volar a El Salvador. Una vez aterrizamos en Panamá, nos enteramos que esa

(continues on page 30)





misma noche jugaría la liga de flag-football femenino en la ciudad y no perdimos tiempo en ir a ver cómo era el estilo de juego en este país. Las chicas eran en su mayoría delgadas y muy rápidas. No se jugaba tan fuerte y agresivo en la línea como se juega en la IWFFA con los equipos de los Estados Unidos. Sus instalaciones estaban en excelentes condiciones y la hierba parecía una almohada, cómoda para correr y caerse. Habían muchas mujeres atletas, muchos equipos de flag-football, buena música y un buen anfitrión en el micrófono que nos dió la bienvenida (como buenos puertorriqueños, nos encanta la atención).

Viernes. En la tarde del día siguiente, llegamos a El Salvador y el calor ahogante fue lo primero que nos recibió. Viajamos al lugar donde daríamos las conferencias y ahí nos esperaban Roberto Cerna, presidente y fundador de la liga ASFA (Asociación Salvadoreña de Fútbol Americano), los árbitros, entrenadores y las jugadoras. Joel comenzó dando la conferencia y certificación para los árbitros, muy importante pues las reglas de la IWFFA eran nuevas para estos funcionarios. Joel les explicó las penalidades y la forma de officiar un partido de manera fácil y exitosa. Tomaron un examen bajo nuestra supervisión y para el fin de semana estos funcionarios estaban oficialmente certificados como árbitros de la IWFFA. Debido a nuestro

retraso en el vuelo, tuvimos que re-estructurar el itinerario y en vez de dar las conferencias para las jugadoras y los entrenadores por separado, las unimos y Joel concluyó la noche con una conferencia sobre el flag-football de la IWFFA para el beneficio de todos.

Sábado. Los equipos participantes provenían de El Salvador y Guatemala, cuyas jugadoras, e incluso las de Panamá, eran como las jugadoras de nuestro equipo de Puerto Rico. A mi entender, las latinas tenemos la tendencia de ser más ligeras en la consistencia muscular, bajas en estatura y se preocupan mucho por verse "girly" para jugar en el campo. Así mismo lució el equipo de Guatemala cuando llegaron con el uniforme completo y muy bien arregladas. No sé si fue por cansancio (ya que las de Guatemala llegaron en bus desde su país) o por timidez, pero no parecían tener hambre de juego. Las jugadoras de El Salvador se veían más atléticas y más apasionadas por aprender y jugar



el flag-football de la IWFFA (para mi, el mejor de todos). Pero a fin de cuentas todas se mostraban muy interesadas en lo que Joel enseñaba y explicaba sobre las reglas de la IWFFA. Mucho más tarde, el entrenador de Guatemala, Miguel, nos explicó que para la mayoría de sus jugadoras esta fue su primera experiencia con el deporte, porque ni siquiera

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lo habían practicado. Así que tal vez su timidez se debió a que esta era la primera vez que iban a jugar.



Joel se enfatizó más en la organización y la importancia de las jugadoras de la línea en ofensiva y defensiva. Supongo que fue porque en comparación con otras ligas de flag-football, y esto lo vimos también en Panamá, el flag-football de la IWFFA utiliza la línea como parte esencial para la formación de las jugadas. En otros tipos de flag-football casi no hay contacto físico en el campo. Así que, mientras Joel estaba explicando la forma legal de utilizar el contacto físico en la IWFFA, muchos rostros reflejaban alegría y algunos otros inquietud. Me percaté de que entre entrenadores y árbitros había cierta confusión y ansiedad de ver cómo esto iba a funcionar.

Roberto y Miguel nos comentaron que son pocas las mujeres en América Latina que les gustan los deportes de mucho contacto físico. Se que esto es lo que se suele pensarse, ya que con las Isleñas, son muchas las personas que nos miran incrédulos cuando les decimos que jugamos en un equipo de flag football femenino. En Puerto Rico a la gente le

resulta muy difícil entender que las Isleñas jugamos muy bien y especialmente duro, y que tenemos la fuerza necesaria para competir contra equipos más grandes. Así que, las sorpresas llegarían al día siguiente.

Sábado. Comenzaron las clínicas en la mañana y por la tarde se hizo el mini-torneo en donde se dividieron a las jugadoras en tres equipos: El Salvador, Guatemala y las Isleñas de Centroamérica (este equipo fue bajo la categoría de "Loose Women's Team"). Las Isleñas de Centroamérica se componían de 2 Isleñas, 4 jugadoras salvadoreñas y 4 guatemaltecas.

Anteriormente, Roberto nos decía lo difícil que era lograr que sus jugadoras hicieran un buen calentamiento físico antes de practicar o jugar, y Joel comenzó las clínicas enseñando la importancia de esto creando una rutina básica de calentamiento y estiramiento. Corrimos, estiramos y calentamos nuestros cuerpos. Luego, por primera vez las jugadoras aprendieron a cómo ponerse las banderas oficiales de la IWFFA (Flag-A-Tag). La IWFFA donó todo el equipo de juego necesario (bolas nuevas, banderas, etc.) a ambos países de El Salvador y Guatemala, para que puedan seguir desempeñándose en el deporte.



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Listas para entrenar, Joel dividió a las jugadoras en dos estaciones para dar las clínicas. Uno lo iba a estar dirigiendo él, enseñando las técnicas de la línea ofensiva enfatizando en el bloqueo, protección en los pases, el 'pulleo', jugadas de corrida, y las técnicas de defensiva en uno contra uno y zona. La otra estación fue dirigida por Lucille y yo, en donde enseñamos técnicas de cómo entrar como 'line rushers', la forma correcta de ubicarse y pararse en la línea, cómo protegerse y las tres técnicas básicas para presionar y romper en defensiva: bull rush, swim move y spin move.

Cuando Lucille y yo les explicábamos a las jugadoras, les pedíamos que nos presionaran y nos empujaran duro, como si estuvieran en situación de juego. No sé si fue porque tenían pena de empujarnos con fuerza, pero sólo algunas de ellas lograban hacer las técnicas de defensiva correctamente. Las jugadoras de El Salvador fueron más fuertes y agresivas, quizás sea porque tienen mayor experiencia. Constantemente les decíamos a las jugadoras que el flag-football de la IWFFA es más un juego de estrategia en lugar de abrumador. Las comparábamos con las jugadoras de nuestro equipo en Puerto Rico que en su mayoría tenían el mismo aspecto físico

(delgadas y pequeñas), y les comentábamos que sin limitación alguna, podemos vencer las líneas de otros equipos mucho más grandes con estas técnicas de defensiva. Mencionábamos esto porque notamos en los rostros de aquellas más delgadas, una expresión como de no poder hacerlo, o de que nunca jugarían esta posición. Así que alimentamos sus mentes con palabras de aliento y ejemplos de que todo es posible si se aplican las técnicas adecuadas. "Podemos hacer todo esto si lo hacemos correctamente".

Dezcanzo, almuerzo al mediodía y que



comiencen los juegos.

El equipo de Guatemala no tenía las posiciones de sus jugadoras establecidas pues nunca habían jugado, así que la clínica las ayudó a comprender en qué posición debían jugar cada cual. Recuerdo que su entrenador, Miguel, me preguntó: "¿en qué posición crees que debería poner a esta jugadora?". Lucille y yo solo le dábamos nuestras sugerencias. Y las sorpresas llegaban a medida que los partidos se iban desarrollando. La manera en que el equipo de Guatemala estaba jugando, demostraba que habían entendido y aplicado todos los con-

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ceptos que les habíamos explicado tan sólo unas horas antes. Estaban jugando muy bien y hasta anotaron un touchdown contra el equipo de El Salvador que tenía más experiencia jugando flag-football, pero que ahora aplicaban las reglas de la IWFFA. En cada jugada, cada jugadora iba mejorando sus destrezas. Con la aplicación de las técnicas que aprendieron, los juegos se mostraban muy interesantes y competitivos. Incluso, el equipo de El Salvador se veía casi listo para competir en un buen torneo de la IWFFA .

Todas las jugadoras mostraron sus habilidades físicas en el campo y lo dieron todo. Al final del día nos decían cómo se sentían de satisfechas o simplemente se reflejaba en sus rostros la alegría por haber jugado. Todos estábamos entusiasmadas con la diversión que tuvimos ese día de flag-football de la IWFFA y con todas las lecciones aprendidas.

Domingo. Entrega de premios, la actividad más esperada de cada torneo de la IWFFA para las jugadoras, porque se destacan las de mayor rendimiento, lo que ayuda a motivar y animar a todas las atletas a dar lo mejor siempre. Es una buena manera de ser reconocidas por el progreso que uno hace durante los entrenamientos. Y además, ¿qué atleta no quiere que se le reconozcan sus esfuerzos de alguna manera? Este fue también el momento perfecto para conocernos todas y compartir historias, información de contacto, fotos, entre otras cosas, ya que antes de esta actividad no se logró organizar un evento social en la noche. Todo el fin de semana estuvo fantástico y esta fue la despedida en el que todos celebramos la culminación de un viaje espectacular.

Roberto Cerna nos llevó a pasar las últimas horas del sol para disfrutar en la playa de El Tunco en el Puerto de La Libertad. Viajamos en la parte de atrás de una camioneta pickup,

una forma común de viajar en El Salvador, mientras observábamos toda la belleza en la naturaleza que existe en las tierras de El Salvador. En El Tunco logré hacer una de mis pasiones, y surfié las olas maravillosas de El Salvador hasta que finalmente se fue el sol. Pero antes debo decir a todas las personas que deseen viajar para El Salvador, no se olviden de probar las maravillosas y famosas pupusas rellenas de muchos deliciosos ingredientes. La comida siempre fue exquisita.

Hasta aquí llegó nuestro maravilloso fin de semana de cinco días que nos pareció de mucho más. Nos sentimos muy satisfechos pues sentimos que hicimos todo en tan poco tiempo, y más aún porque logramos dejar a todos muy felices y ansiosos por más. Así que partimos muy cansados pero con una felicidad inexplicable por lograr mucho más de lo prometido; tocar el corazón de cada persona que presencié la actividad y el de nosotros mismos.

En conclusión, cualquier viaje es interesante, pero viajar con propósito es gratificante para el corazón y el alma, y la alegría con la que te gozas cada detalle se queda contigo para siempre. Sabemos que tocamos muchos corazones de las jugadoras del flag-football, pero también nuestros corazones salieron marcados por tantas personas maravillosas que conocimos que siempre nos mostraron un buen sentido humanitario que tienen los salvadoreños, pues como vimos, lo dan todo sin esperar nada a cambio, son muy agradecidos todo el tiempo y siempre dan su mejor esfuerzo. Agradecen todas las oportunidades y nunca se quitan, siempre en buscando del progreso y el bienestar común. Conocer, aprender, vivir. Por y esto y más, vamos a aspirar a más torneos internacionales de flag-football. Todas nos lo merecemos – el mundo completo está conectado. ●●

Update Your Team's Manager with Us Today!



WHY?

Because the IWFFA acts as a referral agency and our office gets many requests from:

- Females who heard of flag football, would like to give it a try but don't know where to go to play.
- Players who have moved and don't know where flag football is in their new town or city.
- The IWFFA notifies both team manager and new player where they can go, which helps your team add new players to your roster.
- We have referred hundreds of new players to our Member teams over the years

But sometimes we discover that the team manager has changed their phone number or email address.

And we are unable to offer a team to the requested area.

So we ask team managers who have moved, changed emails address, or phone numbers to take the time now and update your team's manager with us today.

IT'S FREE & part of your IWFFA membership benefit!

Email us today
IWFFA@IWFFA.COM

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Individual Players
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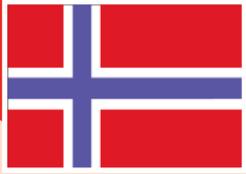
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Teams and Leagues**

Stavanger Women's Flag Football + Kickalicious

- By Wenke Salvesen + Diane Beruldsen



***What's happening in Stavanger, Norway?
Answer: Women's Flag Football and Kickalicious!***

Kickalicious, or Håvard Rugland (as his mother would call him) was practicing his kicks, at the same time the Stavanger Women's Flag Football was practicing their kicks. No contest... but some really nice shots (take a look below).

Who is Kickalicious you ask?

Harvard is a Norwegian soccer player without a team (his team disbanded), and he started kicking the football to take it's place. He easily kicks 50 yd. field goals - consistently as well as kick / punt at 60 yd. through posts.

So, with all that talent he made a video of himself, which he posted on YouTube in September 2012 (adding some trick kicks action) and it went viral.

With over ten million hits on YouTube - he got the invite to the NFL!

He tried out for the New York Jets in December 2012, worked out with the Cleveland Browns in March 2013 and later signed with the Detroit Lions in April 2013. YouTube has a great video of Kickalicious making his debut on August 9, 2013 with his very first professional kick for the Lions vs. Jets at 49 yd. out. Did he choke? nah! and after his sensational kick, you have to see all his team mates picking him up and throwing him in the air as if he were a paper doll :) David Akers beat him out (you know who David Akers is.....?) and so, he continues his pursuit to play professional NFL football (funny, he had no clue

how to play the game as he sat in the plane on his first trip to the United States). He officially went 3 for 3 in preseason games with field goals: 33, 49 and 50 yards. And now he has become like one of us Stavanger Women Flag Football players practicing his kicks in Stavanger :)

Preview YouTube video Kickalicious first NFL field goal 49 yards



**Kickalicious Debut kick August 9, 2013
kicking for Detroit vs. Jets a 49 yarder**
<http://www.youtube.com/watch?v=MBe6FSDCTwE>

Preview YouTube video Håvard Rugland - Kicking Tricks
(Kickalicious) Compilation



<http://www.youtube.com/wach?v=eBWxJdlxWvM>

(continues on page 36)



Here is photo with me (Diane Beruldsen) and Kickalicious (my new buddy)

I would like to make special mention that the day "Kick" was training.... I retrieved over a dozen of his balls.



The Stavanger Women's Flag Football is new. Special thanks to the Stavanger Rugby Club: our partner, we share their field at Lassa. It is a beautiful field with goal posts with a central location to make it easy for everyone to travel to and participate. We have 15 women who have signed up for the team and everyone is a beginner! The trainings are for women, girls and even boys. We have started to promote at local schools, military bases and we have even been on local radio NRK!. When you begin a team with players who have never seen the sport, you really are teaching flag football beginners level: flag football edu. level 100 - Beginners - this is a course for beginners who have never played or have any knowledge of the sport). These women are learning how to catch and throw (a strangely shaped ball - which is not round),

Below are some of the Stavanger women flag football ballers from 2013 and 2014. ●●



Mind Over Matter

By: Sidney Andrews

Sidney realized she was a lesbian later in life, whose life was then challenged with outside obstacles. She learned a lot and encourages everyone to be true to themselves, whether you are gay, straight, bisexual or a female football player breaking the barriers of a male dominated sport.

"Be self propelled, believing, daring and un-afraid on your journey. In and under all circumstances be authentically you!"

How can you be, or live a life of authenticity when many in society demand conformity? How can you live your truth, love, and best life as a lesbian, when many would prefer you lie, hide, or even change your image, to meet their expectations? Why is it, the word fear gives the illusion of having more power than that of faith?

Forty years ago, when my partner and I stepped out of the darkness and into the light, revealing the truth that we were lesbians, Kate and I were nearly swallowed up by the demands, threats, fears, opinions and rejections of family, friends and others, who no longer saw us as Sidney and Kate. We were assigned the label of lesbians, which negated all that we had ever been, to all who had known and loved us. We had, in the blink of an eye, become ineffective, invalid, and even invisible to many.

Whoever you are and whatever your lifestyle, bow not to fear and intimidation. You need not be ashamed or cower in the dark; you need not pretend, lie or live a life that's less than what you envision for yourself, or your partnership.

Perhaps you were taught that loving yourself was egotistical and selfish, yet how can you truly learn to love another if you don't love yourself? How can you give what you don't have? How can you have a deep, long lasting and loving partnership, if you haven't partnered with yourself and who you choose to be?

(continues on page 38)



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 YouTube & search: IWFFA
are you a current member of the IWFFA?

You have an in-born right to happiness, freedom and equality; a God given right, to seek self-awareness, self-knowledge, self-worth and self-actualization. Society may not agree with whom you live and love. Live your truth and love your best, anyway!

As each of us face down fear and live our authentic truth, we set an example and empower others to do the same; we no longer hide, but throw the door open wide and step out into the light of freedom to claim all that love and life has to offer.

In a partnership/marriage, two people become a team unbeatable when they step in unison to the same thoughts, goals, dreams and wishes. They have the stamina, determination and courage to strive for living their best life, regardless of the obstacles, problems or issues that rise up before or between them. In and under all circumstances, they are a team unconquerable, and do not compromise their gifts.

Women's football calls for all of the attributes described above. Now the question becomes the acceptance of woman's football teams into the arena of recognized and legitimize sports games. What stands in the way of recognizing women as a formidable force to be reasoned with on the football field? My guess is the misconception that women don't have what it takes to drive the sport into front page headlines. For those who question the ability of women in the football arena, I would say observe their dedication to the sport; witness their strength, power, energy and determination on the field. Whether it's a lesbian partnership (team of two or a line up of women on the football field, they are a force to reckon with and deserve an honest look at their competitiveness in the game of football!

Sidney Andrews, author of "A Fall to New Heights" and "Journey into Thought."

<http://sidney-andrews.com>

Are you a current member of the IWFFA?



**Even if your team is taking a break this season....
Your membership truly helps to support the organization
And allows us to support the sport all over the world.
Please keep your IWFFA membership current!**

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

Are you coaching...



a girls flag football team?

Tamalan Walker 15th Porter Wilson Recipient 2013

by Diane Beruldsen, President of the IWFFA

"Ever since Tamalan got involved in the women's flag football through the IWFFA, she has been a force in the promotion and advancement of the sport for females all around the world."



Born in New York, 1966 and raised in Raleigh, North Carolina. Tamalan was not involved with organized

sports as a child.

Instead, she was involved with the theater and music. Trained in classical piano.

She loved fishing, outdoors activities, camping, boating. She played in the playground, but not organized sports

After High School, she entered the military in January 1985 - the Navy (back on the water). She served for 6 years



active, 2 reserved. This was the best experience in the world (besides being born) And after the military, she



began working as a counselor for middle school, and also coached soccer for 9 years.

Tam discovered women's flag football for the first time, in Key West, Florida - September 2010, when she signed up for the "Loose Women's Team".

"First time ever playing flag football ... was the best fun ever!

It was all female, organized and a challenge" - says Tamalan.

After playing on her first Loose Women's team, Tamalan was committed to becoming a great flag football player and to be in top shape. Since 2010, Tamalan has expanded her flag football career playing each year on the "Loose Women's Team in a variety of tournaments such as: Key West, Orlando and Provincetown.

Tamalan also became involved with tackle and had played one season in Atlanta for the: Atlanta Explosion. She now is a train

(continues on page 40)



er and conditioning coach for the tackle team: Savannah Savers

As a supporter and promoter for female flag football, Tamalan is part of the core of volunteers it takes to produce the IWFFA tournaments and also is a regular commentator and radio host for the monthly "On the Air with the IWFFA" web broadcast, where she brightens and colors every topic the radio show panel talks about. Her optimism and enthusiasm is addictive and her support is ever lasting. She has been a true devotee of the IWFFA ever since she caught the IWFFA fever.

Since 2011, Tam has been the woman "behind the mike" commentating on the women's and girls flag football games in



the Kelly McGillis Classic. Tam loves supporting the young girls. You can hear her enthusiasm behind the mike as she calls the game. Asked what was one of her favorite moments in girls flag football and Tamalan describes 7 yr. old - Becca Maun who quarterbacked for the Montessori City View Trolley Girls. Becca would take the ball, look one way, then run the other way with a full defensive team following her trail in an effort to grab her flags. "Everyone had such a hard time grabbing Ms. Maun's flags and it was so amazing how this little 7 yr. old could take the ball and run.... a true leader at age of 7! "

"Every female flag football player should Adopt a Girls Team"

"The girls are our seed, and it is clear that the IWFFA has planted that seed for the future of women's flag football", says Tamalan when she talks about the girls and

(continues on page 41)



the IWFFA organization. " Every woman in the IWFFA should adopt a girls team and be coaching her own girls team! It is for the girls and it is for the privilege and opportunity a woman has to give back to the organization that has given so much to us.

Tamalan Walker is one of the most dedicated women to the sport and to the IWFFA organization. She is humble, grounded, energetic and such a young spirited soul.

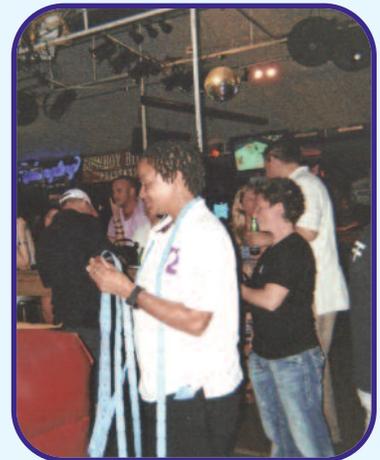
"I have never been part of such an organization which makes it possible to play flag football anywhere around the world, and it does not matter how old you are, or how good you play, cause everyone is welcome to play! Whether you are so good and play in the highly competitive division, where I have seen some of the best female athletes in this world, or players just learning the sport who play in the beginner division.... or even if you don't have a team - in the IWFFA you can play on the "Loose

Women's Team. Everyone can play and I am so blessed to be a part of it all" .

Tamalan also plans on traveling to Scandinavia in 2015 to compete in the Denmark, Norway and Sweden tournaments. "oh man.... I just can't wait"!

Asked where she wants the future of female flag football directed towards: "I want to see the IWFFA continue to grow overseas, bringing in new women and girls to join our family. Not only to grow the IWFFA, but to offer those females all around the world the best support for flag football they could possibly have. With the IWFFA you have the best: rules, officiating and player clinics, and great support and respect for our female athletes, no matter what. "

" I love the IWFFA because it is an organization run by women for women... and that in itself makes us so very special! " ●



IWFFA Sports Woman of Year Award

***2013 Nordic Region: Katerina Sterner
Gothenburg, Sweden***



Katta is one of Scandinavia's top female flag football officials and coaches the Gothenburg Angels. She has won more awards than any other Scandinavian Female Flag Football Player.



Katarina Sterner was born December 3, 1983 in Karlstad, Sweden. Otherwise know as: Katta , she grew up on a farm and was very active.

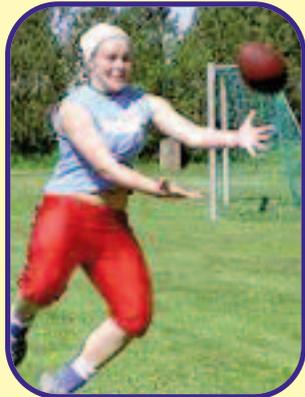
As a child she rode horses and had her own named "pinky" . Since 4 yrs. old she tried many sports such as: tennis, ping pong, ice hockey, indoor hockey and soccer but none of these really "stuck" with her.

Katta attended college and majored in photography, which has been one of her favorite hobbies. She takes photos of anything and everything.

In 1996 Katta got involved with skate boarding and currently is ranked one of the top 5 in Sweden. She has a team of skateboarders called "No Limit" which is a women only team which consists some of Sweden's top skateboarders. "No Limit" competes in two big competitions each year in Sweden.

In 2001, Katta found out about flag football from her Norwegian friend: Katarina, who explained how the game was played. At first Katta thought the sport was too easy and boring because there was no tackling, so she "left it on the table". Two years later her friend needed one more player for the Oslo tournament and Katta volunteered to help out and play.

Katta played on the "Loose Women's Team", which was a combination of players from Norway, Sweden, Denmark and U.S.A. and the team took the championship. She had no idea how fast the game was, the amount of contact. She loved the blocking and fell in love with flag football. She has been



(continues on page 43)

playing ever since.

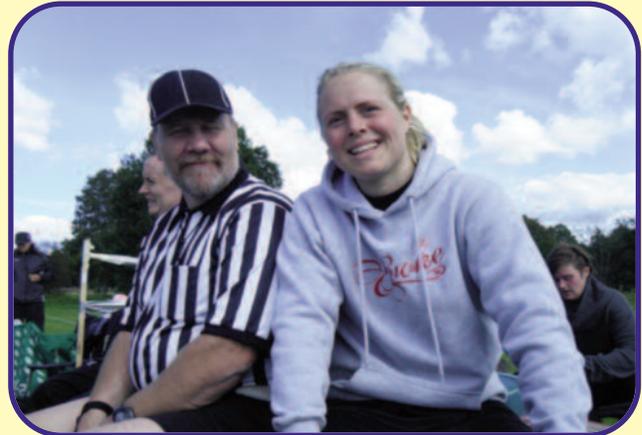
What does Katta like most about flag football?

"It is fast, you have to think. It is not for weak people. You have to be a good athlete to score and make touch downs, and yet, there is a position for everyone". Katta likes the fact that anyone can play no matter how strong, weak, fast or slow -" truly there is a position for everyone".

"The Gothenburg Angels has been her regular team who she now coaches." The team is always bringing in new players which is good and bad because each year there are new positions being filled, so they are just learning to play. And then, they are really great and wonderful new players"

Asked how flag football has changed through the years, Katta explains that players are much better than when she first began to play. Still in Sweden, there is no regular league so the team has to play in tournaments. Katta has had to play in Finland with team: 'Roosters' to get a taste of playing regularly, and even in the U.S.A., she has competed in the Georgia Women's Flag Football league with team: 'Atlanta

(continues on page 44)



Awards Katta has won

All Star Team

Offensive Line
 Primary Defensive Line
 Running Back
 Primary Defensive Line
 Safety
 Primary Defensive Line
 Safety
 Safety
 Running Back
 Running Back
 Safety
 Safety
 Safety

Team

Norway Loose/ No Fear
 Norway - Sweden Loose Women
 Gothenburg Angels - Beginners Division
 Gothenburg Angels - Beginners Division
 Gothenburg Angels
 Gothenburg Angels

Tournament

2003 Oslo, Norway
 2004 Oslo, Norway
 2005 Kelly McGillis Classic, Key West
 2005 Kelly McGillis Classic, Key West
 2005 Oslo, Norway
 2005 Gothenburg
 2006 Oslo, Norway
 2006 Gothenburg, Sweden
 2007 Hjorring, Denmark
 2007 Oslo, Norway
 2007 Oslo, Norway
 2012 Gothenburg, Sweden
 2013 Gothenburg, Sweden

Most Valuable Player

MVP Defense
 MVP Offense
 MVP Defense
 MVP Offense
 MVP Offense
 MVP Offense
 MVP Offense
 MVP Offense
 MVP Defense
 MVP Offense

Team

Gothenburg Angels
 Gothenburg Angels

Tournament

2004 Gothenburg, Sweden
 2005 Kelly McGillis Classic, Key West
 2005 Kelly McGillis Classic, Key West
 2005 Gothenburg, Sweden
 2006 Oslo, Norway
 2006 Gothenburg, Sweden
 2007 Oslo, Norway
 2012 Gothenburg, Sweden
 2013 Gothenburg, Sweden



TIDBITS

Little girls playing real football.

We are changing the mentality in Puerto Rico.

Girls now love football, and fans love girls flag football "

- Carib Hernandez - President / Founder Puerto Rico Women's Flag Football League

What defines you... is yourself

not the score of a game - but how you played the game

not what others think about you - but what you think of yourself

- Diane Beruldsen - President/Founder IWFFA

Sometimes we do the best we can and that is all we can

- Anonymous

"It's a wrap"

- Kelly McGillis ending the 2014 awards ceremony at the 23rd Kelly McGillis Classic, in Key West, Fl. USA

**2nd annual IWFFA / Noreen Halcon Memorial,
July 25, 26, 27
Salinas, California**

This tournament is used to raise money for relay for life, breast cancer and to bring awareness to the cancer.

Many of the participants are connected somehow to the cancer and want to help fight to find it's cure.

IWFFA will donate 50% of every membership it receives from the tournament to the cause.

Katrina Halcon is the tournament founder and director. She has spearheaded the event for a deeper purpose and we asked her why she wanted to take on such a huge task:

"In 2011, I lost my mother to cancer, which was a huge blow to my heart. My mother and I always didn't get along there were so many things I questioned on why did she allow things to happen to her or why did she do certain things.. Now that I am older and am a single mother myself and raising a daughter I now appreciate so much things my mother had done.. I know she was only trying to do her best with what she was taught herself.. And the best way to show my mother I understand and I never want anyone to go through what she went through is by paying it forward.. My passion is not only to women who are

fighting the battle from cancer, but battered women as well as showing women they can have a voice.. Thank u mom! For fighting so many unknown battles as well as the hardest one for me, seeing u suffer from cancer and me not being able to take the pain away.. I appreciate everything you have done to help and try to raise me into this strong independent woman.. Let's fight this battle from cancer. And find a cure!! 2013 was my first year putting this together within a month time. And had a great turnout.. Now I'm expecting every year just to get better now that I know what to expect.. Last year we had 4 teams of women over 18 who had a blast. This year we are making it into a 3 day event and expecting women from all over.. How exciting!! Thanks everyone for making this happen."

Katrina Halcon

D.One talentFamily of athletes

Of the four teams who competed last year, Team Lady Gators took the championship over:

Tuff E Nuff, Beazyf and Cherry Bombers. This year more teams will participate and a Loose Women's Team is included.

Any team or loose woman wanting to join the tournament should email:

IWFFA@IWFFA.COM

What does it feel like to be a flag football girl?





**The IWFFA / Kate Clinton Classic # 9
FLAG FOOTBALL TOURNAMENT
September 19 - 21, 2014
Provincetown, Massachusetts USA**

SEE THE TOURNAMENT VIDEO
<http://www.youtube.com/watch?v=ukfGEZ50png>

This year, Kate Clinton plays a major role not only on stage, but also on the football field for the 9th annual Kate Clinton Classic women's flag football tournament held in Provincetown, MA. Kate Clinton, well known lesbian comedian and political humorist will have special performances each night September 19 and 20, hand out awards at the tournament awards ceremony and open the international flag football tournament throwing the ball in to start the games on Saturday morning, September 20th, 9:30AM at Motta Field located at 12 Winslow St.

As national and international players and teams compete all day Saturday and Sunday, the IWFFA will host on the field "Half Time Games" for fans and players to join in such competitions as: furthest throw, longest kick, and "who can guess the number in Kate's head," to name a few of the crazy and fun competitions. The long weekend is filled with social activities for all to enjoy as competitive women's flag football teams are challenged to a minimum of 4 games in this high action competition. Teams play for awards and high ranking national and international points.



Says Diane Beruldsen - Tournament director: "the Kate Clinton Classic is one of the best tournaments the IWFFA offers due to it's location, camaraderie of teams, fun social events, time of year and this year we have ensured our best officials: Mark Walker and Jane Eldredge to officiate the tournament. Individuals can also play in the tournament joining the "Loose Women's" team sponsored by: Shawn Nightengale Productions. This year, Kate Clinton makes the event even more extra special with her participation on and off the field. She even created a special video for us". Immediately following the championship flag football game on Sunday, Kate Clinton will give out team and player awards.

Special Performances by Kate Clinton

Kate Clinton will perform an extraordinary show each night Friday and Saturday at 8PM at the Crown & Anchor (247 Commercial). Tickets are available in advance by contacting the Crown & Anchor (508) 487 - 1430.

Kate Clinton is a faith-based, tax-paying, America-loving and family entertainer. With a career spanning over 25 years, Kate Clinton has worked through economic booms and busts, Disneyfication and Walmartization, gay movements and gay markets, lesbian chic and queer eyes, and ten presidential inaugurations. She still believes that humor gets us through peacetime, wartime and scoundrel time.

Kate Clinton Classic Tournament Calendar of Events

Motta Field - located at 12 Winslow St. - Tournament Competition & Half Time Games will be played all day Saturday and Sunday (305) 897-4567

Friday, September 19 - Registration Party - 7 - 10PM - Way Down Town Bar - 265 Commercial St (508) 487 - 8800

Saturday, September 20 - A Night With Kate - 8PM (followed by the Ms. IWFFA/Ptown Contest - Crown & Anchor - 247 Commercial St (508) 487 - 1430

Sunday, September 21 - Awards Ceremony Presented by Kate Clinton - Immediately following championship game - approximately 5PM - Harbor Lounge - 359 Commercial St (508) 413 - 9527

Kate Clinton's Video Inviting Teams & Fans <http://www.youtube.com/watch?v=ukfGEZ50png>

Tournament Contact - Diane Beruldsen - IWFFA@IWFFA.COM

TOURNAMENT LINK FOR MORE INFORMATION: <http://www.iwffa.com/index.php/tournaments/2014-tournaments>

Sign up today!

9TH ANNUAL KATE CLINTON CLASSIC IWFFA WOMENS FLAG FOOTBALL TOURNAMENT

September 19-21, 2014 in Ptown, MA

You're
Invited!



Catch #KateClinton2014
at the Crown and Anchor for a
special Tournament performance!

Email: iwffa@iwffa.com • Web: iwffa.com

Stephania Riche - 15 yr. old Key West, Florida USA

Stephania has played flag football since she was 9 yrs. old. in the Kelly McGillis Classic: 2008, 2009, 2010, 2011, 2013, 2014

Flag football is fun

When I get to the field to play, I try to relax so I can play my best.

Flag football is a game for all ages of girls, to show what we can do best

My Favorite part about flag football is to meet all types of teams from all over the world

When I score a touch down I feel I have accomplished something big and I know in myself I can score more.

My most memorable moment of flag football is playing in the games and going to girls night out events for the girls.

When I grow up I want to be a professional track runner and a pediatrician to help kids who needs help

Gabriela Sonzogni-Miles - 14 yr. old - Key West, Florida USA

Gabriela has played flag football since she was 10 yrs. old in the Kelly McGillis Classic: 2010, 2011, 2014

To me, flag football is a way to inspire other women and girls that football is not just a boys or men's sport. Honestly, I think most of the time, we are more physical in order to prove that we also belong on that field. I've played with IWFFA in three of the Kelly McGillis Classic tournaments in Key West. Each year I enjoy the sport more and more, and continue to make new friends. I think it is an amazing experience, and am grateful to Coach Diane for giving Key West girls the platform to play. I am especially thankful for my Team Owner of three years, Mary Lou Hoover. Without her, and other team owners, we would not have had the chance to play. Go GNO Cougars!

What does it feel like to be a flag football woman or a flag football girl?

We would love to hear from you and share in our next issue of the Forward Pass Send us your thoughts to:
IWFFA@IWFFA.COM





Congratulations to My Girls!

Fort Hamilton High School in
Brooklyn New York

**TIGERS SOFTBALL TEAM
GIRLS JR. VARSITY**

Undefeated 2014 season
10 win / 0 losses
Head Coach Lynn Beruldsen



Congratulations to My Girls!

Fort Hamilton High School in
Brooklyn New York

**TIGERS BASKETBALL TEAM
GIRLS JR. VARSITY**

Undefeated 2014 season
9 win / 0 losses
Head Coach Lynn Beruldsen

PROTECT YOUR HEAD

GAME BREAKER

H E L M E T S



The Gamebreaker Helmet is a new type of protective headgear molded out of the finest EVA rubber foam, designed to reduce the risk of concussions and other head injuries for participants in sports. Gamebreaker Helmet uses for Youth and Adult, male or female:

- | | |
|---------------------------------|--------------|
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Gamebreaker is a uniquely designed protective cap, and has been lab tested and certified by Brain First (leading neurologists from USC/UCLA and other major universities). Gamebreaker Helmets reduce force impact to the head by 20-60% as certified by Brain First. Gamebreaker Helmets are adjustable via the chin strap and laces in the back, are washable, and offer 100% peripheral vision. They can be printed with your team's logo in 1, 2, or 3 positions. Make sure your young athlete's head has maximum protection, wear Gamebreaker!

Sizes XS-XXL

Colors Black, White, Navy Blue, Royal Blue, Silver, Red, Vegas Gold, Athletic Gold, Burgundy, Purple, and White

For more information, Contact Trent Wilson, Sr.
919-931-9169 or tdwilsonsr@gmail.com
www.gamebreakerhelmets.com

WARNING: No helmet can protect the wearer against all foreseeable impacts. Gamebreaker does not guarantee to prevent concussions, it reduces the risk of concussions. For technical documentation contact the distributor above.

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