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# FORWARD PASS

## OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

Winter 2006

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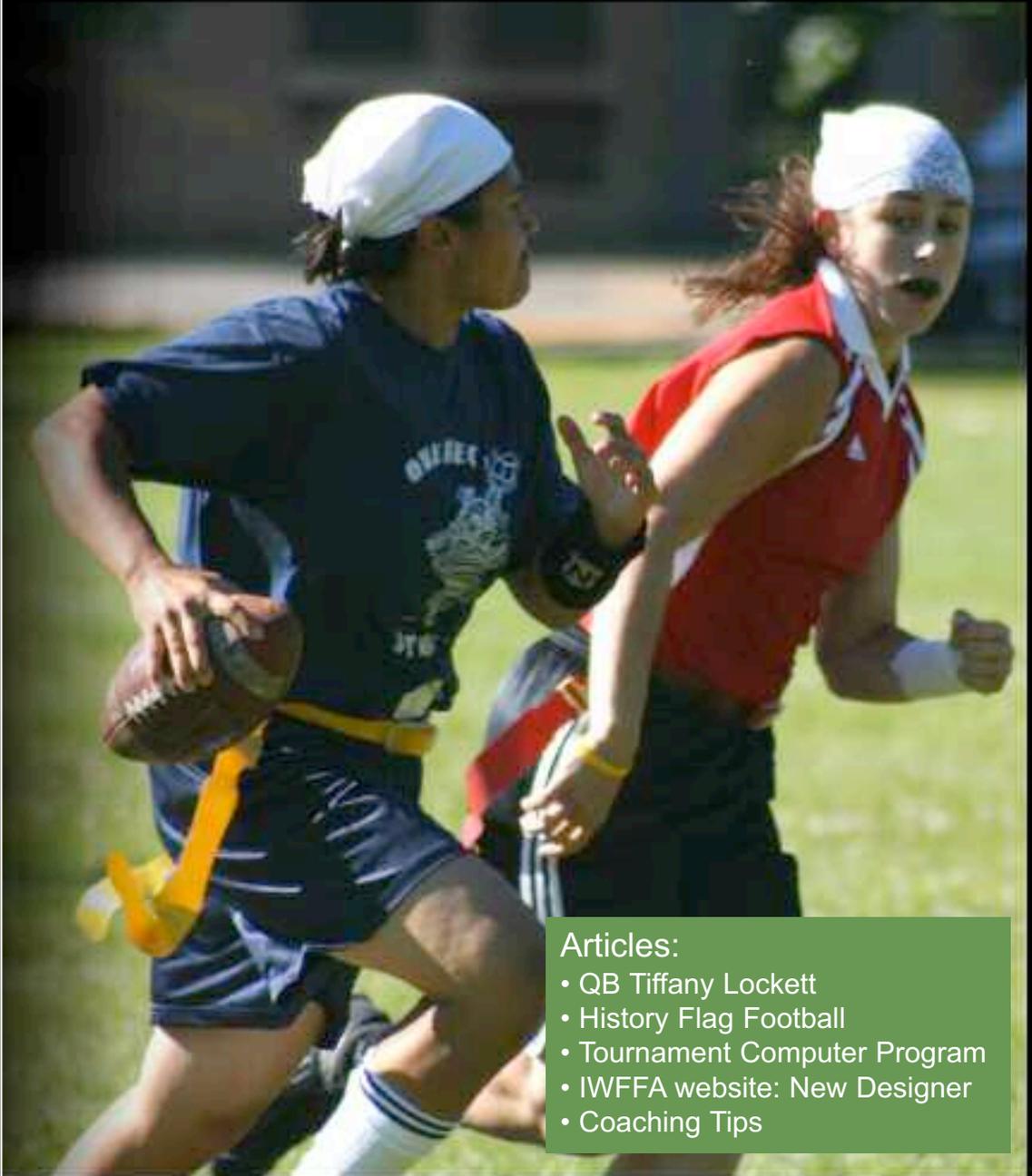
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[www.iwffa.com](http://www.iwffa.com)



## Greetings Members,

### I want to share some quick thoughts about a variety of things.

We soon enter our 10th anniversary, which comes April 1, 2007! It was on April 1, 1997, that the International Women's Flag Football Association (IWFFA) was officially incorporated. It will be our next Forward Pass issue Magazine 2007 issue

which we'll report our achievements and write stories for the history of our first ten years. We welcome any stories from you.

So, nine + years has gone by and we are still a small organization relative to other sports. We were the first national women's flag football association, and we are the only women's and girls flag football organization to include international countries, dedicated to females. Yet, there are thousands of women's and girls flag football teams across the U.S. and they are not a part of the IWFFA. Why is that?

Imagine, if we were able to enlist all those players and coaches, gain their financial support through membership dues, and include their energies into our association what we could do for the sport. We could put the sport of flag football in the limelight of public attention, make it easier for females to participate, rank hundreds of teams nation wide and in many divisions, increase number of teams to compete in our tournaments, etc. We would better be equipped to bring more quality to the sport. Currently our staff are volunteers with full time jobs. We need to hire full time personnel and we ask for your help. Perhaps encouragement from you and your word of mouth could be persuasive to help bring more teams and leagues under our umbrella. Membership dues should not just be to participate in our tournaments, but to be apart of our struggle and support for girls and women's flag football and to take it to the next level.

I want to share an interesting story with you. While in the United States, there continues such disparity between male and female sports, one reason why the IWFFA was created, was to focus on female flag football to give us opportunities our male counterparts enjoy. In Oslo, Norway, June 24, 2003, I had met with then President of Norway American Football Federation (NOAFF): Thor Anders and other representatives who explained to me one reason why their organization, who was part of European American Football Federation (EFAF), could not accept the IWFFA, was because the IWFFA discriminates (girls and women only). This was important, because the women could receive money to: travel, have access to fields, uniforms, Officials, etc. But now, our flag football players would not get this support. I replied "American Tackle Football discriminates". Lars Lingren said women are allowed to play with the tackle men's teams. I then explained that for a woman to put on shoulder pads, helmet and run into a 200 lb man was not fun, nor safe. You may not exclude women from participating in your rules, but honestly, women would not be a sustainable group of players for any men's tackle team. And for all the years, you have offered American Tackle Football, you truly have been focusing on the men and boys, eliminating the women and it is our Flag Football game which should be offered to girls and women as your American Tackle Football is offered in Norway. You call it discrimination, we call it balancing the pendulum which currently benefits the men. We consider it leveling the playing field.

We lost our case. My argument was not accepted (P.S.they were all men) and in four days, in Oslo, Norway, we were to have our fourth annual tournament with six teams traveling from Sweden, and Denmark and other parts of Norway. If the tournament took the IWFFA out of the equation, then under NOAFF, the tournament would be able use their Officials and field. If the IWFFA were to sanction the tournament, then we had to go it alone. The ironic part is that all the teams who were to participate in that tournament, were all started by the IWFFA. It was the IWFFA who introduced flag football to Scandinavia, before NFL implemented it's 5 on 5 game.

The Norwegian teams decided to separate. Today, during our meeting in Gothenburg, Sweden 2006, the Nordic Board had decided that EFAF is just not important to be a part of anymore for the women's flag football. There is a

strong message here: Women should run their own sports organizations!

I also should add, that currently, under other club organizations in Scandinavia such as Korpen, and Firma, the women's flag football would be able to gain funds to support their flag football clubs when the IWFFA incorporates as a non-profit. The IWFFA would also need to offer flag football to boys and men in Scandinavia. We are headed to go down this route in near future, as we bring our 8 on 8 game, instead of the 5 on 5 no contact.

In our 2006 Blue Thunder Classic, Washington D.C. we made a mistake. We used two brackets, decided by a draw from a hat. Each bracket played their 3 games and we would bring up the top two teams from each bracket to make it into the playoffs. One of the brackets was loaded with stronger teams, and we automatically knocked out a team that should have made it into the play-offs. From now on, when teams are not initially seeded, we will rank teams from all brackets, then take those top teams to next level of competition. I apologize for that mistake.

Our tournaments are not growing. In 2001, in Key West, we had our largest ever, with 47 teams competing in that event, which I attribute to our IWFFA promotional tours when we went out into the world and promoted flag football, offering training and started new teams and leagues. We haven't done that for a while and it's time start up again. The IWFFA will run two promotional tours in 2007, one for the Nordic Region and one for the North American Region. Spread the word. Contact us now, if you would like to start up flag football in your area.

Flag A Tag has been a great sponsor for us. They will provide the belts & flags for our promotional tour and sponsor us for the Kelly McGillis Classic tournament. During this past year, in our IWFFA monthly emails, we found some really nice deals on certain sports products. You should check it out and throughout the year, go to our link <http://www.ssgecom.com/ssgpartner/iwf/>

We are currently just beginning to work on several media projects with: Petronia St Productions Media Film and WGAY TV to create a women's and girls flag football skills tape, documentary and new promotional piece to air on our website and other media outlets. This will be a tremendous task and very beneficial for our cause.

During the year, we get lots of requests for where one could find flag football in her area. We routinely assist 2 or 3 players per week! We turn them onto teams or leagues in their area or if non exists, ask if they would be interested to start up their own. We then would like to support any new teams by offering training, equipment or anything else needed to help them develop their own. We truly are the central office for women's flag football.

Finally, we had to increase membership rates for adults for first time in almost 10 years. We had to. Things are too expensive and we need to take in more money. We are working on making tournaments better by giving more to players in way of practical benefits: sports bottles, sweatshirts, hotel discount prices, etc. and most important, we work on the quality for every event. For 2007, we took out two tournaments we originally planned to include: Montreal Canada and Orlando, Florida. This is so we can focus on fewer tournaments, making them really good and we hope we will be successful. We do plan to offer the Montreal tournament again, and with their new 8 on 8 semi-contact league, this will help to make the Montreal Canada tournament better for teams who desire to travel to the event.

A reminder to teams looking to purchase belts & flags, that if you go directly through office of IWFFA, you really get a huge discount.

May you learn and have fun  
Sincerely,

Diane Beruldsen, President / Founder



# Flag Football Section

## Results of 2006 IWFFA Tournaments

### 15th annual Kelly McGillis Classic International Women's & Girls Flag Football Championship Feb 5 – 13, Key West, FL USA

#### Higher Division

1. Fl Stingrays
2. Va Badd Girls
3. NY TNT
- Tampa Lethal Weapon
4. Tampa Brew Crew
5. Angry Bullets
6. Ga Lyte N Tyte
7. Va Blue Thunder

#### Middle Division

1. Cincinnati No Anchovies
2. Tulsa, OK
3. Va Playmakers
4. Montreal Warriors
5. NC Moser's Mutts
6. NC Stray Dawgs
7. Knotten Norway / Sweden
8. Oslo Panthers

#### Beginner Division

1. Toronto Markham Mauraders
2. Fl Blue Wave
3. Helsinki Wolverines
4. Fairvilla Loose Women
5. Fl Rum Runners

#### Girls Division

1. Acreage Wolverines
2. Key West Wild Cats
3. Key West Dolphins

### Oslo Norway May 6 – 7

1. Norsk Tursk
2. Oslo Panthers
3. Gothenburg Angels
4. Oslo Tigers
5. Oslo Polar Bears

### Hjorring Denmark June 3 – 4

1. Oslo Panthers
2. Danish Devils
3. Knottene
4. Gothenburg Angels
5. Oslo Polar Bears

### Montreal Canada August 5 – 6

1. Quebec Warriors
2. Quebec Chiefs
3. Markham Mauraders

### Gothenburg Sweden August 26 – 27

1. Oslo Panthers
2. Norsk Tursk
3. Danish Devils
4. Gothenburg Angels
5. Oslo Polar Bears
6. Oslo Tigers

### Kate Clinton Classic Ptown, MA September 21 – 24

1. Rhode Island Hurricanes
2. Montreal Warriors
3. Chicago Spin

4. Chicago Diesel Daisies
5. Salty's Loose Women

### Blue Thunder Classic Washington, DC October 6 - 8

1. NY TNT
2. Badd Girls
3. Playmakers
4. Blue Thunder
5. Phantom /Cougers
6. Vocus Valkyries



Bea Hawthorne smiles for the camera

## 2006 IWFFA Team Rankings

(go to our website for past years) [http://www.iwffa.com/index\\_files/Page2518.htm](http://www.iwffa.com/index_files/Page2518.htm)

- During our first and largest tournament :the Kelly McGillis Classic, in February , Women's Teams play in a separation round to determine which division of play they will compete in for that tournament and remainder of year.

- All other IWFFA tournaments are ranked by judging the teams coming into the event that year, or past year. Some tournaments may be: Higher, Middle or Beginner level of play.

- Upon entering an IWFFA tournament, each team will continue to be ranked in that particular division of tournament play till end of year.

- 2007 May include final results of sanctioned IWFFA leagues into our team ranking system (contact us if your league qualifies)

(continues next page)

2006 IWFFA Team Rankings continued

**Girls Division**

- 1st Acreage Wolverines
- 2nd Key West Wild Cats
- 3rd Key West Dolphins

**Beginner Division**

- 1st Toronto Markham Mauraders
- 2nd Fl Blue Wave
- 3rd Wolverines
- 4th Fairvilla Loose Women
- 5th Fl Rum Runners

**Middle Division**

- 1st Oslo Panthers
- 2nd Montreal Warriors
- 3rd Norsk Tursk
- 4th Cincinnati No Anchovies
- 5th RI Hurricanes

- 6th Danish Devils
- 7th Gothenburg Angels
- 8th VA Playmakers
- 9th Tulsa, OK
- 10th Oslo Knotten
- 11th Montreal Chiefs
- 12th Chicago Spin
- 13th Oslo Polar Bears
- 14th NC Moser
- 15th NC Stray Dawgs
- 16th Chicago Diesels
- 17th Knotten Nor / Sweden
- 18th Salty's Loose Women

**Higher Division**

- 1st NY TNT
- 2nd Va Badd Girls
- 3rd Fl. Stingrays

- 4th Tampa Lethal Weapon
- 5th Cougar / Phantoms
- 6th Tampa Brew Crew
- 7th Angry Bullets
- 8th Ga Lyte N Tyte
- 9th Va Blue Thunder
- 10th Vocus Valkyries

**Nordic Region**

(Norway, Sweden, Denmark, Finland, Iceland)

- 1st Oslo Panthers
- 2nd Norsk Tursk
- 3rd Danish Devils
- 4th Gothenburg Angels
- 5th Knottene
- 6th Oslo Tigers
- 7th Oslo Polar Bears

## IWFFA 2007 Circuit of Tournaments

[more information can be found on our website: iwffa.com](http://iwffa.com)

With exception of our Classic's dates include only Game Dates. Official Team Registration requires all teams and loose players to officially register and be present at the Meet & Greet, night before games begin

Registration of Teams – Teams MUST register their teams, with paper work, monies, etc and have submitted IN the office of IWFFA – NO LATER THAN ONE MONTH PRIOR TO TOURNAMENT.

Ask our office for the email version of tournament registration pacs to make registering your team easier.

- |  |      |                                       |
|--|------|---------------------------------------|
| Kelly McGillis Classic<br>Key West, FL | 16th | Feb 4 – 12, 2007                      |
| Hjorring, Denmark                      | 4th  | May 26 - 27                           |
| Oslo Norway                            | 8th  | June 16 - 17                          |
| Washington DC                          | 8th  | June 23 - 24                          |
| Blue Thunder Classic                   |      |                                       |
| Gothenburg, Sweden                     | 7th  | September 1 – 2 (Labor Day Weekend)   |
| Ptown Classic                          | 5th  | September 21 - 23 (2 day competition) |





**2007 IWFFA MEMBERSHIP APPLICATION  
(TYPE ALL INFO – CLEARLY)**

(circle 2 or more ) **Women (18yr + older) / Girls (7 – 12) / Juniors (13 - 17 yr) / Coach / Manager / Official / International / U.S .**

**Certified check, or money order (payable to: IWFFA) \$25 for Adults / \$20 for Girls and Juniors**

**Name** \_\_\_\_\_ **Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State/Province** \_\_\_\_\_

**Country** \_\_\_\_\_ **Zip Code (or country Postal Code)** \_\_\_\_\_ /

**Date of Birth (month/date/year)** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Phone (area /country code) Home (\_\_\_\_)\_\_\_\_\_ Work(\_\_\_\_)\_\_\_\_\_ Cell/Mobile**

**(\_\_\_\_)\_\_\_\_\_ Fax (\_\_\_\_)\_\_\_\_\_**

**Email** \_\_\_\_\_ **Team Name** \_\_\_\_\_ **Team Contact**

\_\_\_\_\_ **League** \_\_\_\_\_

**Waiver / Liability Release**

**I, the undersigned, have agreed to participate in the International Women's Flag Football Association (IWFFA) event & appear in a video / or photos produced by the IWFFA and it's assigns and licensees, in any manner in any media either alone or in a conjunction with any other material.. I sign Release for year 2007 (initial here ) \_\_\_\_\_**

**I hereby waive and release and agree to hold harmless the IWFFA from any and all claims damages, causes of action, suites and liability, of any kind for any personal injury, death or property damage which I may sustain arising out of or occasioned by my participation in the IWFFA activities. This wave and release shall also be binding upon my spouse, partner , heirs, personal representatives and any other person who may claim through me. I sign agreement / waiver for year 2007 (initial here) \_\_\_\_\_**

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Mail to: IWFFA / Membership / 1107 Key Plaza #233 / Key West, FL / USA 33040 – 4077  
Certified check, or money order (payable to: IWFFA)**



## International News

### Canada – introduction of 8 on 8 semi-contact flag for new sports league: Sports Attraction

Stephanie Vigneault – IWFFA rep for Canada ...

tells us that Quebec is one of ten provinces with many flag football organizations. They have been playing 7 on 7 for the last twenty five years. Like the U.S., they do not have one standard set of rules for the sport. Rules will vary with: no contact, one rusher at 5 yd from line of scrimmage, no blocking. They do have running plays with no blocker protection, and theirs is a fast game. They have four downs to gain ten yards, and within those downs they must include two pass plays. If the team passes for a gain of 10 yards, their next play must use another pass play, even for only one yard gain.

Canada does not have a national team, because there is no one flag football sports organization. There are many flag football organizations: Flag Football Ontario, Flag Football Quebec, Sports Attraction, etc. The league that most intrigued us is the: Sports Attraction league, because next year, April 2007, they are the first league in Canada to officially play with 8 on 8, semi-contact rules!

It is our very own: Stephanie Vigneault (Quebec Storm and 2001 Porter Wilson Recipient ) who started this company and has brought the 8 on 8 game across the border, by convincing players the game is more fun. It was easier to persuade the older players (who says you can't teach an old dog new tricks!) , as younger players relished for the traditional 7 on 7, no contact game. And why the older players would make the switch or play both styles, is explained by Stephanie who says some just like the contact, and some because it is closer to the American Tackle game.

As a coach, Stephanie prefers the 8 on 8 game because in 7's, once you've caught the ball, you find you have to be alone. There is no protection for you. It takes everyone else, on the offensive team, out of the play. She likes to have all her players involved on the field at all times.

Sports Attraction League will run it's season from April thru October in which eight teams play 15 games. This new league is found only in Quebec.

### Nordic Region

#### Denmark – possible new team

Rikke Wennerwald, IWFFA rep for Denmark...

tells us that the status stays pretty much the same. The Danes are working hard to keep the Danish Devils team in Hjørring,

healthy by recruiting new players. And over on the country's east coast there might be some action in Copenhagen as player Jeanette Vestergaard works on this project to create flag football excitement and maybe create a new team. Hopefully, but it is too early to tell.

The Devils continue to practice and prepare for their tournaments.

#### Finland – It's history

Catharina Sterner reports....

There has been women's flag football teams in Finland since 1988. At first women played in tournaments with junior age boys. In the late 1990's women started a league of their own and changed the rules more appropriate for women and a bit more towards tackle football. Nowadays we have the elemental rules very similar to IWFFA and otherwise referred to NCAA football rules.

In Finland sport activities are not bound to schooling system. Organized sports are mainly available in sports clubs. In a club, there are usually lots of teams from fully professional teams to recreational and junior teams.

Similarly in flag football, women's teams are member of the football clubs, thus women are strongly part of the Finnish Football scene. Women's league is played under Finnish Football Union (SAJL), which is a member of EFAF and (IFAF).

At the moment we struggle with international collaboration. Officially our Finnish National team has played in IFAF World and European Championship tournaments in 5 vs 5, non - contact NFL flag football. Unofficially we have traveled to IWFFA tournaments all over Scandinavia and last year to Key West.

Our 2006 Season in Finland was played with 11 teams in 2 divisions: The National League and the First Division. In the National League games are played with 9 players on field and Division games with 7. In future, all the games will be played with 9 players. The challenge is also to get young girls getting interested of the game.

#### Norway – First Women's Flag Football League NWFL

In 2005, Oslo, Norway initiated it's first women's flag football league by two coaches: Morten Midsund and David Lee. The league started with four teams: Oslo Panthers, Oslo Tigers, Oslo Polarbears and Knottene. The league plays a round robin, then play-offs which is spread out during most of the year. During the American 4th of July holiday (which many American – Norwegians celebrate), the league puts on a friendly promotional game at Frogner Park to attract new players and attention to the sport. There NWFL players will teach flag football to the

children and then play a fun scrimmage game against them. The league takes a summer break and returns in the fall.

Inger Elin Afret – IWFFA Rep for Norway has recently resigned from her position. Currently, there is no IWFFA Norway Representative, until January of next year, when the vote goes out to all of the female players. Then too, the league will decide whether to adopt IWFFA rules among other things.

The Oslo Panthers took first place this year in their league and were ranked as number one team for the Nordic Region and Middle Division for 2005 and 2006.

### Sweden

Lena Johansson – IWFFA Rep for Sweden and IWFFA Tournament Coordinator....

tells us the Gothenburg Angels are a new, much younger team and developing well. The Swedes are trying to recruit more players to start a second team in Gothenburg. Nothing is currently happening in Malmo.

Stockholm is kept alive by playing 5 on 5, while keeping it's nucleus of players for the 8 on 8 game. The Swedes from Oostersund and Stockholm continue to travel to the states for the Key West Kelly McGillis Classic, and has done so since 2000. In recent years this same group competes in the more competitive divisions

Lena had traveled to all the IWFFA Scandinavian tournaments this year, acting as the tournament coordinator and thus, helping to standardize all the competitions. She further explains that the "Scandinavians are no longer beginners as they have developed quite well"

### Nordic Board Meeting - Summary

On August 26th Team Reps from Norway (Inger Eline Aftret), Sweden (Lena Johansson) and Denmark (Rikke Wennerwald) along with Head Scandinavian Official Bill Klitgaard, honorary board member Lone Olesen (Sweden), and President of IWFFA, Diane Beruldsen (USA) met to discuss various items regarding the Nordic Region.

### Summary of the meeting

- Create a skills tape
- Take percentage of membership fees to pay for the skills tape
- IWFFA promotional training for 2007 or 2008 will be one month and teams are asked to get groups ready for us to

train to help start new teams in each country

- One new team each year for each country was an accepted realistic goal
- Year 2008 – IWFFA should incorporate as non-profit and in the Nordic region offer flag football to boys and men (but focus



on girls and women). This way there is no discrimination and we will have a non-profit organization, so local government sports association can then give the flag football teams money for their travel, sport, etc.

- IWFFA membership should be for a full year from the time a player, coach or manager signs up and pays dues. If we do this, than maybe we have to increase the IWFFA membership fee
- Scandinavia must support IWFFA
- On our web page, we need to have a special section for the Nordic region where boys and men are invited to play.

### To update where the IWFFA stands today and has addressed certain issues:

- The IWFFA has started work with Petronia St Productions Media Film, based in Key West, FL and WGAY TV to develop a documentary for girls and women's flag football as well as a skills tape for flag football. These pieces will be used for promotions and training purposes.
- The IWFFA will travel to Scandinavia this summer to Sweden and Denmark, since these countries are most weakest in number of existing women's flag football teams. Diane, herself will be the trainer. The goal is to create new teams for each country in cities: Copenhagen, Stockholm, Malmo and Gothenburg.
- We have targeted year 2008 to become a non-profit organization, which may benefit our North American Teams as well. This looks like it will be done.
- The IWFFA is unable to offer one year membership's starting from date a member registers. It is more manageable to keep the current system. So we keep to the old system.

*In addition, the Scandinavians asked if we could lower the membership rates, and unfortunately, for 2007, the IWFFA had to increase it's membership rate for adults to \$25 US, while keeping the current rate for girls (ages 8 – 17 yr) at \$20 US. It should be noted, that IWFFA's membership fee has had it's first increase in rate for adults since it's inception.*

## Girls' Section

### A league is born

In 2000, Acreage Athletic Girls Flag Football League was started up by two mom's with an idea that would turn into something much bigger. From 50 girls to now over 500 girls (and still counting) this league operates under a different style, philosophy, care and thoughtfulness founded by these two women which makes this league truly.... a league of their own.

Tammy Young and Diane Woodruff were two mothers who were involved in their community affairs, served on boards, local services, and helped to support their son's sports leagues in Palm Beach County, Florida. Diane was a treasurer and Tammy, a single mom, was secretary for their son's sport's league who managed all those duties. Combining their talents and energies, though neither having daughters of their own, these two women came up with the brainstorm idea of starting a girls flag football league.

In Loxahatchee, a new Seminole Ridge High School had just started a flag football program for girls. Understanding organizations, and how programs operate, both women thought it important to offer a farm system for the High School to use, to help seed the school's girls flag football program. Tammy, a softball player herself, needed to understand flag football a bit more before either could start their league. So, the two headed out to the high school girls flag football games, where they saw 7 on 7 played. Both started to understand the game better and those rules, which they decided to modify so that their own league would better be able to include all groups of girls to be more involved in the games. One of their league rules today requires coaches to play all players on team during games, equal playing time. They started the Acreage Girls Flag Football League with four divisions of: 6 – 9 yr, 10 + 11 yr, 12 + 13 yr and what they call their "Pro Division" which includes 14 – 18 yr olds. They had enough players spread out to create each of these divisions with just 50 players. At their first opening game day for the league, the two mom's made up "special coolers" for each team

which were filled with Gatorade and decorated with balloons. Their first years in the league, they made sure they were present for all the games, babysitting, to make sure everything went well. Should a problem arise, their presence would fix the situation immediately "nipping things in the bud". If either Diane or Tammy were to witness a coach playing certain players more often than others, they were also there to remind the coach of the League's philosophy which was equal playing time for all.

For these two league organizers, it is more important to see all the team play, and not just the strongest players. It was hard for them to watch some of their past coaches in the league who would show a tendency to want to win very much so, and use this as the driving force for the team. For the Acreage League, it is more important that their League Coaches show a good, healthy rapport with all their female athletes, rather than know/coach the sport so well to take first place. To them, first place is not as important as the girls having fun with the game.

One indicator Tammy uses to show success for the league, is if the girls return following year for more flag football. This is what it's all about. Another indicator is the success the Ridge High School, which is filled with Acreage League Players, who recently ranked top 18th High School for Girls Flag Football in the state of Florida. The Acreage League has con-

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tributed greatly to the High School team not only by supplying experienced players, but coaches as well. The Head Coach for the H.S. Girls Flag Football program is Austin Bowe, one of the Acreage League's first coaches and Tammy Young herself, who is: Assistant Coach to Austin for their team.

And as the girls grow up and become older, participating in higher divisions, they acknowledge and greet Tammy with adoration. This, Tammy describes has created a special bond with the girls. Not having a daughter of her own, she has been given the opportunity to learn about young girls growing up. She is very appreciative for her own boys, though, as they have always been supportive of her dedication to the league. Each has given up time with mom, and allowed "mom" to pursue her goals.

Tammy offers us advice, when asked, which is to make decisions clear, as black and white as you can get. If you bend for one, you have to bend for everyone, and this could ruin your organization. She is grateful for her experience in starting this league. She has learned more skills and applied them to more places, an opportunity only because she had founded and developed this flag football league. She makes it clear that for sure, if she and Diane had not

started the Acreage Girls Flag Football League, that she would not be assistant coach for the girls flag football team at the High School.

For sure, the Acreage Athletic Girls Flag Football Pro Division would not become as strong as it has the last years (an age group which the IWFFA finds very difficult to offer for lack of participants in our Junior Division). This is because these women planted the seed with younger players and kept them involved in flag football for all their years.

This year, Tammy and Diane have taken a step down from their league and are no longer it's Co-Presidents. But as Founders of the league, who will always be, they bring to girls flag football a different style of operations that sweetens the air of competition. May they be inspiration to other moms and women out there to take the initiative and offer girls their field of dreams, with their own style for flag football league.

\* NOTE: Any woman who would like to start up a girl's (or woman's) flag football league should contact the IWFFA to enter it's : New League Sponsorship Program for new leagues by assisting with belts & flags equipment. 

## Shawn Mears

### Coach in the Acreage Athletic Girls Flag Football League

In our interview with Shawn, we get an understanding of what it's like to coach inside the Acreage League. Not your traditional : "winning is everything" league attitude, Shawn has been coaching in the league for the past three years, and he shares some of his experience's with us.

Shawn describes himself as being a great quarterback in the NFL, if only his body allowed him to be.

As a senior in High School he was only 125 lbs, and so, physically, he had no chance. But he has a great mind for the game, and his greatest

strength is seeing plays opening up, and today, his flag football strategy has created one of the most successful teams in the Acreage Athletic Girls Flag Football League.

Shawn has been following his twin daughters, coaching their flag football teams. During his first two years he coached the 11 – 12 yr ,then 12 – 13 yr divisions for the Acreage Packers. His third year team is called the Chiefs and are in the 14 – 18 yr age group. Shawn brought his travel team the: Acreage Wolverines to the IWFFA / Va. Beach Classic in 2005 and the Key West Kelly Mc Gillis Classic 2006, when his daughters Hailey Mears, earned All Star honors for Secondary Defense and Hilary Mears earned honors for All Star Receiver and MVP Offense.

continues next page

Shawn cares not only about his team, but for opposing teams. During the Va. Beach Classic in '05, he took time to help organizers and other teams – during the competition!. He teaches the importance of “team” and not the individual athlete on the field. At the end of each play, four or five players will congratulate their team mate for a nice play. This is done constantly. It keeps everybody alive and positive with one another and as a team. There is no room for any negativity as he promotes good energy.

Practice is the time to focus on individual skill's development. Shawn describes one of his players, who was unable to score during her first two years of flag football (heck, I played on teams, where the team was unable to score a TD for two years!). He took her aside and saw that what she needed was instruction for catch. He saw she would shy away by stepping back and duck when the ball was thrown to her. He had her stand directly in front of a pole, then tossed her balls. She wasn't able to step back, and soon could catch without taking backward steps. Her confidence grew and transferred to the field when she scored her first touch down. All her team mates jumped all over her, as she turned to look for her father in the stands. Imagine what a feeling that was, when she was successful and wanted to make eye contact with her father to share that moment with him and tell him in essence: look dad, look what I've done! What a proud moment indeed.

His current team, the Acreage Cowgirls are 12 – 15 yr and are very good. So good, that Shawn finds competition for his team by turning to a Palm Springs Boys age 15 – 18, to sharpen their skills. But it wasn't always such a successful experience for Shawn. When asked, he described one of his most learning moments

coaching girls flag football.

It was his first year coaching the girls when he applied the Gaser Conditioning Workout Routine.

The girls lined up behind the goal line, ran to the 5 yd line, then back to goal line. Non-stop, they would continue to run to the 10 yd, back to goal, 15 yd back to goal, then 20 yd and back to goal. (I'm tired). The boys did this all the time, and the girls wrote a petition to kick their coach off the team! Shawn understood a little more about differences between the sexes and implemented a game using the Gaser Conditioning technique, in which the drills were modified and more fun.

When asked which set of rules for flag football he preferred, Shawn likened the 7 on 7 rules with screen blocking most: “It contains a little contact, speed, more of a passing game than a running game”. As a successful coach, he stressed the importance of teaching the whole team offensive skills, as it is easy for a defensive team to key in on one or two top offensive players. But when the whole team plays good offense, the opposing defensive team will have a long day on the field. He also explains the benefit to create an entire team of All – Stars by having such a strong offensive team.

The IWFFA commends Shawn, and coaches like he who offers girls a chance to develop their skills, excel their abilities, build confidence, learn and practice team work and to transfer these skills. We see this kind of coaching as truly developing the young girl and using the sport as it was meant to be. We can't all be on the team with the highest score, but we can all be winners with a coaching style like Shawn Mears.





## IWFFA Hall of Fame

**The beginning of become our own – IWFFA chooses its own Sportswoman of the year – Recipients enter our IWFFA Hall of Fame along with All Stars, MVP's, Porter Wilson Recipients**

**Yes, it started with a general email from the Women's Sport's Foundation:**

### **Your Vote Counts!**

The Women's Sports Foundation is accepting nominations now for the 2004 Individual and Team Sportswoman of the Year Awards. The Sportswoman of the Year Awards are presented to two outstanding athletes whose performances during the past 12 months have been exceptional. Criteria include championships won, records set and awards won. Nominations are accepted from U.S. National Governing Bodies, International Federations, professional leagues, multi-sport organizations, sport historians, selected representatives of the sports media, Foundation Advisory Board and Trustees, Sports Halls of Fame and the general public.

In 2004, our first athlete nominated was Beatrice Hawthorne – Tampa, Florida USA who played with: Charlie's Angels, Tampa Team Homie, Perfect Storm, and since 2003, Tampa Lethal Weapon (you can read our letter we wrote to Women Sports Foundation for her nomination included in this issue)



Montreal Warriors

In 2005, our second athlete nominated was Saadia Asharf year – Ile Perrot, Quebec, Canada. And has played with: Quebec Storm (since 2001) , and most currently Montreal Warriors for this year. (you can read our letter we wrote to Women Sports Foundation for her nomination included in this issue)

At the end of year 2005, we realized that by offering our nominations to the Women's Foundation Board, we were deciding who our own IWFFA Sportswoman of the year would be. So, we officially recognized this award in 2005.

This year, 2006, we thought it was time to place our MVP's, All Stars, Number One Ranked Teams, Porter Wilson Recipients and Sportswomen of the year..... in our own IWFFA Hall of Fame.

It is a cyber hall of fame, in that there is no physical building, but until that day comes, we will begin to organize all our girls and women flag football players who have received special awards for all the years we have acknowledged these accomplishments.

We will add to our website our Hall of Fame in the coming months We'll enter previous year recipients for their awards, for following year (If you won an award in 2006, you will be included in the IWFFA Hall of Fame in February 2007). You are invited to make suggestions to us. ●●



Oslo Panthers

# Beatrice Hawthorne

1st Inductee to IWFFA Hall of Fame and IWFFA Sportswoman of the Year 2004



Teammate Beth Watson and Beatrice Hawthorne receive awards for Kelly McGillis Classic 2006



From left to right: Beatrice, Heather, Nick, Alicia

As the only girl with two older brothers, I was doomed to be either-very spoiled and protected or a tomboy. My brothers weren't interested in spoiling me, so I became a tomboy and with my competitive spirit, I would try to keep up with my brothers as best as I could. The younger brother is 4 years older than me so beating them was never a possibility. I did gain their respect as I learned from them in whatever sport we chose at any particular time. As I got older I started participating in school sports, and I lettered all 4 years of high school, in volleyball, basketball and softball. I started on the varsity team in basketball my freshman year. I moved up to the varsity team mid-season in volleyball. I was voted MVP in basketball 2 of the 4 years of high school and received a full basketball scholarship.

By the time I graduated, I finally did what I thought I'd never be able to do. I beat both of my brothers in a game of "Pickup 21" (basketball). While my parents and grandparents watched. That almost made up for losing the state playoffs my senior year.

The first time I knew females were playing any type of organized football was when Homie (Tracey Brownley) approached me about organizing a team for the Kelly McGillis Tournament in 2000. Most of that team didn't have a clue about the rules and what it really entailed, but we were eager none the less (even if the learning came in penalties along the way). With that team I won my first tournament playing for the first time (rec. division of course). That started my passion for the sport. Along with flag football, I also took up playing tackle where I got MVP my second season with the Tampa Bay Terminators.

Through the years, I've tried to learn as much as I could in order to be as competitive as I could be. I've also tried to make the right decisions to advance the team I've formed, the Tampa Bay Lethal Weapon. That part has proven harder to consistently do, but I do my best.

When I was told I would be the first inductee into the IWFFA Hall of Fame, I was floored to say the least. Though I am confident in my talents I also

know how many outstanding athletes I've watched and competed against through the years. It seems just like yesterday I played my first tournament game in the Kelly McGillis Tournament. In that first game our team had 64 yards in penalties; I had 40 of those yards myself. I guess you could say I've come along way.

Here is list of Bea's Awards through the years:

MVP Offense for:

- Key West 2000 - Tampa Team Homie
- Key West 2001 - Charlies Angels
- Washington DC 2003 - Tampa Lethal Weapon

MVP Defense for:

- Key West 2002 - Tampa Perfect Storm
- Key West 2006 - Tampa Lethal Weapon

All Star Teams

- Key West 2003 Running Back
- Key West 2003 Receiver
- Washington DC 2003 Secondary Defense
- Key West 2004 - Higher Division - Running Back
- Key West 2004 Secondary Defense
- Key West 2005 - Higher Division - Secondary Defense
- Washington DC 2005 - Secondary Defense
- Key West 2006 - Secondary Defense

Letter for Nomination to Women Sports Foundation for Sportswoman of the Year - 2004

To Whom It May Concern:

Please accept this email to make our nomination. And please, consider the sport of women's flag football along with your other sports which are more well known. For, as you know women sports has not and still does not receive the recognition it deserves. Our sport included: Women's Flag Football

As president of the International Women's Flag Football Association (IWFFA) I would like for your award's committee to make a serious nomination of this award to an out-

standing athlete: Beatrice Hawthorne

Her past 12 months achievements include:

- All Star - Secondary Defense in Washington, DC tournament October 2003
- All Star - Running Back in Key West, Fl Kelly McGillis Classic (Championship) - in the Highest Division February 2004
- All Star - Safety - in Key West, Fl Kelly McGillis Classic (Championship) - in the Highest Division February 2004
- Most Valuable Player for team: Tampa Lethal Weapon - Washington, DC tournament October 2003

In addition to her 12 month athletic performance and achievements Since 2000, every year Ms Hawthorne competed in the Kelly McGillis Classic - Championship of Women's Flag Football, she has received Most Valuable Player Award each year. The Most Valuable Player Award is an award nominated by the teams The All Star team is selected by officials and special select team She has the admiration of her team, opposing teams and organizers of the events.

Her attitude, camaraderie and sportship is above and beyond. She is very competitive while caring about her team and opponents. She is also the team manager who does the extra task and burden of administrative duties to bring her team to all their competitive events.

Her speed, skill, finesse, clean tactics and game strategy is one of the best this association has ever seen!

Ms Hawthorne is really a prime example of a strong female athlete and excellent role model for all.

Please accept her nomination, as she represents the essence of women's' flag football and the spirit of the woman's game: flag football

Sincerely

Diane Beruldsen President / Founder IWFFA

## Porter Wilson Award

[http://www.iwffa.com/index\\_files/Page3902.htm](http://www.iwffa.com/index_files/Page3902.htm)

### Porter Wilson Award Recipients

**2000:** Rodney Johnson Jacksonville, Florida  
U.S.A. - Jacksonville Lady Jaguars

**2001:** Stephanie Vigneault  
Quebec, Canada - Quebec Storm

**2002:** Mashonda Gilmore Georgia, U.S.A  
Ga.Lyte & Tyte

**2003:** Lena Johansson  
Gothenburg, Sweden- Gothenburg Angels

**2004:** Wendy Moreau  
Rhode Island, USA - Rhode Island Hurricanes

**2005:** Birger (Bill) Klitgaard  
holstebro-denmark - head official nordic region

## Announcing 2005 Recipient: Birger "Bill" Klitgaard - Denmark

When Bill officiates in our Key West Tournaments, he speaks with a heavy Danish accent. He is the big burley guy, who laughs a lot and makes many jokes off the field. But his demeanor on the field is very different, especially when he wears the white hat.



To observe Bill when he officiates in Scandinavia, is a different experience. There, it is his game and he runs the show. He is strong, flexible and patient. He definitely controls the game, yet if he makes a mistake, he is willing to bring the captains to the middle of the field. He is patient, and this is exceptional, because in Scandinavia, the tournaments rely on players to officiate the games, and there are times when a player steps onto the field for the first time as an Official, and Bill will give her the room to learn.



I met Bill in year 2000 during the IWFFA six month promotional tour throughout the Nordic Region and in Denmark. Then, in the city of Holstebro, he arranged for both of us to run flag football all day at their school which

comprised of a wide variety of ages, skills and levels of development. We had no idea what group of children and teenagers would come out for next gym period, which made it so much fun for us both.

By conversation and lunch afterwards, I found out he officiated. I asked if he would like to officiate some of the IWFFA tournaments and he said "Of course, I can do that". It has been every Scandinavian tournament since 2001, that Bill has officiated for us. Having a good Official during the early years, is crucial for any league. Women were playing for the first time, just learning the rules. When it comes to officiating, it is most times more easy to officiate a higher level of skill, than beginners. The beginners make many more mistakes, and rule interpretation along with instruction as the team is being penalized, goes hand in hand.

The IWFFA started to train a group of boys in the city of TIM, Denmark. The problem was we had no one to continue to coach them. For sure, they would be dismantled and not have a change to play. A phone call to Bill solved that problem and Bill was "Coach". In that group of boys was Andy who would go on to play tackle. Bill supported him all the way.

As the Scandinavian Women have started to create their own pool of female officials, Bill is there sometimes as a white hat, or other judge / referee. He encourages the women to wear the white hat themselves. His good humor, is funny sometimes, and his heart is always big, just like him. Bill received nominations each year for the Porter Wilson award since 2000, and in 2005 he would finally become it's recipient. Thank you Bill for always being there for the women's flag football in Scandinavia and Key West.

# IWFFA SPORTSWOMAN OF THE YEAR

**2006 Sportswoman of year and first for the Nordic Region**

**Anne – Mette Vold**

**Oslo, Norway – Oslo Panthers**



Anne-Mette is a petite woman, just under five feet tall, and weighs maybe 105 lbs. To be decided as player of the year for the Nordic Region for the sport of flag football is symbolic.

While many teams drool for big, strong players, in order to make their team strong and competitive, this woman is the opposite in size and structure.... in mentality and technique. She should be looked upon as a breath of fresh air for what could be more natural for women's and girls flag football. Interesting it is.

Anne – Mette began dancing when she was five years old. At ten, she started playing soccer. Dancing became much more serious and when she turned sixteen she had to quit soccer. At nineteen, she traveled to London to learn more dance, and lived there for four years auditioning and working. She moved back to Oslo, in '97 to work and save for a trip to New York. In Long Island, N.Y. she performed the Nutcracker for a small dance company. Upon returning to Oslo, she continued working in dance, then retired at age twenty seven.

During our IWFFA / Scandinavian Promotional Tour, on May 15, 2003, it was a Wednesday evening, at the Potporriet (woman's bar in Oslo), where I was looking to recruit women for flag football. There she was, having a "very good time", when I approached Anne – Mette, and asked if she would be interested to play flag football. I remember she was one of the one's who took much interest in the description of the sport. She found it very interesting, but wasn't sure because of her size if she could play. I told her about Joey ( Polish / Dane, who was same size as Anne-Mette) who found success playing flag football. Anne Mette was thinking, and it was a quiet moment which I was not sure which side of the fence she would fall on. But then she said "I must come and at least try it". She came to our next training at Frogner Parken.

She tried it, and liked it. And that is a key issue with our sport as we travel to other countries who don't know about flag football. A willingness to try something different, to be open minded. Anne-Mette was part of a new group of women to become the Oslo Panthers. She didn't start out as an "all star" athlete. She has developed through the years starting with her first tournament in Gothenburg 2003. From then she has competed with her team the Oslo Panthers in these tournaments:

Gothenburg 03 / Hjørring 04 / Oslo 04 / Key West 05 / Hjørring 05 / Gothenburg 05 / Key West 06 / Oslo 06 /

Hjørring 06 / Gothenburg 06

And from these tournaments, she received such awards:

Key West 2005 - MVP Defense - Oslo Panthers – Middle Division  
Key West 2005 – All Star – Secondary Defense - Middle Division

Hjørring 2006 – MVP Offense - Oslo Panthers

Hjørring 2006 – All Star - Running Back

Hjørring 2006 – All Star - Safety

Gothenburg 2006 – All Star – Safety



There was a play I witnessed during the 15th annual Kelly McGillis Classic, where Anne – Mette was running to defend a touch down from scoring, reaching for the ball carrier's flag, only to be sandwiched by two other blockers.

She went down, and I watched to see if we had to call an ambulance. It was a hard block, from both sides. She got up, shook it off (really as if nothing happened) and just walked back to her defense team on the field. I said to the person standing next to me "that is one tough cookie... did you see that play?"

Many Scandinavians wonder why or how the IWFFA can justify awarding any player MVP, or All Star or for this matter Player of the Year. For them, team sports require a "team" and not just individuals. In America, we are all over awards. We are the opposite when it comes to sports recognition and many times high light only the best of the best, forgetting the rest. I write this to explain why in fact Anne Mette was chosen.

Lena Johansson – IWFFA Tournament Coordinator for the Nordic Region, choose Anne Mette for the award because: "she has become a better player, won a lot of prizes this year that proves it and she always shows a very good sportship, nice to other players, never angry on field and always happy."

So, for this region of the world, one may be able to say that sports has a very different meaning and Anne – Mette represents the Scandinavian philosophy for sports. Interesting if it's true.

Anne-Mette tells us " I enjoy it (flag football) very much and met so many nice people and friends, and I am very glad I started" . She is now the manager of a pub in Oslo, single and looking to meet a sweet girl one day and she makes clear the fact that she is happy. Congratulations Anne- Mette - 2006 Nordic Region – Sportswoman Player of the year

# IWFFA SPORTSWOMAN OF THE YEAR

## IWFFA Sportswoman of year 2005

**Saadia Ashraf – Quarterback -  
Ile Perrot, Quebec, Canada  
Second inductee to IWFFA  
Hall of Fame**



## IWFFA Sportswoman of year 2006

Saadia is an astounding athlete. She has competed in IWFFA tournaments since 1999. The Canadians preference for 7 on 7 flag football has begun her development of flag football techniques / skills, then combined with IWFFA semi-contact 8 on 8 rules, has created this athlete with a unique style of play. She is fast, can throw the ball with such accuracy for more than 45 yrd while scrambling from three defenders... for a touch down pass (Ptown, MA tournament 2004). Saadia was our second nomination for the Women Sports Foundation Sportswoman of the year award, which helped to create our own IWFFA Sportswoman of the year (specificly for flag football).

She becomes our second inductee into our IWFFA Hall of Fame.

Saadia was again nominated as our \*North American Sportswoman of year 2006, by IWFFA Tournament Coordinator for North America: Gail Bowen. Gail traveled to all the 2006 tournaments in this region who easily made her choice. "Saadia is the strongest player I have ever seen... she throws the ball forever and hits her receivers almost all the time. She is unbelievable. You have to watch her to understand what a great player she is, it's just hard to describe".

Here is list of IWFFA awards for her achievements:

Offense MVP – (she has won every year since 2001)

Quebec Canada 2001 - Quebec Storm / Key West 2002 - Quebec Storm / Ptown, MA 2003 - Quebec Storm / Key West 2004 - Quebec Storm - Middle Division / Key West 2005 Quebec Storm - Higher Division / Key West 2006 - Montreal Warriors – Middle Division / Ptown, MA - Montreal Warriors

All Star

kw 01 QB / Quebec Storm - middle division - QB - kw 04 / QB - Ptown 04 / Montreal Warriors - QB - Ptown 06

**SPORTSWOMAN OF THE YEAR "CALL FOR NOMINATIONS"**

**THE WOMEN'S SPORTS FOUNDATION IS ACCEPTING**

## NOMINATIONS FOR THE 2005 SPORTSWOMAN OF THE YEAR - INDIVIDUAL AND TEAM AWARDS

WHO: The Women's Sports Foundation is accepting nominations now for the 2005 Individual and Team Sportswoman of the Year Awards. The Sportswoman of the Year Awards are presented to two outstanding athletes whose performances during the past 12 months

(August 1, 2004, through July 31, 2005) have been exceptional. Criteria include championships won, records set and awards won. Victories, records, etc. achieved before or after these dates should not be taken into consideration.

Here was our nomination submitted to the Women Sports Foundation:

To Whom It May Concern:

I would like for your award's committee to make a serious nomination of this award to an outstanding athlete: Saadia Ashraf of Quebec, Canada for the sport of flag football.

IWFFA Nomination:

For these reasons we have described below, we nominate Saadia Ashraf of Quebec Canada as 2005 Sportswoman of the Year Award as she represents the essence of women's' sports and the spirit of the woman's game: flag football

Her past 12 months achievements include:

International Women's Flag Football Association (IWFFA) Offensive Most Valuable Player for team Quebec Storm in the Highest Division : 14th Key West Kelly McGillis Classic February 2005, IWFFA All Star Special Select Team for the Provincetown Kate Clinton Classic September 2005, All Year Best Quarterback in Montreal, Canada league August 2004. She led her team to be ranked number one in IWFFA Competitive Division for 2004.

Description of Saadia:



Saadia has won many other numerous awards for her athletic performance over the past years as well. She has won eight awards participating in eight IWFFA tournaments since 2001, as well as winning the "All Year Best Quarterback " in Montreal, Canada for the past five years. Her style, speed, and accuracy of quarterbacking, has made a great contribution to the sport of women's flag football. Her style of play deviates from the traditional tackle football style, where most American teams learn from. Instead, she plays with such great finesse, speed and skill which brings out a more feminine style of play, that demonstrates clearly a difference with women's and men's flag football. This difference in style, shows the female athlete very exciting, creative, strong and has influenced other athletes. A description of how she performs in competition:

As she diverts defensive linewomen charging her, sometimes three or four players at a time, she would scramble to free herself for passes as long as 45 yards long, for many completed passes. This great skill has created much excitement in the sport of flag football as spectators look on with great amazement. During competition, if her team is losing, she keeps a high spirit, never gives up and keeps the team "in" the game, no matter what the score is. She never gives up, and this is what the spectators love to see when her team plays. She is a driving force for her team.

Her positive attitude and clean play during some very tough competitive competitions, demonstrates Saadia's wonderful sportship and great leadership skill.

What makes a great athlete?

May be an answer which can never fully be agreed upon by all. But for the International Women's Flag Football Association, it is attitude, style and conduct in addition to athletic performance on the field that matters more than wins and losses. It is the demonstration and example of how strong the female athlete really is, and to give such lasting impressions to other players and spectators of the sport. To demonstrate the female sport of flag football and use as a role model in order to teach others how to loose as well as how to win, with grace, and dignity not only in a game, but in life. Saadia is a great example of what women's sports strives for. She has the admiration of her team, coaches, opposing teams and spectators.

Sincerely

Diane Beruldsen

President / Founder IWFFA

Sports Bio for Saadia Ashraf

Playing:

Pierrefonds Comprehensive High School: Touch Football, Tennis, Badminton

Had won various Most Valuable / Most Improved Player awards / In Sr. year won Athlete of the Year award

John Abbott College: Tennis and Touch Football  
Tennis – Captain 2 years - Most Improved / Most Valuable  
Touch Football – Captain 2 years / Most valuable  
Nominated for two major athletic awards during my time at the school  
Outstanding Performance by a female athlete / Jeff Mills Memorial Cup  
Received 2 awards for service to the athletic department and to the school [www.johnabbottcollege.qc.ca](http://www.johnabbottcollege.qc.ca)

Montreal Warriors: Flag Football (7 on 7) / Touch Football (7 on 7)

Founded in 1996 / Several league championships / Best quarterback of the league Awards / Have also won the Sportsmanship award on occasion / Play many tournaments in Ontario and in Quebec / National Champions B division in 2005 [www.tfont.com](http://www.tfont.com)

Quebec Storm: Semi Contact (8 on 8)

Played in various tournaments in Provincetown, Montreal, and in Key West from 2000-2005 / Various MVP offense awards / Named to tournament All Star team on occasion

Montreal Warriors: SEMI CONTACT (8 on 8)

Formed own team to play in above tournaments / Various MVP offense awards / Named to tournament All Star team on occasion

New York Galaxy: Tackle Football - One of the quarterbacks for the 2000-2001 Season

Montreal Blitz: Tackle Football - Have played quarterback from 2001 – present [www.montrealblitz.ca](http://www.montrealblitz.ca)

City of Pierrefonds and North Shore Ladies Softball League : Softball - Played Short stop / 3rd base from 1991 - 2003

Coaching:

John Abbott College: Girls Flag Football - Head Coach – 1996 – present

Beaconsfield High School: Girls Touch Football - Head Coach from 1996-2000

Lindsay Place High School: Girls Touch Football - Head Coach 2001-present

Lindsay Place High School: Girls Volleyball - Head Coach 2000-2001 season

Quebec Hurricanes: Semi Contact - Coach from 2001-2003

Montreal Hurricanes: Flag Football - Coach from 2001 – Present

City of Pierrefonds: Softball - Coach 1996

Career: Teacher at Lindsay Place High School



Saadia Ashraf - running w/ball



Bea Hawthorne in helmet



Bea Hawthorne holding the pole



Anne-Mette #4 w/ Oslo Panthers

## Articles

### **From the Flag Football Field to the Dojo QB Tiffany Lockett , VA Blue Thunder Team, Trades Her Flag Belt for a Black Belt**

**Contributed article by: Jennifer Hawkins**

Tokyo, Japan - Imagine standing in an arena filled with thousands of athletes, with signs that cannot be read because they are written in unfamiliar characters. Only a few minutes are left before you fight someone from Kazakhstan, but nobody can direct you to where you are supposed to be because they cannot understand you.

"It was a test of your will and your strength, and it has shown me what it takes to truly compete, to want to compete," said 35 year-old Tiffany Lockett. An Alexandria, VA resident and a Prince William County Firefighter, Lockett was a part of a 24-person team that represented the United States at the 5th World Shitoryu Championships in Tokyo, Japan in September. She said the experience not only improved her athletically, but also spiritually. "It was a very spiritual experience for me, too," she said. Lockett qualified to represent the USA through local, regional and national competitions. She has practiced Shitoryu—one of the four major styles of karate—for over five years and is a first degree black belt.

"She was an intense athlete before I met her," said Brian Oviatt, Lockett's instructor and fellow member of the U.S. team. He said that the tournament in Tokyo has really opened her eyes to knowing what her competition will be like in the future, as she looks to gain more international experience.

Lockett said she competed against women from Kazakhstan, Russia, Chinese Taipei and Japan in Tokyo. She said their style of fighting was much different than what she had seen fighting in competitions in the United States. She said the American fighters are a lot slower which allows her to see when a kick or a punch is coming at her. However, the international fighters are a lot smaller and much quicker than the American fighters.

"Here you are taught to get in and get out. There you are taught to go, go, go, no matter what happens," said Lockett about the two different approaches to fighting. Lockett said she will incorporate more of the style she saw from her competition in Tokyo into her training as she hopes to qualify for the Pan-American games, to be held in Venezuela in August 2007.

"She has all the skills in place and she's in great shape," said Jeff Bedard, based in Illinois, 4th degree black belt and coach

of the U.S. Team. He added that Lockett performed really well and was able to score points against tough competition, but that she needs more experience before she can medal at international events. Even so, Bedard said he expected Lockett to get a top five finish in Venezuela next August.

Lockett hopes to start a karate program for young children at her church in Washington, DC. She said she hoped her program would receive enough support to grow into a program for adults—through which they could exercise—and into some form of an inter-church league in the DC metropolitan area.

Tiffany Lockett is the quarterback for Blue Thunder Women's Flag Football Team of Virginia, of which Fred Chapman is the Head Coach. She has been with Blue Thunder and a member of the IWFFA since 2003. To read more about Tiffany and stay up-to-date on her travels, visit her website at [www.TiffanyLockett.com](http://www.TiffanyLockett.com). 

**Ed Gonzalez is a computer wiz and interesting coach for the Florida Blue Wave team. He analyses sport differently than most and his thoughts have led to a new computer program that would assist our IWFFA tournaments, helping to create a more fair competition, specifically for our teams. Read on.**

#### **Potential of a IWFFA Seeding Program**

Are you a member of a team that got left out of playoff simply because the bracket in which your team was placed had stronger teams than the other bracket? Did you ever feel your team was seeded lower than deserved simply because other teams had more "tackle players" and bigger rosters? Well a solution to this "biasing" problem is in sight. Similar to the NCAA BCS power ranking system where teams get ranked regardless of who they play, the IWFFA will be testing their version of a power ranking system. In previous years, the executive officers of the IWFFA would compare and contrast different factors in each team and would then reach a conclusion on where to seed each team. One big problem with this system is that even though it might seemed fair to some teams, it was an inconsistent system where the weight of each factors varied for each team. With the help of computers, this "biasing" could be eliminated by assigning the same weights for all factors for all team. Maybe it sounds to perfect to be true? Yes, it does. Actually, like every perfect computer system, it is initially designed by a person and therefore can not be perfect. For those of you who follow NCAA college football, sometimes teams with a loss will be ranked above of teams that are still undefeated. This occurs

simply because some of those teams with undefeated records might have had easier opponents and some teams with a loss or two might have played top ranked teams. But is this really a flaw in the program? Most people do not think so. So you might ask yourself, what are these factors that will define my team's power ranking? Well, let us consider the first program. This program will seed teams for the separation round prior to the commencement of the tournament. All teams from all division are ranked at the same time. This will allow teams that did not do well in the previous year to descend a division and teams who easily defeated every other team in their division to ascend a division. The major contributing factors to this equation are: 1. Winning Percentage, 2. Team Record, 3. Division Played, and 4. Point Differential. All this factors are obtained from the previous tournament. Other factors that have less weight are: 1. Percentage of Veteran Players, 2. Percentage of Players over the age of 40, and 3. Percentage of "Tackle" Players. All this factors are obtained from the current roster. By "percentage of \*\*\*\* player" it is meant the ratio of that type of player to the roster size. Therefore roster size is another factor that is indirectly included in these calculations. Now, how effective is this system? Well, let us use as an example last year's Kelly McGillis Classic 2006. There where 21 teams excluding the girl teams. These 21 teams went through the power ranking program and the following results where obtained:

- |                    |                   |                 |
|--------------------|-------------------|-----------------|
| 1. Badd Girls      | 2. Sting Rays     | 3. TNT          |
| 4. Lethal Weapon   | 5. No Anchovies   | 6. Brew Crew    |
| -----              |                   |                 |
| 7. Angry Bullets   | 8. Warriors       | 9. Lyte N Tyte  |
| 10. Playmakers     | 11. Tulsa         |                 |
| 12. Blue Thunder   |                   |                 |
| -----              |                   |                 |
| 13. Mooser's Mutts | 14. Marauders     | 15. Stray Dawgs |
| 16. Blue Wave      | 17. Norway Sweden |                 |
| 18. Panthers       |                   |                 |
| -----              |                   |                 |
| 19. Wolverines     | 20. Loose Women's | 21. Rum Runners |

Now, before anyone tries to kill me, let me explain the results. Green denotes "previously ranked higher division", red denotes "previously ranked middle division" and blue denotes "previously ranked beginners division". By intertwining all division you can see who played the wrong division in that previous tournament. But what if your team just had a bad round robin or perhaps your team was placed in a bracket that was very competitive. Well, that is why you get a separation round at the beginning of the tournament. Assuming that every team from last year was participating this year (21 teams), and there are 4 divisions of play(adding a "recreational" division in between middle and beginners), and no new teams will join in the fun, the top 3 teams would automatically go to the competitive division and the bottom 3 would automatically go to the beginners division. The remaining 18 teams would play each other in a separation round. These will fill the remaining three spots in the competitive division

and the 6 spots for each of the middle and recreational division. Similar distributions of teams can be made for any number of teams entering the tournament. Wait a second. But we are forgetting one thing! What if we do get new teams, which most likely will be the case! Well, if you played another tournament with the IWFFA, the factors will be extracted from the statistics of that tournament and compared to the strengths of the teams you played in that tournament. Now, if your team is brand new, and you have never played as a team with the IWFFA, then the major factors described above do not exist and the minor factors which consider the composition of your team will determine your team's power ranking.

Once the separation round is complete and all teams are in their respective brackets. The tournament statistics will be kept so that these numbers can be used in the second seeding program. This one is used to determine who goes to the playoff's bracket. This second system only considers three factors and compares your team only to those other teams in your division. The factors considered are average point differential, winning percentage and the "official's rank". You might be asking yourself, what the heck is "official's rank". The official's rank is a value that awards people with good sportship. Good sportship is one of the pillars of the IWFFA and for that reason it should be included. This factor would award those teams that follow this ideal of the IWFFA and penalize those teams who do not. So next times you decide to perform an unsportlike action on the flag football field or the sideline consider the possibility that it could cost your team from going to playoffs. So what are the benefits of this playoff seeding system? Well, lets just imagine that you have two brackets in one division and one bracket happens to have a lot stronger teams than the other. Under past IWFFA rules, 2 teams from each bracket would go to playoffs. In this case, one team from the stronger bracket would miss playoff even though they might be better than the second team in the other bracket. For that reason, the playoff power ranking would be applied and therefore give a chance to that third team in the strong bracket to make it into the playoffs.

Eduardo Gonzalez - gonzalee@fit.edu  
IWFFA Web and Computer Master



**IWFFA new web designer: Ed, is a fun guy, yet he is so serious. He brings to the IWFFA some really great changes read on:**

Most of you might have notice the drastic changes the website has went through in the past few months. The one responsible for such changes is the 2 year IWFFA member and coach of the beginner's division team called Blue Wave. His name is Eduardo and he is a doctorate student of Ocean Engineering at the Florida Institute of Technology (FIT). He specializes in theoretical and applied hydrodynamics and ship design. He currently works as a research engineer for the Center of Corrosion and Bio-fouling Control at FIT. During his spare time he plays flag football, coach flag football and does

anything football related. A couple of months ago, he was surfing through the IWFFA website and noticed how difficult it was to get around the website to find information. Why not developed a simpler HTML website without frames? Using the "the simpler the better" mentality, Coach Gonzalez developed a Frame-free HTML website that could be edited with any HTML editor especially the ones made my Microsoft which are readily available. But why stop there? He went about and tried to give the site a more friendly and colorful display. The website is still under construction and you will probably see a couple of rough spots here and there and a couple of pages without it proper background but it will get done. One great advantage of the new website is that both Diane Berdulsen and Eduardo Gonzalez can work on the website. This is usually difficult since Ed has a PC and Diane has a MAC. But thanks to the simplicity of the design, both MAC and PC users can work on the website without messing it up too much.

The vision for this website is to have not just a website but a center where people can communicate and share not only tournament information but also football information that could help all IWFFA members develop into better flag football players. In our quest to meet our goals, the website is now linked to archives from various flag football websites that describe drills and techniques to practice while preparing for an IWFFA tournament. In addition to drills and techniques linked from other websites, it will eventually include any drills, techniques, strategies, plays, or anything that members are willing to post on the website. For now, enjoy what is available and please fill free to send in any articles, pictures, etc. If you have any suggestions, ideas, comments regarding the new website, or just simply want to send something to add to the archive section, please email the webmaster at [gonzalee@fit.edu](mailto:gonzalee@fit.edu).

### **Flag Football History Section (part 3)**

**Some simple, interesting facts of Tackle Football, the father of our beloved game:**

**Women's Flag Football (the better game!)**

#### The Head

No helmets, they used hair

In the early days players did not wear helmets. They grew their hair long and then pinned it on top of their heads in buns to protect themselves. They also didn't have any player padding for shoulders, legs or hips like tackle has today.

#### The first helmet

After years of being bruised, toward the end of the 19th century some players started wearing homemade leather helmets. The inventor of the football helmet was James Naismith, who is credited with inventing Basketball. At first when players wore these helmets they were sneered, heckled and laughed at. And, called "Sissies" by their opponents. Finally the opponents wised up after getting so bruised and

started wearing helmets too.

#### Description of some game tactics

Around the time the helmets were added, the idea to have a line of scrimmage got started. But the players didn't line up like they do today. The linemen didn't crouch down in a three-point stance. They just stood face-to-face. So when the ball was snapped, the linemen just began punching, hitting, tackling, and wrestling with one another.

Not only were players allowed to pick up the ball and run with it, but they were also allowed to pick up the player with the ball and run. The player being carried was treated like a rope in a tug-of-war, being pulled in all directions.

#### Rule Changes

Back then also, a team was only allowed 3 downs to make the first down, and required to gain only 5 yards for a new set of downs. Today the rules are that a team is given 4 downs, but they have to go 10 yards. And in 1906 a new strategy was made legal in the game, called "The Forward Pass." This created the American version of Football.

By this time the number of players on each side was down to 15 (in it's early, early years there were two mobs of hundreds of people competing against one another – did you read how the game was started in our past 2004 Forward Pass issue?). Fifteen is the same number of players used in Rugby. But one day in 1874 a game between Cambridge University and McGill University had a game all set up. At the last minute, 4 players from the McGill squad couldn't make it. The only thing they could do was to make both sides have 11 players. And it's been 11 players to this day.

#### Our Girls and Women's Flag Football

When the NFL's Super Bowl was initiated in 1967, and the whole country (US) was watching this exciting game at home, many viewers wanted to play. Not being as fit, or want to go all out and tackle, a version of the game was used, which was Flag Football (Porter Wilson created the version of Flag we use today).

Because there was no central organization controlling and thus standardizing the rules, many different types of the flag football game were used. 6, 7, 8, 9 11 players, downfield blocking or no downfield blocking, blocking, screen pass no blocking, kicking, no kicking, field goals, or no field goals, fumbles, no fumbles, etc, etc.

#### Where did IWFFA rules come from?

The rules which were the base of IWFFA rules came from the northeast part of the US, New York, simply because IWFFA Founder Diane Beruldsen was born in New York. At that time, it was what was used in the Long Island Women's Flag Football League, then Brooklyn WFFL, New York WFFL, Key West WFFL, National Women's Flag Football Association and finally IWFFA. Because teams from other states and countries became involved and we modify our rules each year, changes have been made. In our next issue, we will start giving you history of Women's Flag Football and get

away from the men's tackle history.

If you would like to share your history of your league, photos for next year's issue, we ask that you start to submit to our office so we can keep record and report to our players, coaches, and members. 

### Coaching Tips: Rallying the team and motivating your team with pre game cheer!

**From: News Corner (provided by Sports Supply Group - A Main Sponsor of the IWFFA) - Article provided by the National Alliance for Youth Sports – (with some adaptations specifically for our flag football readers**  
<<http://ssg.c.topica.com/maae7Ofabs2uWbnGgXzeaeQBbR/>>[www.nays.org](http://www.nays.org)

Motivating athletes is one of the biggest parts of coaching – and one of the most challenging aspects, too. Using a motivational talk on Game Day before the team takes the field can be the springboard for getting everyone in the right frame of mind, boosting their confidence and preparing them to perform at their best – if it's structured the right way. What's the key for delivering a pre-game talk that packs some punch and is embraced by the players? Let's take a peek at some tips to keep in mind when gathering your troops before the game begins.

Always emphasize the positive – A major coaching no-no is bringing up an area of the game that the team has really struggled in of late. You never want players to get a sense that you are disappointed in their abilities. Instead, direct all your comments to those areas of the game where they have excelled. If you introduced a new skill in practice, share with them that you can't wait to see them use it during the game. Or, if you added in a new play that they picked up pretty well, let them know that you're anxious to have them use it during the game. Sticking to positive comments helps keep your team upbeat and doesn't allow their confidence to waver.

Put yourself in each player's shoes – Picture yourself in your players' shoes and imagine what you would want to hear from your coach. Or, if you played sports as a child look back on the speeches coaches gave you. There were probably some that really grabbed your attention and others that bored you and your friends. Steal some thoughts and ideas from those good speeches to enhance your own.

Be passionate – Speak from the heart. When you're truly excited to be coaching your players, and want to do everything you can to help them get the most out of their abilities, each will recognize that and return the favor by giving you their best effort. Female athletes are smart and genuine enthusiasm from you their coach is going to spill over onto the field in how they play the game.

Stay away from phrases that put pressure on your players – On the surface making comments such as, "Let's score four touch-

downs today" or "let's hold them to two goals or less" may seem motivational. But in reality, these can backfire by putting extra pressure on the kids. Also, they could play their best game of the season yet fall short of your pre-game goals, which will leave them disappointed. Remember, each player can only give you their best effort; they can't control the outcome of games.

### Sample of a Cheer

Here's a good sample of a great cheer I learned years ago, which is simple, easy and hard to forget (no one ever forgets this cheer). You gather the team in a circle. Each puts one hand in the middle, joining all other hands in the middle and then....

Solo person cheers (one with loudest voice) : All Right, All Right, All Right  
Team: Alright  
Solo person: OK, OK, OK  
Team: OK  
Solo person: Alright  
Team: Alright  
Solo person: OK  
Team: OK  
(now all together – bringing hands up in the air)  
"Let's go \_\_\_\_\_(name of your team) "

### Let's Talk About Motivation

Hopefully you have a coach who creates a stimulating atmosphere during practice, but the reality is that some coaches, in spite of their good intentions, come up short in this area.

Regardless of how practices are run, every player should understand the purpose of the drills, especially the ones they don't seem to enjoy. Good coaches should take the time and talk to players about why practices and drills are important and what role they play in helping everyone both learn and improve.

Players who have some sense of why a drill or exercise is essential are more likely to exhibit enthusiasm during the course of the practice. While explaining the specific purpose of certain drills, also be sure to point out that in order to do well and/or improve in all aspects of the game, practice and effort are necessary.

To further boost players interest during practices, consider offering a good-natured challenge as an incentive. For example, if your athlete finds running for pass patterns (like "go long" and you don't throw her the ball) boring and a difficult drill on which to stay focused, challenge her to miss fewer than five passes during the duration of the practice.

This little incentive can be effective in getting her to concentrate more and stay motivated.

For more information visit the National Alliance For Youth Sports' website at  
<<http://ssg.c.topica.com/maae7Ofabs2uWbnGgXzeaeQBbR/>>[www.nays.org](http://www.nays.org); email [nays@nays.org](mailto:nays@nays.org)



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