



FORWARD PASS

OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

In This Issue:

Introducing the Cuban Dixie Chicks
TomboyX - Teams Up with IWFFA
Flag Football Magic in CUBA
Promotional Tour 2016 - 3 months across US & Canada
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Why I Play
Officiating Corner - All in the Family
IWFFA's Newest Director
Sun Bowl Fun
The Best Flag Football Uniform Store
2015 AWARDS / Team Ranking
And the Winners Are
2016 Promotional Tour



IWFFA.COM

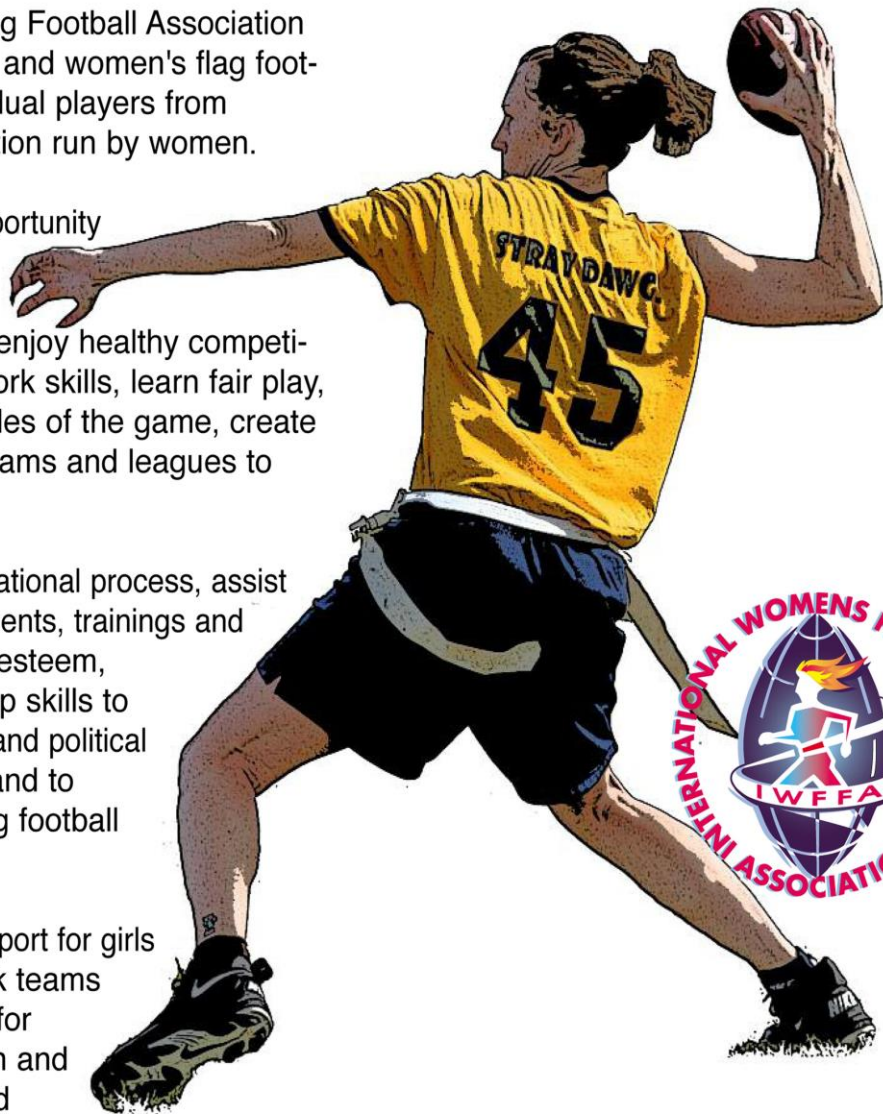
IWFFA Mission Statement

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 sportship, standardize rules of the game, create new teams and unify exiting teams and leagues to help organize the sport.

Our goal is to promote the educational process, assist our players through our tournaments, trainings and promotional tours to build self-esteem, confidence, enhance leadership skills to better compete in the business and political world to one day have peace and to professionalize the sport of flag football for women.

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



It's Time Your League Joined the IWFFA

BECOME A SANCTIONED LEAGUE NOW!

Tremendous Benefits / Contact our Office Today

iwffa@iwffa.com



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SPECIAL NOTE:

The 25th Kelly McGillis Classic International Women's & Girls Flag Football Championship & World Challenge Game in Key West, Florida - will add a new division: 5 on 5 - Non-Contact. Dates are Jan. 28 - Feb. 1, 2016 - for Games Only / Jan. 25 - Feb. 1 full week of events.

International Women's Flag Football Association

**We want you to join us on our Journey
For our 2016 promotional tour across the USA
& Canada or any time during the year!**

**Our goal is to unite females around the world....
to empower them and show the world how talented
and exciting female athletes truly are. We want
women to achieve leadership roles. We want to accomplish
this through a cooperative organization.**



**And to find out what we're about
Email: iwffa@iwffa.com
Web: iwffa.com**

**Join us - in any capacity. Be you the novice, the artist, the
teacher, the business woman, the unemployed, the student,
the child, the leader, the athlete... together!
We use the sport as our vehicle, And the Journey Begins**

Letter from the Editor

Hey, how is it going? I'd like to take a moment to introduce myself. I am the new Director of Communications for the IWFFA. For more details about my professional life, look for a short blurb about me later in this issue. Right now, this is about flag.

I began my flag-football journey with the NYWAL Gothamites. I didn't even play my first year! I took pictures and helped support the team during their practices. I loved the energy and camaraderie. It did look fun though, so I decided to give it a try this year.

I played my first tournament in Asbury Park, NJ. Over two days, there was rain, cold winds, brutal heat, mud and hard dirt. There were broken tents, strained muscles, and a few bad jokes. It was pretty awesome. When Diane asked me why I wanted to take on this position at IWFFA, I told her it was because of the mission and the sport. I am here, really, because of you. I believe in providing women and youth with opportunities to play and participate in empowering activities. Where else can I play and work towards such a mission?!?

Every person, team, and country has their own desires, values and ideas. Just as you bring something special to your team, each of you brings something special to us. This issue is held together by the idea that women should support women- that we are all a team, if not a family. Forward Pass is simply one of the platforms you can use to express those values and ideas.

In this issue you will get to hear from current players- from Julie Chovanes on transsexual players in the IWFFA and from Alison Woods on why NJWFF- Fire donated money to another team. You can also read about Diane's efforts to bring teams to Cuba as well as about her time spent at the Michigan's Womyn's Music Festival. Don't skip over the selfies and jokes! This issue of Forward Pass is full of serious topics, but, it is about fun too. That is what flag is to me: serious but fun.

There is a lot going on, and we are a diverse and huge family. We look forward to your feedback on anything in this issue, or previous ones for that matter. I look forward to seeing you on and off the field!

Best Regards,
Allison Chatham



WHAT ARE THE PLAYERS SAYING?

Comments from our flag football players

"I am a proud participant of the IWFFA".

I like the aspect of organized football for women. IWFFA allows women to participate in and exhibit their love for the game of flag football without having to expose their bodies. The ref's are professional and excellent teachers of the game! The teams that participate are cordial and make IWFFA fun. Allowing individual participation along with team participation also adds to this atmosphere of unity. "I am a proud participant of the IWFFA".

Kristina Brown
Norristown War Eagles
Pennsylvania USA

Hei IWFFA!!

"I am back to work, and it sucks..... I would rather be in Denmark "playing" flag football. I really enjoyed the weekend of flag football in Denmark, we had so much fun. Getting introduced to this sport has been great..... THANK YOU IWFFA !!!!!!! :)

HA DET BRA!!!!
KLEM EVA :)

Eva Hammer
Oslo, Norway

I can remember when.....

I can remember in 1975, in the Long Island Women's Flag Football League, we played in rain, sleet, snow, ice, and of course mud. We always had a great time. At one point we even wore pads on our arms and knees. But of course as the women we are, that meant we could hit harder. Therefore, too many injuries were occurring so we had to discontinue the use of pads. We had some great parties afterwards too. Do you remember Jones Beach Hotel, Wantagh Down Bar and of course the dinner. Geese did we have fun back then.

Well I can go on and on as you know. I just wanted to say I think it is wonderful how far you have come with the IWFFA. I always knew you would keep the sport going and introduce Flag Football to the next generations. I am very proud to see that you have accomplished your goals with IWFFA. Keep up the good work and good luck. I will always cherish the fond memories I have of playing with you and the wonderful ladies in Long Island and Brooklyn. I do have plenty of pictures as a reminder as well.

Thank you for all your hard work and most of all your sincere friendship.

Miv Delgado
Queens, New York USA

"We are loving the 8 on 8 contact.

Playing 5 on 5 non-contact would be like taking steps back"

Maria Mendoza
Honduras Tigers

"Each year I have been involved the IWFFA has improved drastically on all fronts. The newsletter is great. Perhaps it could be beefed up from time to time with an editorial piece interpreting a rule that had been subject to some debate, etc. Ed op pieces discussing the intricacies of rules in a narrative style are engaging and get players to pay attention. I think it should be a paramount goal to increase overall understanding of the IWFFA rules--both among officials, as well as players".

Stefani Godsey
Lansing, MI USA

Dear IWFFA,

I want you to know how much I admire and respect your organization. It amazes me that the IWFFA has so much drive and energy. It has just occurred to me that the IWFFA has been organized since the 90's and still going strong! It is a beautiful thing to watch women go all out for their dreams. There will be a professional women's flag football league one day..... it is coming. You are making it happen.

Peace, dreams and white light.
Eileen Grant
USA

Hey IWFFA:

Just wanted to say it was a great experience for my daughter to play on her team: Key West Handbags. She participated in her first ever flag tournament. I have nothing but compliments for the event & organizers who were class acts. I am so happy my daughter was part of your program and look forward to next year!

Stacy McCain - mother
Key West, FL USA



RE: last issue of Forward Pass Magazine:

Nice and Good job!

I love the piece about Diane's experience of coaching the Stavanger Sardines and the introduction of our team.

**Maren Berg-Thomassen
Hafersjord, Norway
Stavanger Sardines**

RE: IWFFA Flag Football Clinic 40th Michigan Women's Music Festival

It was a unique experience at Fest. I didn't think there was going to be as much instruction and drills as there were. I thought we would show up and play football with some flags around our waist and call it a day. It was nice to learn the basics and start from the ground up, making sure everyone was on the same page. I had played on a coed team before and was pretty much just thrown into the game with little to no instruction. I appreciated the time and dedication that was put forth in teaching us the fundamentals.

**River Warren
Detroit, MI**

RE: IWFFA Flag Football Clinic 40th Michigan Women's Music Festival

Hi IWFFA,

I hope you had a safe and uneventful trip back home after Michfest. I just wanted to say how much fun I had playing flag football at the festival!! I really, really enjoyed it immensely.

**Jen Servey
Buffalo, NY USA**

RE: 1st IWFFA - Norristown Women's Flag Football Tournament

It was super fun and even more so with the championship and even more so with the win over the breakfast shop! I still can't believe it!

**Tosha Taylor
Norristown, PA USA
Norristown War Eagles**

RE: 1st IWFFA - Norristown Women's Flag Football Tournament

The tournament was SO MUCH fun. Even though we barely had enough people to play we appreciate you guys making exceptions for us so we could participate because we really did have a great time.

**Mariama Cox
Bklyn, NY USA
NYWAL Gothamites**

RE: 1st IWFFA - Norristown Women's Flag Football Tournament

Love playing in the IWFFA!

**Kristina M. Brown
Philadelphia, PA USA**



Introducing the Cuban Dixie Chicks

November 6 - 16, 2015 the IWFFA went to Havana, Cuba and started the very first women's flag football team.

To a tourist, the city of Havana might seem poor and desperately needing repair as the walls of buildings and streets display cracked concrete. Clothes are hung to dry outside apartment windows, dogs run loose, goods like clothing, shoes, and other basic necessities are difficult to afford. You can buy a delicious meal at a local restaurant for \$5. You can rent an apartment for two person at \$35 a night.

Wi-Fi is not as common to find in people's homes. To get internet connection, it can possibly be found on the street corner where a rich hotel stands that has access to a tower and thus offers a crowd of people sitting and gathered nearby for use of this reception to utilize social media. You go back in time, into the 50's as you see a '57 Chevy Belair, a '55 mercury, or a '55 Buick Riviera driving through the streets. These cars are still running after 65 years!

Not everyone has a phone, let alone an I Phone, or an I Pad, or a computer and a printer. The Cubans certainly live a different life style than what we are use to because of the political suppression over the past 51 years. One might think that life for the Cuban is dire. And it might be for some, but what I witnessed was the opposite. There was a strength in these people and I thought to myself maybe the Cubans understand something the rest of us don't know.




As I walked through the streets with my football, I talked to everyone. There was life! energy ! these people were robust and happy. They loved talking to this American and catching my football. One guy pulled out his wallet, after catching my football to show me his drivers license name which read: Jose Wilson. His last name was the same as my football.

For the next few days, I had rounded up women who never saw the sport, who were willing to give it a try. At the trainings, these women were smart, attentive and played as if they had "fire in their bellies". They are strong women, leaders for sure who now call themselves: The Cuban Dixie Chicks - Cuba's very first women's flag football team. Carla, Milerni, Gaysi, Liudmila, Juanita, Melissa, Massiel and Marlen. Their ages range from 17 to 54 yrs. old.

We trained as much as we could, and when the evening training became very dark, we practiced hand offs and running with the ball until it was 7.30 PM when the training was over. These women would have played till midnight if I let them. And this is just the beginning.



continues on next page...



We are coming back to Cuba to train more women and girls from as many Provinces as possible. We are there to support our Cuban friends in every way in order that the flag football continues throughout Cuba.

We will leave in early October 2016 and invite IWFFA players to join us in this fantastic opportunity. It will be a phenomenal experience for you. Sign up Now. Email: IWFFA@IWFFA.COM

And for those of you who can not make this trip to Cuba which the IWFFA offers, then support our effort in other ways. Send us your old cleats, make a donation, help us to solicit sponsors. Your energy is needed and we welcome you to be a part of it.

As always, united we play, the stronger we get.

TOMBOYX - Teams Up with IWFFA!

Official 2016 Circuit of Tournaments Sponsor

As a 2016 IWFFA member you will receive a 10% discount from their on-line store plus Championship teams will receive one of several possible TomboyX products.

TomboyX is a lifestyle brand that creates and curates clothing and accessories with tomboy style.

It all began with a need for a shirt. In early 2011, Fran Dunaway and her spouse, Naomi Gonzalez, founded TomboyX, a women's clothing company, in Seattle. Fran was on the hunt for a nice shirt that fit well, and was made with high-quality fabric. None of the women's departments carried what she was looking for, and men's shirts just didn't fit right. Naomi said, "Well, how hard is it to start a clothing line?" - and off they went.

In the beginning, TomboyX experimented with shirts, hats, tank tops, and other items all in a tomboy style. The product line consists of a combination of items that are designed in-house as well as curated items that are hand-selected, from small artists and companies with a mission for good.

Underwear is the signature product that really defines this company-a line of boxer briefs especially designed to fit a woman's body - with soft cotton and an amazingly comfortable waistband. It took months of trial and error, but it was well worth the effort. The first run of boxer briefs sold out in two weeks, and to date they've sold more than 8,000 pair.



TAKE 10% OFF*

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TOMBOYX.COM

*Expires 12/31/15

They continue to blaze a trail with new products in development - including a special run of flannel pajamas, board shorts and possibly even soft bras. Every item in their signature line is inclusive of all women; TomboyX makes their undies in sizes ranging from XS through 4X.

Flag football has extra-special meaning to Fran and Naomi, they invited many of their good friends to play a friendly game on a weekend. Little did the attendees know that they had planned to get married during the game - talk about a quarterback sneak!

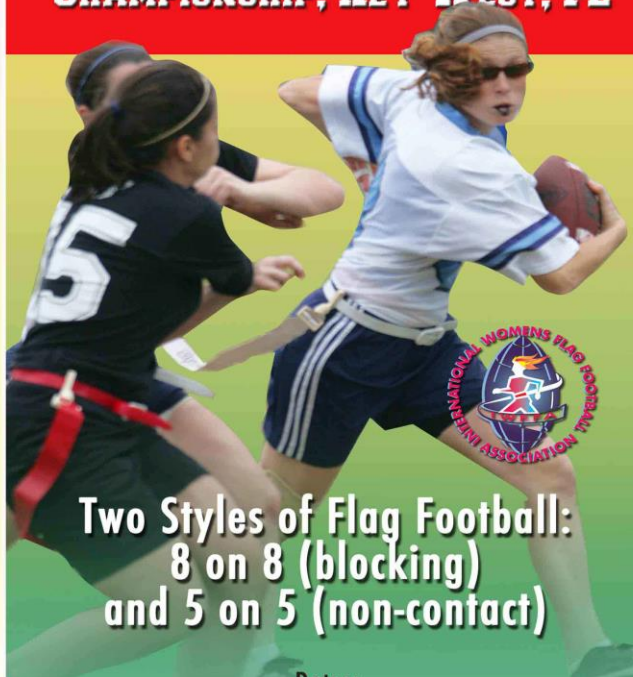
Check out their website for some really cool stuff! : TomboyX.com

AMELIA





**25TH KELLY MCGILLIS CLASSIC
INTERNATIONAL FLAG FOOTBALL
CHAMPIONSHIP, KEY WEST, FL**



**Two Styles of Flag Football:
8 on 8 (blocking)
and 5 on 5 (non-contact)**

Dates:

January 28 - February 1, 2016 (games only)
January 25 - February 1, 2016 (full week of events)

25th Kelly McGillis Classic International
Women & Girls
Flag Football Championship - Key West, Fl. USA
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Web: IWFFA.COM
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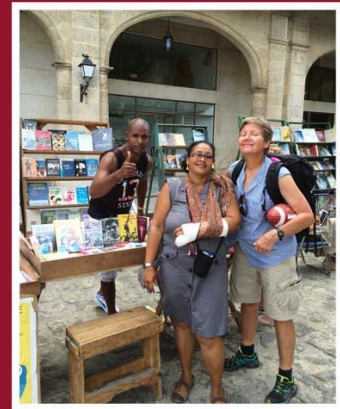
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Flag Football Magic in Cuba

by Connie Tarply

The small charter plane is taking off and Diane is almost as excited about the flight as she is about Flag Football. Notice I said almost as excited. Nothing consumes her like Women's Flag Football does. We are on our way to Cuba so that she may attempt to bring the sport there. Diane Beruldsen, is president and founder of the International Women's Flag Football Association and is also the international trainer for the sport, which has already introduced Women's Flag football to half a dozen countries not to mention countless cities across the U.S. Diane never tires of teaching the sport to women who are both old and young. She has taught too many groups and individuals to keep track of.

The plane touches down and she starts recruiting in the airport. She never stops. She tells the taxi driver what she is here for and asks if he knows any women who might play. We try to connect with the people we are staying with and she is much more concerned about making the necessary contacts to start a women's and girls flag football team in Cuba than she is about whether we have a place to stay for the night. Luckily, we do have a room. She immediately starts making calls to contacts. This is Friday afternoon. By Tuesday she has already had a practice, developed a team, met with the government officials to establish the sport, met with an editor and journalist of an international magazine for media coverage, and continues to recruit women for the first women's flag-football team in Cuba.



During the little tourist time we have in Cuba, she walks through neighborhoods with her football, drawing attention to herself and making contacts with locals. She talks to everyone: All the men want to play and the women want their sons to play, but, Diane explains her mission- which is to expose the sport to women and girls so they can build new skills, become independent and able to lead. She explains to everyone that she hopes to train the women and then have the women train more women and girls, helping them develop leadership skills while helping the sport grow. Her enthusiasm is contagious as everyone listens. I have never met a person so dedicated, confident and tirelessly obsessed.

Cuba Women's first flag-football practice

At their first practice on Sunday, just two days following our arrival on Friday, the women whom Diane met just a day or two earlier seem thrilled. Just as Diane begins to explain the game, two women are walking nearby and she races to talk to them. Whatever she has said brings them over to the rest of the group and these two women, who are dressed in their Sunday clothes, are now straddling their legs, stretching out, jumping up and down and now are a part of the team.

Luckily there is one woman in the group who is able to translate and with a combination of simple Spanish, simple English and a lot of body language, the two are able to communicate to the rest of the women how to play this new sport which no one has ever seen or heard of before. Some of the women are in sandals and when Diane does the kicking drill, she lends these women one of her shoes. Soon Diane is running up and down the field with one sneaker. They are excited and ready. For almost three hours this group of women, in the hot sun, does everything Diane commands.

At the end, Diane asks if they enjoyed the sport and encourages them to find others to play. They reply they love this new thrill and will bring more players to the next practice.

Hands join in a circle to commemorate this first ever women's flag-football team in Cuba. The women follow Diane's lead for their very first cheer: "All right, all right, all right/ ok, ok, ok/ all right, ok... Cuba flag football!" I call this flag football magic in Cuba and it has been amazing to watch.



PROMOTIONAL TOURS 2015

The IWFFA is a unique sports organization in that we not only support existing team and leagues, but we CREATE new teams and leagues, and, we are willing to travel anywhere in the world.

This year the IWFFA traveled to over half a dozen cities, offering flag football clinics in: Tegucigalpa, Honduras, Grimstad, Norway, Gothenburg, Sweden, Lansing, Michigan, Key West, Florida, Key Largo, Florida, Guatemala City, Guatemala and Havana, Cuba.

Players learned proper techniques for basic flag-football skills and emphasis was placed on playing the sport with finesse and strategy. All of our clinics were successful, but one would be our last.

40th Michigan Womyn's Music Festival - August 4 - 9, 2015

- By Diane Beruldsen

It was sometime in May when I discovered that this festival would be the last. There was sadness and an urgency to sign up for the fest, one more time to offer our sport to the festy goers and workers.

In the 90's the IWFFA offered its very first flag-football clinic at this festival. This led to decades of worldwide promotions of the sport for girls and women. So, for sentimental reasons and promotional reasons, I booked my ticket that May day.

I left Stavanger, Norway on August 3rd and landed in Grand Rapids, MI, where I took the festival shuttle bus.



continues on page 13 ...

And The Winners Are

#1 Women's Flag Football Team 2015 - Breakfast Shop Slammers - NJ, USA

#1 Dance Challenge Team 2015 - Guatemala Gladiadoras

On the Air with IWFFA/Al Aire con IWFFA

Many Thanks to the teams who competed on the 2015 Dance Challenge
Congratulations to the Gladiadoras USAC of Guatemala who had the most
"thumbs up" on our facebook page! They won \$100 and you can
enter your team dance for our 2016 contest

**They got 103 Likes
on their video.**



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It was a 3 1/2 hour ride to the camp. Getting off the plane, I noticed a group of women gathered at a table. You knew they were festival women. The leader brang all the women at the airport closer, in a circle, and started to give instructions. She asked for volunteers, and I raised my hand to help load the luggage onto the bus. Thus... my journey would truly begin.



The festival is for women and girls only. No men or boys, and it is called: Womyn's land. You can tent or RV, but there are no bungalows, or rooms to rent, you truly live in the woods. Once you walk onto "the land" you live another experience of what could be. Every womyn has to sign up and volunteer for two 4 hour shifts during her stay at the fest, no matter if you paid your full entrance fee, or discounted fee. You walk through tables of sign-up sheets and smiling faces are ready to answer questions about the variety of jobs. There is everything including kitchen work, first-aid tent (at the Womb), security, clean up, child care, you name it. I signed up for shuttle service which meant I would drive a tractor pulling dozens of women up and down the main dirt road (FUN!). The volunteer work ensures that you will socialize and meet women from around the world.

Throughout your stay on "the land", there are support groups for any type of interest or addiction you can think of. There are pages and pages of workshops available in your program magazine for: politics, quilting , LGBT issues, drumming, healing, yoga, swing & country dance, stilt walking, so many to choose from and of course....flag football :)

What was extraordinarily special, is that everyone's energy was positive, fresh and beautiful. You truly felt the magic of the land-which was empowering. The nature was also unique. I enjoyed a walk through the woods, where there were no tents, no human voices, magnificent trees, fresh air, and a beautiful green throughout. It was just me and the universe as I walked through the pristine area and could feel my soul.



Many womyn don't call each other womyn, but rather "sister." As in, "hey Sister"... because we are all one family. I traveled throughout the day with my backpack and football in hand. As I would walk on the land, I would invite girls and women to our flag football workshops. It was hot and I would tire. I eventually would have to lay down my backpack somewhere, unattended for hours or even the whole day, until I was ready to go back to my tent. In my backpack was my: I phone, credit cards, \$300 in cash, and more, which no one touched. It was all there every evening when I returned, everything was safe.

Clothing was optional, and there were some women who only wore smiles. This was wild for me the first time I attended the festival, but by adjusting my prejudices from societal restrictions, I opened a channel in my brain and I felt free. I would put my shirt in my back pocket and keep my hands free to toss the football. When it came time for our flag football scrimmage games, it was "shirts" against the "no shirts" and no one had a problem playing on either team.

In our flag-football workshops, we had a wide variety of players. Women in their 50's, girls in their teens, experienced players, flag football virgins and deaf women who were accompanied by their Signer. The signer was the 9th person in the huddle, and she would interpret the plays for our deaf players.

As a result of this group of players, the IWFFA will offer special clinics just for our deaf players during our three-month promotional tour across the U.S. and Canada next Spring and Summer in 2016. We all had a blast during the flag football clinics, and made new friends; actually... we made "a new family." Check out our Michigan Fest 2015 Dance Challenge Video (on our Facebook page: "On the Air with the IWFFA")

This year, there were over 6,000 womyn and girls who attended the festival. At the closing ceremony which was held in the evening, it was dark and the sky was filled with stars. Lisa Vogel, the founder of the event, lit a candle. That candle then lit another candle, which lit another and another and another.



As I wrapped the candle, to protect its journey back over the Atlantic, it became clear to me that it is the light which we must focus on. Sisters supporting sisters, passing the light not only from the festival, but for our flag football and all over the world. Womyn supporting one another, the essence of our organization.

The Transgender Issue (part one of a series) : Out of the closet onto the playing field. by Julie Chovanes



Since Bruce Jenner made public on national television and all around the world that he wanted to be a woman, we witnessed the transformation of a once: well accomplished, male, gold Olympic athlete, father and husband who turned into a gorgeous, sexy, 65 year old woman. Since then, because of Caitlin (her new name) Jenner's publicity, the public is now more aware than ever about transgender persons. But for us on the flag football field, this is not a new topic and we have had over the years, men who became women who played flag football with and against our women's teams.

There are mixed opinions whether men who have become women, should be allowed to compete against women born women. We will open the conversation, and hear from one of our very own: Julie Chovanes who had founded, coached and played with the Philadelphia Lighting and played also with the NJWFF-FIRE team.

This story will be the first of a series which you are welcome to join.

Please share with us your own story, opinion on the matter or ask questions which we will address in future issues of the Forward Pass Magazine. We welcome everyone's opinion and hope to shed light on the matter. For the record, the mission statement of the IWFFA 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 sportship, standardize rules of the game, create new teams and unify exiting teams and leagues to help organize the sport.

And now let me introduce Julie Chovanes.

JULIE CHOVANES INTERVIEW

I decided the best way to write this article was to interview myself. So in what follows, I am both the Q: and the A:

Q: Hi! How are you? You look great by the way!

A: Thank you. So do you!

Q: Thank you!

Q: Now, I'd like to start with you giving us a little background of you.

A: Ok. I am 55, married for 28 years with four kids, a lawyer in Philadelphia.

Q: Anything else?

A: Not that I can think of.

Q: Ha ha ha. You are funny too!

A: Thank you! Well I like to play football. And I am a transsexual.

Q: What's a transsexual?

A: A transsexual is someone who identifies with the opposite gender from their body at birth. I am a female transsexual so I identify with the female gender. I am trans too, which I think of as a broader category of people than transsexual, because it includes gender-queer and other people who don't necessarily think of themselves as either male or female. And I also call myself a trans woman too.

Q: So a transsexual is someone who is legally a woman? Someone who had the "operation"?

A: No, there really aren't any "formal" categories. Someone can call themselves transsexual and have any body they want. Transsexual and trans are about self-identification. So a trans woman who considers herself a transsexual can still have guy parts and be legally a guy because it's hard and expensive to change a body and legal documents. As for me, I am legally a woman: name change, social security, driver's license, passport, insurance, etc. etc.

Q: Why do you call yourself a transsexual? Have you had the operation?

A: Because I want to and none of your business.

Q: Why not?

A: Because a transsexual, trans woman, trans person, shouldn't be defined in terms of their genitals. Do we call men d__ks or women the c-word? Ok maybe some of them, but not the entire category of men and/or women. And what a person's genitalia are shouldn't be the sum total of how you think about me or any trans person. We are people.

Q: Do you think of yourself as a man or a woman or something else.

A: I think of myself as something else. I see men, women, trans as three categories. I see myself as a trans woman, having the brain of a woman but I started with the body of a guy.

Q: What do you mean having the brain of a woman?

A: There have been over 300 studies of transsexuals' brains, almost all of female transsexuals, and science has consistently found our brains have certain female areas – brain areas that are more like a woman's brain than a man's.

Q: How'd that happen?

A: Trans brains are formed a little differently in their mother's womb. Usually a hormonal trigger is sent out to have the fetal brain start forming gender identity early on. And that trigger is different than the one that tells the fetal body to start forming a gender identity. So in trans people, the brain trigger fires to give the trans person a different gender identity in our brain than the one that fires for our body structure.

Q: Wow that's kind of deep. How do you deal with it?

A: Well I had a hard time with it. Growing up it wasn't easy – we were really conservative Catholics living in a conservative place at a conservative time – the world didn't really know or recognize trans people. And since it didn't, I thought I was crazy or it was Satan or both and I tried to bury it. In the meantime, life happened. And instead of retelling that part here, people can just Google me "Julie Chovanes" if they want to read about it – my life, at least the clean part of it, is pretty much out there on the Internet.





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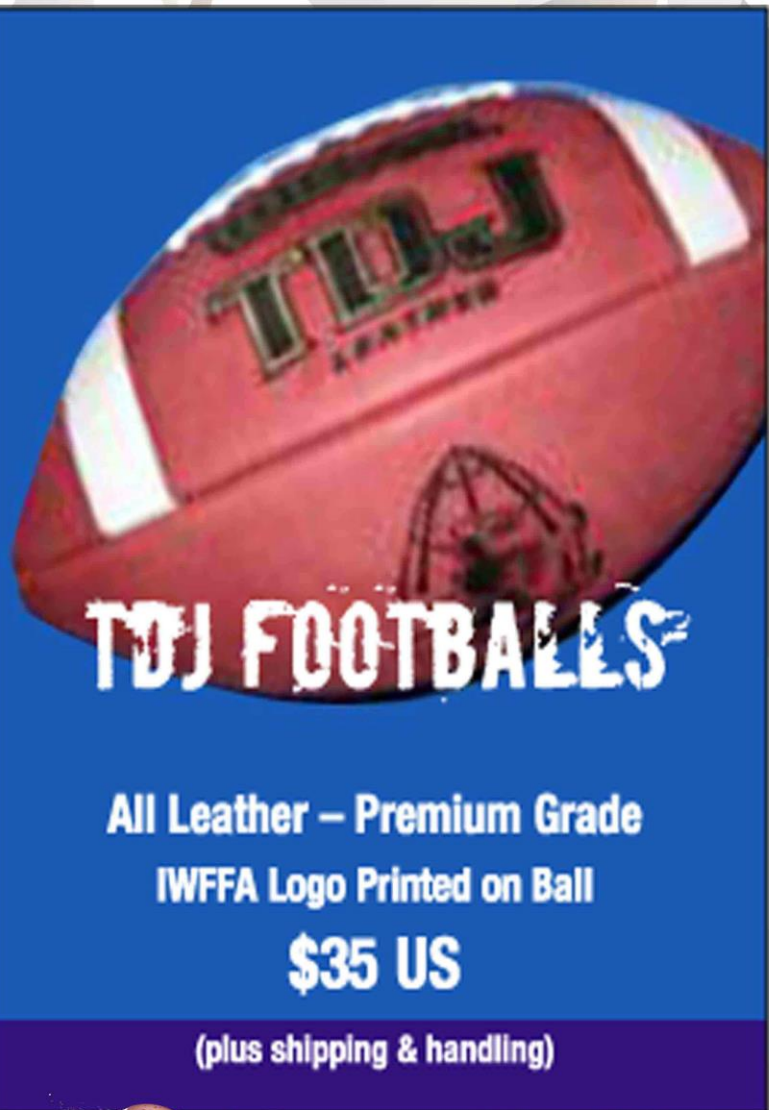


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Q: Ok good. Talk about your football and athletic background.

A: So when I was young I played youth tackle football- when I was like 9 or 10, and I wasn't very good but I was big. But I was sort of spacey and slow too. I kept playing anyway and did okay but not great, and I even briefly went out for the team in college at Villanova but by then I was just small and slow. But I really love the game.

Later in life I helped start a kids' flag and tackle township team, and then a high-school team, and I coached both teams too, for about a total of ten years.

I was always an athlete to some extent, but not the best, because my mechanics were bad and no one knew all that much about mechanics really back then. I learned about mechanics through working out and then too when I started coaching, because it is always good if your players can get a little bit of an edge by fine tuning how they move.



Q: Tell us more about your workout. I find this part fascinating.

A: Why thank you! I've done different workouts through the years. I started making them up after a while, because I got bored from just doing the same stuff for years and years. I've been going since I was about 15 and I'm 55 now and you have to do new stuff to keep it moving.

Though the years, I've been through running, trail running, biking (road and mountain,) swimming, powerlifting, skiing, yoga, and now have a mixed workout that I designed for balance, body control and core and body strength. It involves everything from jumping to balance pushups, to flipping tires to kettle bells, as well as a few other things.

Q: Why?

A: Because the body is one of God's gifts, and even if you don't believe in God it is fun to move. And I think I move, in some ways, as well as I did way back then.

Q: Do you ball now?

A: What? Oh you kids today with your expressions! Yea, well I stopped playing for a while and then about five or six years ago I started transitioning and then about three years ago I started playing with the GPFFL in Philadelphia, 7 on 7- a mostly guys, LGBT and ally league in Philadelphia. I was playing as a chick by then. Last year the league asked me to found and coach the Philadelphia Lightning- a woman's travel team. This year I played with the New Jersey Fire at a couple of tournaments as well as with the Tristate Renegades, a spin-off travel team, guys and me, from the GPFFL.

Q: Who is tougher to play against, guys or girls or gays?

A: Haha. You are so funny too!

Q: Thank you!

A: I think all three have their challenges. I usually play O and D line, and the girls are more fun to play with. I yap away out there, and the girls on the both sides of the ball are usually good with it. Guys just mostly grunt. And complain more than girls. And I come out of a woman's game hit in more places than a guy's and usually with more bruises.



And with the gays you just have to tolerate more tantrums. (ha-ha kidding to all my gay friends.)

Q: Are you gay?

A: No I don't think so. I like women, so I see myself as a lesbian, but also as an aging blonde. Sigh.

Q: Is it fair if you play on women's teams?

A: Dude really? I mean I'm 55, so either way most players are half my age. And I know there aren't a lot of 55-year old women, trans, "normal" whatever playing.

Q: Ok, calm down.

A: I know but it's just that part of being trans is people questioning your legitimacy. Which sucks.

Q: Tell me why it is fair for you to play.

A: Well that is an interesting question I guess. At my peak weight I was 270lbs, at my peak ability to move weight (when I was into powerlifting) I could deadlift 505lbs, bench 385lbs and squat 385lbs. But to get to those points I had to work out. Consistently. And then I had to change my workout 'cause I wanted a more flexible body. So now after 40 years of going to a gym, I still go to a gym and have a pretty intense workout. In other words I put in the time to be out there.

And as far as the leftover-guy-muscle-from-testosterone thing, I once got in touch with the guy who co-chaired the Olympic guidelines (he's at Yale) for accepting trans athletes. I was thinking of Women's Olympic lifting. I met all the requirements for trans-ness (hormone numbers, body parts, etc.) and he told me it would be his recommendation that I could and should be able to compete as a woman. Now, I could even compete as a power lifter as a guy, that is partly 'cause I developed muscle as a guy, BUT this is important —even if I did compete the Russian and Chinese chicks would have kicked my ass. They have lifts that are about a hundred pounds more than my best, that weigh about fifty pounds more than me, and I still workout and have for many years.

And finally just to throw this in too, I had two heart attacks about six years ago (when I was struggling with the decision to transition or not) and have six stents in my heart. Yet I still play!!! Yay!

Q: You are pretty egotistical.

A: Well you are the one asking the questions.

(She smiles at me. I smile back at her.)

A: In every single way, and in the best way. Being trans means either hiding it or changing. And neither one is easy. Changing is tough, because changes happen in so many ways, and so many of us lose everything. Family, friends, support structures, etc. I changed but I didn't lose those things. I am privileged beyond belief. So I now focus my life on helping others- other trans people less fortunate than me. I founded a trans clinic in Philadelphia, with three other trans woman, and we are just starting to provide legal, social and medical services to trans people, which so many need. Most of us have issues, not from being trans but from how others see us, and so a lot of people in my community need help. I am privileged and fortunate enough now to be living a life where I can help those less fortunate than me. Which, for me, is really what I think I need to do; and what God has made me to do. So not to sound hokey but I found me and the best way to my life I can imagine.

Q: Thank you! You are a lovely interview.

A: Well thank you! And you are a lovely interviewer!

Meet our Comedian - Jennie McNulty

Hello Flag Football Fans!

My name is Jennie McNulty and I'm a stand-up comedian and lover of all things football. I had the pleasure of performing and hosting some activities a few years back at the big Key West Kelly McGillis classic. And now I'm going to be contributing, from time to time, to the IWFFA newsletter. It will be hard hitting investigative journalism... okay, not really. I'll just be providing a (hopefully) amusing angle on some football-related topic.



Please feel free to drop me a line with comments, questions, concerns... about football that is. I can't help your love life – I'm a comic, remember? In fact, here's my relationship advice: don't take relationship advice from a comic. In fact, don't take anything I write personally... I'm just kidding. Unless you ask me about those mud wrestlers in nipple clips pretending to play football, then I'm not kidding. I'm not a fan. And they are not a sport. The ONLY good thing about lingerie football is that, because of them, I've learned how to spell "lingerie" correctly.

But you flag footballers are fabulous (say that 10 times fast) and I look forward to getting to know you. Even if it just here in cyberspace.

And, I couldn't possibly start my collaboration with the IWFFA without mentioning my favorite part about the league – the loose women. And, you may take that any way you like. Diane told me that she actually gets 17 women each year signing up as "loose women" who didn't even know it was a flag football tournament.

Okay folks, that's it for my introduction. Drop me a line (jennie@jenniemcnulty.com) if you like and get out there and start conditioning. You've got a tournament to play in!

Jennie.

About Jennie:

Jennie McNulty travels the world as a professional stand up comic. She's headlined comedy clubs, colleges and stages all over and has entertained the troops in Iraq, Afghanistan, Eastern and Eastern Europe. Before comedy, Jennie worked in research. She has a Master's degree in Exercise Science and a Bachelor's degree in Psychology, both from the University of Michigan. Jennie also hosts the walking talk show: "Walking Funny With..." which can be heard weekly on LA Talk Radio.

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They're funny. And, don't worry, I'm lazy. I won't spam you.



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Register your team for the 1st IWFFA Kamp Key West Flag Football Tournament



The IWFFA has added to its circuit of 2016 tournaments the: 1st Kamp Key West Women's Flag Football Tournament May 14 - 15 and offers clinics from May 11 - 13. The tournament and clinics are free to all our members!



Why I Play

- by Alison Wood

There are no roaring crowds, just some loyal fans, friends and family. There is no pay check, no fame, nor press conference. There is the competition, and the camaraderie. Yes, there is a plaque if you finish in the top three. They sit on a shelf in my basement forgotten. But the memories of the great times I've had playing with and against some of the finest people I have known, they will last a lifetime. They are why I play. Yes, I like to win, I always have. But somewhere on the journey it became less important. Well perhaps not when we are playing, but afterwards when we are sitting around with the other team reminiscing about the game, or talking about family, or just shooting the breeze. Then it doesn't seem to matter so much.

You see I know so much about the women who play before I meet them. They are athletes. They understand commitment; they show that every time they walk on a field. They are dedicated; they prove that with all the time spent at practice. They are unselfish; you can't play football and be selfish. Running backs don't always run, QB's don't always throw, receivers don't always get the ball thrown to them, and the unsung heroes of the game, the O-Line have to be the most unselfish people.

Of course they understand team work. So you see, I know most of these people. Every once in awhile you might come across someone that does not fit this mold, but, the people who keep coming back year after year- I know them.

So when we set up our tents before the games in P-Town, Asbury, or Norristown, there are smiles, hugs, and the promises of beers after the game with all our friends we haven't seen since the last time we played. And then we put on our flags, tighten our laces, and get ready to play. And that is when the competition begins and in those fifty minutes it is about the game, about making plays, about helping my team win. But I return for camaraderie, the friendships, the laughs, and the occasional nod, the look of approval, from my teammates that say I belong.

Official's Corner

ALL IN THE FAMILY

Meet the Lauria Brothers

Top Officials of the IWFFA "We only take the field for the love of the game"

- By Denny Lauria-Referee

Having been raised on "Condeluci Hill" in Pittsburgh, with 200 relatives, the Lauria Brothers have a strong sense of Family. Their commitment is extended to their family avocation, football officiating. Eldest brother Jim is the side Judge, youngest brother Dean is the Side Judge and Denny the middle brother is the Referee. Jim says; "We're brothers, we're blood and we know exactly what one another will do in any given situation- a great benefit in high school football games that sometimes go from the sublime to the ridiculous as they ebb and flow.

All three brothers played football at Sto-Rox High School, wore the same number (61) and played the same position. Denny also played 15 years in the NFL minor Leagues for the Sto-Rox Rangers. His 1966 Sto-Rox team won the prestigious WPIAL Class A Championship. He has since been brought in to the Sto-Rox Sports Hall of Fame as a player on that team and the NFL Minor Hall of Fame as a player and an official. Jim was the first MVP in the Family and the Captain of the Stowe High 1964. Dean was the second MVP on his 1980 Sto-Rox team. Dean began his officiating career in 1994. With his brothers mentoring him, Dean has risen to a Division I status working in the Northeast Conference.

Denny's flag-football roots go back to his beginnings in officiating, 1984, working in the PFFL (Pittsburgh Flag Football League) and the MFFL (Municipal Flag Football League) both sanctioned leagues within the USFTL, (United States Flag and Tag League). He has also officiated the National Championships in Florida for the past 20 years, refereeing the A, B, and C championships annually. This association led Denny to the IWFFA (International Women's Flag Football Association) and their administrator, Diane. She has utilized Denny and his brother Dean- having them share the duties of officiating the International Tournament in Key West for the past three years.

The brothers' love of football and officiating has extended to the next generation- with son Salvatore competing on the Sto-Rox Football team and also officiating at the midget level. Daughter Lucia was a three letter sportswoman earning letters in swimming, lacrosse and volleyball. Mama Lauria, 92 years young, also gets in on the act- providing sumptuous meals (sometimes too sumptuous bowls of "Pasta Fagioli" and good garlic bread) prior to the guys leaving for a game. Brother Jimmy always says it's the garlic that keeps everyone in line and not Brother Denny's judgment or our officiating.

Connie Tarpley , MS
Licensed Mental Health Counselor
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**Denny Lauria-Referee
West Penn Rules Interpreter,
NFL Minor League, Hall of Fame, as a player and
Official Sto-Rox Sports Hall of Fame as player
on the WPIAL Championship Team
ECAC, ECFOA, (College Associations)**

At Denny's recent induction to the NFL Minor League Hall of Fame, he noted it was an accumulation of knowledge and football acumen obtained on the football fields from both playing with his brother and officiating with his brother, and, watching games with his brothers over the years that has molded his Hall of Fame attitude about working football games. As the rules interpreter for the West Penn Football Officials Association he demands that the officials that he and his brothers are mentoring, adhere to the principles of all three, help out with training and mentoring the younger officials in the Association. As the avocation of officiating evolves and changes, with clinic attendance being mandatory, union membership being forced on us, and chapter and association fees and dues, it is becoming more and more apparent that the money aspect of officiating is dwindling and if that is one's motivation, you'll never last on the field for one season. The Lauria's Brothers Three Crew has decided and come to the realization that we only take the field for the love of the game and to be part of the process and established format that is American Football in all of its glorious ramifications.

Denny Lauria-Referee
West Penn Rules Interpreter,
NFL Minor League, Hall of Fame, as a player and Official
Sto-Rox Sports Hall of Fame as player on the WPIAL
Championship Team
ECAC, ECFOA, (College Associations)

IWFFA 'S Newest Director



Allison Chatham is top row

Allison Chatham joined the IWFFA in October 2015. She is responsible for developing and implementing a strategic communications plan that will start the next phase of the IWFFA's development.

Prior to joining the IWFFA team, Ms. Chatham was the Communications Coordinator and Volunteer Manager at Shiloh Community Development Corporation, where she developed and implemented marketing and volunteer outreach plans. Allison was also an assistant and lineman for the NYWAL Gothamites. Allison holds a Masters in Communication and Information Studies from Rutgers University- New Brunswick and a B.A. in Sociology from CUNY- Queens College.



Don't Hang Up Your Cleats!

For some years now, there have been many women's teams and leagues folding because players are getting old. Though flag football can be played for decades, those organizers and players from the 70's and 80's, are now becoming retirees of the sport.

The number of teams and leagues are dropping sadly and one reason is that a farm system to seed their future teams and leagues was not developed.

This is an issue the IWFFA wants to address as we travel across the U.S. and Canada in 2016, focusing on girls ages 8 - 17 yr. old. We ask our veteran players to stay in the game and coach these young athletes. It is important also, that these young players have access to female role models and that the sport allows for the opportunity to develop the female style of playing the sport. We want to see more females taking on this role. It is important. If you have never coached before, and even if you have never played flag football, we offer training to prepare you.

Officiating has also become a sore spot for the sport. Good quality officiating may not be available in some areas, or the price of officials has sky rocketed/leagues are forced to charge huge team registration fees in order to afford their officials. We offer players the opportunity to learn how to officiate. Read on.

2016 IWFFA Promotional Tour - 3 months Across the USA and Canada

The IWFFA will travel for 3 months across the USA and Canada. We invite you to sign up your city for intensive flag-football clinics. We offer training for young players ages 8 - 17 yr. old , plus training to teach women how to coach and also how to officiate.

To Get Involved: Contact the IWFFA today at: IWFFA@IWFFA.COM

Sun Bowl Fun - by Chris Mann

Here are a few photos of the fun Moments in Sun Bowl's things like: 6 pack of beer, Trolls, Bachelor Party, Bikers, The Flintstones, Bee's BALLerinas, Party Zone, The New Black is Orange, The Bachelor and Super Heroes.



The Pacific Northwest Women's Football Championships (Sun Bowl XXX) was everything we wanted, round robin play was intense as several teams were new to the style of play, both Texas Adrenaline and team Mexico went undefeated in this round. In the playoffs the intensity picked up and every team was going for the top position. The grounded Division finished with, in first place Vancouver Socialites, Vancouver Blowfish, Cowichan Law, Victoria Dragons, Cowichan Wild, Cowichan Storm, Vancouver Pink Panthers, Victoria Storm, and Victoria Chaos.

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The Almost Top Flight finished with, in first place Cowichan Ravens, Victoria Xtreme, Vancouver Panthers, Vancouver Sirens, Cowichan Blue Steel, Vancouver Ravens. The Top Flight finished with, in first place Texas Adrenaline for the Forth Time, Team Mexico in Second, Cowichan Crew, Vancouver Chargers, Cowichan Sirens and Vancouver Crew. All teams and fans came away wanting more, but were happy just to go home and savor the weekends football glories.



Player Profiles: Illian Caceres Puerto Rico



When did you start to play flag football?
"January 2015 I went to the PRFFL TRYOUTS".

How did you get involved?
"I saw some pictures from friend and then I decide to tried"

What league to you play for?
"PUERTO RICO FLAG FOOTBALL LEAGUE"

What teams do/did you play for ?
"I played for Crimson Tide. Now In this third season of the league I'm playing with the Pink Panthers"

What rules do you use?
"We use PRFFL RULES THAT ARE SIMILAR TO IWFFA RULES".

Describe your practices, games.
"Every practice starts with running 1 mile, warmups, conditioning and then we make plays and scrimmages".

What is your position/s
"With Crimsom Tide I played defensive end and kick off team. With Pink panthers center and defensive end".

What do you like most about flag football?
"real women playing real flag football"



If you would like to be featured in the next Forwad Pass Magazine, send us an email to: IWFFA@IWFFA.COM

Coaching Girls Flag Football To our Veterans Flag Football Players:

Coaching Girls Flag Football is high energy and high rewarding. Offering our young athletes a female role model who is positive, caring, fun, knowledgeable about the sport will have rippling effects for their future years. By demonstrating and experiencing women in leadership roles, encourages them to also become leaders. Please give your time and coach a girls flag football team today. The IWFFA offers athletic sponsorships for the girls competition. Contact us today to find more information.



Why We Donate By -NJWFF - FIRE

A while back NJWFF (New Jersey Women's Flag Football) donated money so that women in Honduras could afford to go to a flag football tournament. We were only a small part of sponsoring them. The question of why we should support them came up at board meetings (we are a non-profit). The IWFFA asked that I write about it. Why women should support women seemed a rhetorical question to me but since it has been asked a number of times I thought I could express our thoughts. It is part of our charter to grow women's flag football. In our charter we go on to explain that by growing a sport dominated by men we can gain understanding, respect, and acceptance. But why make a donation so far from home? Well, simply put, all women should play. They don't have to play football but they should play.

Women learn so much from playing. The Billy Jean King Foundation (check out their website) has done extensive research into what playing a sport does for women. I know I'm preaching to the choir but women who play sports do better in their careers. It levels the playing field. Women who play organized sports understand the unwritten rules in the work place, according the Billy Jean King Foundations research, and it makes sense to me. Men have had this advantage for a long time and now since title 9 we are gaining. Women understand not to confront the boss (the coach) in public but to take concerns to them in private. They understand to protect the integrity of the team you don't gossip about teammates or the coach, you bring concerns to the captains or coaches (supervisors/bosses). You understand the hierarchy of the work place. They understand their role and where they fit on the team (project).

I know that people learn life's lessons through a number of ways but I learned everything I ever needed to know on a court or a field. I learned teamwork, leadership, dedication, commitment, time management, goal orientation, respect for authority, how to win and lose gracefully. Every woman should have the opportunity to experience this.



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IWFFA has negotiated with TPH Sports to make available to our teams and individual players their Organic Sports Apparel Line. Now you can order flag football shirts and not have to wear tackle shirts which make room for those huge shoulder pads! From high end to low priced uniforms (pieces starting at \$2.75), our members receive special discounted prices for these amazing uniforms. Order separately or your entire team set and have printed for FREE: your team logo, team name, personal name, numbers front and back on all your uniform! From top to bottom get your team: caps, shirts, shorts, pants and socks. Go to our IWFFA.com website, or order direct. Tell TPH you are part of the IWFFA to get your special pricing. Read how these uniforms can actually increase your athletic performance on the flag football field.

Illinois-based Company Launches Organic Sports Apparel Line

What makes top athletes stand out when the game is on the line? Oftentimes it is ability or a God given gift. TPH Sports, an Illinois-based company, believes it has found the answer for the rest of us. They have created a line of green sports apparel for a healthy, natural way to increase athletic performance. "Our apparel line is on the cutting edge of optimizing athletic performance, says TPH Sports' President and CEO, Ed Thorpe.



Technological advances in the textile industry have made it possible for TPH Sports to use far infrared energy to create a line of eco-friendly sports apparel that improves athletic performance a minimum of 5%. The revolutionary performance apparel line increases blood flow and oxygen levels. "Our clothing uses a nanotechnology process; so it's perfectly natural," says Thorpe. The new line offers the comfort of breathable, dry-fit, moisture wicking sports apparel that has all the benefits of far infrared technology.

Thorpe founded the company after working in the Midwest sales division for a Georgia-based sports apparel company specializing in nanotechnology. The founder, a noted Georgia cardiovascular and thoracic surgeon and certified fitness trainer, created a line of workout wear that absorbs far infrared energy. “We found a better way to utilize his concept and applied it to sports apparel, explains Thorpe. Our method works whether outdoors or indoors and withstands multiple washings.”

The initial product includes uniforms and practice gear for team sports basketball, baseball, football, and track and field. The company plans to introduce more unique performance apparel and accessories to its product mix. The company is focusing on the youth and semi-pro markets. According to Thorpe, the company is “aiming to become the Nike for amateur sports.” Unlike the major players in the sports apparel market, TPH Sports keeps its prices affordable so that small teams and leagues can purchase their products without breaking the bank.

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2015 International Team Rankings Woman

No.	Team	Kelly McGillis Classic	Honduras	Puerto Rico	Asbury Park, NJ	Norristown, PA	Kate Clinton Classic, MA	Guatemala	Ranking Pts	Pt Differential
1	NJ Breakfast Shop Slammers	11			14	7	14		46	
2	Norristown War Eagles				3	12	6		21	
3	Honduras Panteras		5					14	19	
4	PR Blue Wave	17							17	
5	Norristown Lady Eagles				7	8			15	-75
6	NJWFF - FIRE				8	2	5		15	(- 6)
7	Honduras Tigers		12						12	
8	El Salvador Cuscatlecas							7	7	
9	TEAM USA -AQUA			6					6	(- 19)
10	KW Aqua Pirates	6							6	(- 22)
11	NYWAL Gothamites				1	5			6	(- 83)
12	RI Hurricanes						5		5	35
13	Orlando Blue Wave	5							5	26
14	Puerto Rico Red			5					5	20
15	Puerto Rico Blue			3					3	(- 1)
16	Honduras Guerrerars		3						3	(- 14)
17	Mass Destruction						3		3	(- 67)
18	Philadelphia Lightning				2	1			3	(- 73)
19	Chicago Diesel Daisies	3							3	(- 121)
20	Harbor Lounge Loose Women						2		2	48
21	Guatemala Gladiadoras							2	2	(- 48)
22	Gua/El/Hon - Loose Women							2	2	(- 59)
23	Fairvilla Loose Women	2							2	(- 92)
24	Guatemala / Medusas/Lobos Loose		1						1	(- 29)
25	Stavanger Sardines*								1	*
26	Grimstad*								1	*

Girls Team Ranking 2015

Balboa Academy Dragons	14
Wheaton's Key Largo	7
Blue Heaven Blue Angels	3
Key West Hand Bag	5
Sunrise Rotary	1
Primamsky & Co Advisors	1



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2015 IWFFA MVP'S

24th Kelly McGillis Classic International Female Flag Football Championship - January 12-19, 2015 - GIRL'S DIVISION

Team Rank	Team	Offensive MVP	Defensive MVP
1st	BALBOA ACADEMY DRAGONS PANAMA	Valentina Donado	Valeria Prieto
2nd	Key Largo Wheatons	Alexis Beckman	Damaris Rego
3rd	Key West Blue Heaven Blue Angels	Gabriella Sonzongri-Miles	Choomay Pierre
4th	Key West Handbags	Stephanie Fleuder	Kelida Pierre
5th	Sunrise Rotary	Darnesia Dor	Hannah Segobia
6th	Pribramsky & Co Advisors	Douwine Filsame	Gigi Sonzogni

24th Kelly McGillis Classic International Female Flag Football Championship - January 12-19, 2015 - WOMEN'S DIVISION

Team Rank	Team	MVP Offense	MVP Defense
1st	Puerto Rico Blue Wave	Lisseidy Falcon	Natalia Lopez
2nd	NJ Breakfast Shop Slammers	Michelle McKinley	Jillian Shanner
3rd	Blue Wave Orlando	Jody Gauthier	Michelle Alexander
4th	Key West Aqua Pirates	Alicia Arrazola	Britney Joseph
5th	Chicago Diesel Daisies	BJ Negrete	Kristin Kovar
6th	Fairvilla Loose Women	Jane Auxier	Deny Barbosa Charum

1st IWFFA / Tegucigalpa, Honduras Women's Flag Football Tournament - March 28 - 29, 2015

Team Rank	Team	MVP Offense	MVP Defense
1st	Tigers	Daniela Urbina	Ana Volk
2nd	Panteras	Alejandra Delgado	María Fernanda Eguigure (M.J.)
3rd	Guerreras	Sarah Amaya	Kennir Duarte
4th	Loose Guatemala / Medusas/Lobos	Gabriela Medina	Yaqueline Garcia

1st IWFFA - Puerto Rico -Hosted by Puerto Rico Flag Football League Federation - June 11 - 15

1st	USA KW AQUA LOOSE	Shaneika Nelson	Patricia Ortiz
2nd	Puerto Rico Red	Cristina Garcia Martinez	Yariam A. Rivera Natal
3rd	Puerto Rico Blue	Daniella Isabelle Morales-Hernandez	Ingrid Negron Lind

4th IWFFA - Jersey Shore, New Jersey - hosted by NJWFF July 18 - 19

	TEAM	OFFENSIVE MVP	DEFENSIVE MVP
1st	Breakfast Shop Slammers	Heather Tracey	Nicole Perone
2nd	NJWFF - FIRE	Lissa Eagles	Patrice Cote
3rd	Norristown Lady Eagles	Annie Golphin	Juaneka Harling
4th	Norristown War Eagles	Salika Gray	Kristina Brown
5th	Philadelphia Lightning	Astrid Cruz	Allina Yang
6th	NYWAL Gothemites	Nicole Rhem	Lisa Kureczka

1st IWFFA - Norristown, Pennsylvania - Hosted by Norristown Women's Flag Football League - August 8 - 9

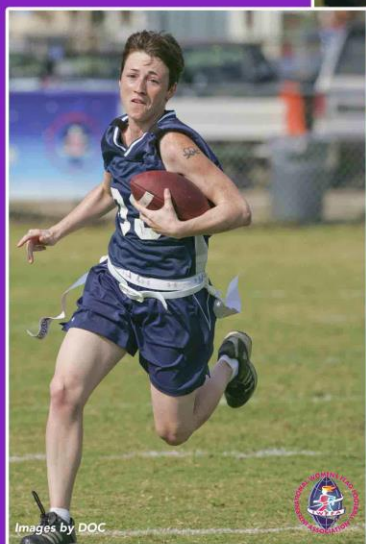
	TEAM	MVP OFFENSE	MVP DEFENSE
1st	Norristown War Eagles	Shantia Creech	Kristina Brown
2nd	Norristown Lady Eagles	Annie Golphin	Kiera Savage
3rd	Breakfast Shop Slammers	Heather Tracey	Nicole Perone
4th	NYWAL Gothamites	Shaterra Neely	Sonia Jones
5	NJWFF-FIRE	Lynn Williamson	Julie Chovanes
6	Philadelphia Lightning	Astrid Cruz	Ali Roberts

10th IWFFA - Kate Clinton Classic, Provincetown, Massachusetts - September 18 - 20

	Team	Offensive	Defensse
1st	Breakfast Slammers	Michelle McKinley	Tasha Canoon
2nd	Norristown War Eagles	Antoinette Wise	Tosha Taylor
3rd	RI Hurricanes	Mary McConnell	Adrianna Johnson
4th	NJWFF - FIRE	Lissa Eagles	Heather Garris
5th	Mass Mutiny	Rene Gannon	Michele Belanger-Bove
6th	Harbor Lounge Loose	Kali Sullivan	Rachel Karina Payate

2nd IWFFA - Guatemala City, Guatemala - October 31 - November 1

	Team	Offensive	Defense
1st	Honduras Panteras	Sara Isabel Gomez Giron	Martha Danelia Valladares
2nd	El Salvador Cuscattecas	Daniela Sanchez	Daniela Sanchez
3rd	Guatemala Gladiadoras	Madelyne Ceballos	Rebeca Garcia Lara
4th	Loose Women	Bertalicia Guevara	Lilian Ruiz



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2015 IWFFA ALL STARS

24th Kelly McGillis Classic International Female Flag Football Championship - January 12-19, 2015 - GIRL'S DIVISION - OFFENSIVE

POSITION	FIRST	LAST	TEAM
QB	Valentina	Donado	BALBOA ACADEMY DRAGONS PANAMA
RUNNING BACK	Darnesia	Dor	Sunrise Rotary
RUNNING BACK	Alexis	Beckman	Key Largo Wheatons
RECEIVER	Sofia	Ramirez	BALBOA ACADEMY DRAGONS PANAMA
RECEIVER	Kirsten	Duley	Sunrise Rotary
GUARD	Gabriela	Sonzogni-Miles	Key West Blue Heaven Blue Angels
GUARD	Karla	Lee	BALBOA ACADEMY DRAGONS PANAMA
CENTER	Ava	Swanson	Key Largo Wheatons
PUNTER	Joanne	Louis	Key West Blue Heaven Blue Angels

24th Kelly McGillis Classic International Female Flag Football Championship - January 12-19, 2015 - GIRL'S DIVISION - DEFENSIVE

POSTION	First	Last	TEAM
Primary	Gabriela	Sonzogni-Miles	Key West Blue Heaven Blue Angels
Primary	Layla	Rodriguez	BALBOA ACADEMY DRAGONS PANAM
Primary	Chloe	Durham	Key Largo Wheatons
Secondary	Abby	Contreras	BALBOA ACADEMY DRAGONS PANAM
Secondary	Charnelle	Williams	Key West Blue Heaven Blue Angels
Secondary	Jessica	Devler	Key West Handbags
Safety	Mabel	Sylva	Key Largo Wheatons
Safety	Gigi	Sonzogni-Miles	Pribramsky & Co Advisors
Kicker	Juana	Corral	BALBOA ACADEMY DRAGONS PANAM

24th Kelly McGillis Classic International Female Flag Football Championship - January 12-19, 2015 - WOMEN'S DIVISION OFFENSIVE

Position	First	Last	TEAM
QB	Lisseidy	Falcom	Puerto Rico Blue Wave
Runnning Back	Rebeca	Bayron	Puerto Rico Blue Wave
Running Back	Alicia	Arrazola	Key West Aqua Pirates
Receiver	Mary	Angelini	Blue Wave Orlando
Receiver	Michelle	McKinley	NJ Breakfast Shop Slammers
Guard	Malia	Cole	Chicago Diesel Daisies
Guard	Nicole	Perone	NJ Breakfast Shop Slammers
Center	Debra	McMullen	Fairvilla Loose Women
Punter	Jane	Auxier	Fairvilla Loose Women

24th Kelly McGillis Classic International Female Flag Football Championship - January 12-19, 2015- WOMEN'S DIVISION DEFENSIVE

Position	First	Last	Team
Primary	Rebeca	Bayron	Puerto Rico Blue Wave
Primary	Chelsea	Storr	KEY WEST Aqua
Primary	Nicole	Arroyo	Puerto Rico Blue Wave
Secondary	Keiawanna	Hughes	KEY WEST Aqua
Secondary	Deny	Barbosa Charun	Fairvilla Loose Women
Secondary	Natalia	Lopez	Puerto Rico Blue Wave
Safety	Michelle	McKinley	NJ Breakfast Shop Slammers
Safety	Jody	Gauthier	Blue wave Orlando
Kicker	Julie	OBrien	Blue wave Orlando

1st IWFFA / Tegucigalpa, Honduras Women's Flag Football Tournament - March 28 - 29, 2015 - OFFENSIVE

POSITION	First	Last	Team
QUARTERBACK	Johana	Haylock	Tigers
Running Back	Daniela	Urbina	Tigers
Running Back	Esther	Ortiz	Guerreras
Receiver	Ana	Volk	Tigers
Receiver	Maria	Jose	Panteras
Guard	Maria	Medina	Tigers
Guard	Michelle	Sagot	Guerreras
Center	Yaqueline	Garcia	Loose Guatemala / Medusas/Lobos
Punter	Laura	Milano	Loose Guatemala / Medusas/Lobos

1st IWFFA / Tegucigalpa, Honduras Women's Flag Football Tournament - March 28 - 29, 2015 - DEFENSIVE

POSITION	First	Last	TEAM
Primary	Joanne	Hernandez	Tigers
Primary	Nelly	Espinoza	Panteras
Primary	Gabriella	Ridriguez	Guerreras
Secondary	Maria Fernanda	Equique	Panteras
Secondary	Kennan	Duarte	Guerreras
Secondary	Dyana	Escobar	Loose Guatemala / Medusas/Lobos
Safety	Sarah	Amaya	Guerreras
Safety	Sandra	Soriano	Loose Guatemala / Medusas/Lobos
Kicker	Alejandra	Delgado	Panteras

1st IWFFA - Puerto Rico -Hosted by Puerto Rico Flag Football League Federation - June 11 - 15 - OFFENSIVE

Position	First	Last	Team
QB	Yariam A.	Rivera Natal	Puerto Rico Red
Running Back	Nicole	Colon Paisan	Puerto Rico Red
Running Back	Shaneika	Nelson	Team USA- KW AQUA Loose
Receiver	Cristina	Garcia Martinez	Puerto Rico Red
Receiver	Rebecca	Bayron Adames	Puerto Rico Red
Center	Viviana	Cardona	Puerto Rico Blue
Guard	Gabriela	De la Mancha	Team USA- KWAQUA Loose
Guard	Nicole	Arroyo	Puerto Rico Red
Punter	Shaneika	Nelson	Team USA- KWAQUA Loose

1st IWFFA - Puerto Rico -Hosted by Puerto Rico Flag Football League Federation - June 11 - 15 - DEFENSIVE

Position	First	Last	Team
Primary	Coral	Camacho	Puerto Rico Red
Primary	Nicole	Herbert	Team USA- KWAQUA Loose
Primary	Gabriela	De la Mancha	Team USA- KWAQUA Loose
Secondary	Suelen	Pablon	Puerto Rico Red
Secondary	Carolina	Garcia Martinez	Puerto Rico Blue
Secondary	Keia	Hughes	Team USA- KWAQUA Loose
Safety	Marie-Julie	Monette	Team USA- KWAQUA Loose
Safety	Ingrid	Negron Lind	Puerto Rico Blue
Kicker	Daniella Isabelle	Morales-Hernandez	Puerto Rico Blue

4th IWFFA - Jersey Shore, New Jersey - hosted by NJWFF July 18 - 19 - OFFENSIVE

POSITION	First	Last	TEAM
QB	Heather	Solt-Tracey	Breakfast Shop Slammers
RUNNING BACK	Astrid	Cruz	Philadelphia Lightning
RUNNING BACK	Antoinette	Howell-Golphin	Norristown Lady Eagles
RECEIVER	Leah	Pocoroba	Breakfast Shop Slammers
RECEIVER	Melisa	Eagles	NJWFF - FIRE
CENTER	Kristina	Morales	Breakfast Shop Slammers
OFFENSIVE LINE	Christine	Elliot	NJWFF - FIRE
OFFENSIVE LINE	Deidre	Webb	Norristown Lady Eagles
PUNTER	Kristina	Brown	Norristown War Eagles



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- Who was the Founded of the League?

also send stories and any photos
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4th IWFFA - Jersey Shore, New Jersey - hosted by NJWFF July 18 - 19 - DEFENSIVE

POSITION	First	Last	TEAM
PRIMARY	Nicole	Herbert	NJWFF - FIRE
PRIMARY	Heather	Garris-Hawryluk	NJWFF - FIRE
PRIMARY	Juaneka	Harling	NORRISTOWN Lady Eagles
SECONDARY	Patrice	Cote	NJWFF - FIRE
SECONDARY	Amanda	McAlister	NJWFF - FIRE
SECONDARY	Nicole	Rhem	NYWAL Gothamites
SAFETY	Melisa	Eagles	NJWFF - FIRE
SAFETY	Dawn	Yergey	Philadelphia Lightning
KICKER	Leah	Pocoroba	Breakfast Shop Slammers

1st IWFFA - Norristown, Pennsylvania - Hosted by Norristown Women's Flag Football League - August 8 - 9 - OFFENSIVE

POSITION	FIRST	LAST	TEAM
QB	HEATHER	TRACEY	BREAKFAST SHOP SLAMMERS
RUNNING BACK	ANNIE	GOLPHIN	NORRISTOWN LADY EAGLES
RUNNING BACK	ANTOINETTE	WISE	NORRISTOWN WAR EAGLES
RECEIVER	NAE	MILLIGAN	NORRISTOWN LADY EAGLES
RECEIVER	SHATEERA	NEELY	NYWAL GOTHAMITES
OFFENSIVE LINE	KENYA	SYKES	NYWAL GOTHAMITES
OFFENSIVE LINE	JULIE	CHOVANES	NJWFF - FIRE
CENTER	DIEDRE	WEBB	NORRISTOWN LADY EAGLES
PUNTER	KRISTINA	BROWN	NORRISTOWN WAR EAGLES

1st IWFFA - Norristown, Pennsylvania - Hosted by Norristown Women's Flag Football League - August 8 - 9 - DEFENSIVE

POSITION	FIRST	LAST	TEAM
PRIMARY	NICOLE	PERONE	BREAKFAST SHOP SLAMMERS
PRIMARY	ASTRID	CRUZ	PHILADELPHIA LIGHTNING
PRIMARY	NICOLE	HERBERT	NJWFF - FIRE
SECONDARY	SHANTA	CREECH	NORRISTOWN WAR EAGLES
SECONDARY	JILLIAN	SHANER	BREAKFAST SHOP SLAMMERS
SECONDARY	TAMARA	HAULEY	NORRISTOWN LADY EAGLES
SAFETY	DAWN	YERGEY	PHILADELPHIA LIGHTNING
SAFETY	LYNN	WILLIAMSON	NJWFF-FIRE
KICKER	LEAH	POCOROBA	BREAKFAST SHOP SLAMMERS

10th IWFFA - Kate Clinton Classic, Provincetown, Massachusetts

- September 18 - 20 - OFFENSIVE

Position	First	Last	Team
Quarterback	Heather	Solt-Tracey	Breakfast Shop Slammers
Running Back	Allina	Yang	NJWFF - Fire
Running Back	Michelle	Belanger-Bove	Mass Destruction
Receiver	Yahnae	Weldon	Norristown War Eagles
Receiver	Leah	Pocoroba	Breakfast Shop Slammers
Offensive Line	Lindsay	Packard	Breakfast Shop Slammers
Offensive Line	Maggie	Koosa	RI Hurricanes
Center	Karen	Chaffee	Mass Destruction
Punter	Tianna	Carr	Mass Destruction

10th IWFFA - Kate Clinton Classic, Provincetown, Massachusetts - September 18 - 20 - DEFENSIVE

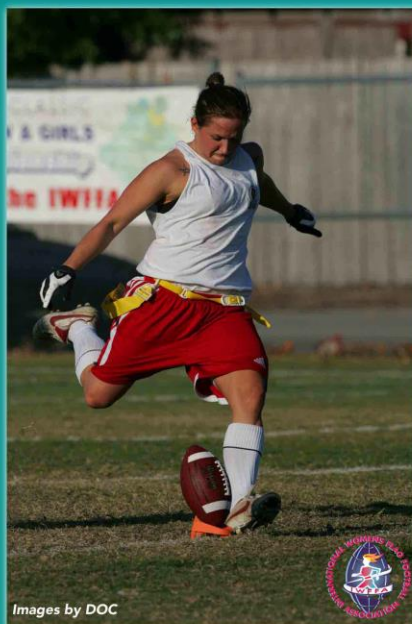
Position	First	Last	Team
Primary	Nicole	Herbert	NJWFF Fire
Primary	Adrianna	Johnson	RI Hurricanes
Primary	Tasha	Canoon	Breakfast Shop Slammers
Secondary	Salika	Gray	Norristown War Eagles
Secondary	Donielle	Mattoon	RI Hurricanes
Secondary	Yahnae	Weldon	Norristown War Eagles
Safety	Andrea	Stanelun	RI Hurricanes
Safety	Lissa	Eagles	NJWFF - Fire
Kicker	Heather	Garris	NJWFF - Fire

2nd IWFFA - Guatemala City, Guatemala - October 31 - November 1 - - OFFENSIVE

POSITION	First	Last	TEAM
QB	Sara Isabel	Gomez Giron	Honduras Panteras
RUNNING BACK	Yessica Castellon	Bautista	Guatemala Gladiadoras
RUNNING BACK	Olga Maria	Rodriguez Flores	El Salvador Cuscatlecas
RECEIVER	Veronica Sofia	Molina Coto	El Salvador Cuscatlecas
RECEIVER	Alejandra Alezita	Delgado Ordóñez	Honduras Panteras
OFFENSIVE LINE	Jackeline Elizabeth	Fermán Osorio	EL Salvador Cuscatlecas
OFFENSIVE LINE	Maria	de los Angeles Perez	Loose Women
CENTER	Esly	Espinoza	Honduras Panteras
PUNTER	Yessica Castellon	Bautista	Guatemala Gladiadoras

2nd IWFFA - Guatemala City, Guatemala - October 31 - November 1 - - DEFENSIVE

POSITION	First	Last	TEAM
PRIMARY	Leticia	De Mendoza	EL Salvador Cuscatlecas
PRIMARY	Lilian	Ruiz	Loose Women
PRIMARY	Monica Alejandra	Estrada Escobar	Guatemala Gladiadoras
SECONDARY	Martha Danelia	Valladares	Honduras Panteras
SECONDARY	Emili Escobar	Robles	Loose Women
SECONDARY	Karen Chavez	Linares	El Salvador Cuscatlecas
SAFETY	Maria Fernanda	Eguigure Torres	Honduras Panteras
SAFETY	Daniela	Sanchez	El Salvador Cuscatlecas
KICKER	Laura Gabriela	Molina Briones	Honduras Panteras



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**Kelly McGillis Classic International Female Flag Football Championship
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(Full Week of Events: January 25 - February 1)**

**Tegucigalpa, Honduras 3rd March 12-13
Tournament & Clinics**

Stavanger, Norway (friendship games) 1st April 16

**KampFest, Key West 1st May 11 - 15
(games 14 - 15)
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**Cancun, Mexico June 1st June 16-19
8 on 8 & 5 on 5**

**San Salvador, El Salvador 1st July 1 - 3
Hosted by ASFA**

**Jersey Shore, New Jersey 5th July 16 - 17
Hosted by NJWFF**

**Norristown, Pennsylvania 2nd August 6 - 7
Hosted by Norristown Women's Flag Football League**

**Gothenburg, Sweden 15th August 27 - 28
Hosted by Gothenburg Angels**

**Key West Women's Fest annual Sept 10
Friendship Game and Clinic**

**Kate Clinton Classic, 11th September 30 -
Provincetown, Massachusetts
Oct 2**

Havana, Cuba 1st October 15 - 16

**Guatemala City, Guatemala 3rd October 29 - 30
Tournament & Clinics player / officiating**

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