



SAN FRANCISCO
WOMEN'S FLAG FOOTBALL
www.sfwffl.org

THE SFWFFLER

March 21, 2019

Hello SFWFFL Friends,

Can you believe this weather recently? What an extremely pleasant change from all the rain we were having. We get daylight savings AND awesome weather at nearly the same time. This definitely makes it easier to engage in fun activities after work, like going for a run or having a mid-week practice with your team. Even the Cosmos have commented that practicing has paid off for them. I overheard a Cosmo player saying, "it really helps to play more with your team." Damn right it does. Cosmos are looking sharp this season!

There were some really, really good games this past Sunday. I mean, did you see that teamwork between Amelia and Sheena (IronTails) on the Spikeball field at Dolores? They totally dominated for several games in a row. But let's get back to football. There is some excellent football being played. Let's keep it up! Great football and great sportswomxnship is how we roll.

See you on Sunday! Annnnnnnnnnd don't forget about the fundraiser.

League "Beer Bust" Fundraiser THIS Sunday 3/24

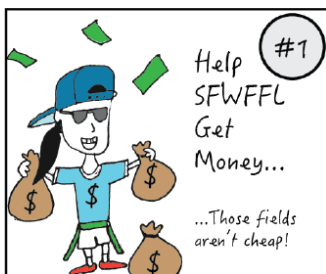


- **Where:** SF Eagle, 398 12th St
- **When:** Sun 3/24 3:00—6:00PM
- **Why:** 100% of the proceeds go the league! Yes, 100%.
- **How much:** CASH ONLY!!! \$15 gets you unlimited beer and food or \$5 food only.
- **What kind of food:** Delicious BBQ pork AND tempeh sandwiches brought to you by Captain on Cosmos.
- **Who:** YOU, your friends, teammates... and special thanks to Jaclyn Epter on Cosmos for organizing this event!

Fourth & Goal

By Sam Rosenbaum

Comics about life as a SFWFFL Womxn



SFWFFL Good Dog of the Week

Name: Onyx

Dog Mom: Mary Carter

Age: 2 years old

Type of Dog: Formosan Mountain Dog

Interests: Taking naps

Special Talent: He survived on the streets of Taiwan before coming to live with me.

Article about Onyx and Mary: ["How Adopting a Dog is Helping me Recover After Surgery,"](#) by Mary Carter, as posted on LinkedIn.





THE SFWFFLER

FEATURED TEAM: FLAMING FLAGS

Flaming Flags is a first year team looking to have fun (during and after games), improve our game in all aspects, and win. Although it is our first year as a team, a majority of our players come from other teams from previous seasons - we decided to come together to create a competitive and fun group. Some of our players have played rugby at a high level - others basketball, soccer, and softball. We are super diverse and love that aspect of our team :)



Celeste Staggers-Elmore (Elmo) #10

Hometown: Castro Valley
Seasons in league (including this season): 4
Fun Fact: My name was too long in year books so it would always come out as Staggers-Elmo
Work: Self Employed

Kerrin Welsh #4

Hometown: Fort Lauderdale, FL
Seasons in league (including this season): 2
Fun Fact: Took shots with Marshawn Lynch and Kevin Durant on Halloween last year
Work: Disaster Team Manager for American Red Cross

LaKisha Hoffman #32

Hometown: Chicago, IL
Seasons in league (including this season): 1
Fun Fact: I've visited 6/7 continents
Work: Director of School Culture and Social Emotional Learning

Lauren 'Lou' Healy #3

Hometown: Walnut Creek, California
Seasons in league (including this season): 1.5
Fun Fact: I once stared down a bear in Glacier Bay, Alaska while kayak camping
Work: Youth Crisis Social Worker

Jess Voss #5

Hometown: Suburb of Chicago
Seasons in league (including this season): 3
Fun Fact: Huge a cappella fan
Work: Chef & Owner of Jamber Wine Pub

Jasmine Alexander-Brookings #14

Hometown: Prince George's County, MD
Seasons in league (including this season): 1.5
Fun Fact: My favorite movie is Willy Wonka and the Chocolate Factory; I know all of the words to all of the songs!
Work: Anti-Trafficking Youth Advocate

Lindsey Brunke #22

Hometown: Portland Oregon
Seasons in league (including this season): 2
Fun Fact: I have a pug tattoo
Work: Sr Stock Admin at Uber

Sarah Brajkovich #2

Hometown: Oakland, CA
Seasons in league (including this season): 2
Fun Fact: These give me anxiety.
Work: Customer Operations @ Getaround

Rachel Sagapolu #8

Hometown: Hayward, CA
Seasons in league (including this season): 3 (two were way back)
Fun Fact: I'm very bad at coming up with fun facts about myself.
Work: High School English Teacher

Shay House #333

Hometown: Oakland, CA
Seasons in league (including this season): 2
Fun Fact: My favorite number is 3 but that number was taken so I did 3, 3 times lolz
Work: Residential Counselor at a homeless shelter in SF

Michelle Rybka #6

Hometown: Bay Area, CA
Seasons in league (including this season): 3
Fun Fact: I used to be a professional scuba diver
Work: Pediatrician

Mobar Effat #13

Hometown: Sarasota, FL
Seasons in league (including this season): 8?
Fun Fact: I can play all of the brass instruments.
Work: QA Engineer @Dolby Laboratories

Celeste aka "Elmo"



Kerrin Welsh, QB



Flaggy the Flags' Mascot

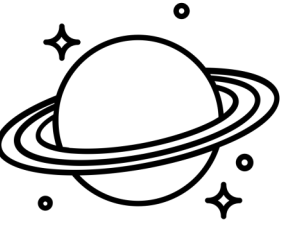


Jenny, Mobar & Indigo



Spring 2019, Week 4

THE SFWFFLER



Spring 2019 Schedule & Results

Week 1 March 3, 2019

9:00 AM **After Burners 13** vs IronTails 6
10:00 AM **Call Me's 6** vs First String 0
11:00 AM **Loose Cannons 13** vs Cosmos 12
12:00 PM **Honey Badgers 15** vs Tacos 6

Week 2 March 10, 2019

9:00 AM **Tacos 13** vs Call Me's 0
10:00 AM **First String 19** vs After Burners 0
11:00 AM **IronTails 13** vs Honey Badgers 0
12:00 PM **Cosmos 29** vs Flaming Flags 16

Week 3 March 17, 2019

9:00 AM Afterburners 19 vs Cosmos 19
10:00 AM **Tacos 12** vs IronTails 0
11:00 AM **Honey Badgers 22** vs Cannons 0
12:00 PM **First String WIN** vs Flags**

**Forfeit

Week 4 March 24, 2019

9:00 AM First String vs Honey Badgers
10:00 AM Call Me's vs IronTails
11:00 AM Tacos vs After Burners
12:00 PM Loose Cannons vs Flaming Flags

Week 5 March 31, 2019

9:00 AM Flaming Flags vs Honey Badgers
10:00 AM Tacos vs Loose Cannons
11:00 AM Cosmos vs First String
12:00 PM Call Me's vs After Burners

Week 6 April 7, 2019

9:00 AM First String vs Loose Cannons
10:00 AM Honey Badgers vs After Burners
11:00 AM Call Me's vs Flaming Flags
12:00 PM Cosmos vs IronTails

Week 7 April 14, 2019

9:00 AM Iron Tails vs Flaming Flags
10:00 AM Cosmos vs Call Me's
11:00 AM After Burners vs Loose Cannons
12:00 PM Tacos vs First String

Week 8 April 21, 2019

9:00 AM Loose Cannons vs Call Me's
10:00 AM Flaming Flags vs Tacos
11:00 AM First String vs IronTails
12:00 PM Honey Badgers vs Cosmos

Week 9 April 28, 2019

9:00 AM Tacos vs Cosmos
10:00 AM Honey Badgers vs Call Me's
11:00 AM Loose Cannons vs IronTails
12:00 PM After Burners vs Flaming Flags

PLAYOFFS May 5 & May 19

May 5: Consolation Game 5 v 6
May 5: Semi Finals (1 vs 4) and (2 vs 3)
May 19: Third Place Game
May 19: Championship