



# THE SFWFFLER

March 1, 2019

Hello SFWFFL Friends,

Can you believe it? Opening day is this Sunday, March 3. We have 9 teams total for this spring season. The seven returning teams from last season include: After Burners, Call Me's, Cosmos, First String, Honey Badgers, IronTails and Tacos. The two new teams include: Flaming Flags and Loose Cannons.

For those new to the league, the SFWFFLer (pronounced "swiff-ler", rhymes with Stifler, as in a movie character, Stifler or Stifler's Mom) is a weekly league newsletter that includes Save the Dates for upcoming league events, important league updates, schedule and results, human interest stories from those in the league, an advice column, and more!

Don't forget this week's games are at Minnie and Lovie Field, NOT Crocker Amazon. Let's get this spring season started!

## Where the Party At?

### Postgame Schedule:

3/3: Jolene's

3/10: Hi Tops

3/17: Wooden Nickel

3/24: Fundraiser at The SF Eagle

## Fun Facts! Who Are We?

- Those in the league range in age from 18-52 with an average age of 31, median age of 30.
- Where do we live? 65 in SF, 57 in East Bay, 1 in North Bay, 10 in South Bay, and 3 in the "Other" category.
- In January of 2018, the league had dwindled to just 45 players. Today, the league is comprised of 135 players on 9 teams!

## Sacramento "Who You With" Tournament Champs

First String and The Bay Bruisers, a conglomerate team made up of many players from SFWFFL, participated in the Sacramento Evolution's 2nd Annual "Who U With" Tournament on February 9. First String was the overall tournament champions. Congratulations, First String!



## Respect the X in Womxn's! By Rocco Foronda

SFWFFL stands for San Francisco Womxn's Flag Football League.

This flag football league proudly fosters a "collaborative community and safe space for womxn, trans, and non-binary people to play competitive football." But what's the X in womxn?

The X denotes gender fluidity and inclusivity and is a better representation of ALL the footballers in our league. If you weren't already aware, there are MANY people in this league who do not identify as cisgender women!

(Continued on next page.)

## Find Us on the Web and Social Media Platforms:

Website: [www.sfwffl.org](http://www.sfwffl.org)

Instagram: [www.instagram.com/sf\\_wffl/](https://www.instagram.com/sf_wffl/)

Facebook: [www.facebook.com/groups/SFWFFL/](https://www.facebook.com/groups/SFWFFL/)

Special shout out to Yeli (After Burners) who put the website together last season.

## SFWFFL Rules

Let's be honest, how many of you have actually read the league rules? Welp, if you hadn't, now's your chance! Check out [THIS LINK](#) where you can find the SFWFFL rules. The more you know...



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**Respect the X in Womxn's!**  
**By Rocco Foronda**  
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Tips on how to respect the X and make everyone feel included:

- 1. Learn people's pronouns and use them

Get into the habit of simply asking for pronouns and offering yours. For example, "Hi, I'm Rocco. I go by they/them, what pronouns do you use?" Yes, it's a little awkward at first, but what's more awkward is misgendering someone. It is definitely okay to make mistakes as long as you are actively trying to get it right.

- 2. Don't lump people into categories unless you actually know

Everyone enjoys the camaraderie in this league and there are many ways we show it! So unless you know that everyone in a group identifies as a "lady," consider swapping out "hey ladies" with "hey team" or "hey folks."

When picking someone to defend on the field, consider saying "I got that person" or "I got them" until you ask for pronouns.

- 3. Anyone can be non-binary

Surprise! Not just masculine presenting or "butch" people are non-binary and use they/them pronouns. So, please don't assume that someone goes by she/her if they are femme presenting. Again, the simple solution: just ask!

**SFWFFLers Featured in the San Francisco Bay Times!**

A handful of womxn from SFWFFL competed this winter in the San Francisco Gay Football League. The Bay Times did a feature on a few of these players, including Michelle Ta-a, Juliet Rubio and SFWFFL Commissioner, Scheherazade Hill. Here's a highlight from the article:



"As her womxn's league continues to grow (a whopping 130+ players have registered for this upcoming season), Hill believes that working with the guys can only strengthen both leagues and bring a new level of passion to football. At the end of the day, it's not about who is better, faster, smarter or stronger. It's about building a diverse and cohesive LGBT football community where both men and womxn come together to play and share the game they love."



[Please see the full article here.](#)



**Tahoe Winter Trip**

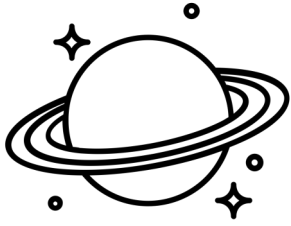
A dozen SFWFFLers headed to Tahoe over Super Bowl weekend to enjoy snow sports, interteam bonding, and watching the Super Bowl. Little did we know a blizzard was on its way, causing a majority of the group to leave Tahoe a day early while others stayed an extra day to avoid white-out conditions on highways 80 and 50. A special shout out to Jill Hughes (After Burners) who helped install tire chains on more than three cars to ensure the safety of her friends! Thanks, Jillian!





Spring 2019, Volume 1

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## Spring 2019 Schedule

### Week 1 March 3, 2019

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

### Week 2 March 10, 2019

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

### Week 3 March 17, 2019

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

### 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