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HeIIIIIIllo Footballers! More than half of the regular season is complete with only four more games before playoffs. Three teams remain undefeated: two playoff eligible teams, Call Me's and Honey Badgers, and First String. Playoff format for 11/18 is still to be determined. Also, Congratulations to Meow Mix as they scored their first ever touchdown this past Sunday. Way to go, Mix! This past week had two close games. Tacos snuck by the After Burners 6-0, while the Honey Badgers gave last season's champs, the IronTails, a tough match, resulting in a 13-13 tie.

Week 5 Results 10/14/18

9:00 AM Meow Mix 6 vs **Call Me's 22**
10:00 AM BTPU 0 vs **Hi Tops 30**
11:00 AM IronTails 13 vs Badgers 13
12:00 PM After Burners 0 vs **Tacos 6**
1:00 PM **First String 46** vs Cosmos 0

Week 6 Schedule 10/21/18

9:00 AM Iron Tails vs Tacos
10:00 AM Back That Pass Up vs Cosmos
11:00 AM Call Me's vs Honey Badgers
 ^Battle of the Undefeated Teams
12:00 PM Meow Mix vs First String
1:00 PM Hi Tops vs After Burners

SUNDAY'S FUNDRAISER

This past week's fundraiser at the Lookout reaped positive results thanks to our Jell-o shot salespeople: MVP Salesman Spencer (Celeste's brother), Gaily, Mar, Renata, and the commish herself, Scheherazade. Two more fundraisers this season. Why? The league increased from 6 teams to 10 this past season, requiring 40% more games, added field rental time, and rising insurance costs, while dues remained the same. Now we're in the negative on the balance sheet and need to close the budget deficit. Expect a slight increase in dues next season to keep the league as awesome as it is today.

THIS SUNDAY'S AFTER PARTY

Once again we're bringing the after party on 10/21 back to the Wooden Nickel. More details can be found on Facebook [here](#). They have hella good burritos and we get a kickback on sales for the league after \$1k, so please go and eat and drink (responsibly).

CUTE DOGS OF THE WEEK



From left: Dillon Esposito, Doda (Juliet's temp dog), and Bob Sijstermans. All Call Me's.

LEAGUE HISTORY

Did you know the league started in 1989 when a woman who wanted to play football started playing pick up games on Saturdays after putting an ad in the Bay Times to recruit other like-minded women?

Fast forward to January 2018: The league had dwindled to 45 players on 3 teams until Scheherazade and AI took over and grew the league to 98 players on 6 teams in the spring. Now, we are at 176 players on 10 teams for the fall 2018 season.

For more history, please see link below:

<https://www.sfwffl.org/history>

HER WRESTLING CHAMPION

It's no surprise that Stephanie Lampkin (Hi Tops) won the HER Wrestling championship which took place Saturday October 13.

Her persona "Boss Bitch" intoxicated the crowd while her wrestling moves in the ring earned her the belt. Congratulations, Steph Lampkin!

It was a successful event to the SFWFFlers who worked hard on putting it together: Nicole Lim (Call Mes), Stephanie Lai (Tacos), Shana Summers (Tacos), and Nina (Tacos).





INTERVIEW WITH THE LEAGUE VETERAN: MONICA WILEY

SFWFFL SINCE 1998

Name: Monica Wiley

Team: First String

Position: Coach/General Manager (**I only play when absolutely necessary**)



First String Team Photo. Monica on far left.

Stefani: Monica, how long have you been in the SFWFFL? What year did you start?

Monica: started when I was five years old. I was a very buff five-year-old. I seem to recall the year as 1998 . . .

S: Wow! We will have to celebrate at an upcoming Sunday!!! That's a 20 year Anniversary this year. Have you always been on First String?

M: We started as a team named Women in Motion (or WIM). That team became "First String" in 2002.

S: What is your advice to the young pups in the league on staying fit and healthy to have a long SFWFFL career such as yours?

M: Stay in shape, or at least try to. Injuries happen as you get older when you become a "Weekend Warrior." Take care of your body, differentiate between pain and injury, and if you tweak something, ICE is always your best friend.

S: What's your favorite thing or things about flag football that brings you back season after season?

M: Just love the game and my team.

S: Any favorite SFWFFL memories that really stand out?

M: My 5 interceptions against the Cosmos. Definitely still a season game record.

S: Where are you from? Are you a Bay Area native? If not, when did you move to the Bay?

M: Originally from Fresno, CA, my parents got a little money and moved 10 minutes away to Clovis, CA, a rural suburb. Ask me about my horse.

S: Hmmm.. We'll ask you more about your horse over drinks at your 20th SFWFFL Anniversary party. What else do you enjoy outside of flag football?

M: All things sports except for golf and baseball. #notrealsports.

S: Tell us an interesting fact about yourself!

M: Absolutely not. (*I later found out Monica played basketball for Cal, and they upset the #1 ranked Stanford team who the following year went on to win the National Championship. Sorry, had to brag about you, Monica.*)

S: 49ers or Raiders? or ...?

M: Neither.

S: First String is an amazing group of talented football players. What is the secret to your team's success? Do tell!

M: Our success is predicated on our competitive nature. We are all extremely competitive athletes who enjoy playing together and getting better. We are never satisfied with where we are, and we are constantly working to get better on the field. Most teams are lucky to have one or two players with that mentality. We are lucky to have an entire team with that mind-set.

S: Taylor Swift has the term "First String" in her song lyrics in the song "End Game"...

I wanna be your end game
I wanna be your ***first string***
I wanna be your A-Team
I wanna be your end game, end game...

If you had to re-name First String using T- Swift song lyrics or song title, what would that name be?? (Feel free to consult lyrics.com...)

M: would never re-name this team. *Res Ipsa Loquitor.*

THE SFWFFLER



INTERVIEW WITH THE LEAGUE VETERAN: MELISSA SMITH

SFWFFL SINCE 2007

Name: Melissa Smith
Team: IronTails



Left to Right: Iron Tails in 2008, Mel Smith on 10/14/18, Iron Tails after winning the Spring 2018 SFWFFL Championship Game.

Stefani: Melissa, how long have you been in the SFWFFL?

Melissa: 11 fun-filled years

S: Have you always been an Irontail?

M: For Life!

S: Is Iron tails actually one word or two words? Iron Tails or Irontails or IronTails?

M: IronTails. Prior to IronTails we were the "Fun Train" but that was before my time. We were fun at one point contrary to popular belief.

S: How has the league evolved over the years?

M: It has had it's ups and downs. When I first joined it was much like it is now. Teams coming together and hanging out on the sidelines sharing beverages and food while listening to the latest jams. All the teams were fun and competitive. Then it declined for several years. No one really hung out and the teams dwindled. I think some nesting happened and some break-ups (ahem). The league is on a nice and rapid upswing since Scheherazade and Al took the wheel. Big props!

S: What position did you start out as vs what you play now?

M: I started as receiver and safety. Due to future Tails incubating (hoping it's a girl) I play QB and safety.

S: What's your favorite thing about flag football that brings you back season after season?

M: It's sooooo much fun! Challenging. The people. And my TAILS!

S: You have very nice skin. What skin products you use?

M: Thank you! Lubiderm right out of the shower. Sometimes Kiehl facial cleanser and the hand lotion (knee cap and elbow saver!)

S: Are you a Bay Area native? If not, where are you from and when did you move to the Bay?

M: I'm from the PNW (Pacific Northwest). Washington state. Moved here in 2005 with the intention of staying only a few months. Bay Area just sucks you in.

S: What's your favorite thing to do in the Bay Area?

M: Play flag football! No joke. And go dancing.

S: Melissa, I'm sure many people have crushed on you. You are taken, correct?

M: That is correct. Hi baby, I love you!

S: Are IronTails going to win the championship again this season?

M: I certainly believe we have a good shot. All the teams have improved a lot and are putting up a good fight. Crossing fingers we don't have anymore injuries. A practice or two would certainly improve our chances (ahem!)

S: What's better: SF or Oakland?

M: Oakland!! That's where it's at!

S: Do you play any other sports? But flag football is your favorite, correct?

M: I play softball but it is during the same season as flag football so I rarely showed up. I don't think I'll play this year. Dodgeball sounds fun though! Flag football all day!

S: Back to IronTails. Synonym: Steel Butt. Who has the firmest butt on your team other than yourself?

M: Since playing QB I've definitely had the opportunity see our team from a different perspective. I'd say Brit or Sheena.

S: Thank you for taking time for this interview!

M: You're welcome! Thank you!

THE SFWFFLER



Results, Standings and Upcoming Schedule

Rank	Team	Wins	Ties	Losses
	First String	5	0	0
1	Honey Badgers	4	1	0
2	Call Me's	4	0	0
3	Iron Tails	3	1	1
4	Tacos	3	0	1
5	Hi Tops	2	0	2
6*	After Burners	1	0	3
7	Cosmos	1	0	3
9	Back That Pass Up	0	0	4
9	Meow Mix	0	0	4

*Burners beat Cosmos so are ranked ahead, despite same record

**Games vs First String do not count towards play off seeding

Week 1 Results 9/16/18

9:00 AM Honey Badgers 33 Meow Mix 0

10:00 AM Tacos 20 BTPU 0

11:00 AM First String 34 Hi Tops 0

12:00 PM Call Me's 12 Cosmos 2

1:00 PM Iron Tails 14 After Burners 0

Week 6 Schedule 10/21/18

9:00 AM Iron Tails vs Tacos

10:00 AM Back That Pass Up vs Cosmos

11:00 AM Call Me's vs Honey Badgers

12:00 PM Meow Mix vs First String

1:00 PM Hi Tops vs After Burners

Week 2 Results 9/23/18

9:00AM First String 28 vs After Burners 0

10:00AM Honey Badgers 20 vs BTPU 0

11:00AM Iron Tails (Forfeit) vs Call Me's

12:00PM Hi Tops vs Cosmos (Forfeit)

1:00PM Tacos 18 vs Meow Mix 0

Week 7 Schedule 10/28/18

9:00 AM Call Me's vs BTPU

10:00 AM Honey Badgers vs First String

11:00 AM Cosmos vs Iron Tails

12:00 PM After Burners vs Meow Mix

1:00 PM Tacos vs Hi Tops

Week 3 Results 9/30/18

9:00 AM Honey Badgers 6 Burners 0

10:00 AM Call Me's 18 vs Hi Tops 6

11:00 AM Tacos 0 vs First String 30

12:00 PM Cosmos 20 vs Meow Mix 0

1:00 PM Tails 27 vs BTPU 0

Week 8 Schedule 11/4/18

9:00 AM Call Me's vs Tacos

10:00 AM BTPU vs After Burners

11:00 AM Cosmos vs Honey Badgers

12:00 PM Iron Tails vs First String

1:00 PM Hi Tops vs Meow Mix

Week 4 Results 10/7/18

9:00 AM Iron Tails 13 vs Hi Tops 6

10:00 AM Honey Badgers 7 vs Tacos 2

11:00 AM After Burners 16 vs Cosmos 0

12:00 PM First String 22 vs Call Me's 0

BTPU vs MM TO BE PLAYED AT LATER DATE

Week 9 Schedule 11/11/18

9:00 AM First String vs BTPU

10:00 AM Meow Mix vs Iron Tails

11:00 AM Tacos vs Cosmos

12:00 PM Honey Badgers vs Hi Tops

1:00 PM After Burners vs Call Me's

Week 5 Results 10/14/18

9:00 AM Meow Mix 6 vs Call Me's 22

10:00 AM BTPU 0 vs Hi Tops 30

11:00 AM Iron Tails 13 vs Honey Badgers 13

12:00 PM After Burners 0 vs Tacos 6

1:00 PM First String 46 vs Cosmos 0

CHAMPIONSHIPS 11/18/18

9:00 AM Play-off TBD

10:00 AM Play-off TBD

11:00 AM Play-off TBD

12:00 PM Play-off TBD

1:00 PM CHAMPIONSHIP