



# FOOTBALL CANADA

## FEBRUARY 2006 REPORT

1015 BANK ST., LANSDOWNE PARK, OTTAWA, ON. K1S 3W7  
TEL (613) 564-6302 FAX (613) 564-6309  
E-mail: [programs@footballcanada.com](mailto:programs@footballcanada.com) Website: [www.footballcanada.com](http://www.footballcanada.com)

### WINNIPEG'S RIVER HEIGHTS SCHOOL CROWNED CANADIAN FLAG CHAMPIONS

River Heights, a middle school near Winnipeg, Manitoba, defeated Hamilton's Immaculate Heart School to capture the Reebok NFL/CFL Flag Football Championship in Windsor Sunday.

The tournament, featuring nine regional champions and a host-city team from Windsor, was an official Super Bowl XL event.

River Heights defeated Windsor in the tournament semi-final, then came from behind for a 28-26 win against Hamilton in the final.

"We work together and stick with each other no matter what," 13-year-old Vinnie Cannata, one of the River Heights players, told the Winnipeg Free Press after the game. "We wanted it real bad."

<http://www.canoe.ca/FlagFootball/News/2006/02/07/1429976.html>



---

### NFL GLOBAL JUNIOR CHAMPIONSHIPS - TEAM CANADA REFLECTIONS

Written by: Scott Fournier, defensive end for Team Canada

The Global Junior Championship X has been, by far, the most beneficial experience of my football career. To go from playing high school football in Manotick, ON, to representing Canada on the global stage was the experience of a lifetime.

Training camp was a grueling experience, with 4 days of two-a-days, and conditioning at the end of the afternoon practices. I believe the dues we paid at training camp greatly contributed to our success in Detroit. I was extremely impressed with the way training camp was run, being modeled after a pro camp. With positional, defensive, and team meetings every day, as well as team meals and the two-a-day practices, we really bonded as a team. Although many of the players had never met before, we gelled almost instantly to become the team that dominated the Global Tournament.

Once we got to Detroit, the atmosphere changed. This is what we had been waiting for. We busted our ass during camp, proving to ourselves and to our coaches what we were capable of. Now it was time to show the rest of the world. With an attitude that was confident, not cocky, we went about our practices and meetings knowing that we had the opportunity to do something special, and win gold for Canada.

I can't describe what it was like taking the field during the opening game. The atmosphere was incredible, and the round robin event flew by. Although we played 4 different games over the course of 8 hours, it felt much faster. We had positional meetings to go over, scouting reports of our next opponents, and even with an hour and a half break in between one game, we were kept busy. After posting a perfect record during the round robin, we now had four days to prepare and rest for the gold medal game.

Sunday morning, we had a team breakfast at the same diner we had Wednesday, as to not break tradition. After several hours of warm up and preparation, we were ready. We came out slow, and made some costly penalties. Going into the half, the score was all tied up at 0-0, against the same team we had dominated 21-0 during the previous match up. During half time, we knew we just had to settle down, stop

making mistakes, and play like we could. We came out flying in the second half, and ended up beating the Americans 10-0 to earn our second consecutive gold medal.

It was the culmination of a lot of hard work, dedication, and commitment, and it was worth every minute.

---

## **NATIONAL WOMEN'S CONFERENCE**

**Football Canada's "Women in Football – Breaking Down the Barriers" Conference  
Delta Ottawa Hotel & Suites  
February 17<sup>th</sup> to February 19<sup>th</sup>, 2006**

As part of Football Canada's commitment to inclusiveness, Football Canada hosted a two-day "Women in Football – Breaking Down the Barriers" Conference.

Women's participation in the sport is tremendously under-represented. There are pockets of activity involving women as athletes, coaches, officials, and administrators in the three disciplines of football (flag, touch and tackle). However, there is a huge portion of the female population in Canada that does not have an opportunity to participate in the game.

This national women's forum identified the barriers and challenges facing women in football, from which recommendations and a 4-year Strategic Plan were developed to advance the opportunities for women's participation in football from coast to coast.

Thanks to the participants who braved extremely stormy weather to attend the forum. Their enthusiasm and commitment to football in their chosen discipline bodes well for the future of women in football.

---

## **FLAG DEVELOPMENT MEETING**

Football Canada's final Flag Football Planning Meeting will take place in Ottawa from March 10<sup>th</sup> to 12<sup>th</sup>, where final implementation stages of the 2006 Action Plan and Provincial Multi-Year Strategic Plans will be established, as will rules standardization and officials training.

Football Canada's Flag Programs include: Leadership training for the In-School Programs; Development of Community Flag Leagues throughout each province; the provision of Leadership training to Canada's Aboriginal Communities (both on Reserves and urban areas); and the continued development of Flag Football for Special Olympics.

---

## **NATIONAL COACHING CERTIFICATION PROGRAM (NCCP) UPDATE**

Transition of the NCCP to the Competency Based Education and Training model is underway.

Under the guidance of our CAC consultant, Dave Hill, Football Canada Master Learning Facilitators (MLFs) are meeting in Ottawa March 16<sup>th</sup> to 19<sup>th</sup> for final discussions on the implementation of the Community Sport – Initiation context of the "new" National Coaching Certification Program.

The MLFs will be reviewing changes made to the program in the last 6 months, as well as go through final training stages for the Novice Coach in the Community Sport – Initiation context. Discussions will also commence on the next stages of the CBET model – Flag Community Sport – Initiation, Tackle Community Sport – Advanced Coach, and Competition – Introduction contexts.

Several Community Sport – Initiation courses will be piloted across the country over the next few months, with the official launch expected in Fall 2006, pending context approval.

Please see the Coaching Certification section of our website: [www.footballcanada.com](http://www.footballcanada.com) for detailed information and handouts.