



FOOTBALL CANADA

NOVEMBER 2007 REPORT

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COACHES PLAYERS ORGANIZATIONS

WE NEED YOUR HELP WITH OUR SURVEY!!!!

Football Canada is currently in the process of developing a Long Term Athlete Development (LTAD) Model for the sport of football in the three disciplines of tackle, touch and flag. LTAD focuses on the general framework of athlete development with special reference to growth, maturation and development, trainability, and sport system alignment and integration. HELP US find out where we are today and to identify the best practices and gaps in the delivery of football programs and activities throughout Canada.

Visit our web site www.footballcanada.com and please take the time to fill out the survey by clicking on your appropriate heading.

Teams have been set for the 2007 Canadian Bowl and the 2007 Manson Cup.



Winnipeg Manitoba will play host to the two final teams from the Canadian Junior Football League. The 8-0-0 St. Leonard Cougars will face the 5-1-2 Saskatoon Hilltops Canad Inn Stadium at 12:00 CT Saturday November 3rd, 2007.



The Manson Cup will kick off the following weekend on November 10th at 2:00 ET at the Nepean Sportsplex. It will be a local battle between the Quebec Junior Football League's Ottawa Sooners (7-1-0) and the Ottawa Junior Riders (7-1-0).



2007 Desjardins Vanier Cup

Friday November 23rd will see the top two CIS Football teams meet in the 2007 Desjardins Vanier Cup in Toronto, ON.

The Canadian Interuniversity Sport Football semi-finals begin the first weekend of November with the following games being featured.

Semi-Finals:

Date	Time/Heure	TV	Webcast	Visitor/Visiteur	Home/Receveur	
11/02/2007	7:00 pm			Saskatchewan	Regina	CW Semi-Final
11/03/2007	12:30 pm	RDS		Montreal	Laval	QC Semi-Final
11/03/2007	1:00 pm			Western	Ottawa	OUA Semi-Final
11/03/2007	1:00 pm	theScore		Guelph	Laurier	OUA Semi-Final
11/03/2007	1:00 pm	EASTLINK	EASTLINK	Acadia	StFX	AUS Semi-Final
11/03/2007	1:00 pm			Bishop's	Concordia	QC Semi-Final
11/03/2007	6:00 pm	Shaw TV		Calgary	Manitoba	CW Semi-Final

Conference Final:

Date	Time/Heure	TV	Webcast	Visitor/Visiteur	Home/Receveur	
11/10/2007	11:30 am	RDS		TBA	TBA	QC Final
11/10/2007	1:00 pm	theScore		TBA	TBA	OUA Final
11/10/2007	1:00 pm	EASTLINK	EASTLINK	TBA	TBA	AUS Final
11/10/2007	4:30 pm	theScore		TBA	TBA	CW Final

Bowls:

Date	Time/Heure	TV	Visitor/Visiteur	Home/Receveur	
11/17/2007	12:00 pm	theScore RDS	TBA	TBA	Uteck Bowl
11/17/2007	4:00 pm	theScore RDS	TBA	TBA	Mitchell Bowl

Vanier Cup / Grey Cup Weekend Recipe

Chili

Ingredients:

450gr. (1lb) of ground meat (turkey, chicken, lamb, beef)
796ml (28oz.) of diced tomatoes
125ml (1/2 cup) chicken broth
½ cup of red kidney beans
½ cup of chickpeas
1 cup of black beans
1 large diced onion
½ orange pepper diced
½ yellow pepper diced
4 gloves of garlic crushed
¼ cup celery sliced
7 white mushrooms sliced
5ml-15ml crushed chili peppers
Add 'Tabasco Sauce' or 'Frank's Hot Sauce'
½ - 1 tea spoon of Paprika
1 pinch of Cayenne pepper
15ml (1 tablespoon) of fresh parsley or dried
Season with salt and pepper

Preparation:

In frying pan brown meat, onion and 2 gloves of garlic over medium heat (approx. 5 minutes)
Transfer meat, onion and garlic to soup pot
Add all remaining ingredients
Bring to a boil
Reduce temperature and let simmer for 30 minutes stirring occasionally

Enjoy!

Variation:

- **Add corn**
- **Top with cheese or sour cream**

S.D.

October 23, 2007 – Codroy Valley, Newfoundland.

Physical Education teachers Lockie McDougall and Roland Peddle ran an inservice session for Flag Football in their region.

The session was positive and upbeat as Flag Football continues to develop through Newfoundland and Labrador.



Greatest Athletes in Tackle Football?

Dr. Bob Litchfield, medical director of the Fowler Kennedy Sports Medicine Clinic at the University of Western Ontario was recently quoted in the Ottawa Sun with the following:

"There are many different types of athletes in football. The greatest athletes (tackle football), in my mind, are linebackers now. Most teams are going to their fastest guys being linebackers, obviously, quarterbacks, running backs and wideouts are all very athletic by virtue of their position. Linebacker, I think, has changed a lot in the last few years. The linemen are a completely different species. They're really part of the zoological world. They're huge human beings. Their demands are (for) very short intensity power. They're not particularly aerobically fit but they are anaerobically –or explosively- fit for short durations."

Do you agree? Take our poll located on our home page www.footballcanada.com and vote on who you think the best all round positional tackle football athlete is.



"A Canadian Tradition Since 1890"

www.cjfl.ca

The Canadian Junior Football League is proud to announce the 2007 recipient of the Past Commissioners Community Service Award. This award is given annually to an outstanding young man playing football for a CJFL team as well as contributing to his community.

"The Canadian Junior Football League provides the opportunity for young men aged 17 to 22 to participate in highly competitive post-high school football that is unique in Canada. The goal of the league is to foster community involvement and yield a positive environment by teaching discipline, perseverance and cooperation. The benefits of the league are strong camaraderie, national competition and life-long friends."

CJFL Past Commissioner Doug Ferne will present Hazen Foss of the Burlington Braves with the Past Commissioners Award at the Intergold Banquet of Champions Friday November 2nd in Winnipeg Manitoba.

Nominated by Craig Davoren, Head Coach – Burlington Braves

For five years, I have had the distinct pleasure to have Hazen Foss in our clubhouse.

Simply playing on our squad for five seasons racking up team and league awards would be impressive enough for me to write any letter about him. This season I decided to dig a little deeper into the type of person Hazen is. It started simple enough with an inquiry as to why he couldn't make Wednesday practice. He always informed us that he wasn't able to make it, and I had always assumed it was a work or school obligation.

Hazen not being a player you had to chase to practice was always above board. Finally one day I asked if it was work or school and to my surprise he told me he takes care of Mrs. Taylor an elderly woman. I was very impressed. Hazen a man who would drive any defensive lineman into the dirt for a yard, was once a week, taking out the trash, cutting the lawn and helping with anything else that Mrs. Taylor could not do herself. Based on this alone I put him up for the Ontario Football Conference's Bill Prest Community Service award.

When I saw Hazen next, I found out about some of the other things he does for the community. Hazen was a Boy Scout leader from 1997-2004, in 2000 he volunteered for Habitat for Humanity building homes for the less fortunate. All of this while balancing his job at Phoenix Wood Products and fulfilling his commitment to the Burlington Braves.

A leader and captain on the field. A compassionate, dedicated hard working benefit to society off the field. I present to you Hazen Foss.

Jack Emerson Low
Media Coordinator
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2007 OPHEA Kids' Health Conference

'Reach higher, inspire change' was the theme for the annual meeting of the Ontario Physical and Health Education Association on October 11-13. Approximately 650 educators participated in the conference, which included a selection of over 100 sessions plus a tradeshow. Ian Hill kicked off the event with a phenomenal key note about making a difference in our communities.

Cara Lynch attended the conference to facilitate a flag football session for teachers. The activity-based format introduced drills for warm-up, teaching field positions and responsibilities and basic rules before all participated in a short game. "The response from teachers was truly positive and I heard about different products and equipment used by teachers. A low cost alternative used by one teacher in the class room was to cut up old sheets to use as flags. Two different colored sheets could supply a gym class."

Drills and notes from the session are available for your use by emailing: flag@footballcanada.com In addition, the notes will be posted on the Flag section of the website by November 5. For more information about the conference, please visit: <http://www.ophea.net/Ophea/Ophea.net/confhighlights.cfm>

PHOTO OF THE MONTH



North Shore Football League Pee Wee Division Championship, Alexander Park, Pierrefonds, Quebec

Please send us any photos you would like posted to our photo gallery!!

HUMAN KINETICS – BOOK OF THE MONTH

Sports Injuries Guidebook

Robert Gotlin

Copyright 2008 ISBN: 0736063390

ISBN13: 9780736063395

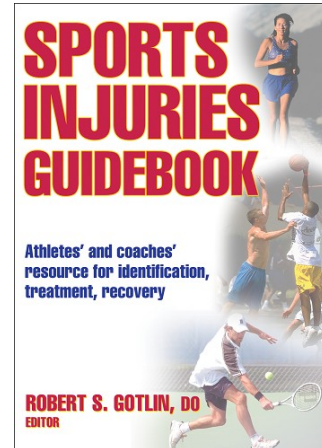
304pp

Paperback

Full color

Regular Price: \$24.95 (U.S. dollars)

To order, please contact us at: admin@footballcanada.com.



About the Product

Injuries happen. So be prepared. Have the answers. Rely on the guidance of 25 leading sports physicians and therapists. Rely on *Sports Injuries Guidebook*.

This authoritative, quick reference, full-color guide provides coverage of over 130 injuries, including:

- Concussion
- Eye Injuries
- Whiplash
- Rotator Cuff Tear
- Tennis Elbow
- Sprains & Strains
- Abdominal Trauma
- Herniated Disc
- IT Band Syndrome
- Patellar Tendinitis
- Shin Splints
- Plantar Fasciitis

Easy-to-find entries include a description of common causes, injury identification cues, explanation of symptoms, full-color anatomical illustrations, treatment options, and a plan for returning to action quickly and safely. *Sports Injuries Guidebook* also ensures that you'll be spending more time in the game than on the sidelines by providing additional coverage on conditioning, body maintenance, and nutrition to keep injuries at bay.

Whether you are a member of a team or an individual athlete, an elite competitor or a weekend warrior, *Sports Injuries Guidebook* is ready with the answers you need when your body needs them.

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