



# FOOTBALL CANADA

## SEPTEMBER 2007 REPORT

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### Maritime Football League 2007

2007 was another strong year for Senior Football in the Maritimes. This summer, teams went from playing 6 games each to 8 games. Playoffs were tiered. The Riverview Mustangs had a perfect season and took home the Maritime Bowl VI while the Dartmouth Knights captured the Mariner Bowl. The nine-team league is based in the Maritimes and is made up of former CFL, CIS, and High School football players.



AJ Gallant #5 of the Riverview Mustangs gets ready for the snap as Halifax Shocker Al Wetmore #39 looks on. Photo by Tracy M. Reath

### 2007 Maritime Bowl



The Riverview Mustangs defeated the Halifax Shockers by a score of 23-0 in the 2007 Maritime Bowl. AJ Gallant found Mike Cochran in the end zone to open the scoring in front of a crowd of 1,200 fans. The Mustangs got two more points on missed field goals to make the score 9-0 at the Half. AJ Gallant scored two more touchdowns for the Mustangs in the final half to make the score 23-0. The win completed a perfect season for the Mustangs.

Riverview Mustangs- 2007 Maritime Football League Champions.  
Photo by Tracy M. Reath

## **2007 Mariner Bowl (Tier 2)**

The Dartmouth Knights captured the 2007 Mariner Bowl by defeating the Saint John Longhorns by a score of 20-15. The game was played at Canada Games Stadium in Saint John. Dartmouth QB Dan Williams was the overall outstanding player. Steve Savoie scored both touchdowns for Saint John.



Dartmouth Knights- 2007 Mariner Bowl Champions

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## **PESIC Conference 2007**

### **Physical Literacy – Making The Connections**

**St. John's Newfoundland & Labrador – September 13, 14, 15, 2007** – Newfoundland and Labrador's Provincial Physical Education Special Interest Council held a conference this month with the main theme being Physical Literacy. This theme encouraged teachers to expand their practices and to continue to find ways to encourage students to participate in physical education classes and in physical activities within and outside the school.



Football Canada participated in the PESIC tradeshow featuring Flag Football and conducted three Flag Football clinics.

Meetings were also scheduled with Sport NL, Recreation Newfoundland & Labrador, Participation Nation NL, and the Boys & Girls Club of St. John's to share ideas on how to develop Flag Football through the province.

## New Coaches Trained in BC

Football BC hosted a Facilitator's training and Coaches training on September 22, 23 in Vancouver. Three new facilitators and six new coaches received NCCP training from Alberta's Mike Fitzsimmons, Master Facilitator.

Having local NCCP trained facilitators enables Football BC to train additional coaches for community and school leagues in all areas of the province.



## CPRA Conference and Tradeshow

Football Canada promoted Flag, Touch and Tackle programs at the National Parks and Recreation Tradeshow in Ottawa on September 26, 27. Over five hundred delegates, brimming with enthusiasm, attended the "Connect in the Capital" event.

Congratulations to Jim Swryda of Dauphin, Manitoba for winning the draw for a Grey Cup football and Football Canada duffel bag.

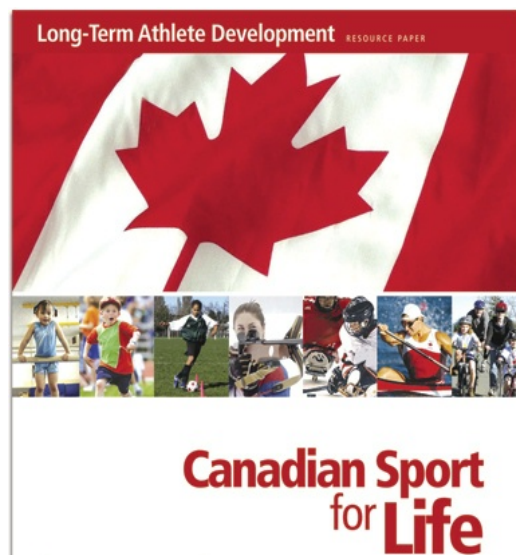
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## Welcome to Canadian Sport Life (CS4L)

### A Parent's Guide

The Canadian Sport Centre – PacificSport has presented the latest Canadian Sport for Life publication "A Sport Parent's Guide". This supplementary document introduces the stages of the CS4L model and provides guidance for parents and coaches of active children.

The goal of this booklet is to help understand the needs of young athletes and what may be done to promote their best interests in staying active and healthy. In these pages you will be able to read about Long Term Athlete Development (LTAD), a model for development in physical activity and sport that not only provides a safe, enjoyable, and progressive pathway for children to pursue healthy physical activity, but also provides a pathway to excellence.



A Sport parent's Guide may be downloaded free of charge from [www.ltad.ca](http://www.ltad.ca).

## **Canadian Men's Football League Championship Game held at the Oshawa Civic Centre Saturday September 29th, 2007**

The Northern Football Conference (NFC) Championship team; the Sault. Ste. Marie. Steelers battled the Alberta Football League (AFL) Championship team the Edmonton Stallions in the Canadian Men's Football League Championship.

The Edmonton Stallions started with an early lead in the first quarter but the Sault. Ste. Marie Steelers took over in the second quarter to dominate the game and take the Canadian Men's Football League Championship title 59-10. The game took place in front of a crowd of 1200.

Activities were held throughout the day celebrating the end of the season and the championship game. The NFC All-Star game was held Saturday afternoon featuring several players from the defending Men's Canadian Championship team the Oshawa Hawkeyes as well as a number of other players from the NFC. Team East won the All-Star game by a final score of 26-12.



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## **Photo of the Month**



Clinic - St. John's NL - September 15, 2007

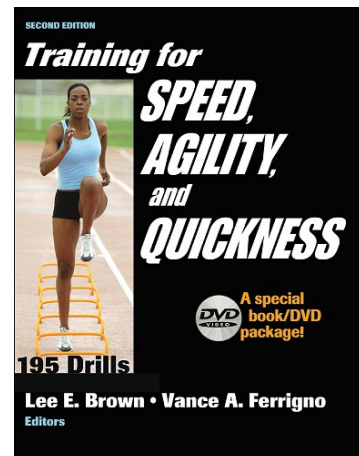
## HUMAN KINETICS – BOOK OF THE MONTH

### Training for Speed, Agility, and Quickness-2nd Edition

Not only are modern athletes larger and more muscular than their predecessors, but they also move with swiftness and power never seen before. *Training for Speed, Agility, and Quickness* is the workout guide and DVD package you need in order to perform a step ahead of the competition.

What elevates this book to become the ultimate training resource is the bonus DVD, ideal for both athletes and coaches. It allows you to see exactly how to perform key tests and execute the best and most complex drills from the book. Sample training programs are included for the following sports:

- Baseball and softball
- Basketball
- Soccer and field hockey
- Volleyball
- Football
- Tennis
- Netball
- Cricket
- Rugby
- Australian rules football



Top sport and conditioning experts present the best information on testing, techniques, drills, and training programs available to maximize athletes' innate movement capabilities. The book contains 195 drills, many of which are fully illustrated, while the most complex drills and useful tests to track athletic skills and progress are featured on the DVD.

Build the movement skills to excel in sports with *Training for Speed, Agility, and Quickness*.

Lee E. Brown, Vance Ferrigno  
Copyright 2005 ISBN: 0736058737  
ISBN13: 9780736058735  
264pp

**Regular Price: \$28.95** (Canadian dollars)

For more information on *52-Week Football Training*, please see:  
<http://www.humankinetics.com/products/showproduct.cfm?isbn=9780736058735>

To order, please contact us at: [admin@footballcanada.com](mailto:admin@footballcanada.com).