



**2009 Football Alberta Coaches Clinic
March 6 & 7
University of Calgary**



- Location: University of Calgary
2500 University Drive NW
Calgary, Alberta
- Cost: Football Alberta Member \$75/participant; \$90 at door.
Non Football Alberta Member \$85/participant; \$90 at door.
- Accommodation: **Village Park Inn:** rooms listed under Football Alberta Coaches Clinic
Reservations must be made prior to February 13
1-403-289-0241
1-888-774-7716
\$119.00 plus tax
- Four Points Sheraton:** rooms listed under Football Alberta Coaches Clinic
Reservations must be made prior to February 23
1-403-288-4441
1-877-288-4441
\$119.00 plus tax
- Pre-Registration:
1. On-line Registration:
Follow the links
 - a) www.ucalgaryrecreation.ca/certification/
 - b) Programs and Courses
 - c) Football Coaches Clinic
 - 2) Phone:
Kinesiology Client Services
403-220-7749
- Please provide the following information when registering:*
- a) Are you a member of Football Alberta?
 - b) Names of Coaches Registering.
 - c) How many coaches will be attending the Awards Luncheon?
 - d) Name of High School/Bantam/University, etc.
- ** Registration prior to Friday, February 28 is appreciated**
- Registration on site: Registration tables are located in Kinesiology Atrium area.
Registration packages will be available starting at 4:00 pm.
- Friday, March 6 Late registration and Football Alberta tables will be in the same area.

Please remember that the first session begins at 5:50.

FRIDAY, MARCH 6- ICT BUIDING

TIME	SPEAKER	RM	TOPIC
5:50 – 6:45	Mac Read University of Calgary		Strength and Conditioning
	Vincent Farrara		Xenith Helmets Head Injury Prevention
	Bryan Brandford Calgary Colts		Youth Topic: “Coaching for the Minor Aged Offensive Lineman”
6:55 – 7:50	Blaise Winter NFL Consultant		“Mind Set for Success”
	Kit Cartwright Winnipeg Bluebombers		Offensive Topic: Short passing game
	Dave Diluzio Notre Dame HS		Youth Topic: “Practice Planning” “Drills for Minor Aged Players”
8:00 – 8:55	Blaise Winter NFL Consultant		“Making it MORE than a game”
	Tim Burke Montreal Alouettes		Defensive Topic: Coverage Concepts A
	Kit Cartwright Winnipeg Bluebombers		Offensive Topic: Screens
9:05 – 10:00	Blaise Winter NFL Consultant		“Building TEAM chemistry”
	Jerry Friesen University of Alberta		“How did practice go today”
	Tim Burke Montreal Alouettes		Defensive Topic: Coverage Concepts B
10:00 – 12:00	COACHES SOCIAL	OVAL TRACK	

SATURDAY, MARCH 7- KINESIOLOGY BUILDING

TIME	SPEAKER	RM	TOPIC
8:30 – 9:30	Blaise Winter NFL Consultant	132	Defensive Line: Hand Combat Techniques 1
	Kit Cartwright Winnipeg Bluebombers	JE	Quarterbacks: QB Fundamentals
	Stacey Harrison Edmonton Eskimos	JW	Defensive Backs: Man Coverage Techniques
9:45 – 10:45	Blaise Winter NFL Consultant	132	Defensive Line: Hand Combat Techniques 2
	Brett MacNeil University of Manitoba	JE	Pass Pro Techniques Wing Chun Do FB Applications
	Stacey Harrison Edmonton Eskimos	JW	Defensive Backs: Ball Reaction Skills
11:00 – 12:00	Blaise Winter NFL Consultant	132	Defensive Line: Hand Combat Techniques 3
	Brett MacNeil University of Manitoba	JE	Pass Pro Techniques Wing Chun Do FB Applications
	Tim Burke Montreal Alouettes	JW	Defensive Backs: Man Coverage Technique
1:00 pm	AWARDS LUNCHEON		McLean Ballroom