



FOOTBALL CANADA

MAY 2008 REPORT

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Football Canada is proud to be part of the 2008 East West Bowl in Hamilton Ontario on May 10. Along with the game, there will be numerous clinics and events throughout the weekend.

CLINIC SCHEDULE

The 2008 East-West Coaches Clinic hosted by McMaster Football is a great opportunity for coaches, officials, therapists and support staff of all levels to come and learn from the best across the Country.

Friday May 9th

11:00am – 1:00pm..... Registration
1:00pm – 7:00pm..... Coaches Clinic

- **6 CIS Coaches - Ted Goveia (UBC), Glen Constantin (Laval), Greg Marshall (Western), Blaine Beck (Laurier), Kyle Walters (Guelph), Jason Hayes (Hamilton Hurricanes/McMaster)**
- **NSCA Speaker - Dr. Jonathon Fowles**
- **CFL speaker – Marcello Simmons (Toronto) and Jim Barker (Calgary)**
- **Coaches Social at Charlie West**

Saturday May 10th

9:00 – 3:30pm.....Select one of the five available clinics

- **NSCA Seminar** presented by Lorne Goldenberg, Ed McNeely and Jay Dawes

- **David Braley Sport Medicine & Rehabilitation Clinic injury prevention and care**
- **Football Canada Level 1 Tackle Officials Certification Clinic**
- **Canadian Chapter of Athletic Managers Association** with Alan Ansell, RJ James, Dan Dudeck and Steve Dempsey
- **24 Team Flag Football Demonstration**

Please visit

www.eastwestbowl.com/coaches_clinic.html or
www.footballcanada.com for more information about the
entire event and registration.

Canada Hosts the World in Flag Football



St. Jean-Sur-Richelieu, QC will host the world at the 4th IFAF Flag World Championship on July, 24 to 28th. This is the first time in the history of the International Federation of American Football that a major tournament will be played on Pan-American soil. Football Canada in partnership with Football Quebec and Flagbec are proud to host this event and showcase what Canada has to offer. For more information visit www.ifaf.info or www.footballcanada.com.



FOOTBALL CANADA CUP 2008

Football Canada Cup 2008 is once again being held in Sherbrooke, the week of July 5-12th, 2008. This will be the second year the event is held in Sherbrooke. Games will be played at Bishop's University as well as the University of Sherbrooke.

The event will host the Under 17 teams from Alberta, Manitoba, Ontario and Québec. Their games will begin on Saturday July 6th, 2008. The winner of last years Under 17 championship was the host province Québec.

The Under 19 event will begin on Sunday July 6th, 2008 with teams representing Alberta, Saskatchewan, Manitoba, Ontario, and Québec. Last year's Under 19 Champion was Team Alberta over Team Ontario.

A full schedule of the event can be found on the Football Canada website www.footballcanada.com



ALL GIRLS HIGH SCHOOL FOOTBALL LEAGUE THRIVES IN ALBERTA!!!

Grande Prairie, Alberta – Over 180 high school girls participate in an all girls tackle football league that runs in the spring. Rick Gilson, principal of Grande Prairie Composite High School and head coach of the boy's football team founded the girl's league 5 years ago.

Currently the league, which includes the city of Grande Prairie, Alberta, and surrounding area boasts 7 teams with another school to be added next spring.

Head Coach Lee Brentnell of the Grande Prairie Composite High School girl's team has explained that the girls have bought into the sport and wear their jerseys to class on game days.

A jamboree championship is planned at the end of May. For more information on the league and how it started you can contact Rick at rick.gilson@gppsd.ab.ca or Lee at lee.brentnell@gppsd.ab.ca.



6-A-SIDE FOOTBALL TAKES ROOT IN BRETON, ALBERTA



Breton, Alberta – Corey Colwell head coach of the Breton High School Cougars and a native of Saskatchewan where 6-A-Side Tackle Football thrives and has been played in the province for over 50 years has introduced the game to Breton, Alberta

The new league has 7 teams up from 4 in their first year. Teams average about 25 players. There are a wide range of schools playing the game. Four in Breton are 1A schools which have less than 100 students. Corey's high school has 86 students of which 29 are players.

Contact Corey at ccolwell@wrsd.ca to find out how it all started.

Flag Football National Invitational Qualifying Tournament

Football Canada in partnership with Football Quebec and Flagbec is proud to host the Flag Football National Invitational Qualifying Tournament on the 24 and 25 of May at the Campus du Fort St-Jean in Quebec. The objective of the tournament is to select the men's and women's senior national teams to represent Canada at the 4th IFAF Flag Football World Cup 2008 in St-Jean-Sur-Richelieu in July 25-28, 2008.

Interested senior flag and touch teams, visit www.footballcanada.com for more information and to download a registration form.



NFL Flag League Starts across the Country



Teams from Nova Scotia to British Columbia are kicking off the 2008 NFL Flag season! Please send updates and pictures of your

league, your team and your kids playing flag football to flag@footballcanada.com. Teams from as many as 10 provinces will descend on Cornwall, PEI for the NFL U-15 National Championship July 2 to 4th. Provincial teams will be determined through local and regional competitions through out the spring during the NFL Flag League. In 2007, the Hamilton Steelers won the National title. Which province will win it in PEI 2008? Visit www.footballcanada.com for more information and updates.

Schools Get Starter-Kits in Flag Football

Close to 4,000 flyers went out to physical education teachers across the country through the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD). Schools were offered a “Start-up” kit to include flag football into their physical education class curriculum and the response has been outstanding! Teachers are always looking for new activities to get both boys and girls involved and engaged during class; Flag football provides this. Information about getting Flag Football started at your school and resources available can be found at www.footballcanada.com in the Flag section.

2008-2009 CANADIAN AMATEUR RULE BOOK FOR TACKLE FOOTBALL NOW AVAILABLE

The 2008-2009 Canadian Amateur Rule Book for Tackle Football is now available through Football Canada and its’ provincial member associations. Please contact Football Canada at admin@footballcanada.com to place your order.

2008 FOOTBALL CANADA ANNUAL GENERAL MEETING AND COMMITTEE MEETINGS

The meetings are set to take place June 5TH – 8TH, 2008 at the Crowne Plaza – Ottawa.

PHOTO OF THE MONTH

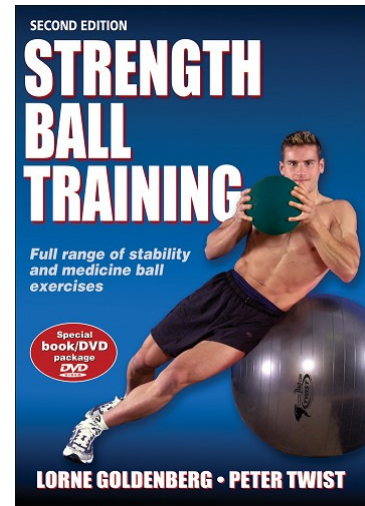


Human Kinetics – Book of the Month

Strength Ball Training-2nd Edition

Develop strength, power, coordination, balance, and core stability using the medicine ball and stability ball exercises included in *Strength Ball Training*. Preferred by elite athletes, fitness experts, and strength and conditioning specialists, these exercises train the body as a linked system rather than targeting muscles in isolation.

Exercises start with the core, where most movements are initiated, and then move out to the periphery, combining strength and balance in all the major muscle groups and the supporting muscles. And the enclosed companion DVD shows you how to perform the most complex and advanced exercises.



Strength Ball Training also includes a sample 16-week program with an excellent array of strength, flexibility, and balance challenges that may also be customized to design your own strength ball program.

Lorne Goldenberg, Peter Twist
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