



# FOOTBALL CANADA

## NOVEMBER 2008 REPORT

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### TEACHERS GET INTO FLAG AT OPHEA CONFERENCE



On Friday, October 17, Football Canada was on hand in Alliston, ON, for the Ontario's Physical and Health Education Association (Ophea) 2008 Kids' Health conference. Educators from across Ontario gathered to share and learn the latest in getting students active. Find out more about Ophea at [www.ophea.net](http://www.ophea.net).

Football Canada's High Performance Director, Rick Sowieta, conducted a seminar on Flag Football to demonstrate to the fundamentals of the game as well as how easy it is for teachers to incorporate it into their curriculum.

Approximately twenty physical education teachers participated in the seminar with all levels of experience and skill dealing with the game of football. They learned how to throw, catch, flag and concluded with a mini scrimmage.

There was a tremendous response to the Heritage Flag Football Kits with over 100 teachers taking advantage of Football Canada's special offer.

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### CROSS COUNTRY MAILING

Football Canada participated once again in the Physical and Health Education Canada (PHE Canada, formally known as CAHPERD) mailing in the fall. Information about youth programs offered by Football Canada went to school boards across the country. Physical Education teachers received details about the Junior Player Develop (JPD) program, 6-A-Side Football and Flag Football Start-up kits.

The response to the special offer for complementary Flag Football Start-up kits for schools has been tremendous from all provinces. A start-up kit includes footballs, flags, instructional DVD's and everything needed to get the game started. Football Canada is also offering additional equipment for purchase at fair pricing.

Interested school and PSO's should contact [flag@footballcanada.com](mailto:flag@footballcanada.com) for more information.

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## COACH'S PROFILE: HOMEGROWN PLAYER COACHES FOR GOLD



The men's Team Canada was a force to be reckoned with during the 4<sup>th</sup> IFAF Flag Football World Championship hosted in St-Jean-Sur-Richelieu, QC in July 2008. In their first appearance in the tournament's history, Canada's men won gold on home turf under the leadership of head coach Frederic Lachance.

Frederic began playing football at the cadet level in St-Jean-Sur-Richelieu, QC and progressed to play 2 years at Mount Assumption Institute in Plattsburgh, NY. Since beginning to play flag football in 1991, he has been no stranger to international competitions and winning championships.

As a member of the Montreal Maroons for six years, Mr. Lachance has won provincial championships in both the touch and flag categories for last three years. He has also represented Canada in seven of the International Flag Football Federation World Cup's hosted in the United States, Dominican Republic and the Bahamas.

Being an active member of the flag community in St-Jean-Sur-Richelieu, Frederic began coaching two years ago when local team, Fleur de Lys, need help with defense. When offered the opportunity to coach Team Canada in his hometown, he could not refuse and used his experiences to lead his team to gold.

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## SK'ELEP SCHOOL OF EXCELLENCE HITS THE GRIDIRON IN KAMLOOPS



Football Canada and Football BC are proud to announce the completion of their first JPD camp with a First Nations School. Students from the Sk'elep School of Excellence got a chance to step out onto the gridiron and learn about the great game of football.

The Sk'elep School of Excellence is located in the dry "desert like" interior region of British Columbia located in the Kamloops Indian School Band (KIB) Territory, overlooking the North Thompson River and the City of Kamloops. One of the largest First Nations schools in British Columbia, it is home for students between the 1<sup>st</sup> and 7<sup>th</sup> grades.

The JPD camp ran over a three week period, October 6, 2008 to October 24, 2008, three times a week. 50 students from the grades 4-7, 26 female, hit the field for 2.5 hrs sessions to learn the game of football, its skills, and its life lessons. Brian Olthuis, director of programs for Football BC, Glenn Armstrong and First Nations Wally Deneault, were the main organizers and coaches of this camp.

The entire process commenced with a fitting session for all of the participants to correctly show them how their various pieces of equipment should fit. Once on the field, the traditional 11 and 12 man football was put aside and the focus was more towards the 6-A-Side format. This allowed participants to experience all abilities and skills needed for the various positions in football. Involved in all JPD camps are life lessons

that the coaching staff implement during camp drills. The life lessons that were focused on during this camp were: goals, teamwork, responsibility, promptness and leadership. The camp was concluded by a scrimmage that brought all of the football and life lessons together as well as a barbeque for the players and their families.



If you are interested in running one of these camps or have further questions, please contact Tim McEwen, Youth Football Development Coordinator, at [development@footballcanada.com](mailto:development@footballcanada.com) or 613-564-0003 ext 227.

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## CANADA REPRESENTED AT NFL FLAG LEAGUE REGIONAL TOURNAMENT IN BUFFALO



On Sunday, October 12, the Hamilton 5 on 5 Flag Football League was represented in three different divisions at the NFL Flag Buffalo Regional Tournament in Buffalo, NY. The seven teams mark the first time Canada has participated in the tournament south of the boarder, held at the Buffalo Bills practice field. All teams represented the high caliber of flag football found in Canada, with six of the seven making it to the semi-finals and three seeing action in championship games.



An all girls team from Hamilton won the 12-14 age division and will be representing the Buffalo Bills at the 2008 NFL Flag National Tournament of Champions on Saturday, November 22 at Disney's Wide World of Sports Complex in Orlando, Florida. This will

be the first time a Canadian team will represent a team of the National Football League in this tournament.

The all girls team is lead by coach, Matt Hill who has coached Team Ontario to consecutive NFL Flag League Canadian National Championships in 2007 and 2008. He also coached Team Canada at the U15 World Junior Flag Tournament hosted at the Super Dome in New Orleans in 2007. Veterans, Breanna McIntyre and Julia Manaco, who were members of the 2008 National Championship team, will lead Jaclyn Carbone, Faith Gallant, Andrea Petrina, Breanne Stramenga and Breanna Tilban to Florida in November.

Football Canada and its member wish the team the best of luck!

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## **G. SYDNEY HALTER, O.C., Q.C. MEMORIAL AWARD FOR OUTSTANDING CONTRIBUTIONS TO FOOTBALL OFFICIATING**



### **BACKGROUND**

Sydney Halter was born in Winnipeg on April 18, 1904 and in 1934 helped organize the Winnipeg Football Club. In 1958 he became the first Commissioner of the CFL, a post he held until 1968, after which he was elected to both the Canadian and CFL Halls of Fame.

As the founding Commissioner of the CFL, Syd was instrumental in the writing a new rule book. He brought stability and respectability not only to the League but also to its officials as well. While Commissioner, Syd also actively supported amateur sports at the grass roots level in his community.

### **THE PURPOSE**

The Halter award has been developed with the Halter family and would not only honour the CFL's first Commissioner, but also bring recognition to football officiating, which the Halter family believes is a vital component of the game.

From the CFL perspective, it will raise the profile of officiating, while providing an important link with amateur football, with the presentation being made annually as part of the Vanier Cup festivities. We hope that it will heighten people's awareness and appreciation for officials and provide a useful tool in attracting more people into officiating at the Amateur level, a significant need across the country.

### **THE AWARD**

The award is to be presented annually and is open to any person in the country who has made an outstanding contribution to football officiating, both on and off the field. The recipient's name shall be placed on a trophy and a cheque for \$1000.00 will be donated in the recipient's name to his local officiating association to be used for Officiating development. In addition, the recipient shall receive a personal memento.

## THE CRITERIA

The Nominees will be judged on the following:

- performance on the field
- contributions to his Association
- significant contributions to the game
- involvement in the community

## THE VENUE

The award will be presented annually at the Vanier Cup Luncheon, sponsored in part by the CFL. It will provide excellent exposure for officiating and celebrate commitment and excellence.

## NOMINATIONS

Individuals and organizations are strongly encouraged to nominate worthy candidates. Please send nominations to George Black at the email address below by **NOVEMBER 10, 2008**:

George Black  
Senior Advisor, Football Operations  
Canadian Football League  
gblack@cfl.ca

Please Visit [WWW.FOOTBALLCANADA.COM](http://WWW.FOOTBALLCANADA.COM) for nomination Form

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## ROAD TO THE VANIER CUP - CIS RESULTS AND SCHEDULE



### **Sunday, November 2**

Canada West semi-final:  
Calgary 24, Regina 17 (FINAL)

### **Saturday, November 1**

AUFC semi-final: StFX 52, Mount Allison 12 (FINAL)  
OUA semi-final: Ottawa 23, Queen's 13 (FINAL)  
OUA semi-final: Western 36, Laurier 28 (FINAL)  
QUFL semi-final: Concordia 41, Sherbrooke 20 (FINAL)  
QUFL semi-final: Laval 32, Montreal 7 (FINAL)  
CW semi-final: Simon Fraser 40, Saskatchewan 30 (FINAL)

**Saturday, November 8**

1:00 pm OUA Final: Ottawa 17, Western 31 (FINAL)  
1:00 pm AUS Final: St. FX 27, Saint Mary's 29 (FINAL)  
1:00 pm CW Final: Simon Fraser 21, Calgary 44 (FINAL)

**Sunday, November 9**

12:30 pm QC Final: Concordia 17, Laval 28 (FINAL)

**Sunday, November 16**

12:00 pm Uteck Bowl: Calgary vs. Laval  
03:30 pm Mitchell Bowl: Saint Mary's vs. Western

**Saturday, November 22**



**2:00 pm Vanier Cup – Hamilton, ON : TBA vs. TBA**

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**PHOTO OF THE MONTH**



**JPD - SK'ELEP SCHOOL OF EXCELLENCE IN KAMLOOPS**

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**BOOKS OF THE MONTH**

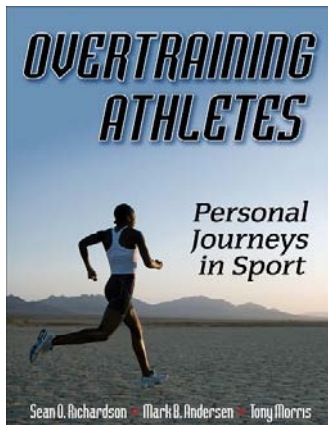
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Regular price: \$19.95 (plus taxes and shipping)  
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# HUMAN KINETICS

## Overtraining Athletes - Personal Journeys in Sport



*Overtraining Athletes: Personal Journeys in Sport* seeks to communicate the complex subject of overtraining to help athletes, coaches, parents, and sport science professionals understand the dangers of overtraining and take steps toward prevention. Using history and research, current experts' perspectives, and athletes' personal experiences, *Overtraining Athletes* identifies forces that push athletes to overtrain by sharing the struggles of those athletes and the sport professionals who seek to help them.

The text employs a nonlinear structure, allowing the flexibility to sample chapters from each of its four parts based on interest and level of knowledge about the topic. By presenting the phenomenon of overtraining from a variety of perspectives and with varying degrees of technicality, the book engages a wide range of readers while presenting significant research and studies in the area. Each of the four parts of the text displays a distinct method for discovering how overtraining affects athletes, coaches, parents, and professionals.

**Part I** begins with a review of research examining aspects of overtraining, including prevalence, physiological and psychological manifestations, and outcomes. It concludes by discussing risk factors that increase the probability of overtraining. In **part II** coaches' and sport scientists' views on overtraining risk factors are presented. The authors interviewed 14 experts from major sport organizations in Australia to glean their perspectives on the possible variables associated with overtraining. With the perspectives of these experts, readers may identify the characteristics, behaviors, and experiences of susceptible athletes, as well as the situations, factors, sport cultures, and people that both pressure athletes to increase their training and affect athletes' needs for recovery.

In **part III** the focus turns to the experiences of the athletes. Drawing on interviews from 13 athletes with identified histories of chronic overtraining, the authors present three aggregate case studies:

- A professional footballer influenced by economic forces, internalized clichéd slogans, tough sport cultures, and traditional abusive practices
- A triathlete obsessed with the pursuit of the Olympic gold
- A young gymnast-turned-cyclist pressured by abusive coaches and an overinvolved parent

These three narratives, in addition to a description of Richardson's own overtraining experience, create a rich, detailed account of athletes' struggles with overtraining. Part III concludes with observations and reflections on these four overtraining narratives to further explain how readers can learn from these athletes.

In **part IV**, the authors introduce a comprehensive model of overtraining risks and outcomes. This model is examined in relation to other overtraining models, thus accentuating its importance as a useful, fluid tool for identifying athletes who might be at risk as well as environments and cultures that increase vulnerability to overtraining. Part IV concludes with a discussion of future directions for research and professional practice and suggestions for further study.

*Overtraining Athletes* uncovers both the personal and interpersonal struggles encountered by athletes who overtrain. Its qualitative focus, current research, and future directions encourage readers to learn about the topic and take action in the treatment and prevention of overtraining. The authors hope the book will also encourage others to tell their stories, gather new data, and continue to unravel the question of why athletes become damaged through their participation in sport.

Sean O. Richardson, Mark B. Andersen, Tony Morris

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