



# FOOTBALL CANADA

## OCTOBER 2008 REPORT

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### NEW HEAD OFFICE PHONE NUMBERS AND POSITIONS

Football Canada wishes to inform you that, effective immediately, our head office phone numbers have changed. As a tribute to Canadian 3 down Football, the office can now be reached at **613-564-0003**. Phone extensions are listed below.

We would also like to take this time to welcome Brittany Conrad to the Football Canada office. She has been helping us with finance for over a year but now will assume a full-time position as our Finance Coordinator.

The office will now be organized as follows. ***Please note the title and email changes to Robert Swan, Rick Sowieta and Shannon Donovan.***

Brittany Conrad  
Finance Coordinator  
[finance@footballcanada.com](mailto:finance@footballcanada.com)  
Ext 228

Rick Sowieta  
High Performance Director  
[hp@footballcanada.com](mailto:hp@footballcanada.com)  
Ext 224

Meaghan Davis / Cara Lynch  
Flag/Touch Program Coordinator  
[flag@footballcanada.com](mailto:flag@footballcanada.com)  
Ext 226

Paul Stoddart  
Communications and Membership Services  
Coordinator  
[communications@footballcanada.com](mailto:communications@footballcanada.com)  
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Shannon Donovan  
Competitions and Events Manager  
[events@footballcanada.com](mailto:events@footballcanada.com)  
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[business@footballcanada.com](mailto:business@footballcanada.com)  
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[development@footballcanada.com](mailto:development@footballcanada.com)  
Ext 227

Rachel Vreeswijk  
Administrative Assistant  
[admin@footballcanada.com](mailto:admin@footballcanada.com)  
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Richard Munro  
General Manager  
[gm@footballcanada.com](mailto:gm@footballcanada.com)  
Ext 222

# THE BOYS AND GIRLS CLUBS OF ONTARIO AND FOOTBALL REUNITE AT CAMP SMITTY



Boys & Girls Clubs  
of Ontario



On August 28<sup>th</sup> 2008, Football Canada and the Boys and Girls Clubs of Ontario, renewed their partnership at the annual Provincial Youth Council of Ontario at Camp Smitty. Each year, youth from across Ontario who are regarded as leaders in their respective clubs, come together at this conference to network, share experiences as well as build and develop leadership skills through various learning opportunities and initiatives.

This year, the focus was on youth empowering youth. Football Canada, with the help of the Ontario Football Alliance, was approached to conduct a Flag Football instructional clinic, to build the basic skills and comprehension of the game. At the completion of the clinic, leaders would be able to return to their respective clubs and with their new knowledge, teach flag football to others.

Football Canada conducted two separate clinics at Camp Smitty and saw just over 30 participants, eight of whom were female. Leaders learnt the fundamentals of flag football including passing, catching, flagging, back peddling and minor technical pieces found in Flag Football Teacher's Guide. Each session wrapped up with a 30 minute scrimmage so participants could experience a game-like situation. At the conclusion, supportive Flag materials and DVD's were distributed to help each participant with the transfer of knowledge back to their respective clubs.

The clinics were a success and numerous participants inquired how they could get more materials to help empower their clubs and get the game going. As a result, Football Canada is eager to expend their existing relationship with the Boys and Girls Club nationwide.

If you are interested in running any of these programs or have further questions, please contact Tim McEwen, Youth Football Development Coordinator, at [development@footballcanada.com](mailto:development@footballcanada.com) 613-564-0003 Ext 227 or Meaghan Davis, Flag Football Coordinator, at [flag@footballcanada.com](mailto:flag@footballcanada.com) 613-564-003 Ext 226.

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## OUJE-BOUGOUMOU FOOTBALL CAMP



Ouje-Bougoumou, a Cree community, located in Northern Quebec, was the site of this year's True North Wellness Football Camp. This was a series of weeklong camps and programs intended to empower native children through sports. Shannon Donovan, Football Canada's program coordinator and representatives from the Hamilton Tiger Cats (Geoff Tisdale, Nick Kordic, J.P. Bekasiak, and Marcel Bellefeuille) made the trip up north for the special cause at the end of August.

Right from the get-go, the boys and girls were in awe of these modern day giants when they stepped off the plane. To commence the camp, all of the participants were ushered into a school gym to receive instructions and to be introduced to these giants. In an effort to get the kids to sit quietly and listen in the gymnasium, the Tiger Cat players simply sat amongst them... and all was calm immediately.

It became apparent very quickly during the introductions that the 140 boys and girls were very eager to get onto the field and put their skills to practice. It was a pleasant surprise that right from the onset of the camp, the kids knew how to lineup onside, form a huddle after each play and how to execute organized plays. This was evident in a variety of age groups.

Due to reports of inactiveness in the community, despite having numerous athletic facilities in the area, there was a concern how the children in the area were going to take to the camp coming into it. The camp, however, demonstrated that the kids are extremely energetic, athletic and motivated when they are having fun.

Although the camps' theme was football, its true objective was True North Wellness. This program attempts to give hope, create dreams and educate these small communities about life outside their home.

With the aid of the Cree community and School board, Football Canada has sent out complementary flag start up kits to 8 different schools in the Cree community. These kits will help over 1000 eager students and 9 coaches bridge the gap between dreams and reality and allow them to continue to play the great game of flag football.



## TEAMS CONFIRM PARTICIPATION AT THE 2009 IFAF JUNIOR WORLD CHAMPIONSHIPS; REMAINING QUALIFYING DATES SET



Canada, France, Germany, Japan, Sweden & United States To Compete In Canton, Ohio; Australia, Bahamas, Panama, Mexico & New Zealand Enter Latest Qualifiers Tuesday, September 16 - PARIS, FRANCE – Six nations have confirmed their participation at the 2009 IFAF (International Federation of American Football) Junior World Championship to be played in Canton, Ohio, in July of next year. IFAF has also accepted applications from five countries that will take part in the latest round of international qualifiers for the tournament's remaining two places. The qualification process has already seen Europe produce three teams that will travel to Canton and now it is the turn of countries from Pan America and Oceania.

For more information, Please visit [WWW.FOOTBALLCANADA.COM](http://WWW.FOOTBALLCANADA.COM)

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### REMINDER: DEADLINE APPROACHING FOR COMMUNITY SPORT



### FUNDING PROGRAM

**Next Deadline: October 31, 2008**

If you want to increase opportunities for children and youth to play sports\* in your community, the True Sport Community Fund can help. Focusing on communities in Yukon, Northwest Territories, Nunavut, Saskatchewan, Manitoba, New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland, the True Sport Community Fund is a four year ! \$1.89 million community investment program that provides opportunities for Canadian communities to access funds for sport programs for low income, Aboriginal and new Canadian families. True Sport and The J.W. McConnell Family Foundation believe in the power of sport to connect communities. We also believe that people like you want to make it as simple as possible for children and youth to participate. That's why we've partnered to create the True Sport Community Fund; which will help communities promote inclusion and increase access to sport programs for children and youth, aged four to seventeen. Over the next year, communities will benefit from \$5,000 grants and \$25,000 grants. \* Please refer to the Fund Guidelines at [www.truesport.ca/tsfund](http://www.truesport.ca/tsfund) for a definition of sport eligibility.

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## PHOTO OF THE MONTH



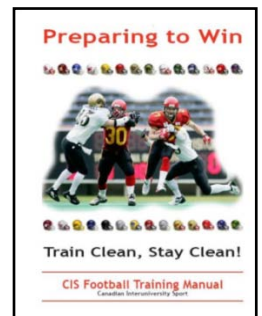
## OUJE-BOUGOUMOU FOOTBALL CAMP

### BOOKS OF THE MONTH

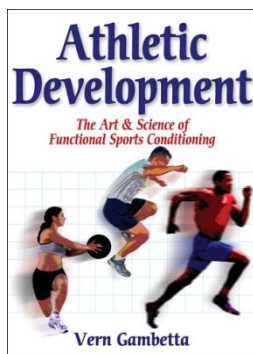
#### Preparing to Win – CIS Football Training Manual

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

To order, please contact us at: [admin@footballcanada.com](mailto:admin@footballcanada.com) or call 613-564-2675



### HUMAN KINETICS



#### **Athletic Development - The Art & Science of Functional Sports Conditioning**

*Athletic Development* offers a rare opportunity to learn and apply a career full of knowledge from the best. World-renowned strength and conditioning coach Vern Gambetta condenses the wisdom he's gained through more than 40 years of experience of working with athletes across sports, age groups, and levels of competition, including members of the Chicago White Sox, New York Mets, and U.S. men's 1998 World Cup soccer team.

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- sport-specific demands analysis,
- work capacity enhancements,

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*Athletic Development* explains what works, what doesn't, and why. Gambetta's no-nonsense approach emphasizes results that pay off in the competitive season and reflect his work at the highest echelons of sport. Merging principles of anatomy, biomechanics, and exercise physiology with sports conditioning applications and four decades of professional practice, this is the definitive guide to performance-enhancing training.

Vernon A. Gambetta  
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To order, please contact us at: [admin@footballcanada.com](mailto:admin@footballcanada.com) or call 613-564-0003