

# This Month in Canadian Amateur Football

JUNE 2009 NEWSLETTER

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## Canada Kicks Off Tournament Vs. New Zealand

At the end of the month, teams representing eight countries will be making their way to Canton, OH, USA for the IFAF Junior World Championship taking place from June 27 to July 5, 2009.

The game schedule has been announced and can be found at [www.jwcfootball.com](http://www.jwcfootball.com). All games will be played in Fawcett Stadium adjacent to the Pro Football Hall of Fame.

The No. 1-seed, Canada kicks off the tournament against New Zealand at 10 a.m. on Saturday, June 27.

The Championship Game will be played at 1 p.m. on Sunday, July 5.

Tickets are now available online at [www.jwcfootball.com](http://www.jwcfootball.com) or by calling 1-800-574-5874. All-day general admission tickets are \$10; reserved tickets to all 12 tournament games are \$50. All-inclusive travel packages to Canton with tour-

nament game tickets are also available online at [www.jwcfootball.com](http://www.jwcfootball.com) or by calling 1-888-310-4255 (Continental U.S. and Canada).



Canada's Junior National Team begins on the road to Canton, OH with the final selection camp at the University of Western Ontario on June 15 to 24.

Head Coach, **Glen Constantin** and his coaching staff will lead 45 of the top football players from eastern, central and western Canada to defend the No.1 seed.

For more information on Football Canada's Junior National Team Program, visit [www.footballcanada.com](http://www.footballcanada.com). For more information on the IFAF Junior World Championship, visit [www.jwcfootball.com](http://www.jwcfootball.com)

## Former CJFL player tops 2009 CFL Draft

A total of 48 players were selected in the CFL Canadian Draft on May 2, 2009 as teams continued to shape their rosters in preparation of the 2009 season.

The Hamilton Tiger-Cats began the draft by selecting top ranked offensive lineman **Simeon Rottier**, followed by the Toronto Argonauts selecting defensive lineman **Étienne Légaré** and the BC Lions trading up one spot to draft running back **Jamall Lee**.

Training camps for CFL teams open June 7th. The CFL on TSN

season kicks off on Canada Day. For more information, visit [www.cfl.ca](http://www.cfl.ca).

Out of the 48 players selected in the draft, eight players were former member of the Canadian Junior Football League (CJFL), including the top pick **Simeon Rottier**, who played for the Edmonton Huskies.

Former Okanagan Sun receiver **Matt Carter** (2004) was chosen 5th by the BC Lions.

**Matt Lambros** a former receiver with the Calgary Colt and Okanagan Sun

was chosen 10th by the Toronto Argonauts.

**Gord Hinse** a team mate of Rottier was chosen next (11th) by the Edmonton Eskimos. He was a 2006 CJFL All Canadian offensive lineman with the Edmonton Wildcats.

**Matt Singer** was chosen 15th by the Montreal Alouettes. Matt was a BCFC All Star offensive lineman in 2005 with the Vancouver Trojans.

To view the full list of former CJFL players drafted in the 2009 CFL Canadian Draft, visit [www.cjfl.net](http://www.cjfl.net).

## Football Canada Cup 09 Schedule

### U17 Saturday, July 4th, 2009 -Round 1

11:00 am Event Official Kickoff—Alberta North vs. Québec  
 12:20pm Saskatchewan vs. Alberta South  
 1:40 pm Ontario West vs. Manitoba  
 3:00 pm Alberta North vs. Ontario East  
 4:20 pm Ontario West vs. Alberta South  
 5:40 pm Manitoba vs. Ontario East  
 7:00 pm Saskatchewan vs. Québec

### U17 Tuesday July 7th, 2009 – Continuation of Round 1

11:00 am Ontario East vs. Alberta South  
 12:20 pm Alberta North vs. Manitoba  
 1:40 pm Ontario West vs. Québec  
 3:00 pm Saskatchewan vs. Ontario East  
 4:20 pm Ontario West vs. Alberta North  
 5:40 pm Alberta South vs. Québec  
 7:00 pm Saskatchewan vs. Manitoba

### U17 Friday July 10th, 2009 - Medal Round

7:00 pm U17 Championship Game

### U19 Sunday, July 5th, 2009 -Round 1

1:00 pm Manitoba vs. Ontario  
 2:15 pm Opening Ceremonies  
 2:50 pm Saskatchewan vs. Québec  
 4:10 pm Ontario vs. Alberta  
 5:30 pm Manitoba vs. Québec  
 7:00 pm Saskatchewan vs. Alberta

### U19 Wednesday July 8th, 2009 – Continuation of Round 1

1:30 pm Ontario vs. Québec  
 2:50 pm Manitoba vs. Alberta  
 4:10 pm Ontario vs. Saskatchewan  
 5:30 pm Québec vs. Alberta  
 7:00 pm Saskatchewan vs. Manitoba

### U19 Saturday July 11th, 2009 - Medal Round

7:00 pm U19 Championship Game

For more information about the Football Canada Cup 2009 hosted in Saskatoon, SK, visit [www.footballcanadacup.ca](http://www.footballcanadacup.ca).



**Football Canada Cup Gear is now available. Caps, hoodies, sweat shirts, t-shirts, shorts and more can be found at**

[www.footballcanadacup.ca](http://www.footballcanadacup.ca).

## Photo of the Month

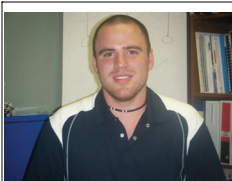


### Junior National Team Program

On May 8 and 9, Football Canada joined representatives and head coaches from the eight countries that will compete in the 2009 IFAF Junior World Championship to tour the host venue practice and game day facilities and held technical meetings in Canton, Ohio, USA.

Email your events and photos to: [marketing@footballcanada.com](mailto:marketing@footballcanada.com).

## NON-Contact Updates



**Sport North—** Football Canada and Sport North have partnered to offer Athlete Development sessions through Flag Football to 30 communities in NWT this summer.

These sessions follow-up on popular clinics that were run parallel to the Summer Games in Yellowknife in 2005. There is tremendous support to deliver the program this summer and to sustain flag football programs long term.

Craig Taggart, Long Term Athlete Development Project Coordinator received Flag Football Community Sport Initiation training in Ottawa on May 20, 21. He will deliver sessions directly to youth in schools and community centres through the course of the summer. Further clinics will be scheduled in the winter months to help develop knowledge for coaches and teachers new to the sport.

**Senior 2010** -Canada has won a second consecu-

tive bid to host the 2010 World Flag Football Championship in Ottawa, Ontario August 4-9, 2010. The 4th World Championship was hosted by Football Canada and Football Quebec in 2008 where Canada brought home gold in the Men's division and silver in the Women's division.



**Enable All Players-** Football Canada is working to promote awareness of Flag Football as an accessible sport. The Ottawa Children's Treatment Center and Special Olympics have partnered with Football Canada and member provinces to deliver services to people with developmental disabilities. If your organization wants information to start-up and maintain a flag football program and enable youth or adults to play, contact Cara at [noncontact@footballcanada.com](mailto:noncontact@footballcanada.com)

**OFSAA—**Football Canada participated once again in the OFSAA Coaching Symposium May 13, 14. Josh Sacobie, Cara Lynch and Rick Sowieta delivered material through the bi-annual tradeshow and coaches conference. Approximately 20 new coaches

attended the Flag Football session that covered positional skills and highlighted quarterback skills and drills.



**NFL FLAG—**NFL Flag League 2009 has ended. Eight provinces are playing in the U15 Flag League this year and will put teams into the National Championship in Ottawa July 24-26. British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, Nova Scotia and PEI— Good Luck!

**Officials Wanted-** Football Canada is seeking local Ottawa flag football officials for the NFL U15 National Championships and U17 National Invitational, July 24-26, 2009 at Carleton University in Ottawa. Please forward your letter of interest to Cara Lynch: [noncontact@footballcanada.com](mailto:noncontact@footballcanada.com)

Schedule of Events

# JUNE 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 FC Golf	3	4	5	6
7	8	9	10	11 AGM	12 AGM	13 AGM
14	15 Final Camp	16 Final Camp	17 Final Camp	18 Final Camp	19 Final Camp	20 Final Camp
21 Final Camp	22 Final Camp	23 Final Camp	24 Final Camp	25	26	27 JWC
28 JWC	29 JWC	30 JWC				

- 6/2—Football Canada’s Charity Golf Tournament. For additional information contact Paul Stottard at [communications@footballcanada.com](mailto:communications@footballcanada.com)
- 6/11 to 6/13—Annual General Meetings
- 6/15 to 6/24—Final selection camp for Junior National Team at University of Western Ontario in London, ON.
- 6/27 to 7/5—IFAF Junior World Championship in Canton, OH, USA. Visit [www.jwcfootball.com](http://www.jwcfootball.com)
- 7/4 to 7/11—Football Canada Cup in Saskatoon, SK. Visit [www.footballcanadacup.ca](http://www.footballcanadacup.ca) for more info.
- 7/24 to 7/27—NFL U15 Flag National Championship at Carleton University in Ottawa, ON. Visit [www.footballcanada.com](http://www.footballcanada.com) for more info.


## Coaching

### Keeping Young Athletes Healthy

Young athletes have the challenge of not only fuelling for growth but for their activity as well. Improper fuelling can affect their energy levels, their growth and increase their risk of injuries. This month’s Sport Nutrition Tip of the Month “**Keeping Young Athletes Healthy**”, lists some key areas, such as schedules and picky eaters, for parents to consider when reviewing their young athlete’s diet.


To read this article and access our sport nutrition resource site for other nutrition tip sheets in the areas of vitamins and minerals, long distance travel, fluids, gaining weight, losing weight, and dietary supplements, please visit our site at: <http://www.coach.ca/eng/nutrition/index.cfm>.






Canadian Interuniversity Sport  
Sport Interuniversitaire canadien

2009 CIS East West Bowl  
May 9, 2009  
University of Western Ontario, London



DÉFI EST-OUEST  
EAST WEST BOWL

PRESENTED BY



UNDER ARMOUR®

In the lowest scoring game since the first showcase in 2003, Team West won the annual East-West Bowl presented by Under Armour at TD Waterhouse Stadium in London, Ontario on May 9. In previous years, players have graced the fields at Wilfrid Laurier University, Université Laval and McMaster University. At McMaster in 2008, the East team saw their first win in the event's history.

The East-West Bowl brings together over 90 of the best players in Canadian Interuniversity Sport football. Many of the players who participate are eligible for the next Canadian Football League draft. A committee of CIS head coaches selects the participants from a pool of players who have been nominated by their respected universities. These players participate in an intense week of practices, training and evaluation which conclude with the annual all-star game.

For a list of participants, MVP's and results, visit [www.eastwestbowl.ca](http://www.eastwestbowl.ca).

### FEATURED MERCHANDISE

Football Canada Golf Shirt



Spring is here and the greens are opening at your local golf course. Hit 9 or 18 holes in style while supporting Canadian Amateur Football, with a Football Canada Golf Shirt

Men's  
Red and Black  
L, XL, 2XL

Women's  
Black, Green, Turquoise  
S, M, L, XL

Visit [www.footballcanada.com](http://www.footballcanada.com) to view all available merchandise.

Contact  
[admin@footballcanada.com](mailto:admin@footballcanada.com) to place your order.

## 13TH ANNUAL FOOTBALL CANADA CHARITY GOLF TOURNAMENT

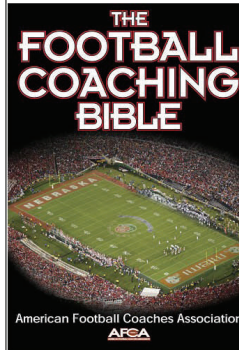


Balls will be flying at our 13th Annual Charity Fund-raiser that will be held, in Ottawa, at the Talon Golf Course at Greyhawk on **Tuesday, June 2nd**. Proceeds from our event are used to manage the various programs which, for 125 years now, have fostered participation in amateur football across Canada.

This tournament attracts 144 golfers from the Football community, the corporate community, the media, and Canadian Football League Alumni. The Silent Auction, at last year's event raised over \$12,000.00 thanks to sponsors such as BMO Nesbitt Burns, the NFL, the CFL, Wilson Sports, Molson Breweries and the Ottawa Citizen.

We invite any golfers who want to assist our under-funded youth football programs to enjoy in a fun day of golf, dinner reception, silent auction, and contests.

Visit [www.footballcanada.com](http://www.footballcanada.com) for additional information and to download a registration form.



## BOOK OF THE MONTH

The *Football Coaching Bible* features many of the game's most successful coaches. Each shares the special insight, advice, and strategies they've used to field championship-winning teams season after season.

Football Canada will receive a portion of the price of each order placed through the National Office. In turn, revenue generated will be shared with its member associations that agree to promote the partnership. Members receive 15% of the price of each Human Kinetic item that you purchase through this program. This rebate will help benefit Amateur Football within your province

**Regular Price: \$32.95 (Canadian dollars)**

Contact [admin@footballcanada.com](mailto:admin@footballcanada.com) to place your order.

## New Football Canada Front Office Staff

Football Canada would like to welcome Josh Sacobie as Program Development Coordinator and Cecilia Armitage as Finance Coordinator.

Josh will be dealing with development and grassroots programs including 6-A-Side and the Junior Player Development program. He will also be providing support for the Football Canada Cup, LTAD and NCCP initiative. Josh brings on-field experience as the former quarterback for the Ottawa Gee Gees and is also a motivational speaker for Motivate Canada and Gen7, speaking to youth about health and leadership through active life and sport. Josh can be reached at [development@footballcanada.com](mailto:development@footballcanada.com).

Cecilia will be dealing with Football Canada's financials and brings 12 years of experience from City Gate Corporation in Ottawa as the Financial Administrator and 22 years of additional experience in various financial and legal administrative roles. Cecilia can be reached at [finance@footballcanada.com](mailto:finance@footballcanada.com).



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Football Canada is the governing body of amateur football in Canada. Working closely with the provincial football associations, we develop programs and resources for players, coaches, officials in the three disciplines of Tackle, Flag and Touch Football. Football Canada promotes "from playground to stadium" where players can participate in the game of football throughout a lifetime recreationally, competitively, internationally and from player to coach to official.

**NOTE!** If you have an amateur football event, story or pictures you would like to share with the football community, please email Meaghan Davis, Marketing Coordinator at [marketing@footballcanada.com](mailto:marketing@footballcanada.com).

If you know someone who like to stay connected with amateur football in Canada through Football Canada's monthly newsletter, please email the name and email address to [marketing@footballcanada.com](mailto:marketing@footballcanada.com).

