

This Month in Canadian Amateur Football

MAY 2009 NEWSLETTER

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Canadian Officials Selected to 2009 IFAF Junior World Championships

The International Federation of American Football (IFAF) has invited 32 officials to take charge of the 12 games to be played at the inaugural 2009 IFAF Junior World Championship in Canton, Ohio, this summer, including two Canadians.

Ron Paluzzi of Longueuil, Quebec and Glenn Hill of St. Thomas, Ontario will be the Canadian representatives of the 32 officials from 15 countries selected by the IFAF Officiating Committee. Countries represented include are Australia, Austria, Canada, Denmark, Finland, France, Germany, Great Britain, Japan, Mexico, the Netherlands, New Zealand, Norway, Sweden and the United States.

Between the two Canadian officials they have over 50 years of officiating experience at every level between minor football to the Canadian Football

League. The criteria for selection were based on recommendations from member federations, an official's reputation as a teacher and a leader as well as their physical fitness level.



Canada is regarded as one of the leaders in football training and these gentlemen represent the strength of officiating in this country. Through Football Canada's National Officiating Certification program in partnership with the Canadian Football Officials Association (CFOA), officials are able to expand their horizons to include international experience.

For more information on how to become an official and development, visit the CFOA's website at www.cfoa-acof.ca and Football Canada's website at www.footballcanada.com

Canadians Making History in NFL Draft

Vaughn Martin was drafted in the fourth round of the National Football League collegiate draft on Sunday April 26 by the San Diego Chargers, becoming the first CIS underclassman to be drafted in history.



Martin, a versatile defensive lineman with three years of CIS eligibility remaining, will likely be off to San Diego this week to try to earn a spot on the Chargers roster.

www.westernmustangs.ca

Jamall Lee of the Bishop's University Gaiters football team has signed with the Carolina Panthers of the National Football League as an undrafted free agent. The signing came yesterday after the conclusion of the NFL's annual draft.



Lee, a three-time Bishop's Athlete of the Year and two-time First Team All-Canadian, becomes the second Gaiter to sign with an

NFL team, following offensive lineman Mark Hatfield, who signed with the Miami Dolphins in 1995.

www.ubishops.ca/gaitors

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.

Photo of the Month



Football Canada National Junior Team Selection Camp

On April 24, 2009 Football Canada in partnership with the Ontario Football Alliance hosted an open selection camp at McMaster University for the Canadian National Junior Team.

Players stretched and were evaluated by the

coaching staff in hopes of making the final roster that heads to the inaugural IFAF Junior World Championships in Canton, OH, USA at the end of June. These U20 hopefuls are eager to defend Canada's current #1 ranking.

If you have photos or events you would like to share with the football community, email them to marketing@footballcanada.com.

NON-Contact Updates

U17- Football Nova Scotia will host the Maritime Regional for U17 Flag. It will be held at Saint Mary's University in Halifax, July 4 & 5. For more information: www.footballnovascotia.ca

U15- Congratulations to Luc Blier and his U15 team on winning the Quebec Title. The win automatically enters the team into the U15 National Championship in Ottawa, July 24-26. For further information on the Flagbec provincial tournament: www.flagbec.com

Senior 2010 -Canada has won a second consecutive 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 12 nations came together to play in Men's and Women's Divisions.



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 flag@footballcanada.com



OFSSA—Football Canada has joined forces with Ontario Federation of School Athletic Associations (OFSSA) in the **Bridging the Gap** program.

Bridging the Gap is designed for students in Grade 12 Physical Education Leadership courses who, under the direction of their high school teacher and elementary teachers, will introduce Grade 7 and 8 students to a new sport. Leadership students, in consultation with the elementary school, may select from **flag football**, ultimate, or flag rugby.

To date, twelve high schools have selected flag football as the sport to play and administer to lower

grade levels. This is a great development program for flag football and the other sports to generate an understanding and more routine activity in junior high and high schools. For more information on this program visit: www.ofsaa.on.ca



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: flag@footballcanada.com

MAY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Coaches Confer- ences	2 Coaches Confer- ences
3 Coaches Confer- ences	4	5	6	7	8	9 East West Bowl
10	11	12	13	14 OFSAA Coaching Symposium	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Schedule of Events

- 5/1 & 5/2—2009 Football Coaches Conference hosted by Coaching the Coaches in Kingston, ON. Visit www.coachingthecoaches.ca for more info.
- 5/1, 5/2 & 5/3—Best in the West Weekend hosted by UBC Football at Thunderbird Stadium. Contact Dino Geremia at dgeremia@interchange.ubc.ca for more info.
- 5/2—CFL Draft live on TSN beginning at 11:00 a.m.
- 5/9—East-West Bowl at The University of Western Ontario. Visit www.eastwestbowl.ca or www.westernmustangs.ca for more details.
- 5/14—Football Canada will be conducting a Flag Football Session during the OFSAA Coaching Symposium.
- 6/27 to 7/5—IFAF Junior World Championship in Canton, OH, USA. Visit www.jwcfootball.com
- 7/4 to 7/11—Football Canada Cup in Saskatoon, SK. Visit www.footballcanadacup.ca for more info.
- 7/24 to 7/26—NFL U15 Flag National Championship & U17 National Invitational in Ottawa, ON. Visit www.footballcanada.com for more info.

Coaching

“We are coaches”: Program tackles the under-representation of female coaches

“We are coaches” was a bold initiative when it was unveiled by the Coaching Association of Canada (CAC) in February 2006. Expectations were high that this unique approach to training women to become community coaches would pay big dividends in terms of filling what was perceived as a serious gap in the continuum of coaching in Canada. The instrument would be the National Coaching Certification Program’s (NCCP’s) Community Sport workshops delivered in “open and friendly forums”. Driving the concept was the determination to, first, launch a campaign to promote and publicize the fact that women can and should coach, second, deliver the training, and third, once their training was complete, provide the newly minted women coaches with follow-up support.

<http://www.coach.ca/WOMEN/e/journal/april2009/index.htm>

Featured Sport Nutrition Tip of the Month

It is true that caffeine can improve athletic performance without impairing the body’s temperature regulation or hydration. However, the effects of caffeine on the body are not yet fully understood and there is no way to know if it will work for you.

In this month’s Sport Nutrition Tip of the Month “Does Caffeine Boost Performance?”, you can review how much caffeine is in common beverages and its potential side effects.

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>.

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 to view all available merchandise.

Contact
admin@footballcanada.com to place your order.



The Canadian Football Research Society recently held a meeting, on April 25th, 2009, at the Canadian Football Hall of Fame and Museum in Hamilton, Ontario. The main purpose of the meeting was to approve the Canadian Football Research Society Constitution. The Society was incorporated as a not-for-profit Ontario Corporation on January 30th, 2008.

Two main objects of the Society are:

- To promote, develop, and encourage the study of the game of Canadian football as a significant national and international athletic social institution.
 - To establish an accurate historical account of Canadian football through the years.
- For more information regarding the Society and membership please visit:

www.canadianfootballresearch.ca/ or contact Larry Robertson, President, at lark@sympatico.ca

13TH ANNUAL FOOTBALL CANADA CHARITY GOLF TOURNAMENT

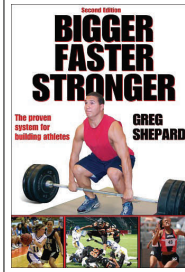


Balls will be flying at our 13th Annual Charity Fund-raiser that will be held, in Ottawa, at the Talon Golf Course at Greyhawk on **Tuesday, June 2nd**. Proceeds from our event are used to manage the various programs which, for 125 years now, have fostered participation in amateur football across Canada.

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 for additional information and to download a registration form.



BOOK OF THE MONTH

Bigger Faster Stronger is now bigger and better than ever! This second edition presents the most popular strength training system for today's high school and college athletes. Establish the solid foundation you need to compete successfully and advance your athletic career.

During the in-season or off-season, the customizable programs can accommodate any sport, and every level of competition. Based on the latest research, and followed by tens of thousands of the nation's top athletes, Bigger Faster Stronger can elevate your play so you can beat the competition!

Regular Price: \$26.95 (Canadian dollars)

Contact admin@footballcanada.com to place your order.



Share Your Canadian Amateur Football Stories

Story in his own words by Rick Kereliuk of Edmonton, AB.

It was the Pee Wee football season and the Sherwood Park Bulldogs entered the Provincial Championship against the Calgary Wildcats. The Wildcats were undefeated as were the Bulldogs and everyone looked forward to this monumental match up.

I coached the Bulldog's defensive line that year and when we were introduced on to the field I was amazed at the size of the Wildcat linemen. I thought our boys were big, but man were these boys were BIG! Shortly after announcements I was told that we were competing against an all-star team and had to fight off the gene pool of athletes. Why the gene pool you ask? Well, their team consisted of great athletes but also sons of great athletes with the names of Dunegan and Fennel, both Hall of Fame CFL'ers... and let me tell you, they were not slouches in the least...

Visit www.footballcanada.com to read Mr. Kereliuk's full Canadian amateur football story.



Football Canada

100-2255 St. Laurent Blvd.

Ottawa, ON K2P 0K7

Phone: 613-564-0003

Fax: 613-564-6309

Website: www.footballcanada.com

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.

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.

