

# This Month in Canadian Amateur Football

APRIL 2009 NEWSLETTER

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## #1 Ranked Canada Announces Coaching Staff

Football Canada in partnership with Football Quebec, announced the coaching staff that will lead the #1 ranked Canada in the inaugural International Federation of American Football (IFAF) Junior World Championship in Canton, OH from June 27 to July 5, 2009.

Some of the best coaching minds in Canadian amateur football have been assembled and this coaching staff is no stranger to international competition at this level with many of them returning from the Team Canada that brought home gold in the NFL Global Juniors hosted in Miami in 2007.

Glen Constantin, head coach of Université Laval, will serve as head coach for the Canadian junior national team. On the offense, Greg Marshall, head coach at the University of Western Ontario will serve as offensive line coach; Justin Ethier of Université Laval will be the quarter back and offensive coordinator; Stephan Ptaszek, head coach at McMaster University will be the receivers coach.

On the defense, Blake Nill the head coach at the University of Calgary will handle the linebackers; Warren Craney, defensive coordinator at Concordia University and will serve as the

same position for the junior national team; Marco Iadaluca head coach for the Canadian Junior Football League St. Leonard Cougars will be handling the running backs.

New additions to the staff include Jeff Cummings, head coach at Acadia University, who will oversee the defensive line; Mickey Donovan, special teams and recruiting coordinator with the Western Mustangs will work with the special teams. Finally, Kyle Walters, head coach for the University of Guelph will oversee the defensive backs.

Three regional camps will be hosted, including April 25-26 at McMaster University, May 23-24 at University of Calgary and May 30-31 at Concordia University. From these camps, selected players will receive an invitation from Football Canada to attend the final

selection camp in mid June at the University of Western Ontario.

**For the full story, visit [www.footballcanada.com](http://www.footballcanada.com) and for additional information on the Canadian National Team visit the following link:**

**[www.footballcanada.com/programs\\_international.asp](http://www.footballcanada.com/programs_international.asp)**



## Six-A-Side Football: Half The Size, All The Fun!

**CFL and Football Canada launch new initiative to get kids active, develop football skills, and deliver the game to more communities.**

It's affordable, it's accessible and, most of all, it's fun. It's Six-A-Side youth football, and thanks to a new partnership between the Canadian Football League and Football Canada, it may be coming to a park near you.

"Starting this Spring, we're working with Football Canada's grass roots organizations in Ontario, Manitoba and Saskatchewan to promote Six-A-Side football, and we hope to expand to other provinces in the future, because it's a great thing to do for our kids and for our game," said Mark Cohon, Commissioner of the Canadian Football League.

"Our traditional game, featuring a dozen players aside, has stood the test of time for well over a century, and will continue to be our signature. But pro-

moting Six-A-Side football for youth has the potential to increase participation in our game by making it easier for communities to field a team."

**For the full story, visit the following link: [www.footballcanada.com/tackle\\_six\\_a\\_side.asp](http://www.footballcanada.com/tackle_six_a_side.asp)**



## Stripe Zone



It's important for officials to stay focused and call a game as it happens. But sticky situations are bound to arise, and USA Football's Tony Michalek has some advice on how to stay professional when the going gets tough.

Visit [www.footballcanada.com](http://www.footballcanada.com) to view the full story.

## 2009 Tackle Rule Changes

### RULE 8 SECTION 5 ARTICLE 1 ADD THE FOLLOWING PARAGRAPH;

The distance penalties for Unnecessary Roughness and Rough Play will be applied in addition to the advantage of distance gained and score made. In addition to the distance, an automatic first down will be awarded to Team A for Unnecessary Roughness or Rough Play by Team B, unless it is part of a dual penalty where both infractions are UR or RP. The normal restrictions near the goal line do NOT apply to Unnecessary Roughness and Rough Play. The 15

yard penalty applied from the 16 yard line or closer will take the ball to the 1 yard line

### GENERAL CLARIFICATION

Unnecessary Roughness, Rough Play, and Pass Interference are non-restrictive penalties. This applies to both offensive and defensive fouls by either team.

### Preparing to Win



Train Clean, Stay Clean!

CIS Football Training Manual  
Canadian Interuniversity Sport

Featured Merchandise  
Preparing to Win – Train Clean, Stay Clean  
CIS Football Training Manual.

Football Canada offers many manuals, resources, rulebooks and equipment available for tackle, flag and touch football to our members.

Contact your provincial football organization to place your order!

Visit the following link for contact information:

[www.footballcanada.com/associations.asp](http://www.footballcanada.com/associations.asp)

## Photo of the Month



### Tackle Football Safety and Equipment Fitting Clinic

On March 14th, 2009 Football Canada hosted a master course conductors clinic in Tackle Football Safety and Equipment Fitting, facilitated by Al Ansell of AEMA, Steve Dempsey of York University, Al Naylor of the University of Calgary, and Andrea Eccleston of the University of Saskatchewan.

Representatives from Provincial Football bodies were taught how to properly facilitate a safety and equipment fitting course with the emphasis on youth tackle football, and now will return to their respective provinces to begin training.

If you have photos or events you would like to share with the football community, email them to

[marketing@footballcanada.com](mailto:marketing@footballcanada.com).



Citing personal reasons, Canadian Junior Football League Commissioner Ron Osterkamp stepped

down. Deputy Commissioner Antonio 'Tony' Iadaluca has agreed to take over as Interim Commissioner until the 2009 CJFL Annual General Meeting. Tony can be contacted at [ti.sr@videotron.ca](mailto:ti.sr@videotron.ca)

The Ottawa Sooners have named Andy McEvoy their head coach as they return to the play in the Ontario Football Conference.

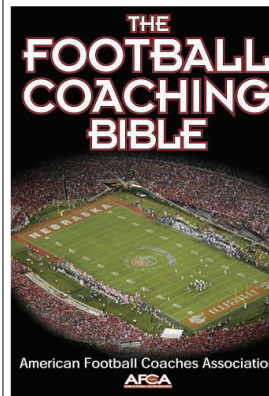
Visit [www.ofcfootball.com](http://www.ofcfootball.com) for the full story. And visit [www.cjfl.ca](http://www.cjfl.ca) for the 2008 statistics and awards.



### Coca-Cola Canada and ParticipACTION presents Sogo Active

You never know where being active with your friends will take you. Get moving with sogo active, and you could be selected by Coca-Cola to carry the Olympic Flame in the Vancouver 2010 Olympic Torch Relay!

Visit [www.sogoactive.com](http://www.sogoactive.com) for more information & to get involved!



### 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.

They cover every aspect of the game: coaching principles, program building, player motivation, practice sessions, individual skills, team

tactics, offensive and defensive play-calling, and performance evaluation.

Regular Price: \$30.95 (Canadian dollars)

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

# APRIL 2009

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

- 4/10—Football Canada Offices are closed for Easter
- 4/25 & 4/26—Regional Selection Camp for Canadian Junior National Team at McMaster University.
- 5/1 & 5/2—2009 Football Coaches Conference hosted by Coaching the Coaches. Visit [www.coachingthecoaches.ca](http://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](mailto:dgeremia@interchange.ubc.ca) for more info.
- 5/9—East-West Bowl at The University of Western Ontario. Visit [www.westernmustangs.ca](http://www.westernmustangs.ca) for more details.
- 5/23 & 5/24—Regional Selection Camp for Canadian Junior National Team at University of Calgary.
- 5/30 & 5/31—Regional Selection Camp for Canadian Junior National Team at Concordia University.
- 7/4 to 7/11—Football Canada Cup. Visit [www.footballcanadacup.ca](http://www.footballcanadacup.ca) for the 2009 scheduled, updated forms and past results.

## Coaching

### Featured Sport Nutrition Tip of the Month

Childhood is a critical time for developing healthy, lifelong attitudes toward diet, exercise, tobacco use and other behaviours. However, while physical activity is important to a child's development, too much or too little can have negative effects.

In this month's Sport Nutrition Tip of the Month "Children and Exercise: How to Avoid Injuries", the Gatorade Sport Science Institute lists common injuries and dangers associated with exercise and how they can be avoided.

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: [www.coach.ca/eng/nutrition/index.cfm](http://www.coach.ca/eng/nutrition/index.cfm).

### GROUNDBREAKER: Coaching is a Way of Life for Lynne LeBlanc

Coaching takes many forms and while Lynne LeBlanc's path may be unorthodox, her impact is as undeniable as it is far-reaching.

As the native of Moncton, N.B., was growing up in an athletic family, she tried many sports before discovering volleyball as a teenager.

An innate desire to share her skills with others led inevitably to coaching. "I have always instinctively wanted to teach others, to share what I know, even when I was in primary school, and that has carried on."

To read the complete story on this Ground-breaker, please visit [http://www.coach.ca/eng/story\\_details.cfm?ID=651](http://www.coach.ca/eng/story_details.cfm?ID=651)



Football Canada would like to congratulate Coach Harlow of the St. John's Storm Women's Tackle Football Team (pictured above), for being a finalist in the Chunky's Most Valuable Coach award presented by TSN and the Canadian Association of Coaching. Coach Harlow has been very active in football in New Brunswick and instrumental for the success of the Junior Player Development Program and Women's Football in the province.

Thank you to the football community who voted for Coach Harlow. The winner will be announced April 2nd at <http://chunky.tsn.ca/>

# NON-Contact Updates

## Canadian Flag League

The 2009 National Championship for U15 Flag League sponsored by NFL will be held July 24-26 at "Canada's Capital University," Carleton University in Ottawa, Ontario. This year is the first year to also invite U17 gender specific teams from each province.

The round robin tournament for provincial teams will culminate with the top teams playing for medal on Ravens Field, which is newly renovated with FIFA standard artificial turf. Athletes will be accommodated in University dorm rooms, which are located just a short walk from the playing fields. Carleton University is a terrific location, walking distance to the Rideau Canal and a short drive to downtown for teams to explore. To learn more, visit [www.carleton.ca](http://www.carleton.ca)



Last year, the U15 National Championship was held in Charlottetown, PEI and Ontario

won the gold medal for the second consecutive year.

For more information about non-contact competitions, email Cara at [flag@footballcanada.com](mailto:flag@footballcanada.com) and visit [www.footballcanada.com/flag\\_coaches.asp](http://www.footballcanada.com/flag_coaches.asp)

## Ontario Colleges Athletic Association

In the quest to promote flag football further each year, Football Canada wants to hear from players, coaches and referees within the Ontario

Colleges Athletic Association, interested in involvement in a Flag Football tournament. This promotion is part of a push to initiate flag football leagues in the entire Canadian Colleges Athletic Association. Please share your ideas and interest with Cara at [flag@footballcanada.com](mailto:flag@footballcanada.com)

## March Break

Rick Sowieta and Cara Lynch visited the March Break crowd at Boys and Girls Club of Ottawa to give pre-league tips on playing flag football. Members of the Club that attended the session ranged in age from 6 to 13 and were enthusiastic to learn more about the game. The Club will begin league play in May.



## FOOTBALL CANADA JOB POSTING

**Technical Coordinator**  
Full time position  
Visit [www.footballcanada.com](http://www.footballcanada.com) for full details.

### Job Description:

The Technical Coordinator is responsible for all technical aspects related to Football Canada's tackle program and activities support the flag and touch football programs. In addition, he/she will support the efforts of the National office staff; guide and support the efforts of the Directors/ Chairpersons, Working Committees, Provincial Associations, and other Volunteers in the fulfilment of their role and duties; and will work closely with a number of multi-sport and partner organizations in the development of Football in Canada.



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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).

