



BEAUMONT MINOR FOOTBALL ASSOCIATION

on the field



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Winter Camp is in Full Swing!

BMFA President - Anja Lewis



Our 2024 season has begun! Although it wasn't the start we were expecting, due to errors from the City of Beaumont, I want to thank the board and our amazing coaches for pivoting and providing the best camp possible with the resources we had. The weeks ahead for the winter camp may look a bit different, especially for our Pee wee/Bantam levels, so please keep a close eye on your email or our social media pages for where the camp will be held and times. With winter camp coming to a close mid April, we are already planning ahead for our spring season to begin.

Registration should be open by the end of April, if not earlier, and we will keep you posted!

Reminder - registration is for spring and fall and we always recommend registering early even if you are unable to do spring, as spots are limited.

Happy Easter to all of our Bears families from myself and the board!

GO BEARS!



New Dates/Locations for Winter Camp Bantam/Pee wee

April 2 - Beaumont Outdoor Football Field	6:00-7:30PM
April 4 - BRSC Fieldhouse	5:30-7:00PM
April 9 - Beaumont Outdoor Football Field	6:00-7:30PM
April 11 - Beaumont Outdoor Football Field	6:00-7:30PM

Atom/Novice

April 3 - JE LaPointe School	6:00-7:00PM
April 10 - JE LaPointe School	6:00-7:00PM
April 17 - Beaumont Outdoor Football Field	6:00-7:00PM



Trainers Corner

with Training Director - Krista Brayford

The Power of Flexibility: Preventing Injuries in Football

As we embark on another exciting season of Bears football action, it's vital to discuss a topic often overlooked in the midst of touchdowns and tackles: stretching. While the adrenaline rush of the game may take center stage, neglecting proper stretching routines can significantly increase the risk of injuries among players. Let's dive into why stretching is crucial in the world of football and how it can help prevent injuries.

The Importance of Stretching:

Injury Prevention : Football is a high-impact sport that puts immense physical strain on the body. From explosive sprints to bone-jarring tackles, players subject themselves to tremendous forces with every play. Stretching helps to prepare the muscles, tendons, and ligaments for these demands, reducing the risk of strains, sprains, and other common injuries.

Improved Flexibility: Flexibility is key to performance and injury prevention in football. Tight muscles not only limit range of motion but also increase the likelihood of injury during sudden movements or collisions. Stretching exercises, particularly dynamic stretches, help improve flexibility, allowing players to move more freely and react more quickly on the field.

Enhanced Performance : Beyond injury prevention, stretching can also enhance overall performance on the field. Flexible muscles enable players to execute movements with greater efficiency and precision, whether it's breaking through

tackles or making agile cuts. By incorporating stretching into their pre-game routines, players can optimize their physical readiness and perform at their peak.

Faster Recovery : In the world of football, recovery is crucial for maintaining peak performance throughout the season. Stretching plays a vital role in the post-game recovery process, helping to alleviate muscle tension, reduce soreness, and promote blood flow to injured tissues. By incorporating stretching into their post-game routines, players can accelerate the recovery process and minimize downtime between games.

Long-Term Health : Consistent stretching habits contribute to the long-term health and durability of football players' bodies. By maintaining flexibility and mobility, athletes can reduce the risk of chronic injuries, such as muscle imbalances, joint issues, and overuse injuries. Investing in stretching now can pay dividends in terms of injury prevention and overall health throughout a player's career.

Incorporating Stretching into Your Routine:

Now that we understand the importance of stretching let's discuss how to incorporate it effectively into our training and game-day preparations:

Pre-game Warm-Up : Make sure you arrive early and participate in the warm-up that includes stretching exercises targeting key muscle groups used in football, such as the hamstrings,

quadriceps, calves, and hip flexors. Dynamic stretches prepare the body for action and help reduce the risk of injury during play.

Post-game Cool-Down : After the final whistle, take the time to cool down properly with a series of static stretches. Hold each stretch for 15-30 seconds, focusing on areas that feel tight or fatigued. This helps to relax the muscles, promote recovery, and reduce post-game stiffness and soreness.

Consistency is Key : Encourage players to make stretching a regular part of their routine, both on and off the field. Whether it's a quick stretch session before bed or a yoga class on rest days, consistent stretching habits will help players stay healthy, perform at their best, and prolong their careers in football.

Conclusion :

In the high-stakes world of Bears football, injuries can be a significant setback for players and teams alike. By prioritizing stretching as an integral part of our training and game-day preparations, we can give our players the edge they need to stay healthy, perform at their best, and achieve success on the field. Let's commit to making stretching a non-negotiable aspect of our football culture, ensuring that our players are prepared to face any challenge that comes their way.

Here's to a season of strength, resilience, and injury-free football!



Spring Registration is just around the corner!

As we turn the page on another winter season, your BMFA Board and coaches have been busy behind the scenes gearing up for an amazing spring and fall season for 2024! We are looking forward to getting outside and back onto the field. We also have some new equipment on order that will make practices fun and exciting for the coaches and players this year!

Registration for spring season/fall season will open in April, with emails being sent to current camp participants. There will also be posts on social media to let you know when to register, so keep an eye out for those as well!

As registration is for both spring and fall, we recommend signing up early as spots are limited! If you are unable to make the spring session and only the fall, that's ok! Just let us know so our coaches can adjust!

Any questions, please feel free to reach out or to our registrar at registration@beaumontfootball.ca or a current board member.



BEST OF LUCK!!!



TEAM ALBERTA 2024 TRYOUTS

Wishing all the best to those players looking to earn a spot on the various Team Alberta rosters this year. Most tryouts starting this April.

Team Alberta U16
 Team Alberta U17
 Team Alberta U18 (Girls)
 Team Alberta U18

Sneak Peek of New Merch...



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