

CDMFA NEWSLETTER

Capital District Minor Football Association, President's Update July/August 2024



T'was the night before football...

That's right folks, it's August! Dust off those cleats and fill up those water bottles, football is about to start across the entire Capital District!



Please refer to the CDMFA website for news and updates on meetings, events, and workshops. Jamboree and game schedules will be added in the coming days. If there are any changes or updates to CDMFA scheduled events, it will be reported on the website first.

Here's to a happy and safe football season!

Upcoming Events

Event details are subject to change. Please check the CDMFA website for up-to-date information.



**** Any member in good standing can attend a general/committee meeting or volunteer.**

Aug 9: NCCP Coaches Safe Contact (In-Class)

Aug 10: NCCP Coaches Safe Contact (On-Field Practicum)

Aug 10: NCCP Community Coach (In-Class)

Aug 10: CDMFA Safe Contact Camp for Players

Aug 11: EE Home Game vs BC
CDMFA Feature Clubs: Bombers, Cats, Northstars

Aug 15: CDMFA Board Meeting

***Clubs to return trophies from fall 2023 programs at meeting**

Aug 18: Junior Officials Training Camp

Aug 18: U13 & U16 Fall Mandatory Coaches Meeting

Aug 24-25: U13 & U16 Tiering Jamboree

Aug 25: U9 & U11 Fall Mandatory Coaches Meeting

Sept 2: U8 & U11 Tiering Jamboree

Sept 7: EE Home Game vs CGY
CDMFA Feature Clubs: Buffaloes, Rams, Grizzlies

**Oct 5: EE Salute to Minor Football
ALL CLUBS**



EDMONTON ELKS
CDMFA Member



Access & Features

CDMFA members have unique and exclusive opportunities to participate in EE games, game day activities, ticket & merchandise discounts, and special appearances with EE players and staff at CDMFA events.

Find out what special plans are in place and how you can be a part of the EE 75th Anniversary year!

What day is your club going to be featured?

SAVE THE DATE!

Special Contests and Opportunities for CDMFA Members for

**October 5, Hollywood Night:
Salute to Minor Football, All Clubs**

Express Your Passion Join a Committee!

Our greatest strengths are within our own community. As we are on the verge of one of the biggest seasons for CDMFA football, we are calling on all the talents and resources of our members to make this a great season of fun and football for everyone.

Every club should be represented on each committee; tackle, flag, girls, communications, and dispute management. Did you know we also have a Special Events Team and an Evac/Emergency Team?

Contact us and find out how you can be a special part of our 2024 Season! cdmfacomunications@gmail.com



2024 FALL PROGRAMMING COMMUNICATION

Welcome to the CDMFA 2024 fall season!!!

As we continue to help educate all our families on our wonderful sport of football!!! Over the last couple of years there has been a lot of questions and confusion around LTAD (Long Term Athlete Development) and how it impacts our programs. The simple summary is that LTAD has been around for many years and is focused on the safety and development of all athletes. As an association we have continued to educate our coaches and clubs on season plans, weekly plans and practice plans to give all CDMFA athletes the proper development for their age in a safe and positive environment! Based on previous courses and following the football Canada competition model the CDMFA 2024 fall calendar is as follows:

U9 flag

- Practices 1-3 times/week depending on club from August 5 on
- Season Kick-Off Jamboree Monday, September 2, 2024 @ Fuhr Field in Spruce Grove

U11 6/side tackle

- Non-equipment practices - August 5-11, 2024
- Safe Contact Week - August 12-18, 2024
 - Practices will be helmets only for three practices during this week and focusing on safe contact drills getting athletes prepared for the season
- Regular club practice schedules begin - August 19, 2024
 - No contact on back-to-back days during the regular season
- Season kick off jamboree Monday September 2, 2024 @ Fuhr Field in Spruce Grove (schedule to be released in the next week)

U13 9/side tackle

- Safe Contact Week - August 5-11, 2024
 - Practices will be helmets only for three practices during this week and focusing on safe contact drills getting athletes prepared for the season
- Regular club practice schedules begin - August 12, 2024
 - No contact on back-to-back days during the regular season
- Season kick off jamboree August 24-25, 2024 @ Fuhr Field in Spruce Grove (schedule to be released in the next 24 hours)

U16 tackle

- Safe Contact Week - August 5-11, 2024
 - Practices will be helmets only for three practices during this week and focusing on safe contact drills getting athletes prepared for the season
- Regular club practice schedules begin - August 12, 2024
 - No contact on back-to-back days during the regular season
- Season kick off jamboree August 24-25, 2024 @ Fuhr Field in Spruce Grove (schedule to be released in the next 24 hours)

We hope everyone is as excited as we are for the start of the 2024 fall season!! Looking forward to seeing everyone over the next couple of weeks!!

For all the latest news, schedules, announcements, and valuable resources for players, coaches & parents, visit the CDMFA Website:

www.cdmfa.ca

Game Day Protocol

We are all here for Fun, Family & Football, which means there is no room for inappropriate behaviour or negative/hurtful comments and taunts that make our time here unpleasant.

All players, coaches, and parents have signed and committed to the CDMFA Code of Conduct and are subject to the Bylaws and Policies of not only their own club, but the CDMFA too.

There is a Game Day Protocol that all clubs and team managers are familiar with and will be implementing at all CDMFA games and events. Violations of the Code of Conduct by anyone on site, may result in removal from the game and possible suspension from CDMFA programs and events. These policies are in place for the physical and mental health of everyone and will be strictly enforced. There will be **zero tolerance for abuse or harassment** of anyone.

If you have questions, or need help finding information, please feel free to contact the applicable member of your CDMFA Executive, or the President directly through the contact portal on the website: cdmfa.ca

As a Coach, you are expected to be completing the [Post-Game Coaches' Feedback Form](#). The information on this document helps us to identify areas where additional training and communication is needed for game time efficiency.

If you have a COMPLAINT, you must complete the CDMFA Formal Complaint Form. Once received, the document will be reviewed and actioned by the appropriate personnel. Complaints received via emails, text messages, etc. will only be regarded as a "heads up" informational piece and not reviewed or actioned by the Executive or Disciplinary Committee. Please refer to the CDMFA Disciplinary Process for complete instructions.

[Code of Conduct](#)
[Behaviour & Misconduct Policy](#)

Air Quality / Weather Cancellation Policies

Please be assured that the CDMFA does have cancellation policies in place specific to weather conditions and air quality. CDMFA staff will assess the situation on a game-by-game, field-by-field basis and send notices to coaches (and post on social media) as soon as possible. In some cases, decisions about games will be determined at kick-off, or even during a game, depending on changing weather conditions.

CDMFA follows the standards set by Alberta Health Services and will cancel games when the AQHI is 7 or higher. To help determine the conditions specific to the field for the game in question, CDMFA has handheld Air Quality Monitors and will take measurements to make decisions on cancelling games. The resources used by CDMFA are the [Alberta Gov't Air Quality Site](#) and the Temtop M2200 handheld Air Quality Monitor. The EFOA uses the same Alberta Gov't site and Purple Air as resources for their part in determining whether or not games will proceed.

CDMFA makes the decision on cancelling games or CDMFA events. Clubs/coaches are responsible for making the determination about cancelling practices. Ultimately, parents will make the decision for their child/family based on the individual's health history or concerns.

Updated information will be posted to the CDMFA website in the coming weeks.

CDMFA Junior Officials & Field Staff Opportunities

As part of the CDMFA commitment to #FootballForLife, we are providing opportunities for youth between 14-17; players, alumni, and those who would like to be a part of a football team to register for the opportunity to become part of the "3rd team" for each game ... the officials and field staff that make every game possible. Learn more about the rules of the game, the roles of officials, timekeepers, downs-markers ... and get paid to be a part of the game we all love!

Training is about to begin, so get your application submitted now. Visit cdmfa.ca and look for "Jr Officials"



www.cdmfa.ca

[@capitaldistrictminorfootball](#)

Fun, Family & Football!