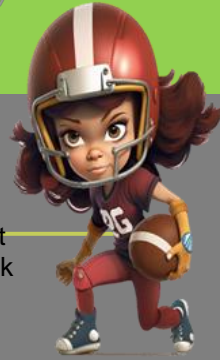


# CDMFA NEWSLETTER

Capital District Minor Football Association, President's Update January 2025



## Happy New Year!

I want to wish a Happy New Year to all our 3100+ families in our CDMFA community. With over 1000 games played in 2024, this was CDMFA's biggest and busiest season yet. Whether you claimed a big award such as a trophy or scholarship, or you marked new personal achievements, we all had unprecedented opportunities to learn and grow and #BeBetter.

Your Executives have been busy in December, working to prepare a new year's worth of schedules, negotiating field spaces, preparing training, building registration packages, preparing advertising, working on the annual review of RPPs, and negotiating partnerships and new sponsors. Our goal moving into 2025 will be to review, improve, and solidify our existing programs, ensuring a solid foundation to improve quality and consistency of programming while preparing for future opportunities and continued growth. Watch for details as we announce new and unique opportunities for CDMFA members in coach development, player camps & programs, board member & volunteer learning, and our new Health & Safety initiatives. As always, we strive to ensure all our members have safe, quality, fun, and inclusive experiences on their road to #FootballforLife.



It is a new year, a fresh start, and we are all excited to dust off those clip boards, air out those cleats, and get back to football.

Be sure to follow our social media and watch the website for announcements and details on upcoming events!

Here's to a safe and successful year of Fun, Family & Football!

## 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 who helps plan festivals, camps, and awards?

Contact us and find out how you can be a special part of our 2025 Season! [cdmfacomunications@gmail.com](mailto:cdmfacomunications@gmail.com)



## 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.**

Jan 11: Registrar Workshop  
**\*Mandatory** for Spring Participation\*

Jan 12: Spring Registration Opens

Jan 23: CDMFA Execs Meeting

**Feb 1:** Schedule Request Deadline for Clubs' 2025 Programming

Feb 1: Presidents' Summit  
\* All current & incumbent Presidents

Feb 16: Female Combine / Try-Football Event

Feb 20: Deadline for Committees to submit policy changes for 2025 programs

Feb 20: Nominations Open for CDMFA AGM

Feb 20: CDMFA Board Meeting

Feb 22-23: NCCP Safe Contact & Community Coach (TBC)

Feb 22: CDMFA Trainers' Summit (TBC)

Mar 1: CDMFA House Officials – Applications Open for 2025

Mar 14-15: Coaches' Summit

Mar 20: CDMFA AGM

Mar 29: Registrar Workshop  
**\*Mandatory** for Fall Programs\*

Apr 1: Fall Registration Opens (TBC)

Apr 12: CDMFA House Officials Spring Prog Training Day (TBC)

# CDMFA 2025 Spring Program Overview

\*Planning Calendars Only. Always check the CDMFA website for current info and game specifics.

DATES	SPRING FLAG	U19(MIDGET)	U16 & U19 FEMALE
JANUARY 1-5, 2025	WINTER TRAINING	WINTER TRAINING - NO TEAM PRACTICES WITH EQUIPMENT OR CONTACT	
JANUARY 6-12, 2025			
JANUARY 13-19, 2025			
JANUARY 20-26, 2025			
JANUARY 27 - FEBRUARY 2, 2025			
FEBRUARY 3 - 9, 2025			
FEBRUARY 10 - 16, 2025			
FEBRUARY 17 - 23, 2025			
FEBRUARY 24 - MARCH 2, 2025			
MARCH 3 - 9, 2025			
MARCH 10 - 16, 2025		PRE SEASON WEEK'	SAFE CONTACT WEEK
MARCH 17 - 23, 2025		PRE SEASON WEEK'	TEAM PRACTICE WEEK
MARCH 24 - 30, 2025	TEAM PRACTICE WEEK - UP TO THE CLUB	REGULAR SEASON WEEK #1	TEAM PRACTICE WEEK
MARCH 31 - APRIL 6, 2025	TEAM PRACTICE WEEK - UP TO THE CLUB	REGULAR SEASON WEEK #2	PROVINCE WIDE JAMBOREE WEEKEND IN RED DEER?
APRIL 7 - 13, 2025	TEAM PRACTICE WEEK - UP TO THE CLUB	BYE WEEK FOR FOOTBALL ALBERTA U16, U17 & U18 TRYOUTS IN EDMONTON	REGULAR SEASON WEEK #1
APRIL 14 - 20, 2025	SEASON KICK OFF FESTIVAL	REGULAR SEASON WEEK #3	REGULAR SEASON WEEK #2
APRIL 21 - 27, 2025	GAME WEEK #1	REGULAR SEASON WEEK #4	REGULAR SEASON WEEK #3
APRIL 28 - MAY 4, 2025	GAME WEEK #2	REGULAR SEASON WEEK #5	REGULAR SEASON WEEK #4
MAY 5 - 11, 2025	GAME WEEK #3	U19 CHAMPIONSHIP GAMES	REGULAR SEASON WEEK #5
MAY 12 - 18, 2025	BYE WEEK - MAY LONG WEEKEND & FLAG NATIONALS IN KINGSTON		CDMFA PLAYOFF WEEKENDS FOR U16 & U19
MAY 19 - 25, 2025	GAME WEEK #4		BYE WEEK FOR FOOTBALL ALBERTA U18 TRYOUTS
MAY 26 - JUNE 1, 2025	GAME WEEK #5		CDMFA PLAYOFF WEEKENDS FOR U16 & U19
JUNE 2-8, 2025	SPRING SEASON WRAP UP		FOOTBALL ALBERTA FEMALE U16 & U19 PROVINCIAL CHAMPIONSHIPS IN RED DEER
JUNE 9 - 15, 2025			
JUNE 16 - 22, 2025			
JUNE 21 & 22, 2025			

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

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



# CDMFA 2025 Fall Programs Overview

\*Planning Calendars Only. Always check the CDMFA website for current info and game specifics.

DATES	FALL NON CONTACT (U8, U10, U12, U14, U16)	U11 (ATOM)	U13 (PEEWEE)	U16 (BANTAM)
JANUARY 1-5, 2025	<p>THESE ARE FALL PROGRAMS SO WILL COMMENCE LATE SPRING (WINTER TRAINING - NO TEAM PRACTICES WITH EQUIPMENT OR CONTACT) (WINTER INDIVIDUAL SKILL DEVELOPMENT PROGRAMS RECOMMENDATIONS TO FOLLOW)</p>			
JANUARY 6-12, 2025				
JANUARY 13-19, 2025				
JANUARY 20-26, 2025				
JANUARY 27 - FEBRUARY 2, 2025				
FEBRUARY 3 - 9, 2025				
FEBRUARY 10 - 16, 2025				
FEBRUARY 17 - 23, 2025				
FEBRUARY 24 - MARCH 2, 2025				
MARCH 3 - 9, 2025				
MARCH 10 - 16, 2025				
MARCH 17 - 23, 2025				
MARCH 24 - 30, 2025				
MARCH 31 - APRIL 6, 2025				
APRIL 7 - 13, 2025				
APRIL 14 - 20, 2025				
APRIL 21 - 27, 2025				
APRIL 28 - MAY 4, 2025				
MAY 5 - 11, 2025				
MAY 12 - 18, 2025				
MAY 19 - 25, 2025				
MAY 26 - JUNE 1, 2025		SAFE CONTACT (HELMETS ONLY) (3 X 1 HOUR PRACTICES)		
JUNE 2-8, 2025	<p>BECAUSE THSES ATHLETES PARTICIPATED IN SPRING FLAG THEY WILL BE OFF UNTIL AUGUST</p>	2 CONTACT PRACTICES MAX/WEEK (MAX 90 MINUTES/PRACTICE)	2 CONTACT PRACTICES MAX/WEEK (MAX 90 MINUTES/PRACTICE)	2 CONTACT PRACTICES MAX/WEEK (MAX 120 MINUTES/PRACTICE)
JUNE 9 - 15, 2025				
JUNE 16 - 22, 2025				
JUNE 21 & 22, 2025				
JUNE 23 - JULY 31, 2025				
AUGUST 1 - 3, 2025		NON EQUIPMENT PRACTICES ALLOWED	NON EQUIPMENT PRACTICES ALLOWED	NON EQUIPMENT PRACTICES ALLOWED
AUGUST 4 - 10, 2025			SAFE CONTACT (HELMETS ONLY) (3 X 1 HOUR PRACTICES)	
AUGUST 11 - 17, 2025	FALL NON CONTACT PROGRAMMING	SAFE CONTACT (HELMETS ONLY)(3 X 1 HOUR PRACTICES)	PRACTICE WEEK	PRACTICE WEEK
AUGUST 18 - 24, 2025	FALL NON CONTACT PROGRAMMING	PRACTICE WEEK	PRE SEASON TIERING JAMBOREE	
AUGUST 25 - 31, 2025	FALL NON CONTACT PROGRAMMING(LABOUR DAY - JAMBOREE KICKOFF)	SEASON KICK OFF JAMBOREE		
SEPTEMBER 1 - 7, 2025	FALL NON CONTACT PROGRAMMING			
SEPTEMBER 8 - 14, 2025	FALL NON CONTACT PROGRAMMING		GAME WEEKS 1-6	
SEPTEMBER 15 - 21, 2025	FALL NON CONTACT PROGRAMMING	GAME WEEKS 1 - 5		
SEPTEMBER 22 - 28, 2025	FALL NON CONTACT PROGRAMMING			
SEPTEMBER 29 - OCTOBER 5, 2025	FALL NON CONTACT PROGRAMMING			
OCTOBER 6 - 12, 2025	FALL NON CONTACT PROGRAMMING(THANKSGIVING - BYE WEEKEND?)		PRACTICE WEEK (THANKSGIVING WEEKEND - ANY MAKE UP GAMES REQUIRED OR BYE WEEK BEFORE LAST REGULAR SEASON GAME & THEN PLAYOFFS)	
OCTOBER 13 - 19, 2025	FALL NON CONTACT PROGRAMMING	GAME WEEK 6	GAME WEEK 7	
OCTOBER 20 - 26, 2025	SEASON WRAP UP JAMBOREE		CDMFA PLAYOFF WEEKS	
OCTOBER 27 - NOVEMBER 2, 2025				
NOVEMBER 3 - 9, 2025	SEASON OVER?	SEASON OVER		
NOVEMBER 10 - 16, 2025			FOOTBALL ALBERTA PROVINCIAL PLAYOFF WEEKS	





# Spring Football for Everyone!

**You don't have to wait until fall to play the fabulous game of football!** Whether you are looking for a spring sport to play, looking to keep your skills sharp, need some off-season conditioning, or just LOVE to play, CDMFA is offering football options that can meet these needs. Quality programming that stays within the LTAD, with no adverse effects on your eligibility to play fall or High School football. See what your club is offering for Spring 2025!

## U19 Spring Tackle 12/side



A spring division for 12-a-side tackle football. This division is more competitive and more skills-focused than our younger divisions. A great way to stay on top of your skills and prepare for the transition into High School programming.

**REGISTRATION OPEN**

<https://www.cdmfa.ca/content/2025-spring-u19-12-side-tackle-league>

## U16 & U19 Girls Spring Tackle

The goal of our Spring Senior Female Tackle Program is to ensure our female athletes have a safe, fun, team environment where our players can further their skills, their game knowledge and their



fitness levels, while playing in a much more competitive place after their Bantam years. **REGISTRATION OPEN**

### Girls Combine Camp: Feb 16

Open to all girls U16-U19 regardless of your experience. No equipment required (other than appropriate shoes). These combined camps are the best time to come out and try football, meet some friends and coaches, and do not require pre-enrollment with a specific club. **REGISTRATION OPEN**

<https://www.cdmfa.ca/content/female-tackle-football>

## U8-U18 Coed Flag Football

Our CO-ED Flag Football teams practice footwork, eye-hand coordination, catching, throwing and overall technique during their practice times twice a week, and they test those skills on weekend game days. These athletes learn the fundamentals of football movement, terminology, routes and more while learning to work in unison in a team environment. All our Flag divisions are designed to develop skills, provide a basic understanding of football terminology and will allow players



to expand their skills which also benefits athletes that are interested in moving into Tackle Football for the Fall season, as well as for those that prefer to continue to compete in Non-Contact Football.

**REGISTRATION OPEN.**

<https://www.cdmfa.ca/content/2025-spring-flag-football-leagues>

## CDMFA House Officials

The CDMFA House Officials Program was created to encourage young fans of the game an opportunity to learn another aspect of the game of football. It is the goal of the Program to develop an interest in the continued participation in the game in a different manner than playing. The CDMFA supports diversity in sport and encourages members of all genders and abilities to participate.

We are now expanding these opportunities to include Sideline Crews, Statisticians, and Announcers ... all training provided.

These are paid positions for those who are passionate about football. Application process for 2025 will open soon ... watch for details!





# FEMALE CAMP



CAPITAL DISTRICT  
MINOR FOOTBALL  
ASSOCIATION

**FREE**

CDMFA IS HOSTING OUR ANNUAL  
COMBINED FEMALE TACKLE CAMP AT FOOTE FIELD

(11601 68 AVE NW, EDMONTON)

**FEBRUARY 16TH, 2025**

**12:00PM - 2:00PM**

This is a non equipment camp supported  
by coaches from across the city and multiple  
local clubs running U16/U19 female tackle teams.



**VISIT OUR WEBSITE FOR MORE INFO OR TO REGISTER!**

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

#FOOTBALLFORLIFE



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THE GAME 4 EVER

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to improve their positional  
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*Fun, Family & Football!*