

# WIDESIDE

THE OFFICIAL NEWSPAPER OF FOOTBALL ALBERTA FALL 2005  
11759 GROAT ROAD, EDMONTON, AB T5M 3K6 EDITOR: TIM ENGER  
(780) 427-8108 (ph.) (780) 427-0524 (fax) bfryer or tenger@telus.net

## UPDATES:

- **Team Alberta's** trip to the 2005 **Football Canada Cup** resulted in yet another silver medal. It was a very tight race that came down to a tie-breaker. The deciding game was the 17 – 22 loss to Manitoba in the second round of the round robin. More details inside.
- The **Football Alberta Senior Bowl** held at University of Calgary's McMahon Stadium on May 23 was a one sided game in favour of the South. Lead by "South" MVP Marco Ianuzzi of St. Francis who had 3 TD's with 169 yards rushing, a new Senior Bowl record, the South dominated on offence scoring 52 points. With touchdowns added by Anthony Woodson (St. Francis), Bryce Hafso (Bow Valley), Travis Gorski (Medicine Hat) and defensive back Andrew Goldie (Western Canada) the South made it difficult for the north to get into the game. The North was led by "North" MVP receiver Joel Barry (Archbishop Jordan) who had 6 rec for 59 yards and 1 TD. Defensive back Dave Kiggins (Archbishop Jordan) added the other touchdown on a 79 yard interception run. The North Secondary had a good game totalling 5 interceptions. The outstanding lineman for the South was offensive lineman Kevin Lane (St Mary's) and for the North defensive lineman Aaron Dawson (Grande Prairie) was selected.
- The first bi-annual **Bantam Bowl** was held at the U of A's Foote Field on May 23. The North jumped out to a great start taking a 14 – 0 lead into the half. After the North made it 21 – 0 the south began to come back in the fourth quarter scoring 14 unanswered points, however, time ran out on their comeback hopes. The North was lead to victory by MVP Koltaen Bushong of Leduc with 77 yards rushing, 41 yards rec and 1 TD. Tyler Wilson lead the South on defence with 5 tackles and having a great defensive force on the field. The
- The ninth annual **Thanksgiving Jamboree** hosted by Football Alberta at Calgary's **McMahon Stadium** and Edmonton's **Foote Field** at the U of A will take place from Oct 7-10. The event is full in Calgary but there are some spots still available on the Saturday and Monday for high school teams and Sunday for minor teams in Edmonton. If anyone is interested please contact us at the Football Alberta office at (780)427-8108.
- Dates for the **Minor Provincials** this year are as

per last year a little more complicated than in years past. Inside you will find a complete rundown of the schedule. Please contact your local league later in the year for exact host location and times.

- A reminder to all minor teams to keep your **player list current** with Football Alberta since we checkall rosters submitted for provincials against them.

The big show next summer will be the 2006 Alberta Summer Games which will feature for the sixth time a football tournament for current and graduating bantam aged players in Alberta. The event will be held in Red Deer and teams will be starting up next spring. For more information on the team in your Zone contact the Football Alberta District Representative nearest you. See below:

Zone 1 (Sunny South)	Dennis Wickham 403-381-2606
Zone 2 (Big Country)	Bryan Brandford 403-938-5411
Zone 3 (Calgary)	Brock Jacobs (403)276-1902
Zone 4 (Parkland)	Gino Castellan (403)342-5618
Zone 5 (Black Gold)	Barclay Spady (780)467-0044
Zone 6 (Edmonton)	Susan Morgan (780)444-1062
Zone 7 (North East)	Vince Orioux (780)875-5513
Zone 8 (Peace Country)	Rick Gilson (780)532-6226

- The **A.S.A.A. Provincial High School Football Playoff Draw** is included inside for all four Tiers.
- A must for all equipment managers is now available. Football Canada has produced the **Purchasing and Maintaining Equipment Manual** which covers all you need to know about equipment. This would come in handy for the team with either no or a rookie equipment manager. Available for **\$15.00** to Football Alberta members plus GST and mailing cost.
- Football Alberta through the **Wideside** would like to offer you an opportunity to help by and sell old equipment and capital items. Member teams and schools are invited to use this resource to advertise either a need or surplus of equipment.

Welcome new teams! After a decade long explosion at the high school level (there will be **108 teams** take the to the field this year up 39 programs since 1989) this years is no different. Coming on stream are three new High School senior teams at **Centennial** (Calgary), **Notre Dame** (Calgary), and **Sedgewick**. At the minor level a new Pee-Wee team in **Airdrie** as well as new additions at the bantam level in **St. Albert**, **Cold Lake** and **Lloydminster**. Special Congratulations go out to the Prairie Thunder Bantam League who has now increased to 12 teams since starting in 2001.

# REPORT - Fall, 2005

## Executive Director's Report - Brian Fryer

**Wideside Newsletters** are now online at our website. Consider our website an ongoing, updated newsletter. You can now find out the info here and always at [www.footballalberta.ab.ca](http://www.footballalberta.ab.ca)

### SALUTE TO AMATEUR FOOTBALL DAY (Att: All Tackle, Flag and Touch Teams)

#### Oct. 15th (Sat.) at 1:00 pm - Sask at Eskimos

The Edmonton Eskimo Football Club in coordination with Football Alberta is pleased to invite your team once again to attend the above game.

Tickets are provided by the Eskimos and Football AB will administer the tickets again at \$35/team for Football Alberta members and \$65/team for non members. All teams Red Deer north are welcome and ticket requests for this game are available on our website or if you have not received info, contact the office immediately for tickets. Deadline for ticket request is Oct. 7 at 1:00 pm.

### MEMBERSHIP

For those of you wishing to still become a paid member of Football AB, you still can.

**Plan #1** includes a \$3 Million Liability coverage and Accident Insurance and qualifies your team for reduced rates on all programs and services. The cost is the same for minor teams at \$75 per team plus \$12/player. All other tackle teams the fee is \$100 per team plus \$12/player. Touch and flag teams it's simply \$12/player. The fee for directors, executive, officials, etc. is \$14 per person. 6 coaches are covered under the team fee.

**Plan #2** gets your team a reduced rate on all FA services, newsletters, etc., but no insurance. Minor teams are \$75 and all other tackle teams are \$100/team. Touch and flag are \$60 per team.

Check with your school or university exactly what type of insurance coverage you have before deciding to forgo Plan #1.

### SCHOLARSHIPS (New program that started June/04)

This new program had many qualified applicants again and the five \$1,200 scholarships (up from last year) will go to the following athletes who plan on attending a post secondary institution in Alberta while continuing to play football.

Jeffery Derksen	- Ft. McMurray
Gordon Hinse	- Austin O'Brien, Edmonton
Byron Stearns	- Notre Dame, Red Deer
Michael Korpan	- Bowness, Calgary
Anthony Boucher	- Foothills, Okotoks

Congratulations to the future stars from our high schools

### INSURANCE CLAIMS

All claims are to go thru AB Health Care and Parent Employer health plans first. If the player does not have a parent plan or if there is a balance then our plan kicks in. In order to file a claim using our insurance, contact the office for the proper forms soon after the injury since claims are time dependant. Go to our website for downloadable forms and info under membership

### MINOR DEVELOPMENT GRANTS

Football Alberta is once again pleased to announce that \$3,500 in total has been awarded to the following that have qualified for a 2005 grant through one of our programs for new or rejuvenated teams. Grant recipients for new teams that are playing are: High Schools forming a Bantam team out of:  
- Hunting Hills and Notre Dame, Red Deer (\$500 each)  
- Grand Centre and Lloydminster (\$500 each)  
- Airdrie PeeWee (\$500)  
- West Edmonton Raiders forming new Atom, Pee-Wee, Bantam and Midget teams (\$1,000 to Raiders)

### PULL YOUR PRICE & DONATE BOOKLET TEAM FUNDRAISER

All teams should have received details by mail regarding our annual team fundraiser in the spring. This year with an \$80 book your team will make **\$2,400** on a minimum order of 40 books. Time is running out for you to get involved. Should you still be interested you have until Sept 23rd to order. Phone the office for details. Draw date of prizes is on Nov. 4, 2005. Grand Prize: Grey Cup Deluxe Package (Value-\$3,000.00)  
- 2 Tickets to 2005 Grey Cup game in Vancouver  
- Airfare from Edmonton- 4 Nights Hotel  
- 2 Tickets to Spirit of Edmonton Breakfast

### SENIOR MENS TACKLE

The Edmonton Icemen are looking for all new coaches, directors and players in a re-organizational move. If interested contact Mike Faria at 424-5660 (H), 940-8982 (B) or [mike.faria@shaw.ca](mailto:mike.faria@shaw.ca)

10 teams are in the league from Edmonton, Red Deer, Calgary, Grande Prairie, Lloydminster and Med Hat.

### TOUCH

Edmonton City Finals will be held Sept.17-18 and for the play-off schedule go to [www.efsa.ab.ca](http://www.efsa.ab.ca)  
Calgary playoffs are on different dates and for their schedule go to [www.calgarytouchfootball.com](http://www.calgarytouchfootball.com)  
Provincials will be in Calgary on Sept. 24-25/05.

### FOOTBALL CANADA ([www.footballcanada.com](http://www.footballcanada.com))

News for Team Alberta competition for next year, Football Quebec is back as full members of Football Canada after being a non-member for at least six years. This will make the Football Canada Cup event even tougher to bring home a medal. Welcome back.

**F AB CASINO:** Sept. 22-23, Baccarat Casino, Edm.

# **UPCOMING EVENTS:**

## **FALL/WINTER 2005**

### **UNIVERSITY/JUNIOR**

**Oct. 29** – PFC Championship Game

**Nov. 5** – National Junior Semi (PFC at BC)

**Nov. 12** - Canadian Bowl at Ontario Champion

**Nov. 12** – CWUAA Championship Game

**Nov. 19** - CIS Semi-Finals

**Dec. 3** - Vanier Cup - Hamilton

**\* - all above listed dates are subject to change**

### **HIGH SCHOOL**

**Sept. 3** - Archbishop O'Leary Invitational Tournament

**Sept. 3** - M.E. LaZerte Pre-Season Sr. Jamboree

**Sept. 10** - M.E. LaZerte Pre-Season Jr. Jamboree

**Sept. 24** - Whitecourt Junior Jamboree

**Oct. 7, 8 & 10** - Football Alberta Thanksgiving Jamboree

**Nov. 12** - A.S.A.A. Provincial Playoff Quarterfinals

**Nov. 19** - A.S.A.A. Provincial Playoff Semi-Finals

**Nov. 26** - A.S.A.A. Provincial Playoff Finals

### **BANTAM /MINOR**

**Oct. 11** - Football Alberta Thanksgiving Jamboree

**Nov. 5** - Atom Provincial Final - Edmonton

**Nov. 5** – Bantam Provincial Quarter-Finals

**Nov. 12** – Bantam & Pee-Wee Provincial Semi-Finals

**Nov. 19** - Bantam & Pee-Wee Provincial Finals

### **COACHING**

#### **N.C.C.P. THEORY CLINICS:**

##### **Part A**

##### **Calgary**

Sept. 10-11 – University of Calgary (contact 220-7749)

Sept. 17-18 – Talisman Centre (contact 233-8393)

Sept. 17-18 – SAIT (contact 284-7248)

Oct. 15-16 – University of Calgary (contact 220-7749)

Oct. 22-23 – Talisman Centre (contact 233-8383)

Nov. 19-20 – Talisman Centre (contact 233-8383)

Nov. 26-27 – University of Calgary (contact 220-7749)

Dec. 3-4 – Talisman Centre (contact 233-8383)

Dec. 17-18 – Talisman Centre (contact 233-8383)

##### **Canmore**

Sept. 24-25 – Recreation Centre (contact 678-1537)

##### **Cold Lake**

Sept. 17-18 – First Nations (contact 594-7183)

##### **Edmonton**

Sept. 17-18 – Grant MacEwan (contact 497-5300)

Oct. 1-2 – Grant MacEwan (contact 497-5300)

Oct. 22-23 – Grant MacEwan (contact 497-5300)

Nov. 5-6 – Grant MacEwan (contact 497-5300)

Nov. 26-27 – Grant MacEwan (contact 497-5300)

Dec. 3-4 – Grant MacEwan (contact 497-5300)

##### **Grande Prairie**

Oct. 1-2 – G.P. Regional College (contact 539-1221)

Oct. 22-23 – G.P. Regional College (contact 539-1221)

Nov. 19-20 – G.P. Regional College (contact 539-1221)

##### **Lacombe**

Nov. 5-6 – Sports & Leisure Complex (contact 782-1272)

##### **Lethbridge**

Oct. 1-2 – Lethbridge Comm.College (contact 320-3323)

##### **Medicine Hat**

Sept. 24-25 – Medicine Hat College (contact 529-3844)

##### **Red Deer**

Sept. 24-25 – Red Deer College (contact 357-3663)

Oct. 15-16 – Red Deer College (contact 357-3663)

##### **Part B:**

##### **Calgary**

Oct. 1-2 – Talisman Centre (contact 233-8393)

Oct. 22-23 – SAIT (contact 284-7248)

Nov. 5-6 – University of Calgary (contact 220-7749)

Dec. 10-11 – Talisman Centre (contact 233-8383)

##### **Canmore**

Oct. 22-23 – Recreation Centre (contact 678-1537)

##### **Cold Lake**

Oct. 1-2 – First Nations (contact 594-7183)

##### **Edmonton**

Sept. 24-25 – Grant MacEwan (contact 497-5300)

Oct. 29-30 – Grant MacEwan (contact 497-5300)

Nov. 19-20 – Grant MacEwan (contact 497-5300)

Dec. 10-11 – Grant MacEwan (contact 497-5300)

##### **Grande Prairie**

Dec. 3-4 – G.P. Regional College (contact 539-1221)

##### **Lethbridge**

Nov. 19-20 – Leth. Comm. College (contact 320-3323)

##### **Medicine Hat**

Nov. 26-27 – Medicine Hat College (contact 529-3844)

##### **Red Deer**

Nov. 19-20 – Red Deer College (contact 357-3663)

##### **LEVEL III:**

##### **Calgary**

Oct. 29-30/Nov. 5-6 – Talisman Cen. (contact 233-8393)

Nov. 19-20/26-27 – Univ. of Calgary (contact 220-7749)

##### **Edmonton**

Oct 22-23/29-30 – Grant MacEwan (contact 497-5300)

##### **Red Deer**

Dec. 8-11 – Red Deer College (contact 357-3663)

### **What is the 3M NCCP**

3m NCCP is a 5 level educational program for coaches at all levels in over 60 sports. It is designed to train and further educate coaches across the country. Level's 1-3 are designed to certify coaches as competent leaders of community, school, club and provincial sport programs. Levels 4 and 5 prepare coaches for leadership roles in national and international sport, and ensure they will be effective the high performance sport system.

It is open to anyone 16 years of age and older. To move through the levels you must have the previous level. For example, you must have Part A Theory before you can take Part B Theory.

Levels 1 - 3 cover three components of coaching:

**Theory:** teaches important principles of coaching such as planning, leadership and communication, sport safety, growth and development, and skill analysis. This course is attended by coaches from many sports at the same time and deals with the "how to coach" aspect. **Note: Part A has replaced Level I and Part B has replace Level II**

**Technical:** presents skills and drills of each sport as well as other sport specific information. These courses are offered by Football Alberta and deal with the "what to coach" aspect.

**Practical:** deals with the length of time you have been coaching. This is applied for in conjunction with the Technical Clinics.

*A coach must complete each of the three components (theory, technical, practical) to be certified at that level.*

*Equivalencies are available based on your University Degree status. Call Football Alberta for more information.*

# HIGH SCHOOL

## TEAM ALBERTA COMES HOME WITH THE SILVER.

Team Alberta, under second-year head coach Barclay Spady, came away with their third straight silver medal from the Football Canada Cup held in Waterloo, ON from July 3-11 this past summer.

The four team event featured a round robin schedule where each of the four teams (Alberta, Saskatchewan, Manitoba and Ontario) would play each other once with the team with the best record winning the gold medal.

Away from the field the event was run very well by the Host Organizing Committee in Kitchener/Waterloo. Special thanks from Team Alberta go out to Chalene Turner and her volunteers who hosted the event. At the moment the 2006 edition of the Football Canada Cup is scheduled for Winnipeg but that has yet to be confirmed.

Making the tournament all-star team for Alberta was runningback Cheng Wei, receiver Bryce Hafso, offensive linemen Kevin Lane and Darren Hinds, on the offensive side. Defensively, Wacey Melin on the defensive line and linebacker Lucas Desmet were selected.

### Game 1: Alberta 38 Saskatchewan 16

Quarterback Caleb Clark threw 2 touchdown passes and Quarterback Kyle Windle threw one touchdown pass. Cheng Wei had 2 touchdowns. Kyle Kercher, Bryce Hafso, and Brendan Urness all had a touchdown. Aaron McLean completed 5 converts and 1 field goal to kickstart the tournament for Alberta.

Defensively Wacey Melin had an interception and a Quarterback sack. Brendan Urness had 2 blocked kicks and a touchdown. Lucas Desmet had a batted ball, fumble recovery and an interception. Bryce Hafso had a fumble recovery. Carlos Pedicino and Chevy Judd had a quarterback sack. Justin Desmarais had a batted ball and Dave Kiggins had an interception.

The only low point for Alberta was watching Saskatchewan return and interception for a record 115 yards. Game MVP Alberta #10 Caleb Clark  
Game MVP Saskatchewan #45 Steve Arens

### Game 2: Manitoba 22 Alberta 17

Manitoba, having already defeated Ontario earlier in the week improved their chances of gold by defeating Alberta in a close game 22-17.

For Alberta Caleb Clark threw 32 times completing 13 passes for 207 yards and threw 2 interceptions, Anthony Woodson ran for 56 yards and a touchdown. Cheng Wei ran in a touchdown. #88 Bryce Hafso made 7 catches for 155 yards.

On defense Lucas Desmet made 5 solo tackles and assisted on 4 others. Paul Hancock and Jeffery Derksen each had one sack.

Game M.V.P. for Manitoba was #18 Brendon Bowman.  
Game M.V.P. for Alberta was #34 Cheng Wei.

### Game 3: Alberta 23 Ontario 22

Alberta's first win over Ontario since 1997 was bittersweet as Manitoba had already locked up the gold despite losing badly to Saskatchewan that day. Ontario's win over Saskatchewan earlier in the week turned out to be Alberta's stake in the heart as they and Manitoba both wound up with 2-1 records with the gold going to Manitoba on the basis of their win over Alberta in Game 2.

Kicker Aaron McLean proved to be the hero of the game for Alberta as he went three for three in field goals including the game winner with five minutes remaining.

Alberta's other scoring came from TD's from Caleb Clark and Cheng Wei.

## TEAM ALBERTA 2004

### Quarterbacks

Caleb Clark - Bow Valley (Cochrane)

Kyle Windle - Chestermere

### Runningbacks

Anthony Boucher - Foothills (Okotoks)

Justin Marit - Cochrane

Cheng Wei - Sir Winston Churchill (Calgary)

Anthony Woodson - St. Francis (Calgary)

### Receivers\*

Joel Barry - Archbishop Jordan (Sherwood Park)

Travis Gorski - Medicine Hat

Bryce Hafso - Bow Valley (Cochrane)

Kyle Kercher - Leduc

Clayton Lemire - Eastglen (Edmonton)

### Offensive Line

Reed Alexander - Medicine Hat

Jay Bradley - Bev Facey (Sherwood Park)

Darren Hinds - Salisbury (Sherwood Park)

Gordie Hinse - Austin O'Brien (Edmonton)

Kevin Lane - St. Mary's (Calgary)

Dylan Steenbergen - Winston Churchill (Lethbridge)

Leif Welz - Strathcona (Edmonton)

### Defensive Line

Aaron Dawson - Grande Prairie

Reuben Friesen - Bowness (Calgary)

Chevy Judd - Bowness (Calgary)

Wacey Melin - Wainwright

Carlo Pedicino - St. Francis (Calgary)

### Linebackers

Jeff Derksen - Fort McMurray

Lucas Desmet - St. Francis (Calgary)

Paul Hancock - Cochrane

Jeff Paiement - Holy Trinity Academy (Okotoks)

Loukas Staupoulos - William Aberhart (Calgary)

Brendan Urness - Grande Prairie

### Defensive Backs

Justin Demarais - Strathcona (Edmonton)

Dean Guedo - St. Albert

David Kiggins - Archbishop Jordan (Sherwood Park)

Holdyn Lorentz - Grande Prairie

Derek Simpson - Grande Prairie

### Kicker

Aaron McLean - Cochrane

**Head Coach:** Barclay Spady

**Assistant Coaches:** Dan Aloisio, Tim Enger, Jay Hetherington, Jason Hutchins

**General Manager:** Gino Castellan

**Athletic Trainer:** Nicole Lemke

# MINOR FOOTBALL

## PROVINCIAL PLAYOFF SCHEDULE FOR 2005

Here is the Schedule for the 2005 Football Alberta Minor Football Provincials.

### Saturday, October 29

#### **League Championships:**

Prairie Thunder Bantam, Central Alberta Bantam, and Grande Prairie Minor

### Saturday, November 5

#### **League Championships**

Capital District Leagues, Calgary Bantam, Calgary Pee-Wee, Prairie Thunder Pee-Wee, and Southern Alberta Minor

#### **Provincial Bantam Quarterfinals:**

##### **Tier II**

Grande Prairie at Prairie Thunder "A" Champ

##### **Tier III**

Prairie Thunder "B" Champ at Central Alberta Champ

#### **Provincial Atom Championship**

Capital District #1 vs. Capital District #2

### Saturday, November 12 **Provincial Bantam Semi-Finals**

#### **Tier I**

Southern Alberta "A" at Capital District "A"

#### **Tier II**

Capital District "B" at G.P./Prairie Thunder "A" Winner

Southern Alberta "B" at Calgary "B"

#### **Tier III**

Capital District "C" at Prairie Thunder "B"/Central Winner

Southern Alberta "C" at Calgary "C"

#### **Provincial Pee-Wee Final and Semi-Finals**

##### **Tier I (Final)**

Capital District "A" at Calgary "A"

##### **Tier II (Semi-Final)**

Capital District "B" at Prairie Thunder

### Saturday, November 19

#### **Provincial Bantam Finals**

**Tier I** - Semi Winner at Calgary "A"

**Tier II** - at North Winner

**Tier III** - at North Winner

#### **Provincial Pee-Wee Final**

**Tier II** - Semi-Winner at Calgary "B"

Note: All game days and locations are subject to change without notice due to stadium availability

# RESOURCE LIST

The following is a list of resources available through the Football Alberta office. Should anyone wish to access these resources please contact us at (780)427-8108. The prices are listed for both member (ie. those individuals whose teams have submitted Membership Fees to Football Alberta for the 2004-2005 season) and non-members. Additional GST and Shipping costs will be charged.

### TACKLE RESOURCES

	<u>Member</u>	<u>Non-Member</u>
<b><u>Rule Books</u></b>		
Tackle Rule/Case Books	\$15.00	\$18.00
<b><u>Coaching</u></b>		
NCCP Level I Student Manual	\$65.00	\$80.00
NCCP Level II Student Manual	\$65.00	\$80.00
NCCP Level III Student Manual	\$65.00	\$80.00
Gino Fracas Book	\$5.00	\$6.25
Introduction to Football: A Guide for Novice Coaches	\$15.00	\$20.00
A Beginner Strength & Conditioning Program for Youth Football Players	\$15.00	\$20.00
<b><u>Equipment Managers</u></b>		
Purchasing and Maintaining Football Equipment Handbook	\$15.00	\$20.00

### TOUCH RESOURCES

	<u>Member</u>	<u>Non-Member</u>
<b><u>Rule Books</u></b>		
Touch Rule Book	\$13.00	\$18.00
Touch Case Book	\$13.00	\$18.00
Introduction to the Rules Manual	FREE	
<b><u>Coaching</u></b>		
Coaches and Teachers	\$30.00	\$35.00
Instructor Manual of Skills		
Touch Basics: Basic Rules, Skills Strategies and Drills	\$15.00	\$20.00

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## HIGH SCHOOL

### 2005 Alberta Schools Athletic Association Provincial Playoff Schedule

Please note the new structure of the A.S.A.A. Provincial Playoffs which now divides the teams in to Regions that may or may not combine two existing leagues based on proximity. Contact the A.S.A.A. at 427-8182 should you have any questions or concerns. The Regions cover the following leagues:

Region 1: Southern Alberta and Rangeland  
Region 2: Rockyview and Big Sky  
Region 3: Calgary  
Region 4: Central  
Region 5: Edmonton Metro  
Region 6: Edmonton Public  
Region 7: Wheatland and Fort McMurray  
Region 8: Mighty Peace

#### Tier I

##### **Quarterfinals**

Region 8 at Region 6  
Region 7 at Region 5  
Region 3A at Region 3B  
Region 4 at Region 1

##### **Semi-Finals**

Winner 8/6 at Winner 7/5  
Winner 3A/3B at Winner 4/1  
**Final** at North Winner

#### Tier II

##### **Quarterfinals**

Region 5 at Region 7  
Region 4 at Region 6  
Region 3A at Region 3B  
Region 2 at Region 1

##### **Semi-Finals**

Winner 7/5 at Winner 6/4  
Winner 3A/3B at Winner 2/1  
**Final** at North Winner

#### Tier III

##### **Quarterfinals**

Region 5 at Region 8  
Region 4 at Region 7  
Region 3 at Region 2A  
Region 2B at Region 1

##### **Semi-Finals**

Winner 8/5 at Winner 4/7  
Winner 3/2A at Winner 2B/1  
**Final** at South Winner

#### Tier IV

##### **Quarterfinals**

Region 8 at Region 5  
Region 7 at Region 4  
Region 1B at Region 2A  
Region 2B at Region 1A

##### **Semi-Finals**

Winner 7/4 at Winner 8/5  
Winner 1A/2B at Winner 2A/1B  
**Final** at South Winner

## “Preparing for the Cold at the End of The Alberta Football Season”

By: Tim Enger

### *Introduction*

American football is a game that is played mainly in North America each fall. It has American and Canadian derivations and several rule modifications for the younger age levels but remains basically a contact sport involving two teams vying for forward progress up and down a field to score assigned points. As a contact sport it has its share of injury related risks associated with participation. One risk area that is attracting a good amount of attention lately, and is driving rule modification in certain areas, is that of extreme weather conditions and their effect on the football player.

Most of the research into this area has focused on the effects of extreme heat on the football player. This is not surprising since “[f]rom 1990 to 1995, there were 84 reported deaths caused by heatstroke in athletes participating in American football” (Moran, 2001 pp. 911). Those deaths and the very public death of Minnesota Viking offensive lineman Korey Stringer in the 2001 National Football League pre-season due to heat related illness (Associated Press, 2001) have raised a large concern about football and heat and in doing so have attracted a great deal of research.

The purpose of this paper is to go the other way and look at the effects of cold and/or hypothermic conditions on the football player, since it is written and researched in the province of Alberta.

### *The Environment*

In 2004 the amateur football season in Alberta will stretch from spring camps in April and May to the Provincial Playoffs which this year will conclude on November 20<sup>th</sup> for minor football and November 27<sup>th</sup> for high school football (footballalberta.ab.ca). According to Environment Canada the average temperature for Edmonton in November is a high of 0 degrees Celsius and a low of -11 degrees Celsius. True, there can be some very nice weather such as a high of 18 degrees Celsius recorded in Edmonton on November 3, 1975 but with that comes some very cold temperatures such as the -35 degrees Celsius that was the low on November 20, 1963. Other area of Alberta can experience very moderate temperatures in November such as Lethbridge, which recorded a temperature of 23 degrees Celsius on November 7, 1908, but for the most part it is going to be cold in Alberta in November.

Most amateur football games are around two hours long with a 10 minute break in the middle and most practices are 1.5 to 2 hours long and but for the rarest of exceptions (i.e. an indoor practice session in a gymnasium) are exclusively conducted outdoors.

Depending on the player's involvement in the game or practice most of that time could be spent doing little to no physical activity to heat the body thus putting the athlete at risk of the effects of the cold. Therefore, as important as disseminating information about extreme heat and heat related illness for training camps in July and August, it is also important to look at the effects of the cold for the playoff runs in November.

### *Effects of the Cold*

The key concept in this area is that of the body's core temperature. According to Lloyd (1994) the body normally maintains a steady deep (core) temperature of 37 degrees Celsius and is achieved by balancing the rate of heat production with the rate of heat loss. Heat loss can come from dry heat loss from the temperature difference between the skin and the environment and the evaporative heat loss through surface evaporation (sweating) and breathing. According to Noakes (2000, pp. 1461) when “environmental conditions are particularly cold, for example (1) during winter conditions at latitudes above about 50 degrees in either hemisphere, or (2) when cold is associated with windy and especially wet conditions, or (3) when the athletes exercise in cold water for prolonged periods, does the risk arise that the athlete will lose heat faster than he or she can produce it.”

Football is not competed in water but in Alberta most of the province is above 50 degrees N, and being an outdoor sport can be held during wet and windy conditions, thus making it a prime territory for the risk of hypothermia “which can occur when the body's core temperature decreases to 35 degrees Celsius or less” (Moran, 2001, pp. 913).

According to Lloyd (1994) the early signs of the onset of hypothermia is a change in behavior. This is followed by incoordination, staggering, dysarthria, a progressive clouding and loss of consciousness, and slowing of heart and respiration with death as a final outcome. Only a core body temperature measurement (usually rectally) can truly reveal the onset of hypothermia, but “for practical purposes a casualty should be treated as a cold casualty if the body feels ‘cold as marble’ particularly if the armpit is profoundly cold” (Lloyd, 1994).

As well, it doesn't have to be extremely cold for hypothermia to become a problem. Noakes (2000, pp. 1462-1463) gives six examples of sporting competitions, mainly distance running, when athletes fell victim to the effects of hypothermia, some eventually ending in death. In five of those situations the air temperature was above 0 degrees Celsius, and in once case – the 1985 Two Oceans Marathon in South Africa – the air temperature was 19.8 degrees Celsius. In all of the cases the weather conditions also included wet, windy conditions which all add up to excessive heat loss.

Wind is a big factor in the onset of hypothermia and given the fact that Alberta is known for its wind rather than its humidity it's important to take note of those examples. In November 21, 1996 the City of Lethbridge recorded a wind of 65 km/hour creating a wind chill of -39.8 degrees Celsius. In Edmonton the

average wind speed in November is 11 km/hour but has reached levels of over 70 km/hr. (www.ec.gc.ca). According to Lloyd (1994) "a body is in fact losing more heat at 10 degrees Celsius in a 20 mph wind than at -10 degrees in still air."

Exercising in these conditions make for an even more alarming loss of heat as according to Noakes (2000, pp. 1463) "the body is an inefficient machine so that only 25% of the chemical energy that is used mainly in the exercising muscles is turned into mechanical work, the remaining 75% is lost as heat." As long as the body can maintain a high rate of body heat production it will be protected against the onset of hypothermia but if it starts to produce less than it is losing through decreased activity then the imbalance will open the body up to the possibility of hypothermia. Another concern is profuse sweating that may come with a high rate of activity. "Whereas air is a poor conductor of heat and hence a good insulator, water conducts heat approximately 25-fold faster than does air and hence is a very poor insulator." (Noakes, 2000, pp. 1465). Thus, wet clothing can lead to conditions ripe for the development of hypothermia. With the nature of a football game or practice seeing short bursts of maximal activity followed by long (sometimes very long) moments of inactivity it's not hard to see how wet clothes caused by sweat could be a problem for football players in cold condition.

A large effect of the cold that should be a concern for football in Alberta is frostbite. According to Lloyd (1994), "[f]rostbite is a localized lesion caused by freezing." Moran (2001) goes on to add that conditions necessary for the development of frostbite are low temperatures but as well high winds can increase the onset, which basically damages the skin due to overexposure. The length of the athletic contest is irrelevant in this situation as "frostbite may occur within seconds or hours of exposure, depending on the temperature, wind speed, and body insulation" (Moran, 2001, pp. 914). Football, again, deepens the problem due to the nature of the outfit worn to compete. According to Lloyd (1994), "anything that restricts the circulation" can increase the risk of frostbite. Football equipment is anything but loose, with tight fitting helmets and pads. Plus the pants worn are almost form fitting and finally the shoes are laced tight and have very little insular qualities to stay light and performance oriented. Tight shoes in cold weather can also lead to 'Trench Foot' which is a "demyelination of nerves (in the foot) and possible muscle necrosis and atrophy, (which) develops over a fairly long period when the legs are exposed to the cold" (Lloyd, 1994). Day after day of cold weather practices with initial sweatiness inside a tight pair of non-breathing cleats followed by a freezing sensation is not uncommon in Alberta football.

In other sports such as cross country ski races, a limit of -20 degrees Celsius is set for calling off the race due to the high wind chill that can be generated simply by racing in those temperatures, wind or no wind (Moran, 2001). Perhaps this type of limit should be looked at by football and other outdoor sports.

Another area of concern in the cold is exercise-induced asthma (EIA). This is a condition of acute

airway constriction during strenuous exertion (Tan & Spector, 1998) According to Tan & Spector (1998) vigorous activity can bring about the onset of EIA, but it is especially worse for those prone to it in cold weather. Sports that take place in colder environments are at more risk in this regard. Tan & Spector (1998) listed studies that showed a 30-35% increase in incidents of EIA in competitive figure skating than that of other sports. With football games being played exclusively outdoors in Alberta it would be wise for coaches and administrators to try to do some pre-screening to determine whether they have any athletes prone to this condition before the colder weather comes each fall. Other cold induced ailments such as muscle tears due to improper warm-up and angina caused by the cold air inhalation are also factors to be concerned about as well (Lloyd, 1994).

On the plus side of the cold, the incidents of sprains and strains to the knee and ankle go down in colder weather. According to Orchard and Powell (2003) in a study done on weather conditions effects on injuries in the National Football League, they found that incidents of knee and ankle sprains were less likely to occur in outdoor stadiums when the temperature is cooler. A lot of factors can play into this such as the snow covered, slick field conditions that may come with cooler weather and the type of play they allow (i.e. slower and more cautious), but on the whole cooler conditions tend to create a safer playing environment for certain injuries.

### ***Precautions and Treatments***

In 2002, the temperatures at the four host sites for the three levels of High School Provincial Championships in Alberta on November 22, were below -20 degrees Celsius. Although no major cold related injuries were reported, should these games have taken place? Obviously, some precautions were taken that were effective but for player and spectator alike here are some practical standards that would be worth considering for future events when the weather gets cold, which for purposes of example will be considered -10 degrees Celsius or colder:

**A) Pre-Screening of the Athlete** – As is the case in most athletic endeavors that take place in current society a list of all medical conditions should be listed for all players taking part in football and entrusted to a trained, informed person in charge of that aspect of the team (i.e. an athletic therapist or "trainer" with at least a base level of first aid certification). This will help root out all kinds of potential problem but also make the team aware of any exercise induced asthma (EIA) conditions that may be made worse when the temperature drops and allow them to take steps to prepare for it (i.e. "puffers" in the care of the athletic therapist during games and practices and continual checking of athletes in cold conditions)

**B) Rotating Indoor/Outdoor Practices during the week** – This may be budget dependent for certain teams, but if possible a booking of a gym or indoor space to work on certain skills or strategies that do not

require the full use of a field every second day in cold weather may cut down on repeated exposure to the cold in poor attire which could lead to conditions such as trench foot, EIA, cold induced angina, and muscle tears.

**C) Advance Weather Watching** – In current society it is not hard to get up to date short term and long-term weather forecasts, using the latest in technology. A policy similar to that for Cross Country skiing, where scheduled events are cancelled or postponed if the forecast is -20 degrees Celsius or below (Moran, 2001), should be in place. It should also take into consideration wind chill levels at temperatures of -15 degrees Celsius or lower since any wind more than 5 mph at that temperature increases the danger of flesh freezing in less than a minute (Lloyd, 1994) In the event that the forecast is warning of such conditions on a particular day perhaps the scheduled football game could be moved a day ahead or behind to avoid those temperatures or wind chills. It would also give the team a good plan for booking indoor practice sessions if the week of practice ahead of them is forecasted to be in those temperature ranges.

**D) The Game Facility** – If it is judged to be too cold during a practice session the coaches can simply just call things off or try to move indoors. This is not the case in a game. Although there have been times when games have been called off due to predicted cold conditions prior to the game such as the 1985 Alberta Provincial High School Finals (footballalberta.ab.ca), no examples of game being called off or postponed during the contest for anything other than extreme fogginess (i.e. the 1952 Grey Cup) were found so it appears that once a game begins it is going to go on until its completion regardless of the temperature.

This being the case the facilities hosting the game should have heated dressing rooms available to both teams and the officials for pre-game, halftime, and post-game when cold conditions occur. As well, portable heaters such as those found on construction sites in the winter should be made available on the bench area. This will be of particular importance to those players who do not see a lot of, or any, playing time during the game. Their inactivity in those extreme conditions combined with the poor insulation provided by their uniform increased the dangers of cold related conditions unless heat is provided somewhere.

Finally, it would be wise to schedule the game times or practice times for as close to mid-day as possible to take advantage of the peak temperature of the day. This would be switched in the summer when concerns for heat would recommend movement of events to late day or early evening to take advantage of cooler temperatures (Moran, 2001)

**E) The Clothing/Uniform:** According to McCullough & Kenney (2003) “[d]uring a football practice or game, higher levels of air velocity and body motion will increase the convective and evaporative heat loss from the player’s body.” They also go on to state that when looking at the football uniform in general “[s]ome body parts like the head, shoulders, hips, and thighs have thick, protective padding (while) other parts like the arms, calves, and hands are often not covered with

clothing at all.” In this light it’s unsure whether a football jersey and pants with high insulations values would be of any true value. Rather, the concept of layering clothes might be more valuable.

According to Noakes (2000) a thin layer of air trapped against the skin quickly becomes the same temperature as the skin temperature thus providing a good insulator. Having an athlete wear more than one layer of clothing will make several of these insulation layers possible thus cutting down on the heat loss potential caused by participation in football. As well, long sleeve turtleneck undershirts, thermal underwear or sweatpants over high socks and balaclavas to cover the usually exposed areas of the body not covered by a traditional football uniform would be advisable. This layering effect would be good practice for the officials as spectators as well. Heat producing packs in gloves and other hand warmers would be advisable as well for both performance issues and reducing the loss of heat at the extremities.

Some concerns may be raised by players and coaches alike about the potentially limiting nature on performance of more than one layer of clothing, however a warmer athlete may be a more effective athlete. As well, a coach should be cautious about too much heating for the players through layering or portable heaters as that could lead to profuse sweating regardless of the ambient temperature which could then soak the uniform leading to a greater danger of heat loss when an athlete is on-field for a long period of time in cold and windy conditions. Shoes are another concern as true football cleats are not designed for reducing heat loss, therefore the concept of layering socks and a looser lacing to allow for blood flow may assist the athlete in keeping his/her feet warmer. Heat producing packs may be attempted in the shoes as well, however that may be a functional vs. comfort issue that will be player dependant.

## **Conclusion**

There has never been a recorded death from exposure to cold in the history of football in Alberta. Usually the game or practice time duration and attempts to lessen the colds effects at these events will continue this situation. However, it would be wise to follow some of the guidelines presented above to ensure the healthiest environment as possible is present at Alberta football games regardless of how cold it gets.