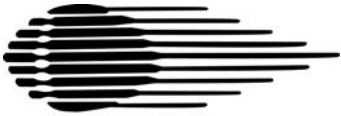


# WIDESIDE

The Official Newsletter of Football Alberta



FOOTBALL ALBERTA

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WIDESIDE is the official newsletter of Football Alberta.  
11759 Groat Rd  
Edmonton AB T5M 3K6  
(P)780-427-8108  
(F)780-427-0524  
Web: [www.footballalberta.ab.ca](http://www.footballalberta.ab.ca)

Executive Director:  
Brian Fryer  
(E) [bfryer@telus.net](mailto:bfryer@telus.net)

Technical Director:  
Tim Enger  
(E) [tenger@telus.net](mailto:tenger@telus.net)

Administrative Coordinator:  
Christy Griffin  
(E) [cgriffin@telus.net](mailto:cgriffin@telus.net)

Spring Edition, 78th Issue

Spring 2010

## Summer 2010...A Busy Time for Football



Alberta Summer Games JULY 19-25 Peace Region

### U18 - TEAM ALBERTA AT FOOTBALL CANADA CUP

Football AB will be sending a U18 team to Football Canada Cup in 2010 in Wolfville, Nova Scotia. Training Camp runs from July 7-9 at the U of Calgary and McMahon Stadium. The team will then depart for Nova Scotia for FCC being held July 10-18. See page 4 for more information.

### ALBERTA SUMMER GAMES

The Alberta Summer Games are a Multi-Sport Games offered by the Alberta Sport, Recreation, Parks, and Wildlife Foundation. It is an excellent event that Football Alberta has been proud to be a part of since 1995 and is the only major Games type event that tackle football is included in world wide. It is offered to our bantam aged athletes. See page 8 for more information.



### TEAM ALBERTA - HAWAII

This is more than just palm trees, beaches and sightseeing. We have brought together a very experienced and talented coaching staff made up of current or former Team Alberta or Senior Bowl coaches, whose main focus is to make you better as a football player. Each day they will work you through the latest in skills and drills and also prepare you for the end of the week scrimmage against once of Hawaii's top high school football teams. See page 7 for more information.

## Team Fundraiser

Raise money for your high school or minor team with the Football Alberta Pay-What-You-Pull Fundraiser Program.

Tackle teams that order 40 books and distribute them to players will make \$2400.00 for the team. Interested? Full details and an order form can be found on page 2. Contact Brian at the office to order your tickets.

## Scholarship Info

Football Alberta offers 7 scholarships to eligible graduating grade 12 football players.

Teachers, coaches, do you know a graduating player who is planning to attend a minimum 2-year post graduate program while playing university or junior football in Alberta? Find full details and a link to the application form on page 7.

## NCCP Program

Would you like to become a Certified Coach in the National Coaching Association of Canada Program?

For further information about the NEW NCCP Program, visit: <http://www.footballcanada.com/Coaches/NCCP/tabid/116/language/en-CA/Default.aspx>

## Football Alberta Annual Team Fundraiser

### PULL YOUR PRICE & DONATE BOOKLET - ANNUAL TEAM FUNDRAISING PLAN

Order 40 Books and Make \$2,400 For Your Team. Interested?  
 Football Alberta is pleased to again offer our winning fundraising campaign. We are offering a highly successful team fundraising plan, based on a pull ticket donation concept. Teams will make \$2,400 with 40 books ordered. This works out to a 75% profit from each book sold. These successful "Pull Your Price & Donate" books have an \$80 value and no More Scratches.

The prize board features a \$3250.00 Dream Vacation Package. The draw date is November 3rd, 2010.

#### HOW THE PROGRAM WORKS:

You start with a Football Alberta - "Pull Your Price & Donate" booklet containing 50 tickets. Players, coaches & parents approach their favourite people & ask them to pull out a ticket & donate the amount on the ticket. Donation amounts range from Free-\$2.50. There are 5 free tickets per book.

Each book generates \$80.00, of which you keep \$60.00 in profit. \$20 goes to Football Alberta. A certain percentage goes towards the printing of the books, we pay for all of the prizes and the remainder is put towards all of the other programs we offer to amateur football programs. By participating in this fundraiser, the dollars raised stay in amateur football teams in Alberta, not anywhere else. Consider adding \$80 to a player's registration and hand them a book. All books are then sold upfront.

WIN Your Dream Vacation Package  
 (Thru THE TRAVEL TEAM)  
 \$3250.00 Value in Travel Credit to  
 your Dream Location ANYWHERE in the World



### ORDER FORM

Football Alberta, 11759 Groat Rd., Edmonton AB T5M 3K6 E: [bfryer@telus.net](mailto:bfryer@telus.net) Ph: 780-427-8108 Fax: 780-427-0524

Payment Method: (3% administration fee for Credit Cards)

Cheque Enclosed \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Card Holder Name \_\_\_\_\_

Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_

Team/Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Shipping Address: (No Box#) \_\_\_\_\_ P.C. \_\_\_\_\_

Phone: (B) \_\_\_\_\_ (H) \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

Please ship us (quantity) \_\_\_\_\_ books @ a cost of \$20 per book. Payment must be received first before books are sent.

Date books are needed: \_\_\_\_\_

## Football Alberta 2010 Membership & Insurance

Football AB membership and insurance is valid January 1, 2010 to December 31, 2010. All minor teams must take out insurance. Plan #1 (2010 Team Membership + Player & Team Personnel Accident & Liability Insurance)

Minor	Team fee of \$105.00 (incl. GST) + \$15.00 per person
High School	Team fee of \$131.25 (incl. GST) + \$15.00 per person
Midget/Junior/University	Team fee of \$131.25 (incl. GST) + \$15.00 per person
Senior Men/Female	\$15.00 per person
Flag/Touch	\$7.00 per person

#### Plan #2 (Team Membership Only, No Insurance)

High School, 6 & 9 Man, Midget, Junior & University teams: \$131.25 (incl. GST). This plan is for teams that have adequate insurance. Once again, teams and/or leagues should use their username and password to register their team at <https://footballalberta.ab.ca/members/>. Delete players who will not be returning for 2010 and add any new players. Please do not delete players who attend a 2010 practice/gym night or selection camp and then do not play with the team. Insurance payment should be collected from those players and submitted for coverage for the year. Please contact the office if you have any questions.

## Senior Bowl 2010



### NORTH All-Star Team

All players listed alphabetically by position

#### Quarterbacks

Kyle Dunlop (Salisbury)  
Trevor Erdmann (Ardrossan) -injured  
Jahlani Gilbert-Knorren (Harry Ainlay, Edmonton)

#### Runningbacks

Colton Bown (Edwin Parr, Athabasca)  
Justin Gillett (Archbishop Jordan, Sherwood Park)  
Antony Myroon (Bev Facey, Sherwood Park)  
Eddy Nkunzi (Peace River)

#### Receivers

Mohammed Abdallah (McNally, Edmonton)  
Dante Giancola (St. Francis Xavier, Edmonton)  
Skylor Letcher (Fort McMurray)  
Connor McLachlan (Notre Dame, Red Deer)  
Mallan Roberts (M.E. LaZerte, Edmonton)  
Bradley Sloman (Salisbury, Sherwood Park)  
Conrad Whetstone (Bev Facey, Sherwood Park)

#### Offensive Line

Josh Butcher (Austin O'Brien, Edmonton)  
Kirby Fletcher (Peace River)  
Bobby Fry (Holy Trinity, Edmonton)  
Stephane Kreiner (Austin O'Brien, Edmonton)  
Robert Logan (Leduc)  
Josh Reath (Peace River)

#### Defensive Line

Isaiah Hoepfner (Harry Ainlay, Edmonton)  
Geoff Piper (Bev Facey, Sherwood Park)  
Eric Querengesser (Austin O'Brien, Edmonton)  
Luke Roberts (Wainwright)  
Derek Stewart (Salisbury, Sherwood Park)  
Mark Sutherland (St. Albert)  
Dylan Wright (Ardrossan)

#### Linebackers

Joshua Adams (Grande Prairie)  
Dane Bishop (Bev Facey, Sherwood Park)  
Chris Giles (St. Josephs, Grande Prairie)  
Keaton Hoddinott (St. Albert)  
Joshua Millang (Camrose)  
Jonathan Weaver (McNally, Edmonton)

#### Defensive Backs

Zach Brown (Bev Facey, Sherwood Park)  
Jean-Luc Bugeaud (St. Albert)  
Kyle Johnson (Bev Facey, Sherwood Park)  
Braedon Kopernick (Leduc)  
Tyler LaGrange (Notre Dame, Red Deer)  
Anthony Mayfield (Harry Ainlay, Edmonton)  
Jon Mora (Bev Facey, Sherwood Park)  
Zachary Mueller (Bev Facey, Sherwood Park)

Monday May 24th, 2010

21st Annual Senior Bowl

Foote Field, University of Alberta, Edmonton

12:00 p.m.



### SOUTH All-Star Team

All players listed alphabetically by position

#### Quarterbacks

Brad Karl (Foothills, Okotoks)  
Jeff Vela (Crescent Heights, Calgary)

#### Runningbacks

Garret Field (Bowness, Calgary)  
Cam Fox (Father Lacombe, Calgary)  
Bruce Lawrence (Rundle College, Calgary)  
Omohiefe Ogolo (Notre Dame, Calgary)

#### Receivers

David Finot (Notre Dame, Calgary)  
Rodrick Hastings (Centennial, Calgary)  
Braden Heffernan (Central Memorial, Calgary)  
Alexander Jensen (Bishop Grandin, Calgary)  
Adam Osterling (Central Memorial, Calgary)  
Travis Rasch (Rundle College, Calgary)  
Tim Ripley (Centennial, Calgary)  
Jacques Secret (St. Mary's, Calgary)

#### Offensive Line

Eli Hankinson (Henry Wise Wood, Calgary)  
Mathew Johnson (Holy Trinity Academy, Okotoks)  
Ross Kostecky (Cochrane)  
Mason Mang (Western Canada, Calgary)  
Matt Rivers (Raymond)  
Brennan Stephen (Henry Wise Wood, Calgary)  
Clayton Vis (George McDougall, Airdrie)

#### Defensive Line

Jan Jakoubek (Bowness, Calgary)  
Bradey Lee (Foothills, Okotoks)  
Warren Neilson (Highwood, High River)  
Ryen Reid (Bishop O'Byrne, Calgary)  
Richard Slack (Medicine Hat)  
Shadeed Watson (Crescent Heights, Calgary)

#### Linebackers

Marco Arcega (Central Memorial, Calgary)  
Keith Campbell (Raymond)  
Andreas Iwanegbe (Brooks)  
Zack McEachern (Dr. E.P. Scarlett, Calgary)  
Matt Pander (Bowness, Calgary)  
Landon Petryshyn (Medicine Hat)  
Cory Roboch (Bowness, Calgary)  
Caleb Stone (Raymond)

#### Defensive Backs

Brett Dionello (Notre Dame, Calgary)  
Brodie Hill (Medicine Hat)  
Josh Izat (Bowness, Calgary)  
Mitch Koch (Notre Dame, Calgary)  
Steven McCaffrey (Henry Wise Wood, Calgary)  
Matt Webster (Western Canada, Calgary)

## Football Canada Cup 2010

The Football Canada Cup format has changed for 2010, with provincial teams made up of athletes 17 years of age and under up to and including July 31, 2010.

Thank you to all of the players who attended Selection Camp weekend for the great effort and attitude they put into the camp. Follow more Football Canada Cup information on the Football Canada website at:  
<http://www.footballcanada.com/Domestic/FootballCanadaCup/tabid/79/language/en-CA/Default.aspx>

The players below have been selected to compete for Alberta from July 10-18 in Wolfville, Nova Scotia at the Football Canada Cup.

### Quarterback

Mark Oness (Holy Trinity Academy, Okotoks)  
Taylor Yaremchuk (Bev Facey, Sherwood Park)

### Runningback

Anthony Anderson (Medicine Hat)  
Franklin Marion (Salisbury, Sherwood Park)  
Trace McLelland-Eeles (Foothills, Okotoks)  
Denzel Morrison (Bishop O'Byrne, Calgary)

### Receiver

Dexter Brown (Archbishop Jordan, Sherwood Park)  
Gregg Hannah (Crescent Heights, Medicine Hat)  
Tylor Henry (Camrose)  
Mackenzie Meek (Henry Wise Wood, Calgary)  
Kristopher Stretton (Foothills, Okotoks)  
Conrad Whetstone (Bev Facey, Sherwood Park)  
Levi Williams (Bev Facey, Sherwood Park)

### Offensive Line

Eric Angermann (Bishop O'Byrne, Calgary)  
Jordan Arkko (St. Francis Xavier, Edmonton)  
Trevor Fiell (Rundle College, Calgary)  
Eli Hankinson (Henry Wise Wood, Calgary)  
Cole McCormick (Lloydminster)  
Ryan Preuter (John G. Diefenbaker, Calgary)  
Clinton Reeder (Lord Beaverbrook, Calgary)

### Defensive Line

Zack Gautreau (Archbishop Jordan, Sherwood Park)  
Marcus Goods (Jasper Place, Edmonton)  
Logan Laforce (Bev Facey, Sherwood Park)  
Chase Nahrebeski (Harry Ainlay, Edmonton)  
Warren Neilson (Highwood, High River)  
Jason Orey (Bishop O'Byrne, Calgary)  
Greg Severin (St. Francis Xavier, Edmonton)

### Linebackers

Zach Butcher (Austin O'Brien, Edmonton)  
Tanner Doll (St. Albert)  
Michael Hanson (Jasper Place, Edmonton)  
Zach McEachern (Dr. E.P. Scarlett, Calgary)  
Landon Petryshyn (Medicine Hat)

### Defensive Backs

Justin de Gans (Archbishop Jordan, Sherwood Park)  
Brandon Foster (Harry Ainlay, Edmonton)  
Dillon Garry (Archbishop Jordan, Sherwood Park)  
Devan Karl (Foothills, Okotoks)  
Steven McCaffrey (Henry Wise Wood, Calgary)  
Mike Spagnolo (St. Albert)  
Mike Stolzenberg (Henry Wise Wood, Calgary)  
Hunter Turnbull (Holy Trinity Academy, Okotoks)



### Sunday July 11th, 2010 - Game Day 1

Game 1

MB vs. SK @ 10:00 am

Opening Ceremonies 1:00 pm

Game 2

NS vs. AB @ 1:30 pm

Game 3

ON West vs. QC @ 4:30 pm

Game 4

BC vs. ON East @ 7:30 pm

### Wed. July 14th, 2010 - Game Day 2

Game 5

Loser of Game 1 vs. Loser of Game 4 @ 10:00 am

Game 6

Loser Game 2 vs. Loser Game 3 @ 1:00 pm

Game 7

Winner Game 1 vs. Winner Game 4 @ 4:00 pm

Game 8

Winner Game 2 vs. Winner Game 3 @ 7:00 pm

### Saturday July 17th, 2010 - Game Day 3

Game 9

Loser of Game 5 vs. Loser of Game 6 @ 10:00 am  
(7th & 8th - Consolation)

Game 10

Winner Game 5 vs. Winner Game 6 @ 1:00 pm  
(5th & 6th - Consolation)

Game 11

Loser Game 7 vs. Loser Game 8 @ 4:00 pm  
(Bronze Medal)

Game 12

Winner Game 7 vs. Winner Game 8 @ 7:00 pm  
(Gold Medal)



## 2009 Football Alberta Coaching Awards

Football Alberta annually recognizes outstanding coaches who have made a commitment to their team(s) and/or the sport of Football in our Province. Winners of the 2009 Coach of the Year Awards were selected from among many nominees and presented with their awards at the Annual Awards Luncheon held during the University of Calgary/Football Alberta Coaches Clinic on March 13, 2010.

### Gary Hobson Award (for behind the scenes excellence) Patti Richardson - Drumheller Football Association

Patti Richardson is an excellent role model for all volunteers who make our sport go. As the lead volunteer for both the Bantam and Senior High School Titans in Drumheller, she is a fixture for all things football in the Valley of the Dinosaurs and dedicates six days a week of her time.

Covering off items such as scheduling transportation and booking referees, Patti also handles all the financial side of the teams responsibilities and corrals the parents into sideline volunteers and timers. She also does double duty for both teams during games as one of the trainers and equipment managers. This is a lot for anyone to accomplish but considering she is also the first one to the field each day to let the players into the locker rooms and the last one to lock up after the day is done make her an excellent choice for the Gary Hobson Award for behind the scenes excellence.

### Harold Ferguson Official of the Year Dennis Wickham - Southern Alberta Football Officials Association

Dennis Wickham wears many hats for football in the Southern Alberta area, none more important as the President of the Southern Alberta Football Officials Association.

Dennis has officiated countless games all over the Province at the local and Provincial level in addition to serving as Commissioner of the Southern Alberta Minor Football Association. His creation of a mentoring program for officials in the smaller centers in Southern Alberta is viewed as a godsend to those areas trying to keep their officiating levels up with the continued development of the game. A true lover of the game and a man who can't seem to do enough for football in his community, Dennis is the winner of the Harold Ferguson Official of the Year.

### Novice Coach of the Year Clayton Masikewich - Notre Dame High School, Calgary Hilltoppers Midget

A busy man indeed, Clayton Masikewich, in addition to starting for the Calgary Colts as a quarterback, also found the time to mentor quarterbacks with both the Calgary Hilltoppers Midget team in the spring and Notre Dame High School Pride in the fall.

A new coach in terms of time served, but described as "beyond his years" in terms of his knowledge and ability to communicate skills to his athletes, Clayton is a rising star in Calgary area as a quarterback coach. Both the Hilltoppers and Pride are thrilled to have him as a part of their staffs and he already has a few examples of athletes who have definitely benefited from his teaching.

Finding the time to coach along with playing at an elite level is one thing, but doing it very well makes Clayton a great choice for the Novice Coach of the Year.

### Atom / Pee Wee Coach of the Year Greg Thompson - Red Deer Steelers PW

In leading the Red Deer Steelers to the Provincial Tier III Championship in 2009, Greg Thompson also becomes the first coach ever from Red Deer to win a Provincial Title at any level.

Known as a great team builder who instills a good work ethic and respect for the game in his team, Greg also took the Steelers to the Provincial Tier IV final last year before finishing the job at the Tier III level in 2010. In seven games this year the Steelers shut out their opponents including the league semi-final, league final and Provincial Final. Quite a job by a very dedicated man and a great ambassador for minor football, our Atom/Pee-Wee Coach of the Year for 2009 - Greg Thompson.

### Bantam Coach of the Year Brent Korte - Spruce Grove Cougars

It wasn't just that they won the game, it was how they did it. Playing in probably the most exciting Provincial Tier I Final game in over a decade, the Spruce Grove Cougars went toe to toe with the Calgary Stampeders and pulled out a 31-30 victory in the last seconds of a game where no team lead by more than a touch-down the entire game.

That was just part of the story as the Cougars worked their way to a 13-1 season beating the perennial powerhouse of the CDMFA, the Sherwood Park Rams, in their League Championship to advance to Provincials for the first time. Two games later they were Provincial Tier I Champions. For this and the fact that he did an incredible job with some very gifted athletes, Brent Korte gets the nod as the 2009 Bantam Coach of the Year.

### High School Tier IV Coach of the Year Dennis Holowaychuk - Rundle College Cobras

Four years ago someone got the idea that a small, private high school located in the middle of Calgary should get a football team. This was unheard of at the time and the challenges of not only fielding a team but finding a place to play were daunting. Luckily, this school - Rundle College - has an ace up its sleeve with one of its administrators, Dennis Holowaychuk.

As a former assistant coach with the U of C Dinosaurs and a man with many years of high school coaching experience, he took on the job and now has built a program that consistently challenges for first place in the Big Sky Conference each year. In 2009, the Cobras went undefeated and captured their first ever Provincial Tier IV Championship. Not a bad job for such a new program and a lot of credit goes to their head coach, the High School Tier IV Coach of the Year, Dennis Holowaychuk.

## Football Alberta Coaching Awards cont'd.

### High School Tier III Coach of the Year

**Paul Cashato -  
Brooks Buffaloes**

Four years ago the Brooks Buffaloes couldn't even field a team. Interest was down and commitment was waning. Several people got involved to fix the problem and four seasons later the Buffaloes were not only back but winners of the Provincial Tier III Championship. No one was more important to that resurrection than head coach Paul Cashato.

Having joined the team two seasons earlier, after having started his coaching career in Manning, Paul has instilled a new system of doing things in Brooks that has amounted to a tremendous commitment from his players & outstanding on-field results. For this he is the 2009 High School Tier III Coach of the Year.

### Laurie Robertson High School Tier II Coach of the Year

**Kevin Klotz -  
Foothills Falcons**

The Foothills Falcons always face an uphill climb each year. As one of three independent teams in the Province they must not only find their own competition but find good enough games to prepare them for their shot at Provincials each year.

It's not an easy go and involves a lot of travel but the Falcons do it with style every year and each season compete at the highest levels of Tier II. 2009 was just such a year and head coach Kevin Klotz led his charges to a 10-1 record to win their fourth Provincial Tier II title since 2000, making them the most successful team at that level in the first decade of the new century. For that we are proud to award Kevin Klotz with the High School Tier II Coach of the Year Award.

### Frank Morris High School Tier I Coach of the Year Award

**Dustin Ralph -  
Raymond Comets**

In his three years as head coach of the Raymond Comets, Dustin Ralph has renewed the Comets spirit and brought them back to heights they experienced when he was a player for Raymond in the 1990's. In 2007 he led the Comets to the Southern Alberta Championship and within an eyelash of advancing to the Provincial Tier I Final dropping a thriller 31-28 to the eventual champion St. Francis Browns.

The past two seasons the Comets left no doubt rolling through their opponents, going undefeated against Canadian opposition, and winning the last two Provincial Tier I Championships going away - both times defeating the Bev Facey Falcons. Dustin has a record as a head coach of 34-3 in three seasons of work. Quite impressive and more than deserving of the 2009 Frank Morris Tier I Coach of the Year award.

### Norm Kimball Coach of the Year

**Blake Nill -  
University of Calgary Dinos**

There is probably nothing better in coaching than returning to the University you played for and leading them back to glory. This is the route Blake Nill has taken as the head coach of the University of Calgary Dinosaurs. Having been an All-Canadian Player for the Dinos, Blake advanced to play in the CFL before starting his coaching career out in the Maritimes. As the head coach of St. Mary's University he led the Huskies to six consecutive Atlantic Conference Championships and two Vanier Cup titles from 1999-2004.

Since then he has returned to his alma mater and changed the culture taking a team who hadn't won a playoff game in 13 years to two straight Canada West Championships in 2008 and 2009. In 2009, Blake led the Dinos to their first appearance in the Vanier Cup since 1995, losing a heartbreaker to Queens University. For an incredible season and an outstanding job of rebuilding of the program, it is with great pride that we give the 2009 Norm Kimball Coach of the Year Award to Blake Nill.

### Life Membership Award

**Mike Moulds -  
St Albert Minor Football Association**

Mike Moulds has spent over 20 years involved in minor and high school football in St. Albert. As a coach and administrator he has overseen great changes in all levels of the sport in St. Albert. He has seen two sons through Minor Football and continued on in service to the community at the minor level after their graduation to high school where he also volunteered his time as an assistant coach on their teams.

He is mostly known for being the President of SAMFA for the past eight years during which he has encouraged the growth of the game at all levels and has spent countless hours over the past four years negotiating with the City of St. Albert in the development of the new artificial turf stadium in Riel Park. With the completion of the Riel Park project Mike is now stepping down as President leaving an unbelievable legacy to the future players in the St. Albert area.

Mike is the kind of person who always put the kids first. If one of the teams in SAMFA was short a coach or two he would always volunteer his time as much as possible to make sure everyone who signed up got a quality season. His development of the Panther bantam program made sure that everyone who signed at that level got to play in years when the traditional teams in St. Albert had too many players. He and his wife Joanne are always the first to arrive at the field each day there are games in St. Albert and the last to leave having coordinated the concession for the past several years. Finally, he has made SAMFA a welcoming place where coach and volunteer feel valued and appreciated; the retention rate for those people from year to year is astounding.

As an RCMP officer he has given his time and effort to the City of St. Albert in spades over the years just by doing his job, but it's in the extra areas such as his commitment to football in his community that make him a special candidate for this Award and we are pleased to nominate Mike for Football Alberta's Life Membership Award.

### NEED RESOURCE MATERIALS FOR THE COACHING SEASON?

If you missed out on coaching clinics or if you want to better your skills, visit the Resource Materials section on the Football Alberta website <http://footballalberta.ab.ca/web/resources/> for a complete list of materials available through the office.

## Football Alberta Scholarship Program

Applications can be received from athletes at Alberta tackle football high school programs that are confirmed paid members of Football Alberta in the year of the application. The applicant must be a graduating Grade 12 player having played tackle high school within the Alberta Schools Athletic Association (ASAA) system.

The recipient must be registered for full time (as stipulated by the institution) attendance at an accredited Alberta post-secondary institution all year or both semesters. The program of study must be a minimum two (2) years in duration. The Applicant must be participating on a post-secondary Alberta football team of their choice during the year of application.

**WHAT IS AVAILABLE/REGIONS?** (7 Scholarships are available for the 2010/2011 year)

Six (6) regional scholarships valued at \$1,800.00 each are available for the 2010/2011 academic year. There are 6 Scholarship/Award regions with each demographically equal region having the capability of receiving at least one award winner each year. Regions are; Northern Alberta, Edmonton, Central Alberta, Calgary and Southern Alberta.

One (1) scholarship valued at \$1800.00 will be awarded to a player on one (1) of the eight (8) teams that participated in the 2009 ASAA Alberta Bowl Provincial Tier 1, 2, 3 or 4 Final Games. The teams were;

Tier I: Raymond, Bev Facey Tier II: Foothills, McNally

Tier III: Brooks, Peace River Tier IV: Rundle College, Ardrossan

Applicants can be eligible to apply for a regional scholarship and the Alberta Bowl scholarship; however, an applicant cannot be awarded 2 scholarships in the same year.

For more information visit: <http://footballalberta.ab.ca/web/grants/scholarships.php>

## 2010 Summer Football Camps

### Football Alberta - Hawaii Camp

Each summer Football Alberta hosts an intensive football camp for 9 days during the month of August. There is still some space available for this summer. For more information, or to obtain a registration form, visit <http://footballalberta.ab.ca/web/programs/hawaii.php>

### University of Alberta

Offers a variety of camps:

- 1) Kicking (Bantam & High School)
- 2) QB Development (Bantam & High School)
- 3) Football Skills (PW, Bantam & High School)

For more information visit: <http://www.summercamps.ualberta.ca/sportcamps.cfm>

### University of Calgary

Offers a variety of camps:

- 1) Pee Wee Camp (grades 4, 5 & 6)
- 2) Junior High - boys
- 3) Senior High - boys

For more information visit: <http://www.ucalgarycamps.ca/dinos/football>

### Iron Will Development Camps

For more information visit: <http://www.ironwillfootball.ca/>

The next IronWill Football Camp is July 24-25, 2010. Red Deer, AB. This camp is a non contact general camp that covers all football positions.



Thank you to the  
Edmonton Eskimos  
And the  
Calgary Stampeders  
For their Continued  
Support of the  
Senior Bowl Program



## Football Canada Participation Questionnaire

The online survey provided is intended to provide a snapshot of the Canadian football community. Questions are directed at participants, coaches, officials, management, volunteers and others associated with the game of football. The data collected will be made available to the Football community through Football Canada and through distribution to its provincial associations.

<https://www.surveymonkey.com/s/FFWZ2DT>

## Alberta Summer Games 2010

The 2010 Alberta Summer Games will be held in Peace River from July 22-25. Any Bantam aged player (graduating in June from Grade 9 or lower and who will not turn 17 during the calendar year of 2010) is eligible to try out.

Tryout Camps coordinated by Representatives & coaches from 8 zones across the province will be held in May & June, 2010.

The [Alberta Games Site](http://www.albertagames.com) has more detailed information about the Games. Football Specific information and links can be found on the Football Alberta web site at <http://footballalberta.ab.ca/web/programs/summer.php>.

Zone 1 May 8 May 14-15	Medicine Hat Lethbridge	Martin Woolf (403) 331-8745
Zone 2 May 28-30	Calgary	Patrick Coyle (403) 932-0786 (403) 462-1787
Zone 3 June 3-6	Calgary	Brock Jacobs (403) 276-1902 (403) 291-4479
Zone 4 May 22-23 May 29-30	Red Deer	Mike Roach (403) 742-8753 (403) 742-2235
Zone 5 May 1-2 May 8-9	Spruce Grove	Brent Korte (780) 962-2950 (780) 935-2945
Zone 6 May 25-26 May 28-30	Edmonton	James Devine (780) 444-1062 (780) 905-5696
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### Minor Leagues

CDMFA <http://www.cdmfa.com>  
Central Pee Wee <http://sites.google.com/site/cpwfl2009/Home>  
Calgary Bantam <http://www.cbfa.ab.ca/>  
Calgary Pee Wee <http://calgarypeeweefootball.com/>  
SAMFA - Bantam <http://southernalbertaminorfootball.ab.ca/>  
Lloydminster Minor <http://www.lmfa.info/>  
GP Pee Wee <http://www.gppwfl.com/>

### Officials

Calgary <http://www.cgyfoa.ab.ca/>  
Edmonton <http://www.efoa.ca/>  
Jr. Prairie Conf. <http://www.pfcfootball.com>  
Senior Men's <http://www.eteamz.com/albertafootballleague/>

### High School

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Edm. Metro <http://www.telusplanet.net/public/metroedm/Sports%20Listing.html>  
Central <http://www.casaa.ca/>  
Calgary <http://www.calgaryhighschoolsports.com>  
Wheatland <http://www.wheatlandfootball.ca/>  
Rockyview <http://www.rockyviewsports.com/>  
Touch & Flag  
Edmonton Touch <http://www.etfa.ab.ca/>  
Red Deer Touch <http://rdtfa.redzoneleagues.com/>  
Calgary Touch <http://www.calgarytouchfootball.com/>  
Edmonton Flag <http://www.ffa.ab.ca/>  
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## How to Adapt to Seasons of Play

by Tim Enger BPE, MA

This past January, Football Alberta passed a new by-law to be added to the Minor Football Policy and Procedures manual dealing with Seasons of Play. The concept of Seasons of Play may be controversial, depending on where you live, but the basis of it is that Minor Football in particular should have boundaries on how and when to offer our sport which are consistent with proper youth athletic development. 13 game regular season and playoffs for Atoms and unlimited pre-season start dates are very inconsistent with proper youth athletic development and were starting to creep into the way tackle football was offered. A huge movement at the Federal Sport Level called Long Term Athlete Development (LTAD) is in the process of changing the way all sport is offered in the country and Seasons of Play is just a part of that in ensuring young children in particular have reasonable exposure to their sport of choice but also get opportunities to participate in other sports and activities as well.

In terms of LTAD, Football is classified a "late specialization sport". What this means is that there are some sports out there like figure skating, diving and gymnastics where excellence and elite opportunities need to be mastered at young ages, therefore "early specialization" for identified athletes in those sports is acceptable for the very young. Football does not fit that model and there are several examples of that Province wide. In my coaching career I have been fortunate to have coached two athletes who made it to the CFL. Of the two, one did have extensive experience in Minor football while the other was a basketball player who didn't start playing football until Grade 11. Thus the ability for football to be classified as a late specialization sport and disprove the myth that football players need to dedicate huge amounts of their year to the exclusion of other activities at the young ages. Believe it or not, hockey is considered a late specialization sport as well. The best example of that is Wayne Gretzky who played a high level of both lacrosse and baseball right up until he started playing professional hockey exclusively at 17.

Therefore starting in 2010 the beginning of the fall season for all Minor Football (Bantam, Pee-Wee, and Atom) will commence on August 1. It is recommended that at least 10 days and six practises pass before any competition (i.e. exhibition games, joint practices, controlled scrimmages) against opposition from other teams take place. Teams are still free to do spring programming for their teams or clubs to get organized for the fall up until June 30<sup>th</sup>, but no activity on or off-field for registered teams should take place in the month of July (save for Private Summer Camps and Alberta Summer Games commitments).

So for you teams and clubs out there who are used to July practising or unlimited constraints on when you start your fall season here are some tips on how to manage the new regulations.

A) **Plan your Spring Appropriately:** Remember the concept of LTAD is to allow players the ability to participate in other sports, therefore just because you can use the spring to prepare for the fall doesn't mean you have to go for several weeks. The benefits that players can bring to football from the speed and power taught in track and field, the hand-eye coordination in baseball, and the overall fitness training from soccer and lacrosse can't be understated and we should endeavour to stay out of their way as much as possible. True, we hear it all the time that some kids just like football and don't want to participate in other sports and activities, but that is a personal choice and shouldn't drive the scheduling of our spring programming when the majority of kids do and/or should be partaking in something else.

What we would suggest is:

### REGISTRATION:

Register players over a weekend in April to give your club or association a fighting chance to process all the applications and see where you are with numbers. You can do another registration later or take them as they come but you need to know your numbers early to determine if you need to add a team, delete a team, find more coaches, etc.

### DEVELOPMENTAL CAMP:

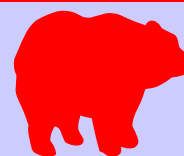
In early June run a developmental camp over a weekend. You might not get everyone since the representative levels of baseball and soccer plus a track meet or two might have scheduling conflicts, but the vast majority of house league or community based spring sports do not use weekends. This will give you an opportunity to suit the majority of your players up, deal with any equipment or registration issues, and give a quick introduction to those new to the sport. It will also allow you to sort out your players if you are planning on running more than one team from your club or association.

### SPRING CAMP:

Once your team(s) is/are set then it's time to start practicing. But wait a minute, didn't we just go over how we should try to avoid other sports and not put conflicts on our athletes? Well, that's true but there is a time of year that more or less accomplishes that and allows us to have a spring camp for minor football. That is the last week in June. It's perfect. Kids are required to stay in school right up until June 30<sup>th</sup> of each year and all house league or community

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based soccer, baseball, lacrosse and ball hockey all try to wrap things up with their playoffs a weekend or two before that date. They can't run their playoffs any later for risk of losing people to holidays on weekends. So the time in between their playoffs and the end of school is prime territory for football spring camps. You only need five consecutive days to introduce the basic skills and systems you will use in the fall plus begin to sort out who will play where. OK, you will still run into a few problems with rep soccer or baseball players who continue on into the summer and the odd family getting an early jump on summer vacation, but it's your best shot and getting things started with the least amount of conflicts.

**B) Plan Your August Accordingly:** This is football season so don't be afraid to put demands on your players in terms of early commitment. You've just given them a month off so it's time to get down to business all together. While it is true that you want to limit the amount of practising each week to 2 or 3 at the maximum for the younger levels of Pee-Wee and Atom during the season a training camp week of five consecutive days is not out of the ordinary at the beginning. As long as the hitting, tackling, and blocking aspects of the game are taught safely, sequentially, and worked in gradually with each new practise then you can spend the appropriate time on skills, drills and system introduction. Another week of maybe four practise days followed by a joint controlled scrimmage with another team and you'll be good to go for the following week for a game.

There may be some people out there that are still disappointed they can't run practises in July, but really it's win-win-win. Properly done you'll get better attendance, more accomplished, and you the coach and your players will get to experience at least a portion of summer without being programmed to death. Football is a great sport but like everything else there is such a thing as too much of a good thing. Use your spring properly and build up for August then hit the ground running when the season starts. Best of luck to all teams for the upcoming season.



Canada's first ever Women's National Tackle Football Team was selected this past March and out of it was selected a 45 person roster that will compete in the inaugural World Women's Tackle Football Championships in Stockholm, Sweden from June 26 - July 5, 2010.

These players were part of a selection process that started last fall with Pre-Selection Camps in Calgary, Fredericton, Moncton, Saint John, Halifax, Winnipeg and Montreal. From those camps 100 athletes were invited to Eastern & Western Final Camps that were held in March with the Western one in Saskatoon featuring players from Edmonton, Calgary, Lethbridge, Saskatoon, and Winnipeg.

The 8 players selected to represent Canada from Alberta are:

Belle Wighton	Rec	Calgary
Christina Goulet	DB	Edmonton
Lindsay Ertman	Rec	Edmonton
Erin Walton	RB	Calgary
Karin Simmons	QB	Edmonton
KoraLea Hooker	RB	Edmonton
Shirley Benson	OL	Edmonton
Terry Yahnke	DB	Edmonton

All the best in Stockholm this summer!



Women's National Team Members from the Edmonton Area from left to right:  
 Top Row: Shirley Benson (OL), Christina Goulet (DB), Karin Simmonds (QB)  
 Bottom Row: Terry Yahnke (DB), Lindsay Ertman (Rec), Kora-lea Hooker (RB)