



FOOTBALL CANADA

FEBRUARY 2008 REPORT

100 – 2255 ST. LAURENT BLVD., OTTAWA, ON. K1G 4K3
TEL (613) 564-6302 FAX (613) 564-6309
E-mail: programs@footballcanada.com Website:
www.footballcanada.com

IFAF Technical Committee Workshop AFCA Convention, Anaheim, California January 7 – 8, 2008

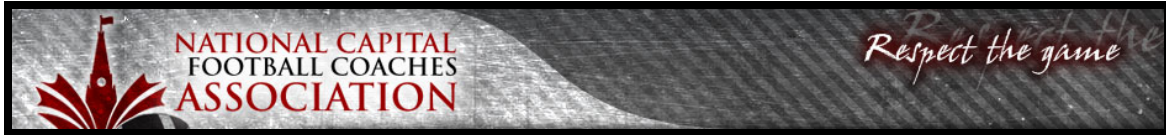
In efforts to continue the introduction and development of football worldwide, the International Federation of American Football's Technical Committee held workshops at the recent American Football Coaches Association convention.

Topics of discussion included age playing formats, international set of playing standards, qualifying tournaments, coaching accreditation program, coaching clinics, long term athlete development, youth development, and national team issues.



Back row: Left to Right – Rick Sowieta (Football Canada), Thomas Ahlberg (Sweden, SAFF), Paul Manera (Gridiron Australia), Henriksen (Denmark, DAFF), Nick Inzerello (USA Football),
Front Row: Left to Right – Jack Reed (USA Football), Todd Bell (AFCA), Bob Swan (Football Canada)

COACHES



January 28, 2008 – Ottawa – The inaugural National Capital Football Coaches Association Seminar session attracted over 70 coaches from Eastern Ontario and Gatineau, Quebec.

The presenting Coaches and their topics were Clint Utley (McGill University), “Coaching a Punt Team”, Pat Fleming (Winnipeg Blue Bombers) “Punting and Kicking”, and Danny Laramée (University of Ottawa) “Gap Defense”.



February 22-24 The Coaches Association of Ontario with the generous support of the Ontario Government will be hosting the 2008 Ontario Coaches Conference in Mississauga. This conference will provide Ontario coaches with an opportunity to attend brand new NCCP workshops toward a higher level of certification while also attending additional sessions on hot coaching topics.

The Conference will be held at the Delta Meadowvale Resort in Mississauga and accommodation has been blocked for conference delegates at \$112 per night. Full weekend conference fee is \$110 for Ontario Residents thanks to the support from the Quest for Gold Lottery. [Online registration](#) is open. Do not delay as space is limited.

" COACHING THE COACHES"



COACHING THE COACHES

football coaching clinic

featuring
Keynote Speaker



DR. ANDREW PIPE President of Commonwealth Games
Canada , Chair Emeritus Centre for Ethics in Sport

and the following top football coaches

JIM DALEY Former Head Coach ,Saskatchewan Roughriders ,
C.F.L. Head Office Staff (Senior Advisor)

MARCEL BELLEFEUILLE C.I.S. Head Coach , C.F.L. Off. Coord.

PAT TRACEY Def. Coord. Queen's Golden Gaels

BOB MULLEN Head Coach , Loyalist Lancers

LARRY JUSDANIS President Sports Specific Training
plus

NFL GUEST COACH To Be Announced



*In **Kingston** on
Fri. Apr. 25 (7 – 10 p.m.) and
Sat. Apr. 26 (9 – 4 p.m.)*

Fee is ONLY \$50

for registration information go to

www.planandplay.ca/coachingthecoaches.html

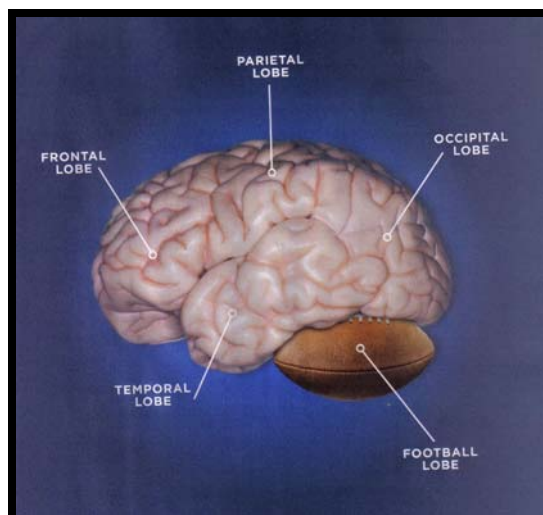
T O U R I S M
KINGSTON 



 Investors
Group™

The Sport Tourism Division of The Kingston Economic Development Corporation

CONTEST OF THE MONTH



The first Canadian Football Championship was held in 1884 (pre-Grey Cup). Who were the two teams and where was it played?

Please send all responses to programs@footballcanada.com

January Winner: Brian Olthuis – Football British Columbia

Most Memorable Football Experiences

Frozen Pedal

The first story is the one I would submit if coaches are only limited to 1 entry.

High school football in the 80's was highlighted by a premiere league of the top teams, regardless of school size, that stretched from Kamloops to Vancouver. The only route was the Fraser Canyon which was windy and could be very treacherous in winter. This particular day was our 4th trip to play in Vancouver and was our first playoff game of a possible 3 total games leading to the Provincial Championship. The route distance was 405 kilometres. The choice of transportation was a rented highway bus that 2 coaches who had their air brakes certification drove - myself being one of them. This was in November of 1985 and the weather was a snowy and cold. -31 C.

Leaving Kamloops along the Trans Canada Highway we realized we were not getting enough fuel to the engine. We stopped at the small town of Cache Creek about 90 kilometres from Kamloops - the start of the Fraser Canyon. The assistant coach, Gerry Bond and I were both teachers at Kamloops Sr Sec and since I was always worried about game prep for the next days game, Gerry drove to the games and I drove home. We stopped at a service station and the mechanic said that the freezing air was freezing the cable from the gas pedal to the fuel source. A new cable was needed or we had to wait until the weather warmed up. Our game was the next day but we always practiced the day before in Vancouver and in my mind we had to get to Vancouver 2 hours before dark. We also called ahead to Hope where the temperature was only just below freezing but that was 2 ¾ hours at the other end of the Fraser Canyon.

What to do? We were a team of cowboys and hard working kids who loved to tackle, block and run over the other teams and leaving the pass for maybe 10 years down the road. My mind said keep going but we needed a gas pedal that would not stick and so I picked our best cowboy. Leroy Peters, a bruising fullback and linebacker, sat beside the driver pulled the pedal back every time it got stuck. Going up hills Gerry pressed for fuel with his foot but when the crest of any hill was attained Leroy would pull the pedal back. Leroy was kept warm by blankets since where he sat by the door was very cold. The driver, and a fellow PE Teacher, said to me "Brian, I do not believe this legal or right" but he kept on driving. Finally the temperature rose to a point where the pedal did not stick – close to 3 hours after we left Cache Creek. Leroy was the happiest of us all with me being not far behind. I then asked Gerry how he felt about the trip and his only comment was "I thought I had better keep going since every time I looked your way you were always looking at your watch and I was sure you were thinking ""Are we going to get a practice in?"". He was right. We also won the game and yes in 3 weeks we also were Provincial Champions.

Now school districts have stricter rules for teams to travel under. I am glad we made our memorable trip before the new times

POLL QUESTION OF THE MONTH

The NFL will play 8 games over the next 5 years in Toronto. Do you think this will eventually affect Football at the amateur level in Canada?

To vote visit www.footballcanada.com

PHOTO OF THE MONTH



Silver Fox Football, New Brunswick
Photo courtesy, Tanya Everett Photography

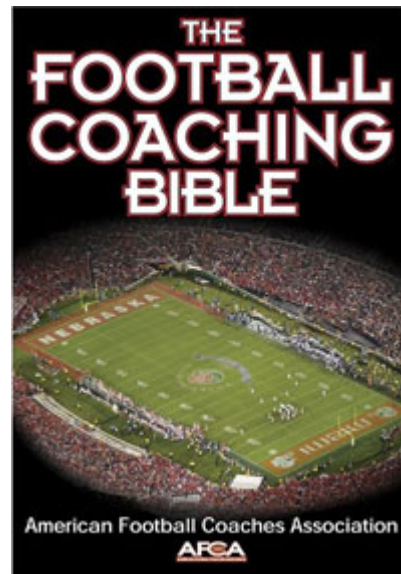
HUMAN KINETICS - BOOK OF THE MONTH

The Football Coaching Bible

The *Football Coaching Bible* features many of the game's most successful coaches. Each shares the special insight, advice, and strategies they've used to field championship-winning teams season after season.

The 27 chapter contributing coaches span six decades of the sport and reach into every corner of the United States. The impressive list of contributors:

- Joe Paterno
- Hayden Fry
- Phil Fulmer
- Dick Foster
- Grant Teaff
- Gene Stallings
- Jim Tressel
- R.C. Slocum
- LaVell Edwards
- Bobby Bowden
- Jim Young
- Jerry Sandusky
- Frosty Westering
- Mack Brown
- Larry Kehres
- Bill Snyder
- Lou Holtz
- Ken Sparks
- Tom Osborne
- Sonny Lubick
- Mike Bellotti
- Barry Alvarez
- Fisher DeBerry
- George Curry
- Bo Schembechler
- Joe Tiller
- Frank Beamer



They cover every aspect of the game: coaching principles, program building, player motivation, practice sessions, individual skills, team tactics, offensive and defensive play-calling, and performance evaluation.

Developed by the American Football Coaches Association, this coaching guide establishes a new standard of excellence in the sport

ISBN13: 9780736044110

376pp

Paperback

Regular Price: \$29.95 (Canadian dollars)