



# FOOTBALL CANADA

## JANUARY 2008 REPORT

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

**FOOTBALL CANADA  
WOULD LIKE TO WISH YOU ALL THE BEST FOR 2008!**



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### DECEMBER MEETINGS

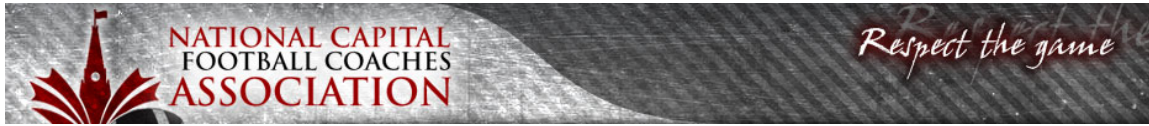
December welcomed the Football Canada working committees to Ottawa December 14<sup>th</sup> – 16<sup>th</sup> for meetings at the Crowne Plaza Hotel. Unfortunately the meetings were cut short due to a snow storm that was moving in on Sunday and delegates needed to get on planes to try and beat the storm.

The meetings had three main committees; Flag Committee, Tackle Committee and the Touch Committee. Topics that were reviewed were such things as the National Coaching Certification Program, Football Canada National Football Coaches Association, Junior Development Program, Long Term Athlete Development and the National Women's Football Invitation. Each committee formed sub-committees to focus in on various programs.

January 18<sup>th</sup> – 20<sup>th</sup> will host a couple meetings as well. The Board of Directors will meet in Toronto and Football Canada's Officials' Technical Committee will meet in Ottawa to review the Level 4 manual.

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## **REGIONAL NEWS**

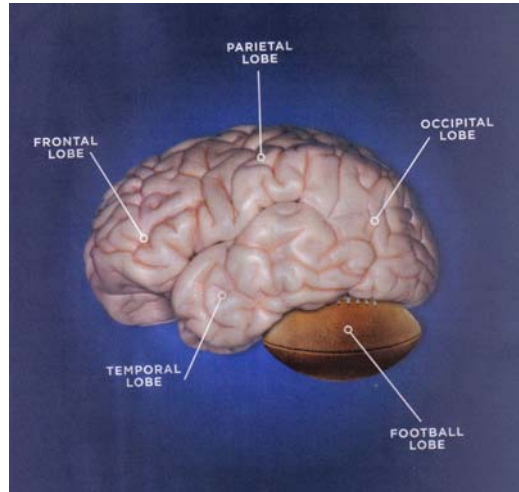


Eastern Ontario and Western Quebec coaches can check out the new National Capital Coaches Association which was launched January 5<sup>th</sup>, 2008.

Visit the site at [www.NCFCA.ca](http://www.NCFCA.ca)

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## **CONTEST OF THE MONTH**



Football Canada wants to highlight your best Football story on-line and in the newsletter. You are invited to submit your most memorable Football experience to [programs@footballcanada.com](mailto:programs@footballcanada.com) ; we will select the top story and highlight it on our website as well as in the next newsletter. The winner will receive a prize pack from Football Canada. Submissions should be received by Football Canada no later than January 25<sup>th</sup>, 2008.

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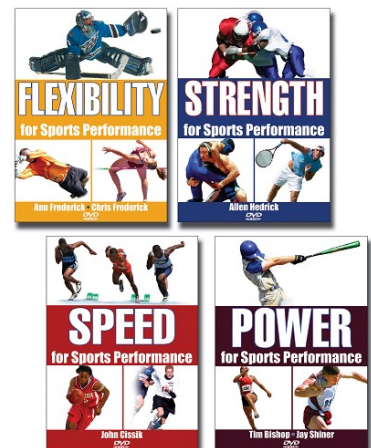
## **HUMAN KINETICS – BOOK OF THE MONTH**

### **Sports Performance 4 DVD Package**

The *Sports Performance DVD Series* addresses the training demands of serious athletes across all sports. Consisting of four DVDs on power, flexibility, speed, and strength, the series demonstrates that optimum training translates to optimal performance.

Each DVD begins with a series of assessments, which identify the athlete's strengths and weaknesses and establish a baseline for customizing training programs. From there, numerous exercise options and sample workouts are provided, all of which may be tailored to address the demands of specific sports and specific positions.

DVDs in the series include:



- [\*Power for Sports Performance\*](#) - Developed by the Baltimore Orioles' strength and conditioning coaches, this DVD showcases a progressive program in which resistance training is used for building a power base before advancing to a complex power program composed of strength training and plyometrics.
- [\*Flexibility for Sports Performance\*](#) - This DVD is based on the Stretch to Win system, made famous by Ann Frederick and Chris Frederick, who have worked with such elite athletes as the Philadelphia Eagles' Donovan McNabb, as well as numerous Olympians, and pro players in the NFL, MLB, and NHL.
- [\*Speed for Sports Performance\*](#) - Including dynamic warm-ups; plyometrics; and variable, resisted, and assisted speed training, this DVD not only presents the most effective exercises and drills for improving speed and quickness, but also provides guidance to combine training techniques into a complete speed-development program.
- [\*Strength for Sports Performance\*](#) - In this DVD, Allen Hedrick, current head coach of strength and conditioning at the United States Air Force Academy and former United States Olympic Training Center strength and conditioning coordinator, demonstrates resistance training exercises that correspond to the movement patterns, muscle contractions, and energy demands of many sports.

With the capability to print programs and workouts from each DVD, instruction from the *Sports Performance DVD Series* can be taken directly from the computer to the gym or field. These DVDs form the ultimate training package for coaches and athletes looking to gain an edge in every facet of competition.

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**Regular Price:**

**\$ 26.95 each** (Canadian dollars)

**\$103.95 bundle** (Canadian dollars)

**(GST not included)**

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To order, please contact us at: [admin@footballcanada.com](mailto:admin@footballcanada.com).