

# WIDESIDE

THE OFFICIAL NEWSPAPER OF FOOTBALL ALBERTA

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## UPDATES:

- **Team Alberta's** trip to the 2003 edition of the **Football Canada Cup** saw Alberta finish with the silver medal after a hard fought 24-21 loss to Ontario in the final. Although a tough way to end things this still makes Alberta the only province to finish in the medals ever year. More details inside.
- **Special note:** This years Football Canada Cup marks the final one for the existing coaching staff. Football Alberta would like to thank **Rick Gilson, Bryan Brandford, Gino Castellan, Cliff Walters,** and **Dan Aloisio** for their hard work and dedication over the years. All positions will be open next season for application. See details inside.
- A prelude to the Football Canada Cup was the **Football Alberta Senior Bowl** which was played over the May long weekend at McMahon Stadium in Calgary. It was a tale of two half's as the "North" leapt out to a 26-7 lead at half time and looked well on their way to their fourth win in five years. A funny thing happened on the way to the blowout as, lead by Henry Wise Wood QB **Mark Stinson**, the "South" charged back with three touchdowns in the third quarter and added another in the fourth two win the game in a stunner 35-26. That comeback spoiled what was a remarkable day by Strathcona runningback **Tyler O'Gorman** who scored all of the points for the "North" including the field goals and converts. Another outstanding performance came from L.C.I.'s Mr. Everything **Andrew Patzer**, who starred on both sides of the ball after injuries caused him to be used at tight-end as well as linebacker. The Linemen of the Game were **Travis Cooper** from Bev Facey for the "North" and **Doug Haggins** from St. Francis for the "South". The M.V.P's for the game were **Patzer** from L.C.I. for the "South" and **O'Gorman** from Strathcona for the "North".
- The eighth 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 10-13. The high school portion of the event is full but there are some spots still available on the Sunday for minor teams in both Calgary and Edmonton. If anyone is interested please contact us at the Football Alberta office at (780)427-8108.
- A reminder to all **minor teams** to keep your **player list current** with Football Alberta since we check all rosters of teams advancing to provincials against them.
- Dates for the **Minor Provincials** this year are as follows:
  - ATOM:** *Provincial Final* at Edmonton **Nov. 1**
  - PEE-WEE:** *Final* –Edmonton at Calgary **Nov. 8**
  - BANTAM:**  $\frac{1}{4}$ 's – G.P. at Prairie Thun. **Nov. 1**
    - Semis* –South. AB at Calgary **Nov. 8**
    - Winner  $\frac{1}{4}$  at Edmonton **Nov. 8**
    - Final* – at Winner North **Nov. 15**
- 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 **Puchasing 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 though 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.
- Attention all bantam football coaches and players. 2004 is an Alberta Summer Games year and once again tackle football at the Bantam level will be a featured event. This year there is a new Policy and Procedure Manual for the event and therefore all of the responsibility for Zone team coordination will be done through the Football Alberta Board of Directors. Therefore if you wish any information on getting involved with the event please contact the following District Representatives.

Zone 1 (Sunny South)	Dennis Wickham (403)381-2606
Zone 2 (Big Sky)	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)	Garry Parasynchuk* 483-8496
Zone 6 (Edmonton)	Susan Morgan (780)444-1062
Zone 7 (North East)	Vince Orioux (780)808-7508
Zone 8 (Peace Country)	Rick Gilson (780)532-6226

\* - Edmonton High School rep will handle the position until a local individual in that Zone will be named following the 2003 season.
- Welcome new teams! After a decade long explosion at the high school level (there will be **105 teams** take the to the field this year up 35 programs since 1989) this years is no different. Coming on stream are two new High School senior teams at **J. Percy Page** (Edmonton) and **Innisfail** (Calgary). At the minor level a new Pee-Wee team in **Wainwright**, as well as a new high school development league in Cental Alberta featuring teams in **Red Deer, Innisfail,** and **Sylvan Lake** are additions for the 2003 season.

## **UPCOMING EVENTS:**

### **FALL/WINTER 2003-2004**

#### **UNIVERSITY/JUNIOR**

Oct. 18 – PFC Championship Game

Nov. 1 - Canadian Bowl

Nov. 9 – CWUAA Championship Game

Nov. 15 - CIS Semi-Finals

Nov. 22 - Vanier Cup - Toronto

\* - all above listed dates are subject to change

#### **HIGH SCHOOL**

Aug. 30 - Cochrane Pre-Season Tournament

Aug. 30 - Medicine Hat H.S. Football Fiesta

Aug. 30 - Hanna Sun Bowl Pre-Season Sr. Jamboree

Sept. 1 – Brewster Cup Tournament in Canmore

Sept. 6 - Archbishop O'Leary Invitational Tournament

Sept. 6 - M.E. LaZerte Pre-Season Sr. Jamboree

Sept. 13 - M.E. LaZerte Pre-Season Jr. Jamboree

Sept. 27 - Whitecourt Junior Jamboree

Oct. 10-13 - Football Alberta Thanksgiving Jamboree

Nov. 8 - A.S.A.A. Provincial Playoff Quarterfinals

Nov. 15 - A.S.A.A. Provincial Playoff Semi-Finals

Nov. 22 - A.S.A.A. Provincial Playoff Finals

#### **BANTAM/MINOR**

Oct. 12 - Football Alberta Thanksgiving Jamboree

Nov. 1 - Atom Provincial Final - Edmonton

Nov. 1 - Bantam Quarter Finals – at Prairie Thunder

Nov. 8 - Pee-Wee Provincial Finals - Calgary

Nov. 8 - Bantam Provincial Semi-Final – Edm. & Cal.

Nov. 15 - Bantam Provincial Finals – North Winner

#### **COACHING**

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

###### **LEVEL I:**

Sept. 13-14 - Calgary (contact 220-7749)

Sept. 13-14 - Edmonton (contact 497-5300)

Sept. 13-14 - Edson (contact 723-4401)

Sept. 20-21 - Calgary (contact 233-8393 ext. 103)

Sept. 20-21 - Lac La Biche (contact 623-4255)

Sept. 20-21 - Okotoks (contact 938-6484)

Oct. 4-5 - Grande Prairie (contact 539-2834)

Oct. 4-5 - Medicine Hat (contact 529-3844)

Oct. 4-5 - Red Deer (contact 357-3663)

Oct. 4-5 - Sherwood Park (contact 467-4404)

Oct. 8-29 (Wed.'s) - Calgary (contact 440-6517)

Oct. 25-26 - Calgary (contact 233-8393 ext. 103)

Oct. 25-26 - Calgary (contact 274-1158)

Oct. 25-26 - Calgary (contact 220-7749)

Oct. 25-26 - Canmore (contact 678-5597)

Oct. 25-26 - Edmonton (contact 497-5300)

Oct. 25-26 - Lethbridge (contact 320-3323)

Oct. 25-26 - Rocky Mountain House (contact 845-3720)

Nov. 1-2 - Edmonton (contact 497-5300)

Nov. 15-16 - Calgary (contact 233-8393 ext. 103)

Nov. 15-16 - Red Deer (contact 357-3663)

Nov. 22-23 - Calgary (contact 440-6517)

Nov. 22-23 - Calgary (contact 220-7749)

Dec. 6-7 - Edmonton (contact 497-5300)

Dec. 13-14 - Calgary (contact 233-8393 ext. 103)

###### **LEVEL II:**

Sept. 19-21 - Edmonton (contact 497-5300)

Oct. 3-5 - Calgary (contact 233-8393 ext. 103)

Oct. 3-5 - Edmonton (contact 497-5300)

Oct. 31-Nov. 2 - Lacombe (contact 782-1250)

Nov. 7-9 - Calgary (contact 220-7749)

Nov. 14-16 - Edmonton (contact 497-5300)

Nov. 21-23 - Calgary (contact 233-8393 ext. 103)

Nov. 21-23 - Red Deer (contact 357-3663)

Nov. 21-23 - Lethbridge (contact 320-3323)

Nov. 28-30 - Medicine Hat (contact 529-3844)

Dec. 12-14 - Edmonton (contact 497-5300)

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

Oct. 25-26 & Nov. 1-2 - Calgary (contact 220-7749)

Oct. 25-26 & Nov. 1-2 - Edmonton (contact 497-5300)

Nov. 1-2 & 8-9 - Calgary (contact 233-8393 ext. 103)

Dec. 6-7 & 13-14 - Lethbridge (contact 320-3323)

Dec. 11-14 - Red Deer (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 Level 1 Theory before you can take Level 2 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.

**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 degree status. Call Football Alberta for more information.

**NOTE: NCCP PROGRAMS WILL ONLY BE OFFERED UNTIL APRIL 2004. AFTER THAT A NEW COMPETENCY BACED PROGRAM (CBET) WILL BE INTRODUCED. SHOULD YOU HAVE ANY NEED FOR CERTIFICATION IT WOULD BEST BE TAKEN CARE OF BEFORE THAT DATE. FURTHER INFO. WILL FOLLOW**

# HIGH SCHOOL

## A BRIDGE TOO FAR

Despite doing everything right in their preparations for the 2003 Football Canada Cup and being outstanding ambassadors for our province, Team Alberta left Ottawa this year with the silver medal. Although it was a sight better than the bronze Alberta won in 2002 it still wasn't the gold they sought.

The only disappointing thing about this year's event was that the result didn't reflect the effort and character that this year's edition of Team Alberta brought to the Football Canada Cup. Right from day one when the team gathered in Red Deer for their training camp they did things right. Attentive in meetings, eating the right food, being on time, getting plenty of sleep – no rock was left unturned in their focus on bringing gold back to Alberta. It got to the point where bed checks were discontinued due to the fact that the coaches were mostly waking people up.

This year experience at the Football Canada Cup was great. As opposed to some years the Host Organizers at this year event had last years experience to draw from and did a tremendous job. Good food, clean and safe accommodations, great playing fields, and some fun extra curricular events combined with hot, humid weather made it a fun week and the HOC should be congratulated on their efforts

Once again the event was spiced up with several special events attended by the players including a trip to the Parliament Buildings and attending an exciting CFL contest featuring the Ottawa Renegades and the Toronto Argonauts

Making the tournament all-star team for Alberta was runningback Tyler O'Gorman of Strathcona, wide-receiver Jordan Wevers of L.C.I., offensive center Sean Brown of Bev Facey, defensive tackle Josh Comeau of Bishop Grandin, defensive end Ben Smith of Fort McMurray, middle linebacker Danny Bass of Ardrossan, corner Chudi Nzekwu of St. Francis and safety Mark Chyc-Cies of Bishop Carroll. As well, Tyler O'Gorman was named the tournaments Most Outstanding Offensive Player.

Lastly, as mentioned on the front page, this tournament was the swan song for the current edition of the Team Alberta Coaching staff – the majority of which had been with the team since the mid-90's. In total the coaches on the staff totaled 19 national championship rings between them and have never failed to finish in the medals. We at Football Alberta are very grateful for the volunteer effort put in by Bryan Brandford, Rick Gilson, Cliff Walters, Dan Aloisio, and Gino Castellan and can only hope that next years staff can capture the character and camaraderie this crew has managed over the years. Best of luck gentlemen!

### Western Final: Alberta 60 Manitoba 7

This one was over in a hurry as this year's edition of Team Alberta was anxious not to repeat last year stunning defeat at the hands of Manitoba.

Alberta opened with a 27 yard TD strike from Brendan Maher to a wide open Matt Lambros. The two hooked up again moments later as Lambros took it to the one yard line where Maher took it over for a TD a play later.

Tyler O'Gorman got his first of three TD's in the game before the quarter was over and after a Sam Azooz TD and a conceded safety touch the score read 30-0 with 10:20 left in the second quarter.

This is where things got interesting. In years past there was a "Mercy Rule" which stated in a runaway game if the score surpasses 29 points in differential the clock will run. In this year the rule was amended to give the losing team the option to run the clock or not and Manitoba's refusal to do so left Alberta in a nice little Catch 22 as the game wore on.

Touchdowns came a little slower after that as Alberta was mainly running dives and traps but the points kept coming

through convention means like rushing (O'Gorman 75 yards) and receiving (Symon Pfau on a 40 yard hookup from Nathan Aldred), but also via unconventional means like a blocked punt for a TD (O'Gorman off of the Lambros block) and interception return for a TD (Eduardo Diaz for 85 yards). That plus another conceded safety made it 60-0 before Manitoba finally hit paydirt with 1:09 remaining in the game.

This put Alberta into it's seventh Football Canada Cup Final in the nine years of the event and game them the added bonus of a week off between games.

### NATIONAL CHAMPIONSHIP: Ontario 24 Alberta 21

After a week of trash talking from the Ontario team in the dormitories it was time to get down to business. Having handled the host team from Ottawa fairly easily in the Eastern Final Ontario was a daunting challenge and the defending National Champions to boot.

Unfortunately for Alberta things got off to a rocky start as they fumbled the opening kickoff and watched as Ontario struck paydirt on their opening offensive play with a hook and ladder play that went 30 yards for the TD.

Tyler O'Gorman's 4 yard run early in the second quarter tied things up but Ontario struck twice through the air late in the half to go up 21-7 at halftime.

The second half saw Alberta put some decent drives together despite going into a driving rainstorm and held Ontario to a single and conceded safety. Things changed once Alberta got the weather behind them in the 4<sup>th</sup> quarter as two TD's from Nathan Aldred (5 yard run) and Matt Labros (54 yard TD catch from Aldred) brought them to within a field goal.

Sadly that was as far as they got as their last offensive drive ended in an interception and Ontario ran out the clock.

### TEAM ALBERTA 2003

No.	Name	Pos.	Hgt.	Wgt.	School
1	Jamie Olsen	SB	5'10	180	Bev Facey
5	Taylor Altilio	SB	6'0	170	Dr. E.P. Scarlett
7	Tyler O'Gorman	RB	6'0	195	Strathcona
12	Nathan Aldred	QB	6'2	185	Grande Prairie
16	Brendan Maher	QB	6'2	185	Bev Facey
20	Mark Chyc-Cies	DB	6'0	180	Bishop Carroll
21	Matt Lambros	WR	6'2	180	Sir Win. Churchill
22	Jon Colnett	DB	6'0	172	Springbank
24	Kyle Robinson	DB	6'0	176	Foothills
25	Jordan Wevers	WR	5'10	160	L.C.I.
32	Wisam Azooz	RB	5'9	182	Grande Prairie
33	Kyle Rawson	RB	5'9	180	Foothills
34	Marc Mercier	LB	6'0	185	William Aberhart
35	Chudi Nzekwu	DB	5'11	155	St. Francis
42	Eduardo Diaz	DB	5'11	180	Strathcona
44	Leroy Fontaine	LB	6'0	195	Father Mercredi
45	Tyler Korol	DB	6'1	190	Sir Win. Churchill
47	Danny Bass	LB	6'3	215	Ardrossan
50	Greg McLeod	LB	6'0	214	Foothills
52	Mark Hagen	OL	6'2	288	Foothills
54	Sean Brown	OL	6'2	254	Bev Facey
55	Jeff Lyster	OL	6'1	275	St. Mary's
57	Blaine Bartoli	LB	5'10	195	Lindsay Thurber
58	Brent Kettles	OL	6'0	235	Western Canada
60	Travis Cooper	DL	6'0	250	Bev Facey
61	Jason Yuzyk	DL	6'4	264	Strathcona
62	Derek Dowdell	OL	6'1	295	Bev Facey
64	Ben Smith	DL	6'3	250	Father Mercredi
65	Tyler Desjarlais	OL	6'0	265	Lac La Biche
66	Murray Filkowski	OL	6'5	270	Archbishop Jordan
75	Andrew Patzer	LB	6'1	258	L.C.I.
77	Doug Haggins	DL	6'4	190	St. Francis
88	Symon Pfau	WR	6'1	175	Sexsmith
92	Allan Bergsma	DL	6'2	210	L.C.I.

**Head Coach:** Tim Enger

**Assistant Coaches:** Gino Castellan,

## **HIGH SCHOOL (cont.)**

### **TEAM ALBERTA LOOKS FOR NEW COACHES**

**What's Going On?** At the last Football Alberta AGM in January a new directive was passed governing the operation of Team Alberta as it applies to the coaching staff. For the first eight years of the program it was staffed by the Technical Director of Football Alberta as head coach and five volunteers who were unpaid and had unlimited terms. The new directive allows for a limited honoraria (\$200) and all mileage associated with travelling to the required events. It also caps the participation on the staff to three year terms. This does not mean that a current coach is forbidden to reapply it's just that every three years they would have to apply again giving Football Alberta the right to retain their services or not.

**What's the Commitment Like?** Probably the most important job a Provincial Coach will have is in the selection of the team. This means they must be present at both "North" and "South" Selection Camps and the Senior Bowl Weekend. This will give them 12 exposures to the players and allow them the best opportunity for a fair and honest evaluation.

This means that should anyone be interested in applying they would need to commit to two weekends in April (mileage, room and board taken care of), the May long weekend (same deal), and 12 days during the first two weeks of July for the Team Alberta Training Camp and Football Canada Cup for a total of around 22 days each year.

**What qualifications do I need?** Football Canada requires all coaches on the Provincial Team staff to be fully certified Level I through the NCCP. This means all candidates must currently have their Technical, Theory, and Practical Level I and NOT just portions of. Anyone who needs to check what they have should go to the Coaching Association of Canada website (cac.ca).

To be a head coach the requirement from Football Canada is fully certified Level III.

Please note that this search is not limited to only high school coaches. It helps, but candidates from other levels are certainly encouraged to apply providing they meet the certification standards.

Also note that we do not have a quota of where the coaches have to come from (i.e. a certain number from Northern Alberta and a certain number from Southern Alberta or big school/small school, etc.). In the past we've even had two coaches from the same school on the coaching staff. We're looking for the best we can get so where you come from or the size of your school is irrelevant.

**What about Tim?** One of the duties that was prescribed for the creation of the Technical Director position in 1989 was to serve as the head coach of the Provincial Team upon its creation. Tim Enger has held that position and as served as Team Alberta's head coach since 1994.

Currently he is serving as the offensive coordinator and QB/Receivers coach as well. Please note that due to his employment as the Technical Director he will always be involved in the program but is willing to step aside as head coach and/or offensive coordinator and/or switch to another position coaching role if suitable candidates are found. If not, he will retain those roles and the coaching staff will be filled out from the remainder of the applicants.

**Who is making these decisions?** Once all the applications are in a committee of Football Alberta Board Members and Staff will

Rick Gilson, Bryan Brandford, Dan Aloisio

**Athletic Therapists:** Nicole Lemke and Kelly Stott

be struck to review the candidates. We have to wait until then to create the committee since some of the people we have in mind may wish to apply to the staff themselves

The hiring will be done in a top down manner since once the head coach is secured then he will become part of the selection process to determine the offensive, defensive, and special team coordinators who in turn will become part of the selection process for the remaining unit coaches.

The key to understand here is that in order for this team to work the coaches must develop a sense of camaraderie and willingness to work together since they will literally be living together for 12 straight days in July. It is important that all people associated with the team are comfortable with the selections made.

**Anyone else involved?** Yes. Football Alberta will be assigning a General Manager to look after the off-field activities of the team from the Football Alberta Board of Directors. Football Alberta will also assign support staff (i.e. athletic therapists, equipment managers). It is important to note that the coaching staff has no say in the appointment of these positions.

**What are the Positions available?** They are as follows:

**Head Coach:** The head coach will be responsible for all on-field activities of the team. He will also be assigned a position to coach and may be a unit coordinator as well. He, along with the General Manager, must represent Team Alberta to the Football Canada Cup Organizers and Football Canada itself and must ensure that the rules and regulation governing play are followed to the letter. He must be fully certified Level III.

All practise planning, team discipline, and motivation are his responsibility. He must also be aware that the development of the team will be based on the budget available of which he has no say in. He must work within the pre-set parameters both in resources and budget. The head coach position will be the only one requiring a personal interview.

**Offensive, Defensive, and Special Teams Coordinators:** These coaches will also have a position coach responsibility. They will be responsible for the development and implementation of the unit they have been assigned to coordinate.

For offensive and defensive coordinators they must develop a "mini-package" to be easily implemented and used at the Senior Bowl Selection Camps. For a copy of what was used in the past feel free to contact the Football Alberta office for an example. Anyone applying for these positions must submit their "mini-package" along with their application. We cannot emphasize enough how easy they need to be for implementation. Close to 500 people will need to understand and use them for evaluation over a three day period during the Senior Bowl Selection Camps.

**Position Coaches:** Check your egos at the door gentlemen! These are, as advertised, simply position coaches. The most important role they will play will be during selections where they have to be present at all times to give the players their best look and pick the best team possible.

They will not have any say or input on the systems being used (i.e. offensive or defensive) unless asked. They may have some roles assigned in the spotters booth but for the most part will spend the Football Canada Cup simply preparing the players at their position for play. This needs to be strictly understood or it may cause some misunderstandings that can effect team chemistry.

**How many coaches do you take?** The rules governing the Football Canada Cup limit you to six coaches on staff. No other coaches will be allowed to instruct the team once it is selected.

**How do I apply?** Simply fill out the form on the back of this edition of the Wideside and attach all requested items. Each

application must be accompanied by a letter of reference from someone in a higher position than the applicant (i.e. school administrator, Parent Group president). As well, anyone interested in a Coordinators position should include their "mini-package" as described above (hint: If it's too confusing or

## **A.S.A.A. SCHEDULE**

### **PROVINCIALS 2003**

The following is the breakdown of the Alberta School's Athletic Association Provincial Football Playoffs:

#### **TIER I (Schools Pop. 1250+)**

##### **Quarterfinals (Nov. 8):**

Mighty Peace/Fort Mac.\* at Edmonton Metro  
Edmonton Public #2 at Edmonton Public #1

Southern Alberta at Central  
Calgary Div. I #2 at Calgary Div. I #1

\* - special qualifying game to be played Nov. 2 at Fort McMurray

##### **Semi-Finals (Nov. 15):**

Winner Public at Winner Metro/Peace/Ft. Mac  
Winner Calgary at Winner South/Central

##### **Championship (Nov. 22):**

Northern Champion Hosts

#### **TIER II (Schools Pop. 750-1249)**

##### **Quarterfinals (Nov. 8):**

Edmonton Metro at Wheatland  
Central at Rockyview

Rangeland at Southern Alberta  
Calgary Div. II #2 at Calgary Div. II #1

##### **Semi-Finals (Nov. 15):**

Winner Metro/Wheatland at Winner Rkyv/Cen.  
Winner Calgary at Winner Range/South

##### **Championship (Nov. 22):**

Northern Champion Hosts

#### **TIER III (Schools Pop. 450 - 749)**

##### **Quarterfinals (Nov. 8):**

Edmonton Metro at Mighty Peace  
Central at Wheatland

Rangeland and Southern Alberta  
Big Sky at Rockyview

##### **Semi-Finals (Nov. 15):**

Winner Peace/Metro at Winner Central/Wheat.  
Winner Rky/Big Sky at Winner Range/South

complex for us to figure out quickly then that's not a good thing).

Please send all applications to us by:

**Monday, October 27, 2003**

The new staff will be confirmed in December 2003

##### **Championship (Nov. 22):**

Southern Champion Hosts

#### **TIER IV (Schools Pop. 449 or less)**

##### **Quarterfinals (Nov. 8):**

Mighty Peace at Edmonton Metro  
Wheatland at Central

Rockyview at Big Sky #1  
Big Sky #2 at Southern Alberta

##### **Semi-Finals (Nov. 15):**

Winner Central/Wheat at Winner Peace/Metro  
Winner South./B.Sky 2 at Winner Rky./B.Sky 1

##### **Championship (Nov. 22):**

Southern Champion Hosts

Please be aware that Football Alberta only serves as a facilitator for these playoffs in the areas of official assignments and media promotion.

The event is the sole property of the A.S.A.A. and as such all inquiries into their operation should be directed to either the A.S.A.A. Football Commissioner –Jim Burchell - at (403)362-4814 or the A.S.A.A. Executive Director - John Paton - at (780)427-8182. Also note that the above schedule is **subject to change**. More information on what happens in the event certain brackets are not filled is available from the A.S.A.A.

## **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 2002-2003 season) and non-members. Additional GST and Shipping costs will be charged.

### **TACKLE RESOURCES**

	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
<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**

	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
<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

**GST AND POSTAGE  
WILL BE ADDED  
ONTO  
ALL PRICES AT  
POINT  
OF PURCHASE**



# SPORT SCIENCE

## HOW DOES YOUR PERSONALITY AFFECT YOUR PERFORMANCE?

Last year at both the Senior Bowl and Football Canada Cup a study was conducted by Dr. John Dunn and Dr. Dan Syroituik from the Faculty of Physical Education and Recreation at the University of Alberta.

The purpose of the study was to examine the relationship between a number of personality characteristics that can potentially influence performance, and offer coaches some practical strategies when dealing with certain personality types. A total of 174 elite players from across Canada participated in the study.

The following is the final report of those results, however, it should be noted that no measures of performance were taken during the study.

### Instruments/Questionnaires:

Players completed 5 questionnaires/inventories dealing with the following topics:

**1) Perfectionism Scale** - Questionnaire assessed the degree to which athletes expect outstanding performances from themselves in competition, and the degree to which athletes believe that others expect outstanding performances from them. These included:

- a) Parental Expectations
- b) Coaches Expectations
- c) Personal Achievement Standards/Goals
- d) Belief About Mistakes

**2) Reaction to Mistakes Scale** - Questionnaire assessed athletes ability to deal with mistakes during competition. These included:

- a) Pressure to Make Amends
- b) Ability to "Let Mistakes Go"
- c) Inability to Forget a Mistake
- d) Focus on Others' Impressions

**3) Competitive Trait Anxiety Scale** - Questionnaire assessed the general tendency of athletes to experience anxiety before and during competition. These included:

- a) Somatic Activity (ie. butterflies in stomach)
- b) Worry
- c) Concentration Disruption

**4) Competitive Worry Scale** - Questionnaire assessed the general tendency of athletes to worry about four major types of "situational threats" before or during competition. These were:

- a) Fear of Failure
- b) Fear of Negative Social Evaluation
- c) Fear of the Unknown
- d) Fear of Injury/Physical Danger

**5) Goal Orientation (Task and Ego Orientation in Sport Questionnaire)** - Questionnaire assessed the degree to

**5) Perfectionism - Belief About Mistakes** - On average

which athletes are inclined to adopt one of two achievement goal perspectives in sport. These were:

**a) Task Orientation** - describes the degree to which an athlete is motivated in sport by the need for personal mastery, personal skill improvement, and trying hard to perform to the best of one's ability

**b) Ego Orientation** - looks to the degree to which an athlete is motivated in sport to look good in comparison to others. The athlete is primarily motivated to be compared favourably against others who participate in the same environment - including team mates.

### Data Analysis and Results:

**1) Ego Orientation** - On average, athletes with high levels of this compared to athletes with lower levels of tended to have higher perfectionistic tendencies on all four perfectionism dimensions. In other words, they associated with a stronger tendency to believe that a) parents had high expectations regarding playing performance and, b) coaches had high expectations regarding playing performance. In addition, high ego orientations were associated with very high personal playing standards and a greater tendency to believe that mistakes *should not happen* during competition.

**2) Task Orientation** - On average, athletes with high levels of this compared to those with lower levels tended to have lower perfectionistic tendencies on three of the four perfectionism dimensions. In other words, higher task orientations were associated with a stronger tendency to believe that parents did not have exceedingly high expectations regarding performance. In addition, they were associated with lower personal playing standards and were less inclined to believe that mistakes *should not happen* during competition.

**3) Perfectionism - Coaches Expectations** - On average, athletes with strong beliefs that their coaches had exceedingly high performance expectations tended to experience more worries about a) making mistakes, b) how others view their performance and c) playing against unknown opponents.

Following mistakes in competition, athletes with strong tendencies in this area felt more pressure to work hard to make amends and experienced more social evaluation concerns during the game.

**4) Perfectionism - Parents Expectations** - On average, athletes with strong beliefs that their parents were either highly critical of performance or had exceedingly high performance expectations tended to experience more worries about a) making mistakes, b) how others view their performance c) playing against an unknown opponent and d) getting injured. In addition these athletes were more inclined to experience higher levels of somatic anxiety and concentration disruptions problems.

Following mistakes in competition these athletes were more likely to have problems "letting go of their mistakes" and were "less able to prevent mistakes from interfering with late performance".

athletes with strong beliefs that "mistakes *should not*

*happen* during competition” tended to experience more worries about a) making mistakes b) how others viewed their performance, c) playing against an unknown

Following mistakes these athletes were more likely to a) have problems “letting go of their mistakes”, b) were less able to prevent mistakes from interfering with later performances, c) were more likely to experience social evaluation concerns, and d) were more likely to feel pressure and work harder to make amends for the mistake.

**6) Position Breakdown** - No significant trends relating to playing position were found for any of the variables measured in this study.

### **Practical Implications:**

From a coaching perspective, the results may have some important implications for coaches.

First, it should be recognized that all of the previously described *perfectionist tendencies* appear to be associated with various unwanted problems in the competitive environment: eg. excessive somatic anxiety, worry, concentration problems, and a weakened ability to effectively cope with mistakes during competition.

Coaches may be able to alleviate some of these problems associated with high levels of perfectionism by communicating the message to athletes that perfection in competition is not absolutely necessary to achieve success, and that mistakes are almost certain to happen, and that the mark of a great player is the ability to learn and recover from mistakes.

In other words, *you can't learn or improve unless you are willing to make mistakes and learn from the experience.*

Second, the results clearly illustrate the dangers for athletes who have a high Ego Orientation combined with a low Task Orientation.

This combination was associated with higher perfectionistic tendencies on all four dimensions. Previous research has shown that coaches who spend time reinforcing athletes for personal improvement, personal mastery, and achievement through hard work, and spend less time rewarding players for their ability to outperform others, actually foster a strong Task Orientation in athletes.

This is desired in that the results in the present study indicated that Task Oriented athletes tended to have a greater ability to “keep things in perspective” and experience less anxiety in the competitive environment than their Ego Oriented counterparts.

Third, the athletes in this study who reported a general tendency to experience high levels of anxiety before and during competition tended to have more difficulty dealing with mistakes during competition. Thus, coaches may wish to encourage their athletes to incorporate some basic mental skill work into their daily training (eg. breathing control, exercise, mental imagery, and positive self talk) to help them cope more effectively with their anxiety levels and ultimately improve the likelihood of achieving their ideal performance state during competition.

*For a complete copy of the following report and the inventories/questionnaire used to obtain the information contact the Football Alberta Office at (780)427-8108.*

opponent, and d) getting injured. In addition these athletes were more inclined to experience higher levels of somatic anxiety around competition time.

# REPORT

## Executive Director's Report by Brian Fryer

### Membership

For those of you wishing to still become a paid member of Football Alberta the deadline is September 30<sup>th</sup>.

**Plan #1** includes \$3,000,000 liability coverage and accident insurance and qualifies your team for reduced rates on all Football Alberta services. The cost of Plan #1 for tackle teams is \$70 per team plus \$10/player or \$13/director/manager or official. For touch and flag teams its simply \$10.00/player.

**Plan #2** gets your team a reduced rate on all Football Alberta services but no insurance. For tackle teams it's \$70/team and for touch and flag teams its \$60/team.

If you are playing out of an academic institution please check with your school or university exactly what type of coverage you have before deciding to forgo Plan #1. There are a lot of items in our policy, most notably ambulance ride coverage, that are not usually covered in a standard school policy.

Please read your schools coverage carefully with a mind to whether it covers everything you feel it should plus includes coverage for out of school coaches or parents groups.

In any event, take the time to research this issue properly since even though the chances of something bad happening are very slim, if they do happen it could be a tragedy for all concern if proper due diligence was not done prior to the season.

### Minor Development Grants

Football Alberta is pleased to announce the following that have qualified for a \$800 grant through Football Alberta's Minor Development Grants for new or rejuvenated teams.

This years recipients are:

- John G. Diefenbaker Chiefs High School Junior Team
- Sherwood Park Bulldogs Pee-Wee
- Cochrane Lions Atom

### Touch

Provincials will held in Calgary on Sept. 25 + 26. Contact Jim Williams in Calgary for more information at (403)203-2403.

### Insurance Claims and Risk Management

In order to file a claim using our insurance, contact the office for the proper forms ASAP after the event since some claims are time dependant.

Football Alberta recommends that a properly trained trainer or physician be available at all games. These people should be trained in dealing with all kinds of injuries that can arise from the game with first aid certification as a minimum requirement.

Most leagues provided such personnel for games but some don't so please ensure this precaution is taken prior to your season.

As well, someone should also have a minimum of first aid certification at your practises as contact there has a much chance of causing a serious injury as contact in games.

Only these people should be making decisions regarding injuries and ambulance rides.

Assuring that you have someone of that nature associated with your team is the kind of risk management that all head coaches should exercise.

Other examples of risk control are the following:

- coaches and officials certification.
- proper equipment fitting by someone who knows what their doing.
- on going checks of equipment (ie. air in helmets) throughout the season.
- game and practise facility checks prior to any event on them (ie. gopher holes, broken glass, etc.)
- emergency action plans must be established
- ensuring proper insurance coverage

### Scratch Book Fundraiser

All teams should have received details by mail regarding our annual team fundraiser in the spring . This year we are once again offering our successful team fundraiser scratch book concept with SUTP and Universal.

This year with an \$80 book your team will make **\$2400** on a minimum order of 40 books!

Time is running out for you to get involved. Should you still be interested you have until September 30 to let us know.

Consider charging the players \$80 up front, either separately, or as a part of their registration fees. The kids then keep what they sell and you don't have to run around collected the money as well as the ticket stubs later on.

This is a perfect project for Parents Associations and or booster clubs..

This year were featuring a huge prize board covering over \$32,000 in great prizes. In the national draw a Ford escort and two Norwegian Cruises will be drawn. In the Alberta draw many prizes including \$2000 Dream Vacation Dollars, \$2000 Wardrobe Dollars from Below the Belt, and \$1000 in CD's from A&B Sound.

There will also be a team draw for \$500 for Football Alberta participants only.

Remember, time is short, the prizes are great, and the money could go to some much needed upgrades in your program.

Order now!