

WIDESIDE

THE OFFICIAL NEWSPAPER OF FOOTBALL ALBERTA
11759 GROAT ROAD, EDMONTON, AB T5M 3K6
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FALL 2006
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UPDATES:

- **Team Alberta's** foray into the 2006 edition of the **Football Canada Cup** unfortunately saw the team finish in last place for the first time in its history. More details inside.
- A prelude to the Football Canada Cup was the **Football Alberta Senior Bowl** which was played over the May long weekend at Clarke Stadium in Edmonton. In what is seems to be a common theme in recent years the game was a thriller. Although the "North" lead 14-0 at the half on the strength of touchdowns from Strathcona QB **Corbin Sharun** and Bev Facey wideout **Kevin Wuthrich** they could only muster two singles off the foot of Beaumont's **Josh Boyd** in the second half. This opened the door a bit for the "South" who came roaring back with 9 straight points featuring a TD from Henry Wise Wood slotback **Josh Leung** but just fell short of a complete comeback deep inside "North" territory as time expired. The M.V.P's for the game were linebacker **Nickalas Blevins** from Bowness for the "South" and wide receiver **Kevin Wuthrich** from Bev Facey for the "North".
- Another event for high school aged players took place this past summer as Football Alberta ran it's first ever **Alberta Select's Summer Camp**. This camp stretched from August 10-20 and featured a two day introductory camp in Calgary followed by a seven day training camp in Hawaii. The Hawaii portion of the camp featured two practises and an educational seminar each day plus special events such as snorkel tours and luaus. The camp culminated with an exhibition game vs. Kealahoke High School in Kona, and although the Waveriders won the game 46-0 an outstanding experience was had by all. Football Alberta would like to thank all those high schoolers who participated for their dedication to the game and the class and character they showed while in our care.
- The ninth annual **Thanksgiving Jamboree** hosted by Football Alberta at Calgary's **McMahon Stadium** and Edmonton's **Footie Field** at the U of A will take place from Oct 6-9. The event is full in Calgary but there are some spots still available on the Sunday for minor teams in Edmonton. If anyone is interested please contact us at the Football Alberta office at (780)427-8108.
- Dates for the **Minor Provincials** this year are as follows a little more complicated than in years past since there are no BYE's in the draw this year. Inside you will find a complete rundown of the schedule. Please contact your local league later in the year for exact host location and times.
- A reminder to all minor teams to keep your **player list current** with Football Alberta since we check all rosters submitted for provincials against them.
- The big show this past summer was the Alberta Summer Games featuring for the sixth time a football tournament for current and graduating bantam aged players in Alberta. The event was run in Red Deer and special thanks go out to Mr. **Jay Hetherington** and his crew of volunteers for an outstanding job of organizing the event. See inside for results.
- 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.
- For your reference here is a list of our current District Representatives for Football Alberta. If you have any ideas or concepts that you would like to forward for consideration at the Football Alberta planning meeting this December please get in contact with your local district representative:

Zone 1 (Southern H.S.)	Quinn Skelton (403)529-5205
Zone 2 (Southern Minor)	Dennis Wickham (403)381-2606
Zone 3 (Calgary High School)	Bill McConkey (403)256-0938
Zone 3 (Calgary Minor)	Brock Jacobs (403)276-1902
Zone 4 (Central Alberta)	Gino Castellan (403)342-5618
Zone 5 (Edm. & Area Minor)	Susan Morgan (780)444-1062
Zone 5 (Edm. & Area H.S.)	Barclay Spady (780)467-0044
Zone 6 (Wheatland)	Vince Orioux (780)875-5513
Zone 7 (Mighty Peace)	Rick Gilson (780)532-6226
Zone 8 (Rockyview/Big Sky)	Matt Hassett (403)938-2477

(Note: These are Football Alberta's Zones and do not match up with the Zones determined for the Alberta Summer Games)
- Welcome new teams! After a two-decade long explosion at the high school level (there will be **106 teams** take the to the field this year up 36 programs since 1989) this years is no different. Coming on stream are three new High School senior teams at **Westlock, Vermilion, and Rundle College Academy (Calgary)**. Should you know of anyone else who would like to start a high school or minor team please have them contact the Football Alberta office. We can help!

REPORT - Fall, 2006

Executive Director's Report - Brian Fryer

Wideside Newsletters are online at our website. Consider our website an ongoing, updated newsletter. You can now find out the info here and always at www.footballalberta.ab.ca

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

Sept. 22 (Fri.) at 7:00 pm - Hamilton at Eskimos

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

Tickets are provided by the Eskimos and Football AB will administer the tickets again at \$40/team for Football Alberta members and \$70/team for non members. All teams Red Deer north are welcome and ticket requests for this game are available on our website or if you have not received info, contact the office immediately for tickets. Deadline for ticket request is Sept. 18 at 4:00 pm.

MEMBERSHIP

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

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

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

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

SCHOLARSHIPS

This program had many qualified applicants again. For this year we increased the funding to \$1,500 and the five \$1,500 scholarships will go to the following athletes who plan on attending a post secondary institution in Alberta while continuing to play football.

Brett Waine	- Lac La Biche
Daniel Bedeau	- McNally, Edmonton
Joshua Symons	- Bishop O'Byrne, Calgary
Devin McKay	- Henry Wisewood, Calgary
Rory Groom	- Medicine Hat High

Congratulations to the future stars from our high schools

INSURANCE CLAIMS

All claims are to go thru AB Health Care and

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

MINOR DEVELOPMENT GRANTS

Football Alberta is once again pleased to announce that \$3,500 in total has been awarded to the following that have qualified for a 2006 grant through one of our programs for new or rejuvenated teams. Grant recipients for new teams that are playing are:

- Claresholm PeeWee - \$500
- Central High Rams/Killam-Sedgwick - \$500
- Edmonton Eagles Midget - \$500
- Westlock T-Birds High School - \$500
- Grande Prairie Raiders Bantam - \$500
- Lloydminster PeeWee League - \$1,000

PULL YOUR PRICE & DONATE BOOKLET TEAM FUNDRAISER

All teams should have received details by mail regarding our annual team fundraiser in the spring. This year with an \$80 book your team will make **\$2,400** on a minimum order of 40 books. Time is running out for you to get involved. Should you still be interested you have until the end of Sept to order, keeping in mind that all of the sold stubs must be back by October 29th for the Nov. 1st, 2006 draw date. Phone the office for details. Grand Prize: Grey Cup Deluxe Package (Value-\$3,000.00)

- 2 Tickets to 2006 Grey Cup game in Winnipeg
- Airfare from Edmonton- 4 Nights Hotel
- 2 Tickets to Spirit of Edmonton Breakfast
- \$400 in Cash Spending Money

TOUCH

Edmonton City Finals will be held Sept.17 and for the play-off schedule go to www.effa.ab.ca Finals go at Noon, 2:00 & 4:00 at Eilerslie Rugby Fields.

Calgary playoffs are on different dates and for their schedule go to www.calgarytouchfootball.com Provincials will be in Edmonton this year on Sept. 23-24.

FLAG

Check out the Edmonton Flag Football League play-off structure at www.effa.ab.ca.

FOOTBALL CANADA (www.footballcanada.com)

At the last FCAGM in July, two Football Alberta board members were voted in: Neil Gerritsen our President will be the VP of Finance and Gino Castellan our Red Deer Zone rep will be the Western Associate VP for tackle. Football Canada Cup U19 will move to Quebec for the next two years. We are planning on organizing two Under 17 teams to attend the Nationals that go July 7-15 in conjunction with our Team AB U19 team. Stay tuned for further info on this new program.

UPCOMING EVENTS:

FALL/WINTER 2006

UNIVERSITY/JUNIOR

Oct. 28 – PFC Championship Game

Nov. 4 – National Junior Semi (OFC at PFC)

Nov. 11 - Canadian Bowl at B.C. Champion

Nov. 11 – CWUAA Championship Game

Nov. 18 - CIS Semi-Finals

Nov. 25 - Vanier Cup - Saskatoon

* - all above listed dates are subject to change

HIGH SCHOOL

Sept. 30 - Whitecourt Junior Jamboree

Oct. 6, 7 & 9 - Football Alberta Thanksgiving Jamboree

Nov. 11 - A.S.A.A. Provincial Playoff Quarterfinals

Nov. 18 - A.S.A.A. Provincial Playoff Semi-Finals

Nov. 25 - A.S.A.A. Provincial Playoff Finals

BANTAM /MINOR

Oct. 6-9 - Football Alberta Thanksgiving Jamboree

Nov. 4 - Atom Provincial Final - Edmonton

Nov. 4 – Bantam Provincial Quarter-Finals

Nov. 11 – Bantam & Pee-Wee Provincial Semi-Finals

Nov. 18 - Bantam & Pee-Wee Provincial Finals

COACHING

N.C.C.P. THEORY CLINICS:

Part A

Calgary

Sept 23-24 – Talisman Centre (contact 233-8383)

Oct. 14-15 – University of Calgary (contact 220-7749)

Oct. 21-22 – Talisman Centre (contact 233-8383)

Nov. 18-19 – Talisman Centre (contact 233-8383)

Nov. 25-26 – University of Calgary (contact 220-7749)

Dec. 9-10 – Talisman Centre (contact 233-8383)

Cold Lake

Oct. 14-15 – Commity Centre (contact 639-3134)

Edmonton

Sept. 23-24 – Grant MacEwan College (contact 497-5300)

Oct. 28-29 – Grant MacEwan College (contact 497-5300)

Nov. 18-19 – Grant MacEwan College (contact 497-5300)

Dec. 2-3 – Grant MacEwan College (contact 497-5300)

Fort McMurray

Sept. 23-24 – Keyano College (contact 791-8944)

Grande Prairie

Sept. 29-30 – Grande Prairie College (contact 539-2816)

Oct. 21-22 – Grande Prairie College (contact 539-2816)

Lethbridge

Sept. 30/Oct. 1 – Lethbridge College (contact 320-3323)

Lloydminster

Oct. 21-22 – Commonwealth Centre (contact 871-8339)

Medicine Hat

Nov. 18-19 – Medicine Hat College (contact 529-3844)

Olds

Dec. 2-3 – Olds College (contact 1-800-661-6537ext. 4677)

Red Deer

Sept. 30/Oct. 1 – Red Deer College (contact 357-3663)

Part B:

Calgary

Sept. 30/Oct. 1 – Talisman Centre (contact 233-8393)

Oct. 21-22 – SAIT (contact 284-7248)

Nov. 4-5 – University of Calgary (contact 220-7749)

Nov. 25-26 – Talisman Centre (contact 233-8383)

Edmonton

Oct. 21-22 – Grant MacEwan College (contact 497-5300)

Nov. 4-5 – Grant MacEwan College (contact 497-5300)

Nov. 25-26 – Grant MacEwan College (contact 497-5300)

Dec. 9-10 – Grant MacEwan College (contact 497-5300)

Fort McMurray

Nov. 18-19 – Keyano College (contact 791-8944)

Grande Prairie

Nov. 18-19 – Grande Prairie College (contact 539-2816)

Lethbridge

Nov. 18-19 – Leth. Community College (contact 320-3323)

Lloydminster

Oct. 28-29 – Commonwealth Centre (contact 871-8339)

Medicine Hat

Dec. 2-3 – Medicine Hat College (contact 529-3844)

Red Deer

Oct. 21-22 – Red Deer College (contact 357-3663)

Rocky Mtn. House

Oct. 21-22 – Town Hall (contact 845-3720)

LEVEL III:

Calgary

Nov. 18-19/25-26 – Univ. of Calgary (contact 220-7749)

Edmonton

Oct. 21-22/28-29 – Grant MacEwan (contact 497-5300)

Red Deer

Dec. 7-10 – Red Deer College (contact 357-3663)

What is the 3M NCCP

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

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

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

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

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

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

HIGH SCHOOL

99 Brett Waine DL 6'4 260 Lac La Biche

BANTAM

TEAM ALBERTA SHUT OUT AT THE FOOTBALL CANADA CUP

ALBERTA SUMMER GAMES - BLACK GOLD GETS GOLD

Well it had to happen at some point. On the basis of their three team round robin for the Bronze Medal at the conclusion of the Football Canada Cup, Team Alberta placed last in the Tournament for the first time in it's history. This years five team event featured teams from Ontario, Saskatchewan, Manitoba, and for the first time in 10 years - Quebec.

Once again Zone 5 – Black Gold (aka “The Extreme Team”) played “extremely” well on their way to becoming the first back to back winners of the Alberta Summer Games gold. That zone, made up of players from the seven bantam teams located in communities surrounding Edmonton, defeated a game Zone 3 – Calgary team 35-21 in a very entertaining Gold Medal game in front of a packed house in Red Deer's Great Chief Park.

Alberta started off on Sunday, July 9 with a tight 13-10 loss to Saskatchewan which sealed their fate in that there was no way to reach the gold medal game after that. Their following game on Wednesday, July 12 saw an emotional victory over Ontario that put them in third place going into the round robin with Manitoba and Ontario for the bronze medal on Saturday, July 15.

After going up 28-7, Black Gold withstood two Calgary marches that died inside the 5 yard line just before halftime before hanging on to victory in the second half. Zone 1 – Sunny South captured Bronze with a 35-0 pasting of Zone 6- Edmonton.

In those two mini-games Alberta defeated Ontario 5-0 but lost to Manitoba 21-0 to sink to last place. In the gold medal game a motivated Saskatchewan was no match for a talented Quebec squad that won their first Football Canada Cup since 1993 with a 29-2 victory.

The tournament continues to be a major driving force in the development of football at the bantam level and this past spring saw big numbers at all of the selection camps for the zones as each zone now features at least 5 bantam teams within it's borders which is a far cry from the inaugural football competition in 1995 where 3 of the competing zones had no bantam football at all.

Away from the field the event was run very well by the Host Organizing Committee in Winnipeg. Special thanks from Team Alberta go out to Rob Berkowitz and his staff for a remarkable job of running both the U19 and U17 tournaments. Next year the Tournament will begin a two year run of Quebec hosting both tournaments in Lennoxville.

The next event is scheduled for the summer of 2008 in Medicine Hat.

For those of you interested in future Football Canada Cups this year was the last of the three year contract for the current coaching staff. In addition to filling up that roster we will be also fielding a team at the U17 level so stay tuned to future emails or check the webpage for information on how to apply.

STATISTICS

TEAM ALBERTA 2006

No.	Name	Pos.	Hgt.	Wgt.	School
1	Kevin Wuthrich	WR	5'10	150	Bev Facey
5	Johny Daniel	RB	5'11	170	Ross Sheppard
7	Corbin Sharun	QB	6'1	196	Strathcona
10	Garry Wilson	DB	5'9	160	Western Canada
11	Rory Groom	SB	6'0	165	Medicine Hat
12	Graham Kelba	QB	5'9	160	Henry Wise Wood
15	Neil King	DB	5'11	175	Bev Facey
17	Matt Scheurwater	WR	6'0	178	John Diefenbaker
20	Abayomi Olufowoshe	SB	5'11	175	Ross Sheppard
21	Brent Krawchuk	DB	6'0	155	M.E. LaZerte
22	Mike McCormack	RB	5'8	172	St. Francis
24	Travis Hooper	DB	5'9	178	St. Francis Xavier
25	Danny Gregg	RB	5'9	180	Strathcona
27	Chance Olsen	DB	5'10	145	Cardston
32	Shane Samoil	RB	5'8	185	Bev Facey
34	Korey Johnson	LB	5'10	195	Archbishop Jordan
35	Alan Pavan	DB	6'0	170	L.C.I.
42	Luke Falwell	DB	5'9	165	Henry Wise Wood
44	Matt Lowry	LB	6'2	205	L.C.I.
51	Matt Nemeth	LB	6'2	225	St. Mary's
52	Josh Symons	DL	6'1	250	Bishop O'Bryne
54	Thomas Clements	DL	6'2	242	W.R. Myers
55	Nickalás Blevins	LB	6'1	202	Bowness
56	Curtis Dublanko	LB	6'0	210	Leduc
57	Suroosh Ghofrani	OL	6'0	245	Bev Facey
58	Brett Manzer	OL	6'3	295	Dr. E. P. Scarlett
60	Taylor Brown	OL	6'0	235	Central Memorial
61	Mike Craig	OL	5'10	290	Strathcona
62	Spencer Wilson	OL	6'6	290	Henry Wise Wood
65	Ryan Kemp	OL	6'2	218	Central Memorial
77	Shane Bonneau	SB	5'11	185	St. Francis
80	Tylor Maurer	WR	5'7	155	St. Francis
82	Joseph Hartman	DL	6'4	232	Holy Trinity Academy
88	Mike Podloski	LB	5'11	185	St. Albert
92	Jeff Dennis	DL	6'1	245	Bev Facey
95	Justin Ashley	DL	6'1	230	Fort McMurray

Round Robin Scores

Pool "A"		Pool "B"	
Zone 2 21	Zone 4 14	Zone 5 30	Zone 7 0
Zone 1 13	Zone 2 7	Zone 6 13	Zone 8 0
Zone 3 43	Zone 4 7	Zone 5 36	Zone 8 0
Zone 3 15	Zone 1 13	Zone 6 6	Zone 7 0
Zone 1 24	Zone 4 0	Zone 8 26	Zone 7 0
Zone 3 15	Zone 2 12	Zone 5 6	Zone 6 0

Final Round Robin Standings

Pool "A"	W	L	T	PF	PA	PTS
Zone 3 - Calgary	3	0	0	73	32	6
Zone 1 - Sunny South	2	1	0	50	22	4
Zone 2 - Big Country	1	2	0	40	42	2
Zone 4 - Parkland	0	3	0	21	69	0

Pool "B"	W	L	T	PF	PA	PTS
Zone 5 - Black Gold	3	0	0	72	0	6
Zone 6 - Edmonton	2	1	0	19	6	4
Zone 8 - Peace Country	1	2	0	26	49	2
Zone 7 - North East	0	3	0	0	111	0

Placement Games Scores

7th & 8th Place North East 9 Parkland 0

5th & 6th Place Big Country 40 Peace Country 24

Medal Games Scores

Bronze Medal- Sunny South 35 Edmonton 0

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 2006-2007 season) and non-members. Additional GST and Shipping costs will be charged.

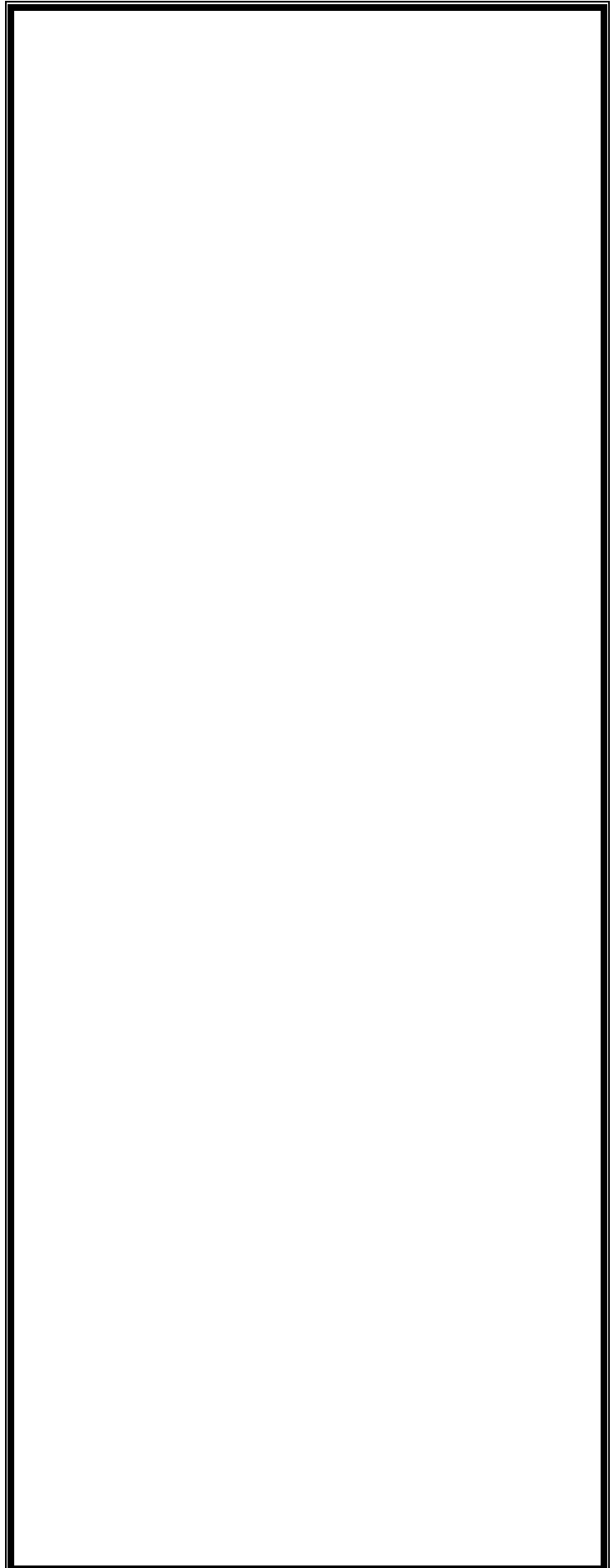
TACKLE RESOURCES

	<u>Member</u>	<u>Non-Member</u>
<u>Rule Books</u>		
Tackle Rule/Case Books	\$15.00	\$18.00
<u>Coaching</u>		
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
<u>Equipment Managers</u>		
Purchasing and Maintaining Football Equipment Handbook	\$15.00	\$20.00

TOUCH RESOURCES

	<u>Member</u>	<u>Non-Member</u>
<u>Rule Books</u>		
Touch Rule Book	\$13.00	\$18.00
Touch Case Book	\$13.00	\$18.00
Introduction to the Rules Manual	FREE	
<u>Coaching</u>		
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**



PROVINCIALS

ASAA High School Football Provincials 2006

Please note the new structure of the A.S.A.A. Provincial Playoffs which now divides the teams in to Regions that may or may not combine two existing leagues based on proximity. Contact the A.S.A.A. at (780)427-8182 should you have any questions or concerns. The Regions cover the following leagues:

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

Game times and locations will be posted on the Football Alberta website the week prior to the games.

Tier I

Quarterfinals - Sat. Nov. 11

- Region 5 at Region 8
- Region 6 at Region 7
- Region 3A vs. Region 3B
- Region 4 at Region 1

Semi-Finals - Sat. Nov. 18

- Winner Region 6/7 at Winner Region 5/8
- Winner Region 3 at Winner Region 1/4

Final - Sat. Nov. 25

South Winner Hosts

Tier II

Quarterfinals - Sat. Nov. 11

- Region 7 at Region 6
- Region 4 at Region 5
- Region 3A vs. Region 3B
- Region 1 at Region 2

Semi-Finals - Sat. Nov. 18

- Winner Region 4/5 at Winner Region 6/7
- Winner Region 3 at Winner Region 1/2

Final - Sat. Nov. 25

South Winner Hosts

Tier III

Quarterfinals - Sat. Nov. 11

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

Semi-Finals - Sat. Nov. 18

- Winner Region 4/7 at Winner 5/8
- Winner Region 1A/2B at Winner Region 2A/1B

Final - Sat. Nov. 25

North Winner Hosts

* - Region 2's reps have already been assigned. 2A will come from the Big Sky while 2B will come from Rockyview.

Tier IV

Quarterfinals - Sat. Nov. 11

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

Semi-Finals - Sat. Nov. 18

- Winner Region 5/8 at Winner Region 4/7
- Winner Region 2A/3 at Winner Region 1/2B

Final - Sat. Nov. 25

North Winner Hosts

* - Region 2's reps have already been assigned. 2A will come from the Rockyview while 2B will come from Big Sky.

Football Alberta Minor Football Provincials 2006

The following is the schedule for the 2006 Minor Provincials. Please note that this year we have added teams to fill the BYE's that occur in Bantam Tier I and Pee-Wee Tier II. These will continue year to year with the BYE filling team rotating between participating leagues until such time as the BYE can be filled by a team from a new league entering at that level. We have also added Pee-Wee Provincial Tier III.

Saturday, November 4

League Championships

- Capital District Minor (Atom, Pee-Wee, & Bantam)
- Central Alberta Pee-Wee
- Calgary Bantam & Calgary and Area Pee-Wee
- Southern Alberta Minor (Bantam)

Provincial Bantam Quarterfinals

- Tier II - Prairie Thunder "A" at Grande Prairie
- Tier III - Central Alberta at Prairie Thunder "B"

Provincial Atom Final

Capital District #1 vs. Capital District #2

Saturday, November 11

Provincial Bantam Semi-Finals

Tier I

- Southern Alberta "A2" at Capital District "A"
- Calgary "A" at Southern Alberta "A1"

Tier II

- Winner Quarterfinal at Capital District "B"
- Calgary "B" at Southern Alberta "B"

Tier III

- Winner Quarterfinal at Capital District "C"
- Calgary "C" at Southern Alberta "C"

Provincial Pee-Wee Finals and Semi-Finals

Tier I Provincial Final

Calgary "A" at Capital District "A"

Tier II Semi-Finals

- Central Alberta at Capital District "B1"
- Capital District "B2" at Calgary "B"

Tier III Provincial Final

Capital District "C" at Calgary "C"

Saturday, November 18

Provincial Bantam Finals

Tier I

Winner Calgary "A"/Southern Alberta "A1" hosts

Tier II

Winner Calgary "B"/Southern Alberta "B" hosts

Tier III

Winner Calgary "C"/Southern Alberta "C" hosts

Provincial Pee-Wee Final

Tier II

PROVINCIALS

BATTLING BURNOUT: A PERSONAL PERSPECTIVE

BY: Tim Enger

Introduction

On November 16, 1995, the author of this paper finished off the most incredible year of his football coaching career. At the end of the day his bantam team had just wrapped up it's first ever Provincial Championship which had followed it's third straight Edmonton City Championship. Earlier that same year his High School Provincial Team had won it's first ever National Championship with a 10-6 upset over Quebec on July 15 in Montreal. All of the hard work, the late nights, the endless planning and film sessions had paid off and never was there a more motivated coach who couldn't wait for next year.

On November 6, 2004, that same coach walked off the field having taken his team to yet another High School Championship game, filled with absolute dread of coaching again next year. All of the hard work, late nights, and endless planning were drudgery now and the prospect of repeating those tasks in 2005 was an unpleasant prospect indeed.

During the interim between those two events, the author of this paper experienced many of the high and lows that come with coaching along with a fair amount of success on the field. What happened to make something he was obviously good at become something he couldn't wait to get away from? The purpose of this paper is to explore some of the reasons the author and many other coaches fall victim to "burnout" and what strategies could be recommended to minimize that syndrome on coaches everywhere.

What is, and what causes Burnout in Coaches?

According to Cordes, et al. (1993), burnout is "a unique type of stress syndrome, characterized by emotional exhaustion, depersonalization, and diminished personal accomplishment." This syndrome can occur in many professions and activities but is particularly relevant in the areas of the "helping professions, specifically health, social services, and teaching, where burnout is typically believed to be the most frequently and intensely experienced because of the high level of arousal from direct, frequent, and rather intense interactions with clients." (Cordes, et. al., 1993). Coaching being in the teaching realm definitely falls into the category of those professions most at risk for burnout.

How do you determine if burnout is becoming a factor in your coaching endeavor? According to Stuhar (2003) ten tell-tale signs of burnout in coaching are:

1) It just isn't fun anymore.

- 2) You have stopped doing the little things.
- 3) It's tough to get started at the beginning of the season and for practices.
- 4) Constant losing.
- 5) Taking the losses too hard.
- 6) Being too critical of your athletes during and after the games.
- 7) Breaking the rules or being lax on enforcing your own rules.
- 8) Dealing the fans/parents and having them get to you.
- 9) Confrontation with players/coaches/officials
- 10) Excuses, excuses.

The author of this paper can intimately identify with the entire above list, but more importantly, for those in burnout – how did they get there in the first place?

In their study of integrating research on job burnout, Cordes, et al. (1993) outlined many reasons workers get into that area which have applicability to the coaching realm. In the area of Role Conflict and Role Ambiguity it is suggested that conflict occurs as a result of incongruity or incompatibility between the expectations of the organization and the employee. In the coaching world the coach may have great expectations for his/her club/team only to find the players/parents/administrators do not share that passion or vice versa. As well, issues of who is in charge, especially in sports with several coaches and administrators tied to a single team can lead to conflict when the roles of these individuals are not defined to most everyone's satisfaction.

Role overload is another area explored by Cortes, et al. (1993) describing individuals who either do not feel they have the basic skills and talent necessary to complete the task, or believe there is not enough time to finish the task. In coaching moving up the ranks to a higher level of elite play or to a professional level may induce the former while volunteer coaches who have day jobs may suffer from the latter. Personal expectations also play a role in burnout as an employee's view of their own personal efficacy and make a significant contribution. If it is not congruent with what is actually happening it can be the cause of stress.

This also applies to career progress as those with greater upward movement are reported to experience less burnout. (Cortes, et al., 1993) This is supported by Raedeke, et al. (2000) who produced a study on the link between burnout and feelings of entrapment. Along with lack of career progress coaches can feel entrapped by perceiving a lack of attractive alternatives to coaching, feelings of too much investment to quit, and the thought that others simply expect them to keep coaching. In this study it was found that "coaches with characteristics of entrapment reported higher than average exhaustion scores" and "[t]heoretically, entrapment occurs when individuals are not attracted to coaching but feel they have to maintain their involvement". They conclude that "burnout seems to occur when individuals who are highly committed to a given activity or profession become disillusioned with their involvement."

In a study of coaching burnout as it relates to the reduction of the number of female college coaches in the

United States by Felder & Wishnietsky (1990), the most common responses from both the women and men studied in relation to symptoms of coaching burnout were:

- a) coaches were bothered by the low pay they received for their efforts
- b) coaches felt today's athletes lacked dedication
- c) coaches had lost patience with athletes who showed little or no improvement
- d) coaches felt that on certain occasions the officials were favoring other teams
- e) coaches blamed themselves when things went wrong

Pastore & Kuga (1993) added that female coaches may experience higher levels of burnout than their male counterparts due to "engage[ing] in activities, such as family and friends, which impact their emotional pressures and consequently spill into their professional jobs." They also recommend that future studies look into the effects of marital and parental status on burnout levels.

The consequences of this, as outlined by Cortes, et al. (1993), are that burnout is linked to a variety of mental and physical health problems. It can also have an effect on their relationships with family and friends in their personal lives and can develop negative attitudes towards the clients, which in the case of coaching means the players. From a behavior side this can lead to high turnover in an organization, absenteeism, a decrease in the quality and quantity of job performance and smoking, drug and alcohol abuse. Raedeke, et al. (2000) adds that these symptoms may be less felt by those who are part-time coaches where this is not their primary occupation as they may look on their coaching exploits as a break from their real world stresses.

Strategies and Preventions

Having a burned out coach is neither good for the coach or the player(s). He/she may not only suffer personally but may be ruining a sporting experience for their player(s) and thus preventing a lifelong love of the sport which may produce more needed coaches.

Several strategies and theories have been discussed trying to work with the coaches in an attempt to prevent the onset of the symptoms of burnout. From a practical standpoint, Raedeke (2004) suggests that coaches monitor and keep their investments in check. He goes on to state that "coaches could be encouraged to strive for some degree of life balance and be encouraged to add energizers into their weekly schedule by identifying things they enjoy outside of coaching and make those things a priority". This may sound good in theory but in a world where in some sports there is a chance to do quite well financially or find glory through advancing their athletes to major international competitions the drive to be better than their coaching counterparts makes the choice between a relaxing fishing trip and spending more time studying game film a hard one to make. Wertheim (2004) describes the life of then (since fired) Denver Nugget coach Jeff Bzdelik. Usually putting in 19 hour days during the 2003-04 NBA season, Bzdelik filled his day with game film study, meetings, and media requests, and game or not usually struggled home around midnight. Why anyone

would subject themselves to that kind of schedule is explained in Bzdelik's rise through the basketball ranks from an assistant at Davidson College making \$3500US a year three decades ago to the 2003-04 season where he commanded \$760,000US a year as the Nugget's coach. To not put in the effort means opening the door for another, hungrier coach to take his place. Another example is current University of Indiana men's basketball coach Mike Davis who laments that while his predecessor Bobby Knight was able to take extended holidays in the summer he can't take a long weekend off without coming back to jammed emails and voicemails filled with crises. It's true these coaches could look for more life balance but current conventional wisdom in their profession infers that it wouldn't keep them where they are.

In a study of social workers in the late 1980's Koeske & Koeske (1989) looked at three ways of reducing burnout. Firstly they found a buffering effect on burnout by enhancing the workers ability to achieve. This may not be the easiest thing to relate to coaching since none of the opponents any given coach may face would be all that interested in letting them achieve by beating them, however perhaps a lower level of competition or arranging to play lesser opponents may keep the competitive fires alive if a coach burdened by constant losing suddenly can find some level of success again. Secondly, lessening the workload showed positive results in reducing burnout. This was also suggested by Raedeke (2004) above, but as mentioned was easier said than done especially for those in the elite ranks of college, professional or national teams. Lastly the most effective strategy was "building a socially supportive work environment. In their study they found that the "most critical condition was low social support, particularly low co-worker support" (Koeske & Koeske, 1989). Social occasions may be few and far between for the most ardent of coaches, but strategies like coaching staff retreats and conferences may go a long way to lessening the effects of burnout.

From a theoretical standpoint, the concept of building up a coach's intrinsic motivation may be a way to ward off burnout. Intrinsic motivation theory (Desi & Ryan, 1985 from Mitchell, 1996) suggests that perceived competency and self-determination increased self efficiency. "One who is intrinsically motivated is more involved with the job [to] the extent to which the employee is motivated because of subjective rewards or feelings he/she expects to receive by performing well." (Mitchell, 1996) In a study done by Latham, Winters, and Locke (1994) as described in Mitchell (1996) it was found that "participation in strategy formulation positively affected task performance through the mechanisms of self-efficacy" whereas "reduced influence, especially after being asked to participate, may lead to a decline in performance and a poorer attitude at work." Thus having the ability to have input into the decisions is a powerful motivator. This falls back to the concept raised by Cortes (1993) where role ambiguity and role conflict are burnout causers. Proper role description and allowing input where possible can create a healthy, motivated coaching environment.

In regards to subjective rewards, in the coaching realm nothing brings home feelings of self-efficacy like winning competitions, however that is not always the

outcome of a game/contest or season. Something as simple as “thank you’s” from the participants/parents may help keep the passion of a coach alive regardless of the outcome. From the author of this paper’s perspective the “thank you” basket of goodies he received from the parents of his son’s Atom football team for 9 and 10 year olds made him more than willing to commit for a second year even though he regarded the past season as a very frustrating situation. Add to that fact they lost every game they played and the power of subjective rewards creating a feeling of self-efficacy in a coach can be seen.

Mannell (2005) adds that “[w]ith respect to intrinsic motivation and self-determination theory, they essentially argue that people tend to experience intrinsic motivation when certain of their needs are met and those needs are an important part of their self-concept or self-construal as defined by the values of their culture.” In North America meeting the intrinsic motivations for a coach are very important since the “need for self-determination is more important to North American’s independent oriented self construals.” (Mannell, 2005) Therefore with sports being a very important and visible part of North American culture the coaching of these sports can be it’s own reward in terms of providing intrinsic motivation but as stated can use some help.

Conclusion

Today’s athlete has been studied physically, psychologically, and in other realms ad nauseum. How to get them prepared to participate in sports in a constantly changing complex world is an extra challenge for coaches not experience as much by their counterparts in the past. Add to this the effect on the coaches themselves by the constantly changing complex world and it is a wonder the concept of burnout doesn’t claim more coaches more often.

The demands on a coach to win, to achieve, and climb the ladder of success looking for the elusive golden goose as well as feed a family for those who do it professionally seems to be more intense with each year. Add to that the pressures from players and parents who demand more accountability in what once was an unquestioned field where they were “masters and commanders who demanded instant respect and were granted immunity from office politics” (Wertheim, 2004), and it’s not hard to see why more research needs to be done in the areas of burnout.

The solutions are more than just stopping and smelling the roses, which the author of this paper chose to do for the 2005 season. Any organizations that takes on coaches should take special care to create a supporting environment, ensure proper role and responsibility issues are ironed out and make sure there are enough subjective rewards to keep the intrinsic motivation of the coach alive. These in themselves may not prevent burnout but may go a long way to ensuring that the coaching realm, volunteer or professional, is still an attractive place for people to aspire to.

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