

WIDESIDE

THE OFFICIAL NEWSLETTER OF FOOTBALL ALBERTA
11759 GROAT ROAD, EDMONTON, ALBERTA T5M 3K6
EDITOR: TIM ENGER WINTER 2005

(780)427-8108(b) (780)427-0524(f) tenger@telus.net or bfryer@telus.net

UPDATES:

- Congratulations to the following teams which won 2004 Provincial Championships at their level of play this past season:

Atom (age 9-10) Sherwood Park Eskimos

Pee-Wee (age 11-12)

Tier I Calgary Cowboys

Tier II Edmonton Chargers

Bantam (age 13-15)

Tier I Sherwood Park Rams

Tier II St. Albert 49ers

Tier III Edmonton Seahawks

High School

Tier IV Ardrossan Bisons

Tier III Cochrane Cobras

Tier II Foothills Falcons

Tier I St. Francis Browns

- Special Congratulations go out to the **Edmonton Huskies** who won their first National Junior Championship since 1964 and the first title for an Alberta based Junior team since the Calgary Colts in 1990, with a 24-7 victory over the Okanagan Sun on October 30th in Edmonton.

- The **Annual Football Alberta/University of Calgary Football Clinic** will be held in Calgary on **Friday, March 11** and **Saturday, March 12**. As usual it will be held in conjunction with the **Football Alberta Coaches Awards Banquet**. The format of the Coaches Clinic will be the same with several coaches from the professional, university/junior, high school and minor ranks from both sides of the border will be presenting. A more detailed list of events and a registration form will be coming to your attention soon.

- The annual **Senior Bowl High School All-Star Game** will take place on **Monday, May 23, 2005** at the completion of the May long weekend. The game itself will be at **12:00 p.m.** at **McMahon Stadium** in **Calgary**. The tryout camp for the "**North**" is on the weekend of **April 15-17** in **Edmonton** while the "**South**" camp will be on the weekend of **April 22-24** in **Calgary**. Nominations by high school coaches for Senior Bowl tryouts are due as of January 31, 2005.

- In addition to the Senior Bowl will be the inaugural **Bantam Bowl All-Star Game** for graduating Grade 9's. This game will fill the gaps in the two-year cycle of the Alberta Summer Games which features a tournament for bantam aged players. It is scheduled to be held in conjunction with the Senior Bowl but stay tuned for further details.

- As of this writing their still is no committed host for

the **Football Canada Cup**. Stay tuned to the Football Alberta website for further information on this event or any other interprovincial event that Alberta might be involved with. Team Alberta would be in search of its sixth title having won five of the past ten years and have been the silver medallist in the last two events.

- Congratulations to the following Junior Football Players from Alberta who were named **All-Canadian for 2004** (High School in brackets):

Kelly McBryan (QB) – Edmonton Huskies (Parkland Predators – Spruce Grove)

Jeff Halvorson (RB) – Okanagan Sun (Grande Prairie H.S.)

Cory Jones (WR) - Edmonton Wildcats (St. Albert H.S.)

Justin Cooper (DL) - Edmonton Huskies (Lindsay Thurber H.S. – Red Deer)

Jason Bobst (LB) – Edmonton Huskies (Parkland Predators – Spruce Grove)

Kyle Heier (DB) – Calgary Colts (St. Mary's H.S. – Calgary)

Steve Wozimirsky (P) – Edmonton Huskies (Archbishop Jordan H.S. – Sherwood Park)

Perri Scarcelli (K) – Calgary Colts (St. Francis H.S. – Calgary)

- Congratulations to the following Albertans who were named **CIS All-Canadians for 2004** (these are all players who played for Alberta Universities or graduated from Alberta High Schools):

1st Team: **Andrew Ginther** (WR) – Univ. of Alberta (via Saskatoon Hilltops)

Richard Yalowski (OL) – Univ. of Calgary (via Centennial H.S. in B.C.)

David Lowry (LB) – Univ. of Alberta (L.C.I. in Lethbridge)

Jason Milne (S) – University of Alberta (Bev Facey H.S. in Sherwood Park)

Derek Baldry (DB) – University of Alberta (Raymond H.S.)

2nd Team: **Jarred Winkle** (RB) – Univ. of Alberta (Salisbury H.S. in Sherwood Park)

Evan Haney (OL) – University of Calgary (William Aberhart H.S. – Calgary)

Dustin Cherniawski (DB) – UBC (Austin O'Brien H.S. - Edmonton)

- Finally, it was a great year for the University of Alberta Golden Bears and that was recognized by the presentation of the **Frank Tindall Award as CIS Coach of the Year** to the Bear's **Jerry Friesen**. Congratulations Coach!

RESULTS:

2004 YEARBOOK OF RESULTS

SENIOR MEN'S

<u>ALBERTA LEAGUE</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Calgary Wolfpack	11	0	0	542	220	22
Edmonton Stallions	9	2	0	487	166	18
Red Deer Buccanneers	8	3	0	388	209	16
Calgary Gators	7	4	0	310	254	14
Grande Prairie Drillers	4	6	0	210	304	8
Calgary Thunder	4	6	0	188	282	8
Medicine Hat Mauraders	3	7	0	108	263	6
Lloydminster Vandals	2	6	1	102	239	5
Calgary Raxorbackers	1	7	1	43	273	3
Edmonton Icemen	0	9	0	12	180	0

SEMIS: Calgary Wolfpack 63 Calgary Gators 34
Edm. Stallions 44 Red Deer Bucs 0

FINAL: Calgary Wolfpack 51 Edm. Stallions 46

NATIONAL FINAL: Milton 40 Cal. Wolfpack 27

UNIVERSITY

<u>CANADA WEST LEAGUE</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
U of Alberta Golden Bears	7	1	0	235	145	14
U of Saskatchewan Huskies	6	2	0	276	91	12
UBC Thunderbirds	5	3	0	235	212	10
U of Calgary Dinosaurs	4	4	0	147	189	8
Simon Fraser Univ. Clan	3	5	0	174	232	6
U of Manitoba Bisons	3	5	0	191	237	6
U of Regina Rams	0	8	0	116	268	0

SEMIS: Alberta 39 Calgary 13
Saskatchewan 39 UBC 0

HARDY CUP: Saskatchewan 21 Alberta 20

MITCHELL BOWL: Sask. 31 St. Mary's 16

VANIER CUP: Laval 7 Saskatchewan 1

JUNIOR

<u>PRAIRIE FOOTBALL CONF.</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Saskatoon Hilltops	8	0	0	295	132	16
Edmonton Huskies	5	3	0	263	144	10
Winnipeg Rifles	4	4	0	201	251	8
Edmonton Wildcats	4	4	0	190	275	8
Regina Prairie Thunder	3	5	0	218	253	6
Calgary Colts	0	8	0	134	246	2

PFC SEMIS: Saskatoon 42 Winnipeg 11
Edm. Huskies 52 Edm. Wildcats 15

PFC FINAL: Edm. Huskies 29 Saskatoon 10

NATIONAL SEMI : Okanagan 24 St. Leonard 7

NATIONAL FINAL: Edmonton 24 Okanagan 7

MIDGET (Spring)

<u>CALGARY MIDGET LEAGUE</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Calgary Cowboys	7	0	0	284	91	14
Foothills Eagles	6	1	0	215	146	12
Tri-County Freeze	5	2	0	178	74	10
Calgary Bulldogs	4	3	0	171	195	8
Calgary Wildcats	3	4	0	182	170	6
Calgary Mavericks	3	4	0	218	244	6
Calgary Colts	1	6	0	123	212	2
Calgary Hilltoppers	1	6	0	106	252	2
Calgary Broncos	1	6	0	174	267	2

FINAL: Calgary Cowboys 21 Foothills Eagles 6

HIGH SCHOOL

<u>MIGHTY PEACE LEAGUE</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
----------------------------	----------	----------	----------	-----------	-----------	------------

Peace Conference

Grande Prairie Warriors	5	0	0	167	40	10
Peace River Pioneers	4	1	0	129	87	8
Sexsmith Sabres	3	2	0	138	84	6
Whitcourt Cats	2	3	0	81	150	4
Beaverlodge Royals	1	4	0	79	99	2
South Peace Penguins	0	5	0	20	144	0

SEMIS: Grande Prairie 34 Whitcourt 8
Sexsmith 22 Peace River 0

FINAL: Grande Prairie 23 Sexsmith 8

<u>Athabasca Conference</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Peace Wapiti Titans	7	0	0	242	40	14
North Peace Oscars	4	4	0	72	153	8
Valleyview Cougars	4	4	0	132	133	8
St. Josephs Celtics	3	5	0	75	113	6
Hinton Wolfpack	2	5	0	115	196	4

SEMIS: St. Josephs 8 Peace Wapiti 7
Valleyview 13 North Peace 0

FINAL: Valleyview 10 St. Josephs 7

EDMONTON PUBLIC (SR.)

<u>Pool "A"</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Jasper Place Rebels	3	1	0	103	56	6
Ross Sheppard Thunderbirds	3	1	0	104	28	6
Eastglen Blue Devils	2	2	0	112	102	4
Parkland Predators	2	2	0	95	74	4
J. Percy Page Panthers	0	4	0	3	157	0

<u>Pool "B"</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Strathcona Lords	4	0	0	177	27	8
McNally Tigers	3	1	0	126	76	6
Harry Ainlay Titans	2	2	0	45	70	4
M.E. LaZerte Voyageurs	1	3	0	67	121	2
W.P. Wagner Warriors	0	4	0	25	146	0

SEMIS: Strathcona 21 Ross Sheppard 17
McNally 44 Jasper Place 14

FINAL: Strathcona 40 McNally 0

<u>EDMONTON PUBLIC (JR.)</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Parkland Predators	5	1	0	155	25	10
McNally Tigers	4	2	0	148	138	8
M.E. LaZerte Voyageurs	4	2	0	150	64	8
Harry Ainlay Titans	2	3	1	87	146	5
W.P. Wagner Warriors	1	3	2	76	131	4
Ross Sheppard Thunderbirds	2	4	0	47	90	4
Jasper Place Rebels	1	4	1	59	128	2

SEMIS: Parkland 35 Harry Ainlay 14
McNally 25 M.E. LaZerte 0

FINAL: McNally 27 Parkland 7

<u>EDMONTON METRO (JR.)</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
St. Albert Skyhawks	5	0	0	183	51	10
Bev Facey Falcons	4	1	0	100	20	8
Archbishop Jordan Scots	3	2	0	163	95	6
St. Francis Xavier Rams	2	3	0	74	103	4
Austin O'Brien Crusaders	1	4	0	62	172	2
Salisbury Sabres	0	5	0	22	163	0

SEMIS: St. Albert 22 St. Francis Xavier 13
Bev Facey 21 Archbishop Jordan 14

FINAL: St. Albert 37 Bev Facey 8

EDMONTON METRO (SR.)

<u>Pool "A"</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Archbishop Jordan Scots	6	0	0	265	21	12

Austin O'Brien Crusaders	5	1	0	155	75	10
St. Francis Xavier Rams	4	2	0	109	95	8
St. Albert Skyhawks	3	3	0	130	82	6
Leduc Tigers	2	4	0	79	126	4
St. Josephs Saints	1	5	0	45	196	2
Holy Trinity Trojans	0	6	0	35	223	0

Pool "B"

Salisbury Sabres	6	0	0	259	47	12
Ardrossan Bisons	5	1	0	187	75	10
Beaumont Bandits	3	3	0	123	143	6
Archbishop O'Leary Spartans	3	3	0	82	124	6
Bellerose Bulldogs	3	3	0	111	137	6
Bev Facey Falcons	1	5	0	95	93	2
Fort Saskatchewan Sting	0	6	0	28	266	0

SEMIS: Salisbury 21 Beaumont 6
Archbishop Jordan 39 St. F.X. 0

FINAL: Salisbury 17 Archbishop Jordan 14

WHEATLAND LEAGUE

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Lloydminster Barons	7	0	0	277	17	14
Wainwright Commandos	6	1	0	215	107	12
St. Paul Lions	4	3	0	145	142	8
Grand Centre Royals	4	3	0	181	116	8
Athabasca Pacers	3	4	0	160	186	6
Lac La Biche Huskies	3	4	0	107	173	6
Bonnyville Voyageurs	1	6	0	97	254	2
Vermilion Marauders	0	7	0	27	214	0

SEMIS: Lloydminster 32 Grande Centre 0
Wainwright 29 St. Paul 8

TIER II FINAL: Lloydminster 21 Wainwright 12

CENTRAL ALBERTA

Brick Ward Conference

Lacombe Rams						
Notre Dame Cougars						
Wetaskiwin Sabres						
Lindsay Thurber Raiders						
Hunting Hills Lightning						

**Standings
not sent in**

Norm Brown Conference

Sylvan Lake Lakers						
Stettler Wildcats						
Rocky Mtn. House Rebels						
Camrose Trojans						
Innisfail Cyclones						

**Standings
not sent in**

SEMIS: Lacombe 30 Stettler 10
Sylvan Lake 20 Notre Dame 19

FINAL: Sylvan Lake 24 Lacombe 17

CALGARY DIV. I (SR.)

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
St. Francis Browns	6	0	0	261	35	12
Bowness Trojans	5	1	0	172	98	10
William Aberhart Trojans	4	2	0	75	93	8
Sir Winston Churchill Bulldogs	3	3	0	126	118	6
Henry Wise Wood Warriors	2	4	0	100	148	4
Western Canada Redmen	1	5	0	57	170	2
Lord Beaverbrook Lords	0	6	0	46	175	0

SEMIS: St. Francis 37 Sir Winston Churchill 7
Bowness 32 Western Canada 7

FINAL: St. Francis 51 Bowness 14

CALGARY DIV. II (SR.)

ROCKYVIEW LEAGUE

<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
----------	----------	----------	-----------	-----------	------------

Central Memorial Rams	5	0	1	157	63	11
St. Mary's Saints	5	0	1	171	90	11
John G. Diefenbaker Chiefs	4	2	0	156	89	8
Bishop Grandin Ghosts	3	3	0	137	73	6
Bishop McNally Timberwolves	2	4	0	111	119	4
Dr. E.P. Scarlett Lancers	1	5	0	69	159	2
Bishop Carroll Cardinals	0	6	0	43	251	0

SEMIS: Central Memorial 38 Bishop Grandin 13
St. Mary's 17 John G. Diefenbaker 14

FINAL: St. Mary's 24 Central Memorial 23

CALGARY DIV. III (SR.)

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Bishop O'Byrne Trailblazers	7	0	0	221	54	14
James Fowler Falcons	5	2	0	175	61	10
Ernest Manning Griffins	4	3	0	168	97	8
Crescent Heights Cowboys	4	3	0	103	74	8
Father Lacombe Lazars	1	6	0	43	211	2
Forest Lawn Titans	0	7	0	20	233	0

SEMIS: James Fowler 14 Crescent Heights 1
Bishop O'Bryne 35 Ernest Manning 1

FINAL: Bishop O'Bryne 8 James Fowler 4

CALGARY DIV. I (JR.)

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Lord Beaverbrook Lords	5	0	1	134	37	11
St. Francis Browns	4	2	0	144	49	8
William Aberhart Trojans	4	2	0	124	137	8
Henry Wise Wood Warriors	3	3	0	115	67	6
Bowness Trojans	2	3	1	111	108	5
Western Canada Redmen	2	4	0	95	135	4
Sir Winston Churchill Bulldogs	0	6	0	31	221	0

SEMIS: Lord Beav. 20 Henry Wise Wood 15
St. Francis 21 William Aberhart 14

FINAL: St. Francis 27 Lord Beaverbrook 20

CALGARY DIV. II (JR.)

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
John G. Diefenbaker Chiefs	5	1	0	141	46	10
Bishop Grandin Ghosts	5	1	0	134	59	10
Central Memorial Rams	4	2	0	93	80	8
St. Mary's Saints	3	3	0	96	76	6
Dr. E.P. Scarlett Lancers	3	3	0	123	122	6
Bishop Carroll Cardinals	1	5	0	54	142	2
Bishop McNally Timberwolves	0	6	0	35	151	0

SEMIS: Bishop Grandin 13 St. Mary's 0
Central Mem. 20 John Diefenbaker 18

FINAL: Bishop Grandin 22 Central Memorial 6

CALGARY DIV. III (JR.)

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Centennial Coyotes	4	1	0	166	41	8
Ernest Manning Griffins	4	1	0	124	42	8
Bishop O'Byrne Trailblazers	4	1	0	132	52	8
James Fowler Falcons	2	3	0	53	108	4
Forest Lawn Titans	1	4	0	18	133	2
Crescent Heights Cowboys	0	5	0	13	130	0

SEMIS: Centennial 22 James Fowler 0

Bishop O'Byrne 24 Ernest Manning 12

FINAL: Centennial 45 Bishop O'Byrne 24

Cochrane Cobras	6	0	0	287	47	12
-----------------	---	---	---	-----	----	----

Foothills Falcons	5	1	0	259	70	10
Bow Valley Bobcats	4	2	0	176	111	8
Chestermere Cowboys	3	3	0	104	142	6
Springbank Phoenix	2	4	0	98	125	4
Bert Church Chargers	1	5	0	32	218	2
George McDougall Mustangs	0	6	0	13	160	0

TIER III SEMI: Springbank 21 Bow Valley 19

TIER III FINAL: Cochrane 45 Springbank 14

TIER II SEMIS: Chestermere 45 Bert Church 1
Foothills 38 Geo. McDougall 0

TIER II FINAL: Foothills 48 Chestermere 14

SOUTHERN ALBERTA **W** **L** **T** **PF** **PA** **PTS**
"A" Division

Raymond Comets	3	1	0			6
Cardston Cougars	3	1	0			6
L.C.I. Rams	3	1	0			6
Winston Churchill Bulldogs	1	3	0			2
Catholic Central Cougars	0	4	0			0

"B" Division

Willow Creek Cobras	4	0	0			8
W.R. Myers Rebels	3	1	0			6
Pincher Creek Mustangs	2	2	0			4
Kate Andrews Pride	1	3	0			2
Kainai Warriors	0	4	0			0

Tier I Final: Raymond 70 L.C.I. 0

Tier II Final: Cardston 65 Catholic Central 12

Tier III Final: Winston Churchill 30 W.R. Myers 19

Tier IV Semis: Willow Creek 45 Kainai 0
Kate Andrews 19 Pincher Creek 18

Tier IV Final: Not played

RANGELAND LEAGUE **W** **L** **T** **PF**
PA **PTS**

Medicine Hat Mohawks	4	0	0			8
McCoy Colts	2	2	0			4
Crescent Heights Vikings	0	4	0			0
Brooks Buffalos				did not play		

SEMI: McCoy 28 Crescent Heights 0

FINAL: Medicine Hat 53 McCoy 18

BIG SKY LEAGUE **W** **L** **T** **PF** **PA** **PTS**

South Division

Holy Trinity Knights				Standings		
Highwood Mustangs				not sent in		

Bow Valley Wolverines

Oilfields Drillers

North Division

Drumheller Titans **Standings**

Olds Spartans **not sent in**

J.C. Charyk Hawks

Strathmore Spartans

Rimbey Spartans

TIER III SEMIS: Holy Trinity 26 Drumheller 6

Bow Valley 28 Highwood 15

TIER III FINAL: Holy Trinity 31 Bow Valley 0

TIER IV SEMIS: Oilfields 39 Olds 31

J.C. Charyk 28 Rimbey 7

TIER IV FINAL: J.C. Charyk 12 Oilfields 6

TIER I

1/4'S: Salisbury 36 Fort McMurray 0
Grande Prairie 39 Strathcona 24
St. Francis 51 Bowness 14
Raymond 70 L.C.I. 0

SEMIS: Grande Prairie 13 Salisbury 1
St. Francis 35 Raymond 20

FINAL: St. Francis 43 Grande Prairie 16

TIER II

Qual.: Medicine Hat 29 Cardston 14

1/4's: Archbishop Jordan 34 Lloydminster 7
Eastglen 62 Lacombe 43
St. Mary's 24 Central Memorial 23
Foothills 30 Medicine Hat 6

SEMIS: Archbishop Jordan 47 Eastglen 21
Foothills 27 St. Mary's 14

FINAL: Foothills 34 Archbishop Jordan 6

TIER III

1/4's: Beaumont 49 Peace River 38
Stettler 42 St. Paul 16
Cochrane 59 Holy Trinity Academy 9
Winston Churchill 52 Crescent Hgts. 0

SEMIS: Beaumont 20 Stettler 17 (4OT)
Cochrane 21 Winston Churchill 8

FINAL: Cochrane 47 Beaumont 7

TIER IV

1/4's: Ardrossan 15 Sexsmith 12
Sylvan Lake 18 Wainwright 7
Willow Creek 39 Oilfields 0
J.C. Charyk 34 Kate Andrews 12

SEMIS: Ardrossan 36 Sylvan Lake 3
Willow Creek 43 J.C. Charyk 7

FINAL: Ardrossan 32 Willow Creek 0

BANTAM

GRANDE PRAIRIE MINOR **W** **L** **T** **PF** **PA** **PTS**

Grande Prairie Raiders						
Sexsmith Shamrocks						Standings
West Country Lightning						not sent in
Grande Prairie Broncos						

FINAL: Raiders 37 Shamrocks 0

PEACE RIVER MINOR **W** **L** **T** **PF** **PA** **PTS**

Peace River Royals						
Peace River Hurricanes						Standings
Peace River Raiders						not sent in
Peace River Eagles						

FINAL: Results not sent in

CENTRAL ALBERTA BANTAM **W** **L** **T** **PF** **PA** **PTS**

Hunting Hills Lightning						
Lacombe Raiders						Standings
Lindsay Thurber Raiders						not sent in
Notre Dame Cougars						
Innisfail Cyclones						
Olds Bulldogs						
Sylvan Lake Lions						

FINAL: Hunting Hills - champion

CAPITAL DISTRICT BANTAM **W** **L** **T** **PF** **PA** **PTS**

Jackie Parker Division

Sherwood Park Rams	7	0	0	298	13	14
Leduc Ticats	6	1	0	267	82	12
St. Albert 49ers	4	3	0	176	153	8
Stony Plain Blue Bombers	4	3	0	153	123	8
North Edmonton Seahawks	2	5	0	107	190	4
Millwoods Grizzlies	0	7	0	33	250	0

John Bright Division

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
West Edmonton Raiders	7	0	0	209	74	14
Sherwood Park Wolverines	4	3	0	124	90	8
Edmonton Chargers	4	3	0	106	136	8
St. Albert Fury	3	4	0	93	116	6
Sherwood Park Northstars	2	5	0	46	170	4
Fort McMurray Ravens	2	5	0	69	181	4
Spruce Grove Cougars	0	7	0	84	187	0

1/4's: Sher. Park Rams 48 St. Albert Fury 0
 Leduc 49 St. Albert 49ers 15
 W. Edmonton Raiders 26 Stony Plain 14
 Sher. Park Wolverines 30 Chargers 0

SEMIS: Sherwood Park Rams 34 Wolverines 0
 W. Edmonton Raiders 30 Leduc 22

FINAL: Rams 50 W. Edmonton Raiders 14

CALGARY BANTAM LEAGUE**North Division**

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Cochrane Lions	7	1	0			14
Calgary Mavericks	6	2	0			12
Calgary Hilltoppers	6	2	0			12
Calgary Cowboys	4	4	0			8
Calgary Broncos	4	4	0			8
Calgary Golden Hawks	1	7	0			2
Airdrie Storm	0	8	0			0

South Division

Calgary Bulldogs	8	0	0			16
Foothills Eagles	5	3	0			10
Calgary Colts	4	4	0			8
Calgary Wildcats	4	4	0			8
Calgary Falcons	3	5	0			6
Calgary Stampeders	2	6	0			4
Bow Valley Wolverines	2	6	0			4

1/4's: Cochrane Lions 24 Calgary Wildcats 22
 Calgary Bulldogs 23 Calgary Cowboys
 0

Cal. Hilltoppers 56 Foothills Eagles 46
 Calgary Colts 42 Calgary Mavericks 0

SEMIS: Cochrane Lions 20 Cal. Hilltoppers 11
 Calgary Bulldogs 24 Calgary Colts 22

FINAL: Calgary Bulldogs 24 Cochrane Lions 16

PRAIRIE THUNDER LEAGUE**North Division**

Wainwright Commados						
St. Paul Bengals						
Vermilion Mauraders						
Lac La Biche Drillers						
Elk Island Lightning						

**Standings
 not sent in**

South Division

Stettler Cougars						
Camrose Coyotes						
Wetaskiwin Warriors						
Hanna Hawks						
Strathmore Spartans						
Drumheller Titans						

**Standings
 not sent in**

FINAL: Stettler Cougars - Champions

SOUTH. ALBERTA MINOR**W L T PF PA PTS****Big Sky Division**

Medicine Hat Hawks						
Parkside Pythons						
Brooks Roadrunners						
Lethbridge Jr. Rams						
Lethbridge Stampeders						
Medicine Hat Colts						
Lethbridge Jr. Bulldogs						

**Standings
 not sent in**

Chinook Division

Raymond Jr. Comets						
Cardston Cougars						
Claresholm Raiders						
Magrath Wolverines						
Taber Jr. Rebels						
Coaldale Golden Bears						
Kainai Eagles						
Pincher Creek Mustangs						

**Standings
 not sent in**

FINAL: Cardston 26 Raymond 20

PEE-WEE**GRANDE PRAIRIE PEE-WEE**

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Grande Prairie Mavericks						
Grande Prairie Broncos						
Grande Prairie Rams						
Grande Prairie Bears						

**Standings
 not sent in**

FINAL: Mavericks 42 Broncos 0

CAPITAL DISTRICT PEE-WEE**Jackie Parker Division**

Millwoods Grizzlies	7	0	0	288	12	14
Edmonton Seahawks	5	2	0	136	107	10
Leduc Wildcats	5	2	0	119	116	10
Stony Plain Blue Bombers	2	5	0	95	121	4
Sherwood Park Raiders	2	5	0	55	188	4
St. Albert Avengers	1	6	0	44	187	2
Camrose Buffalos	1	6	0	24	194	2

John Bright Division

Edmonton Chargers	7	0	0	205	8	14
Sherwood Park Bulldogs	5	2	0	155	50	10
West Edmonton Raiders	5	2	0	182	70	10
Spruce Grove Cougars	4	3	0	102	94	8
Sherwood Park Cougars	4	3	0	128	96	8
St. Albert Eagles	2	4	1	74	137	5
St. Albert Riders	1	5	1	40	129	3
Millwoods Maulers	1	6	0	33	171	2

1/4's: Millwoods Grizzlies 50 Spruce Grove 0
 Sher. Park Cougars 12 Edm. Chargers 8
 W. Edm. Raiders 12 Edm. Seahawks 0
 Leduc 18 Sherwood Park Bulldogs 14

SEMIS: Millwoods 30 Sher. Park Cougars 0
 Leduc 12 West Edmonton Raiders 8

FINAL: Millwoods 30 Leduc 0

MEDICINE HAT PEE-WEE

	<u>W</u>	<u>L</u>	<u>T</u>	<u>PF</u>	<u>PA</u>	<u>PTS</u>
Southrock Renegades						
Kinsmen Stampeders						
Sport Connection Tigercats						
Cedar Square Roughriders						

**Standings
 not sent in**

FINAL: Renegades - Champions

PRAIRIE THUNDER PEE-WEE**Standings not sent in**

FINAL: Stettler Panthers - Champions

CALGARY & AREA PEE-WEE W L T PF PA PTS

“North” Division

Calgary Cowboys	7	1	0	242	107	14
Calgary Hilltoppers	6	2	0	183	87	12
Calgary Kodiaks	6	2	0	238	100	12
Calgary Mavericks	4	4	0	149	167	8
Calgary Broncos	3	5	0	114	182	6
Cochrane Lions	2	6	0	129	165	4

“South” Division

Calgary Wildcats	8	0	0	256	32	16
Calgary Colts	4	4	0	110	147	8
Foothills Eagles	4	4	0	99	143	8
Chestermere Chiefs	2	6	0	38	199	4
Calgary Bulldogs	1	7	0	95	167	2
Calgary Stampeders	1	7	0	26	174	2

1/4's: Calgary Cowboys 29 Calgary Chiefs 0
Calgary Wildcats 31 Cal. Mavericks 8
Calgary Kodiaks 49 Calgary Colts 26
Cal. Hilltoppers 26 Foothills Eagles 0

SEMIS: Calgary Cowboys 48 Cal. Hilltoppers 22
Calgary Kodiaks 14 Calgary Wildcats 8

FINAL: Calgary Cowboys 41 Cal. Kodiaks 18

TIER II

Quarter-Finals- Sat. November 6

Grande Prairie Raiders 21 Stettler Cougars 7
St. Albert 49ers 46 St. Albert Fury 13
Foothills Eagles 17 Calgary Cowboys 8 Brooks
Roadrunners 26 Lethbridge Rams 0

Semi-Finals - Sat. November 13

St. Albert 49ers 30 Grande Prairie Raiders 26
Foothills Eagles 20 Brooks Roadrunners 15

Championship - Sat. November 20

St. Albert 49ers 16 Foothills Eagles 14

TIER III

Quarter-Finals - Sat. November 6

St. Paul Bengals 20 Hunting Hills Lightning 8
Edmonton Seahawks 21 Spruce Grove Cougars 6
Calgary Broncos 18 Calgary Falcons 14
Lethbridge Stampeders 21 Medicine Hat Colts 7

Semi-Finals - Sat. November 13

Edmonton Seahawks 41 St. Paul Bengals 14
Lethbridge Stampeders 33 Calgary Broncos 24

Championship - Sat. November 20

Edmonton Seahawks 24 Lethbridge Stampeders 14

ATOM

CAPITAL DISTRICT ATOM W L T PF PA PTS

Jackie Parker Division

Leduc Bobcats	7	1	0	193	77	14
Millwoods Grizzlies	6	1	1	147	50	13
Sherwood Park Eskimos	6	2	0	155	30	12
North Edmonton Seahawks	4	3	1	76	45	9
St. Albert Buccaneers	1	7	0	51	178	2
Stony Plain Blue Bombers	0	8	0	36	272	0

John Bright Division

West Edmonton Raiders	7	1	0	186	26	14
St. Albert Vikings	6	2	0	164	84	12
Sherwood Park Warriors	5	3	0	137	82	10
Edmonton Chargers	3	5	0	89	167	6
Sherwood Park Broncos	1	7	0	50	171	2
Spruce Grove Cougars	1	7	0	65	167	2

1/4'S: Leduc 26 Edmonton Seahawks 13
Sher. Pk. Eskimos 14 St. Alb. Vikings 0
W.E. Raiders 13 Edmonton Chargers 8
Sher. Park Warriors 14 Millwoods 7

SEMIS: Sher. Park Eskimos 13 Leduc 12
Sher. Park Warriors 12 W.E. Raiders 6

FINAL: Sher. Park Eskimos 6 S.P. Warriors 0

MEDICINE HAT ATOM W L T PF PA PTS

Results not sent in

MINOR PROVINCIALS

BANTAM (Age 13-15*)

*- not in Grade 10 or higher

TIER I

Semi-Final - Sat. November 13

Calgary Bulldogs 41 Cardston Cougars 2

Championship - Sat. November 20

Sherwood Park Rams 42 Calgary Bulldogs 13

PEE-WEE (Age 11-12)

TIER I

Championship - Sun. November 14

Calgary Cowboys 38 Millwoods Grizzlies 14

TIER II

Quarterfinals - Sat. Nov. 6

Edmonton Chargers 44 Edmonton Seahawks 6
Calgary Mavericks 28 Foothills Eagles 8
Medicine Hat ? vs. Medicine Hat ?

Semi-Finals - Sat. November 13

Edmonton Chargers 60 Stettler Panthers 0
Calgary Mavericks 28 Medicine Hat Renegades 6

Championship - Sat. November 20

Edmonton Chargers 40 Calgary Mavericks 2

ATOM (Age 10 and under)

Championship - Sat. November 6

Sherwood Park Eskimos 6 Sherwood Park Warriors 0

TOUCH/FLAG FOOTBALL

FORT MCMURRAY TOUCH W L T PF PA PTS

Results not sent in

EDMONTON FLAG W L T PF PA PTS

Results not sent in

EDMONTON TOUCH W L T PF PA PTS

Results not sent in

RED DEER TOUCH W L T PF PA PTS

Results not sent in

CALGARY TOUCH W L T PF PA PTS

Results not sent in

CALGARY FLAG W L T PF PA PTS

Results not sent in

MEDICINE HAT TOUCH W L T PF PA PTS

Results not sent in

UPCOMING EVENTS

UNIVERSITY/JUNIOR/OTHER

January 28-29- Football Alberta AGM - Calgary
March TBA – Calgary Colt High School Dev. Camp
March 29 - U of Calgary Dinosaur Fundraising Dinner
April 15-17 - "North" Senior Bowl Sel. Camp - U of A
April 22-24 - "South" Senior Bowl Sel. Camp - U of C
April 29-May 1 - U of Calgary Main Spring Camp
April 29-May 1 - Edmonton Wildcats 10's & 11's Camp
May 6-8 - Edmonton Wildcat Spring Camp
May 6-8 - U of Alberta Main Spring Camp
May 7 – CIS All-Star Game - Ontario
May 13-15 - Edmonton Huskies Spring Camp
May TBA - Calgary Colts Spring Camp
* - all above listed dates are subject to change

HIGH SCHOOL

February 19-20 - U of A Lineman Camp
TBA - U of C Lineman Camp
April 15-17 - "North" Senior Bowl Selec. Camp - U of A
April 22-24 - "South" Senior Bowl Selec. Camp - U of C
April 29-May 1 - Edmonton Wildcats 10's & 11's Camp
May 20-22 - Senior Bowl Main Camp
May 23 - Senior Bowl High School All-Star Game
TBA(May/June) - Football Alberta Regional Camps
TBA(May)- Edmonton Eskimo High School Dev't Camp
July TBA- Team Alberta Training Camp- R. Deer
July TBA - Football Canada Cup - TBA
Oct. 7,8&10 - Football Alta. Thanksgiving Jamboree
November 12 - Provincial Regional Semi-Finals
November 19 - Provincial Regional Finals
November 26 - Provincial Championship Finals

MINOR

February 19-20 - U of A Lineman Camp
April 16-17 - "South" Bantam Bowl Selec. Camp - U of C
April 23-24 - "North" Bantam Bowl Selec. Camp - U of A
May 20-22 - Bantam Bowl Main Camp
May 23 - Bantam Bowl All-Star Game
June TBA - Stampeders Alumni Pee-Wee Dev't Camp
June TBA - Stampeders Alumni Bantam Dev't Camp
November 5 - Atom Provincial Championship
November 5 – Bantam Provincial Quarter-Finals
November 12 – Pee-Wee Provincial Semi-Finals
November 12 - Bantam Provincial Semi-Finals
November 20 - Pee-Wee Provincial Finals
November 20 - Bantam Provincial Finals

COACHING

March 11-12 - U of C/Football Alberta Coaches Clinic
March 12 - Football Alberta Coaches Awards Banquet
N.C.C.P.FOOTBALL TECHINCAL CLINICS -
Will be sent to you in Future Mailout

N.C.C.P. COACHING THEORY CLINICS -

PART "A" (Formerly Level I) THEORY:

January 8-9 - Calgary (contact 220-7749)
January 15-16 - Edmonton (contact 497-5300)
January 22-23 - Edmonton (contact 497-5300)
January 22-23 - Lethbridge (contact 320-3323)
January 29-30 - Calgary (contact 233-8393)

PART "A" (cont.)

January 29- 30 - Red Deer (contact 357-3663)
February 5-6 - Medicine Hat (contact 529-3844)
February 12-13 - Calgary (contact 220-7749)
February 12-13 - Edmonton (contact 497-5300)
February 12-13 - Grande Prairie (contact 539-2955)
February 26-27 - Calgary (contact 233-8393)
February 26-27 - Jasper (contact 852-4418)
March 5-6 - Edmonton (contact 497-5300)
March 12-13 - Stony Plain (contact 963-8591)
March 19-20 - Edmonton (contact 497-5300)
March 19-20 - Red Deer (contact 357-3663)

PART "B" (Formerly Level II):

January 14-15 - Whitecourt (contact 785-2275)
January 22-23 - Rocky Mtn. House (contact 845-3720)
January 29-30 - Edmonton (contact 497-5300)
February 12-13 - Calgary (contact 233-8393)
February 12-13 - Edmonton (contact 497-5300)
February 26-27 - Red Deer (contact 357-3663)
February 26-27 - Calgary (contact 220-7749)
March 5-6 - Grande Prairie (contact 539-2834)
March 5-6 - Lethbridge (contact 320-3323)
March 12-13 - Calgary (contact 355-1255)
March 19-20 - Edmonton (contact 497-5300)
March 19-20 - Medicine Hat (contact 529-3844)

LEVEL III:

Jan. 25-Mar. 22 (Thurs.) -Lethbridge (contact 320-3323)
March 5-6 & 12-13 - Edmonton (contact 497-5300)
March 12-13 & 19-20 - Calgary (contact 220-7749)

Cut out the Middle Man!

For More information on
NCCP Theory Clinics
go to:

www.cd.gov.ab.ca/asrpwf/programs/sports/3mnccp
**Website: Alberta Sport, Recreation, Parks
& Wildlife Foundation**

For inquiries about your
current certification
go to:

www.coach.ca
Website: Coaching Association of Canada

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) 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 and Conditioning Program for Youth	\$15.00	\$20.00
<u>Equipment Managers</u>		
Purchasing and Maintaining Football Equipment Manual	\$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 Instructor Manual	\$30.00	\$35.00
Touch Basics: Rules, Skills Strategies and Drills	\$15.00	\$20.00

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

SPORT SCIENCE

RESOURCE LIST

Building A Better Mousetrap: The Iron Cross Conditioning Drill to Train the Proper Energy System for Football

By Tim Enger

INTRODUCTION

As a football coach for the past 15 years I have noticed that the majority of "conditioning" exercises done at the conclusion of team practices for most high school and lower level team in amateur football are of the type that would predominantly train the aerobic energy system and/or the anaerobic lactic system (i.e. wind sprints, sidelines, etc.). Most people would agree that it is very important to have a good aerobic base for most all activities but "[s]ince the majority of plays from scrimmage [in football] average 5-10 seconds in duration, the alactic system should receive the highest percentage of training time" (Syrotiuk, 1999). Seeing that a "play" in football is followed by a "rest" period of 20-30 seconds (Hoffman, 2002) it would seem more beneficial to include some "conditioning" exercises that would train the anaerobic alactic system primarily at the end of practice.

Over the last seven years I have instituted a drill dubbed the "Iron Cross" which is designed to simulate those very conditions as described above in the game of football. The following is a paper designed to validate the usage of that drill in conditioning exercises to train the appropriate energy system for football.

THE "IRON CROSS"

"Conditioning" is a football way of describing how we coaches train the energy systems that will provide for football players during competition. Probably the majority of football coaches without a background in physiology currently operating in Canada do not consider it that, but that is what it amounts to when a certain portion of practice is set aside from the X's and O's to do some type of running.

The concern I have developed over the past 23 years of involvement in football is that the 15 – 20 minutes of time set aside for conditioning usually involved and continues to involved aerobic based continuous motion type activities lasting anywhere from 5 to 20 minutes or anaerobic lactic type interval training lasting about 1 – 2 minutes for a "repetition" repeated 3 or more times in a "set". For example the drill known as "Sidelines" involves having your players sprint from one sideline to the other, come back, and then repeat the process with the goal of coming in under one minute. The sidelines are 65 yards apart so it is similar to running a 400M race. Although you can really see the exhaustion on the athletes faces post-exercise, this drill is clearly training the anaerobic lactic and/or aerobic system due to the duration and intensity of the activity. Based on the time frames in football, training the aerobic system is not necessarily what is the best course of action during the pre- and in-season competition phases since according to Hoffman (2002) "[u]p to 90% of the energy production during a football game is provided by the phosphocreatine system (ATP-PC or anaerobic alactic) and the remaining energy production is the result of glycolysis (anaerobic glycolysis or anaerobic lactic).

As mentioned previously in this paper an average "play" in football, which can be described as a "maximal

effort" takes about 5-10 seconds (Syrotiuk, 1999) followed by a rest period of 20-30 seconds. In some cases a football player will have more rest time than that if he is a player who rotates in on alternate plays, is mainly a substitute for special teams only, or is a platoon player who goes off the field after an offensive or defensive series and rests until it is his platoons turn on the field again. According to Gatlin (2001) the anaerobic alactic or ATP-PCr energy system is "maximal for the first 1 to 2 seconds of exercise" and there is a 75 to 85% decline in PCr occurring during the first 10 seconds of maximal exercise and little ATP resynthesis occurs post 20 seconds from this energy system.

According to Wilkins, et. al. (1991) "[d]uring intermittent activity, the duration, intensity, and number of repetitions of the work and relief intervals determine which energy supply systems are predominant. This information is important in assessing the energy demands of an activity and facilitating training prescriptions." Therefore in the sport of football, which is an "intermittent activity" (Wilkins, et. al, 1991) we should be looking for ways to train the predominant energy system that is indicated as the anaerobic alactic system due to its duration and intensity and provide a work-relief ratio that can train that system adequately.

This is not to say that football coaches should only be looking to train that single energy system since according to Gastin (2001) "[a]nalysis of the current literature suggests that virtually all physical activities derive some energy from each of the 3 energy supplying processes." Plus even though there are some energy systems better suited for providing the majority of energy to a certain activity "this does not imply exclusivity" and "energy systems contribute sequentially but in an overlapping fashion to the energy demand of the exercise." Gastin (2001)

That is where the "Iron Cross" comes in. It is designed to predominantly train the anaerobic alactic system as well as keeping some anaerobic lactic and aerobic considerations as well. It is set up as a course that is 30 yards long and 15 yards wide. A blocking bag or pylon is placed at each corner of the course and for best results a coach is placed there as well (to ensure the drill is done with the effort required). See diagram below.

The drill requires all players to line up at one of the pylons (or split to two pylons if you have a large group of

over 30 players). They must do a very light jog on the outside of the course down the 30 yard long stretch as slow as they would like (no walking). Once they reach the end of the 30 yards they must turn and sprint maximally diagonally to the pylon kitty-corner from the one they were at through the inside of the course. Once they reach the other pylon they must turn and return to a light jog along the 30 yard stretch on the other side of the drill. Again, once they reach the end of the 30 yard stretch they turn diagonally and sprint to the kitty corner pylon.

This activity is repeated over and over during a 5-minute period. It is meant to simulate a "drive" or period of time when a player's offensive or defensive platoon is required to be on the field. The distances between the pylons help recreate the time frame needed as most players take between 4-5 seconds to get between the pylons at a maximal rate in the interior of the course and 20-30 seconds to slowly (very slowly!) jog up the exterior of the course. This provides a 1:4 to 1:6 work-relief ratio which is higher than the 1:3 to 1:4 ratio prescribed for short high intensity interval training (Foss and Keteyian, 1998), but since there is no complete cessation of activity the ability for the heart rate to drop significantly between sets (recommended to between 120-140 beats per minute by Foss and Keteyian, 1998) the athlete would need more time anyways to ensure that they are physiologically ready for the next sprint. It also has the sport specific benefit of forcing the players to keep their heads up and be looking while in the interior portion of the course since as the players spread out during the drill there is a chance of collision as the sprint from pylon to pylon in the interior of the drill.

It can be argued that the 20-30 seconds spent on the exterior of the drill doing a slow jog is not truly "rest" since the players are still in motion, however an observation of the "rest" period between plays in football shows that the players are only motionless in the huddle for about 5-10 seconds of that period. The majority of the "rest" period is spent jogging in and out of the huddle, so in effect there is no true "rest" period.

The Research

The purpose of this paper is to validate the need to focus more on the anaerobic alactic conditioning provided by the Iron Cross during conditioning for football more so than the other two energy systems. In a study conducted by Willford, et. al. in 1994, comparisons were made between successful high school football players and previous studies done on college and professional players in the areas of physical and performance characteristics.

Although much has changed over the years since that time in the type of activities used to test the athletes, the areas of testing such as strength, power, body composition, metabolic values, and flexibility remain consistent as the "unique characteristics that enable [players] to excel in their sport [football]" (Willford et. al 1994).

In the area of metabolic values, to look at the energy systems contribution to the activity a treadmill test was used that "was terminated when the subject reached volatile exhaustion and achieved two of the following three criteria: a peaking and leveling of Vo.sub.2 at greater work rates, a plateau of heart rates within 10 beats of age-

predicted maximum, and the respiratory exchange ratio exceeding 1.0" (Willford et. al. 1994).

In looking at the results Willford et. al (1994) determined that "[m]aximal oxygen consumption rates have been characterized as the weak link in the profiles of football players" and while the mean values of the football players were higher than those of sedentary students they were much lower than those from other groups of endurance athletes. They concluded that "[b]ecause football players participate in an anaerobic sport, it is apparent that high (Vo.sub.2) max. values are not necessary for optimal performance." As well they concluded that "[c]ontroversy exists over whether the high (Vo.sub.2) max values can increase recovery time and performance rate in sports that are primarily anaerobic in nature. The need for high (Vo.sub.2) max values has not been established for football players at any level." This is further validated by Foss and Keteyian (1998) who measured the peak VO_2 of a National Football League runningback (who many regard as one of the best of all time) and found that his peak of 45.2 mL/kg-1/min.-1 was consistent for an average man in his 20's which is fine but not exactly an indicator of peak physical fitness as "average" men are not expected to lead the NFL in rushing. In their study of NFL linemen the values were found to be lower than that.

Although the need to be stronger, faster and more flexible was a huge part of continuing in the sport of football beyond high school, when compared to players at the collegiate and professional levels, Willford et. al (1994) concluded that "[c]ardiovascular fitness was one variable that did not increase as the level of performance or age increased." These findings seem inconsistent with the concept "that energy is derived from each of the energy-producing pathways during almost all exercise activities" (Gastin 2001), however they concluded their finding in this area by stating that "[c]learly more research may be needed to ascertain the significance of ($\text{Vo}_2\text{.sub.2}$) max in the area of football performance".

Comparatively, in a study done on elite senior wrestlers (Yoon, 2002) it was found that "[a]erobic capacity is one of the most important physical factors to achieve good results in wrestling competitions." When you consider that the current international competitions feature two three-minute rounds with a 30-second rest in between it makes sense that the aerobic energy system is key. In football, "world class neuromuscular coordination, timing, quickness, speed, and explosive power" (Foss and Keteyian, 1998) are the key training considerations and they all deal with anaerobic energy system as the primary source of fuel.

In the future the Iron Cross can be adapted to simulate the varied conditions in a football game more closely. In a study of two National Football League teams during the 1991-1992 playoffs Plisk & Gambetta (1997, from Hoffman, 2002) reported that the teams ran an average of 5.3 to 5.6 plays a series with the plays lasting and average of 5.49 seconds (ranging from 1.87 to 12.88) with an average rest period of 26.9 to 36.4 seconds per play. Out of that Plisk & Gambetta (1997, from Hoffman, 2002) suggested that in training for these variables a team could "incorporate both successful (sets of 10 plays or

more) and unsuccessful (sets of 4-5 plays) series." Thus, instead of the set 5-minute time frame between breaks in the Iron Cross, shorter and longer time periods could be used to simulate the game conditions more closely.

Conclusion

To each sport be true. A popular lesson in the old NCCP Theory presentations was that you should try to simulate game-like conditions as much as possible. This goes for energy system training as well. In the Iron Cross we have a course laid out to mimic the time frame of high intensity activity as well as work-rest ratio in the sport of football. It is designed to train the anaerobic alactic system primarily and replace the long duration endurance type conditioning exercises, as based on the study by Willford, et. al (1994) aerobic power is not necessary for "optimal performance in football".

A more thorough investigation of this concept might turn up different results but for the purposes of this study the usage of the Iron Cross in the training of high school football players seems validated as allowing the football player to have "specificity of training" (Foss and Keteyian, 1998) necessary for what their energy system needs are in competition.

References

Foss, M.L. & Keteyian, S.J. (1998). Fox's Physiological Basis for Exercise and Sport, Sixth Edition, Boston, Mass., USA, McGraw-Hill, pages 286 and 297.

Gastin, P.B. (2001). Energy System Interaction and Relative Contribution During Maximal Exercise, Sports Med 2001, 31 (10), 725-741

Hoffman, J. (2002). Physiological Aspects of Sport Training and Performance. Champaign, Ill., USA, Human Kinetics Publishers Inc. pgs. 95-98

Syrotuik, D.G. (1999). Training Programs to Meet the Energy Demands of Football. Presented to the Football Canada Level IV, Session "A" in Ottawa, ON, March 25-28, 1999.

Willford, H.N, Kirkpatrick, J., Scharff-Olson, M., Blessing, D.L., Wang, N.Z. (1994). Physical and Performance Characteristics of Successful High School Football Players, The American Journal of Sport Medicine, Nov.-Dec. 1994, 22 (6), 859-863

Wilkins, H.A, Petersen, S.R., Quinney, H.A. (1991). Time-Motion Analysis of and Heart Rate Responses to Amateur Ice Hockey Officiating. Canadian Journal of Sport Science, 16 (4), 302-307.

Yoon, J. (2002). Physiological Profiles of Elite Senior Wrestlers. Sports Med 2002, 32 (4), 225-233

BANTAM/PEE-WEE

Proposed Provincial Playoffs for Minor Football in 2005

The following are tentative dates for the 2005 Minor Football Provincial Playoffs as of Football Alberta's Planning Meeting on December 4, 2004.

Saturday, October 29

League Championships:

Prairie Thunder Bantam, Central Alberta Bantam, and Grande Prairie Minor

Saturday, November 5

League Championships

Capital District Bantam, Capital District Pee-Wee, Calgary Bantam, Calgary Pee-Wee, Prairie Thunder Pee-Wee, Medicine Hat Pee-Wee and Southern Alberta Minor

Provincial Bantam Quarterfinals:

Tier II

Grande Prairie at Prairie Thunder "A" Champ

Tier III

Prairie Thunder "B" Champ at Central Alberta Champ

Provincial Atom Final

Capital District #1 vs. Capital District #2

Saturday, November 12

Provincial Bantam Semi-Finals

Tier I

Southern Alberta "A" at Capital District "A"

Tier II

Capital District "B" at G.P./Prairie Thunder "A" Winner

Southern Alberta "B" at Calgary "B"

Tier III

Capital District "C" at Prairie Thunder "B"/Central Winner

Southern Alberta "C" at Calgary "C"

Provincial Pee-Wee Semi-Finals

Tier I

Southern Alberta at Capital District "A"

Tier II

Capital District "B" at Prairie Thunder

Medicine Hat at Calgary "B"

Saturday, November 19

Provincial Bantam Finals

Tier I - Semi Winner at Calgary "A"

Tier II - at North Winner

Tier III - at North Winner

Provincial Pee-Wee Finals

Tier I - Semi-Winner at Calgary "A"

Tier II - at South Winner