



www.edmontonseahawks.com

August 2011 Newsletter

EXECUTIVE MEMBERS

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780-456-1941

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780-758-9967

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780-637-4950

Treasurer
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780-457-7593

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Mirella Horner
780-478-3305

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Vacant

Registrar
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780-453-3193

**Communications/
Capital Projects**
Nick Schmidt
780-298-2501

Equipment
Doug Trendall
780-299-4042

Please remember that all of our staff and Executive are volunteers; treat them with respect.

GAME TIME - SCHEDULES POSTED!

Schedules have been posted for the season on the league site (www.cdmfa.com).

We have been asked by the league to advise all parents to check this site regularly and in particular, as close to game day as possible to ensure that any last minute changes are not missed.

Please ensure your player is dressed and ready to take the field one hour before game time. It is very important that we have this time so that: (1) players can stretch and warm-up before playing to prevent injury; (2) coaches have an opportunity to complete player line-ups; and (3) equipment or other issues can be dealt with.

Players are required to notify their Head Coach/Team Manager prior to being absent from a practice or game.



CELEBRATION A SUCCESS!

A big THANK YOU to all our Seahawk volunteers, friends, and families who attended the Canada Day Celebration at Castle Downs District Park on July 1st.

A special THANK YOU goes out to Tony (Store Manager) and Sobey's located at 15367 Castledowns Road (Beaumaris) for their very generous concession donations. This fundraiser was a huge success in large part because of their generosity and support of our community minor football organization. Mother Nature co-operated once again providing us with plenty of sunshine making this year's Birthday bash well-attended and fun for all! HAPPY BIRTHDAY CANADA!

Monies raised from this and other fundraisers will be used to fund our year-end banquet.



SMOKING

The N.E.M.F.A. recognizes that it is important that parents attend our practices and we encourage it. That being said, however, to comply with City Bylaws and School Regulations we ask that all parents and spectators restrict smoking to areas outside the chain-link fences.

No smoking is permitted on school property at all.

It is the belief of the N.E.M.F.A. that, as an athletic organization for minors, we do everything within reason to ensure we provide safe, healthy programs for the children of our community - our children.

For the sake of everyone's health and enjoyment, we ask (and thank you) for your co-operation in this regard.

SALUTE TO AMATEUR FOOTBALL

Every year the Edmonton Eskimos Football Club, in coordination with Football Alberta, invites teams of the CDMFA to attend a football game in honor of amateur football. The cost is borne by the individual teams.

This year amateur teams have been invited to attend (as guests of the Eskimos), the Edmonton Eskimos vs. Montreal Alouettes game on Friday, September 23rd at Commonwealth Stadium.

Tickets have been ordered for all levels of our organization so mark this date in your calendars and stay tuned for details.

STAFF



ATOM

Head Coach – Darren Marchesi
780-203-5555

Team Managers – Chantal Chinni
780-970-1654 and Melanie
Makowecki 780-633-7780

Coaches

Doug Trendall, Miles Pederson,
Ambrose Cardinal-Dubitski,
Sam Cross, Jordan Empey,
Braidan Hanna

Trainer

Brenda Newman



PEEWEE

Head Coach – Mike Long
780-457-1062

Team Manager – Mirella Horner
780-478-3305

Coaches

Paul Horner, Jay Chaba, Scott
Staples, Norm Neumann, Jordan
Yuskow, Christian Moell

Trainer



BANTAM

Head Coach – Paul Griffiths
780-758-9967

Team Manager – Eddie Yehia
780-233-2549

Coaches

Corey Creese, Dallas Mix, Jeff
Miles, Stefen Anthony, Brent
Melnik, Tony Flath

Trainer

Irene Simpson



MERCHANDISE REP:

Vacant – Please see Mirella Horner

GREEN & GOLD TAKE A BREAK

Despite his loyalty being with the *wrong* team, Peewee Head Coach, Mike Long, stored-away his green & white jersey to don affection for our green & gold! Please join me in thanking Mike Long for arranging a visit from our very own Edmonton Eskimos at practice on Thurs., August 18th. Unfortunately, Mother Nature wasn't so giving and decided to rain on our parade; but that didn't stop our players from showing the pros what they are made of!

A big thank you to EE players, Samuel Fournier and Derek Schiavone for their time and knowledge – it was greatly appreciated by all!



#28 Samuel Fournier – FB

Non-Import
College Laval
Height 6.00 Weight 230
Born 1986-01-28
Lacolle, QC
Years Playing 2 CFL / 2 Edmonton



#17 Derek Schiavone - P/K

Non-Import
College Western Ontario
Height 6.00 Weight 190
Born 1985-05-09
Fort Erie, ON
Years Playing 4 CFL / 4 Edmonton

WEBSITES TO REMEMBER:

North Edmonton Minor Football Association (NEMFA) – for Board and staff member information, handouts, news, rosters, schedules, scores, Official Rules, Policy and Procedures Manual; and Bylaws: www.edmontonseahawks.com

Capital District Minor Football Association (CDMFA) – for league information and standings, game schedules and changes, game results, fields – maps/directions, etc.: www.cdmfa.com



NEXT HOME GAME – LABOR DAY REMATCH!

Calgary @ Edmonton
Friday, September 9th at 7:00 p.m.

GO ESKS GO!

Remember, just show your Edmonton Eskimo game ticket and you're on Park 'n Ride, LRT, or regular transit service two hours before and after game time...FREE!

COACH ADMITS TO MOONLIGHTING

Peewee Head Coach, Mike Long, has recently revealed that he has been putting pen to paper and writing some stories for an online CFL football blog. He is covering our very own Edmonton Eskimos and his yarns can be found at www.noyards.com

**CITY OF EDMONTON FIELD WEATHER
STATUS:**

Go to the Edmonton Seahawks website:
www.edmontonseahawks.com and click on the
link at the top of the page OR call
780-496-4999 and press "1"

RULES, RULES, RULES

With our game schedule now in sight, we would like to remind you of the following (particular) Rules and Regulations for sports facilities:

- ✘ NO sunflower seeds, pumpkin seeds, shelled pistachios or shelled peanuts allowed anywhere on the premises;
- ✘ NO food or drinks (other than water) on turf fields. This rule applies to *everyone* including coaches and staff;
- ✘ NO one except registered/insured players and staff are allowed on playing fields. In case of injuries, a staff member will seek out the parent(s) in question and escort him/her to the field but only after clearance from the officials.

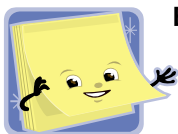
As indicated in previous handouts, please send your child with WATER ONLY (and plenty of it).

Thank you for your co-operation!



A Lost and Found box has been set-up at our Seahawk office. Clothing or personal effects (not labelled) which are left behind at fields after practices/games and are collected by staff will be held here until they are claimed. Any items remaining unclaimed at the end of the season will be donated to Goodwill.

Please remember to label your player's clothing and belongings. Thank you!



BANTAM REMINDER...if you haven't done so already, please remember to provide your Team Manager, Eddie Yehia, with a copy of the page of your report card which shows which grade you will be attending in September, as soon as possible. Thank you!



Although research indicates Gatorade beverages and the like are intended for consumption during physically active occasions and are formulated to rehydrate and replenish fluid, carbohydrates and electrolytes (and which are not harmful to consume), the North Edmonton Minor Football Association has taken the position that only water is permitted for the few hours that we have the players for practices and games.

Research also indicates that most (if not all) children do not drink the required amount of water per day (6-8 glasses/1.5-2 liters per day) and in athletic children, this leads to cramping, headaches, irritability, tiredness and lack of concentration – all symptoms of dehydration.

Our reasoning for this decision therefore, is three-fold: Firstly, get children to ingest more water; secondly, players at this level don't exert/sweat enough to warrant those drinks; and thirdly, the only drink allowed on turf fields is water. The latter applies to all staff taking the field including trainers, coaches and managers.

Therefore, we would ask that you ensure your child brings only water (and lots of it) to football practices/games. Players caught with Gatorade-type drinks will have them taken away until the end of practice.

***Please do not confuse Gatorade-type drinks with "Energy" drinks. Energy drinks (Red Bull, Monster, Rock Star, etc.) are a completely different story (they contain high levels of caffeine and do not hydrate) and should NOT be consumed by minors, period.*

Drink water regularly * Water is a calorie-free way to quench your thirst * Drink more water in hot weather or when you are very active.

FOOTBALL QUOTE

"If you can believe it, the mind can achieve it."

Ronnie Lott, San Francisco 49ers
Cornerback/Safety

SPONSORS:



12711 – 97 Street, Edmonton



15802–116 Avenue, Edmonton



10845–195 Avenue, Edmonton

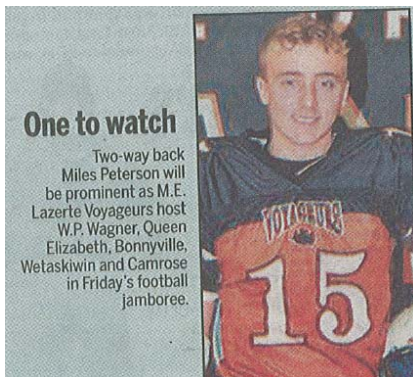


15367 Castledowns Road (Beaumaris)

ONE OF OUR OWN ~ ONE TO WATCH!

2011 Graduating Midget Player, **MILES PEDERSON**, makes The Edmonton Sun!

Miles was featured in John Short's "School Scene" in the Sports section of the paper on Wed., August 24th as "One to watch". Here is the story for those of you who missed it:



Well, Mr. Short, you got it right...Miles *is* one to watch! Miles has enjoyed a very successful minor football career with the Seahawks – in the last 2 years as a Midget he was a Captain, in 2010 he was named Most Dedicated player and earlier this year was named MVP by his coaches and peers. Miles is giving back to the Seahawks too – he is sharing his knowledge

and love of football with Atom players as a Positional Coach this year.

Congratulations Miles; good luck with your High School season and when you get the chance look up in the stands because your Seahawk family *will* be watching you!

KIDS CORNER

Find the words about **Football Positions** in the football word search grid. The words can be forwards, backwards, up, down, or diagonal. Circle each letter separately as some letters on the grid are used in more than one word. **When the Football Positions Word Search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting football fact.**

Football Positions Word Search Puzzle

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A K W Q U K C A B F L A H A R
T L I N E B A C K E R E R B T
A C D C K R E C E I U V E K I
S T E E K C A B R E N R O C G
H E R S L E N A M E N I L A H
N A E P T K R K H K I E N B T
S T C O S D C C C E N T E R E
R S E R E N S A I T G T O E N
E A I R E E B B T U B N F T D
V N V I N T G L B A A C L R K
I T E H O I N L R O C W A A S
E T R L O L A U R E K U N U C
C E S I V P E F P R G O K Q R
E R U N S S A F E T Y W E I T
R E P P A N S G N O L H R I T
    
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FOOTBALL POSITIONS WORD LIST

- | | |
|--------------|---------------|
| CENTER | PUNTER |
| CORNERBACK | QUARTERBACK |
| FLANKER | RECEIVERS |
| FULLBACK | RUNNING BACK |
| GUARD | SAFETY |
| HALFBACK | SLOTBACK |
| KICKER | SPLIT END |
| LINEBACKER | TACKLE |
| LINEMAN | TIGHT END |
| LONG SNAPPER | WIDE RECEIVER |