



Get Involved Fall 2019

Warriors proud of their program

BY KARA KINNA

The Esterhazy Warriors high school football team is starting its fall season, and head coach and GM Tyler Metz says the team is looking forward to another great year, and welcomes new players, and any volunteers who would like to be a part of their organization.

The Warriors are under the umbrella of Football Saskatchewan as well as the Good Spirit School Division, and the teams consist of players from Esterhazy, Langenburg, Churchbridge, Stockholm, and surrounding areas.

There is both a spring and fall program each year.

"We run a high school program in the fall for Grades 7-9 in our Junior program and Grades 9-12 in our Senior program," says Coach Metz.

"In spring we participate in minor football, which is under Football Saskatchewan. We participate in the Pee wee program which is Grades 5-6.

"The Senior high school program in the fall is part of a league, and we play Foam Lake, Yorkton Sacred Heart, Broadview and Melville.

"We are a nine-man program, which is a very exciting type of football. As coaches we really, really enjoy it.

"In our Junior program we play Fort Qu'Appelle, Melville, and Moosomin. It's a four-team league.

"We encourage everybody to come out to participate—male, female, anyone. We are all inclusive, and the players and coaches and everybody involved basically has a good attitude and just wants to work hard, and it's about the kids on the field."

There are lots of kids interested in Warriors football, but Metz says they welcome new players with open arms, regardless of experience.

"Our numbers are good for both junior and senior. We will probably be up a few more in junior, however we always are looking for more players," he says.

"As a volunteer group, as a coaching staff, we put a lot of time and effort into this program. There is a lot of work that goes on behind the scenes in the off-season and during the season. It's almost a full-time job for some of the volunteers, and it's a labour of love, and we do it because—and I can't stress this enough—our ultimate goal is the kids on the field.

"We want them to be good football players, good teammates, and good people. They will learn life skills. It's not just football skills, which we love—it's our passion—but it's also a vehicle to help these young people in life.

"We want people if they are interested, and if there is something stopping them from coming to play, we'd really like to get the opportunity to talk to them, because we've heard it all, we've seen it all and we'll



Above: The Warriors playing a game at night on their field. Above right: The Warriors' equipment shed. Right: The field lit up at night.

teach them how to play.

"Something else to stress is we are a multi-town sponsored team. We take players from Langenburg, Churchbridge, Stockholm and Esterhazy and the surrounding area. That's a fairly recent thing. It gives opportunities to players in other towns that don't necessarily have a program. We've welcomed those players and parents and communities with open arms and they in turn have been phenomenal. They have become part of the program. I refer to our program as the Warrior program because it isn't just Esterhazy, it's those surrounding communities too, and we've become one big family and one big unit, and it's really nice to see.

Volunteers are welcome

"We want people who want to come and contribute and help the kids," he says.

"We are open to volunteers coming and helping, whether they are alumni, or just have an interest in football, or just have an interest in helping out. We could use help coaching, refing—we are really trying to find more refs—but also we welcome people to help with the management and administration.

"Our catch phrase is 'many hands make small work,' so we are really trying to get people specialized in certain areas, in administration, in the coaching, first responder, and our training. We have an announcer at every game, our refs are helping out. We want to get it to a point where it's a well-oiled machine and we are very organized, and we are working at that all the time to be better and better.

Football builds life skills

Metz says he sees a tremendous benefit to kids who play football.

"We see a lot of young people that maybe don't have a lot of confidence, and we've seen them blossom and learn and take on skills they never thought they could do," he says.

"And they often realize they can be a specialist. They don't necessarily have to be a star football player, but when they come out and they can be a specialist in their position, we see a lot of them succeed in that. And not only succeed, but excel in areas they never thought they could before.

"Teamwork is a big thing they learn. They learn to work with others, they learn to work with people that they don't necessarily get along with, and then all of a sudden they start getting along with them. They learn how to take direction from their coaching staff, they learn respect for each other, they learn respect for their coaches, and it also translates into school and at home.

"One speech we give right at the beginning of the year, and probably every second practice, is in order to be on this team you have to be a good person first."

Constant work on facilities

Metz says another thing the Warriors program is proud of is their facilities.

"We've spent a lot of time and effort on our infrastructure over the last decade," he says.

"We've got a very large trailer that holds all of our equipment. We put in a tower. We have a live announcer at the games. We've got lights, we've got new football uprights, and we've also got a new score-clock.

"And our latest and greatest achievement now is the football field, which is being redone. We are raising money for that and we are over halfway there. Local contractor Norenda Construction is doing the work and it looks phenomenal and we should be able to play on it our first home game on September 5.

"So we'd love to have the support from the local community to come out and see that home game."

Safety first

Metz stresses that safety is also a huge priority for the Warriors.

"There is a bit of a cloud



minimize that risk as much as possible.

"Ever since I've been involved—and this is my 15th season—every year we are working harder and harder to get the best equipment on the kids on the field all the time.

"We always go back to that, that this is about the kids on the field. So let's make sure they have the right training, let's make sure that they are physically and mentally prepared for the game, let's make sure that they are the safest they can be and have the best equipment on, and that they are ready and have the right attitude. We try to take care of them.

"And then we see the results. They are happy. We do everything we can to try to set them up for success."

How to get involved

Metz says anyone wanting more information on their program, or wanting to join the team, or to volunteer, can get in touch with him.

"I'm available 24/7," he says. "They can call me on my cell at 306-745-7743."

The Warriors also have a website and are on Facebook.

The full fall game schedule for the Junior and Senior teams can be found at www.esterhazywarriors.ca.

Esterhazy Warriors

Fall Football

JUNIOR & SENIOR PROGRAMS



If you want to play high school football this fall and you are between Grades 7-12, come on out and give it a try!

No experience necessary, all players welcome, both male and female!

CONTACT:

Tyler - GM/Head Coach 306-745-7743	Aaron - Assistant Manager 306-745-3501	Corine - Administration 306-740-8234
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Including players from the communities of:

- Esterhazy
- Langenburg
- Churchbridge
- Stockholm
- And surrounding areas!

Want to Get Involved?
COME VOLUNTEER WITH US!

We could use Coaches, Refs, and other team volunteers!

Check us out online at: www.esterhazywarriors.ca

JUNIOR AND SENIOR SCHEDULES AVAILABLE ONLINE

Get Involved Fall 2019

Why play tackle football?

BY JASON SCHENN

MOOSOMIN GENERALS GM
I have three kids ... two sons and a daughter that all play tackle football and have for several years. I also run the Generals program and was part of the initial founders to bring this sport back after a 32-year absence in the area.

I love the game. I love the life lessons it teaches. I love the positive impact our program has had on many players over the last eight seasons.

Like any parent, I also worry about the potential for injury to my own kids, their teammates and those they play.

Football today isn't what it was 10 years ago and that's a good thing. When I consider the benefits and weigh them against the risks, participation is well worth it.

Risk of injury is the number one reason some parents do not allow participation in tackle football but yet do allow participation in other sports that carry similar risks. The following three paragraphs talk a lot about injury and risk which is scary for some, but it is important that it is acknowledged and understood that there is a culture of mitigating the risk being constantly refined and executed in our program and the sport. Because it is not talked about does not mean it doesn't exist in other sports.

Tackle football is a rough, aggressive, physical sport. Similar to any sport where intentional or unintentional collisions between players happen, injury is possible. This is as true on the field as it is on the ice, in the ring, in the gym, on the playground and in the streets. The concerns are real, but it is possible to play an intensely physical contact sport and minimize the risk of injury. It comes down to sport governing bodies making changes to reduce risk through rules, and training programs for coaches as well as organizational attention to building a risk management culture. Teaching coaches and players safer techniques for contact and putting the players well-being first is paramount. Football Canada, Football Saskatchewan, and local programs like the Generals take this responsibility seriously and have constantly evolved to manage the appropriate levels of risk at each age group.

How do the Generals manage risk? Player safety is always the number one factor. We train our coaches and expect that Football Canada's Safe Contact program techniques are



The Moosomin Generals in action during a fall season RMFL game.

taught and executed at all age levels. Age appropriate, active risk mitigation is also a priority. In our younger groups (U10 and U12), contact is quite limited and done in a controlled environment. The focus is on fun and fundamentals. Similar size and skill matchups in practice that reinforce proper technique are key. In our Junior program we increase the compete level and complexity but still very much focus on fundamentals and controlled aggression. Head out of contact, eyes up and wrapping up are the focus in training. Completing the tackle properly is more important than "the big hit." In our Senior team and Girls' team, we do look for a higher level of compete. We play in leagues with a goal to succeed. Like the younger teams, the fundamentals and safe contact techniques are expected. Players are put in positions where they are challenged but can succeed and face the minimum amount of risk possible.

How are injuries managed? It is important to note that there is a difference between "hurt" and "injured." Bumps, bruises, scrapes and sore muscles are part of the territory that fall under "hurt." These do not limit participation. Structural damage to body parts falls into "injury," meaning you can't play until the injury is properly healed. Sprains, muscle tears, concussion and more rarely bone breaks are injuries. We watch for injuries and use our emergency response plan to guide coaches and trainers in various situations. Simply, injuries are generally managed by medical professionals.

They control the return to play based on the healing process. We take a more active role when it comes to concussions. Where a concussion is suspected, players are removed from play immediately and assessed and reassessed for symptoms. If symptoms persist, they do not return to from play and are instructed to see their doctor. We then utilize the recommended return to play protocols to ensure players recover properly.

Why play football? There are a great many reasons to participate—fun, teamwork, the thrill of competition, an outlet for aggression, physical fitness, the mental benefits of being part of a team and development of social skills are just a few of the benefits, but for me and many Generals Alumni that have been a part of our program, preparation for life after the game is the most valuable benefit.

Football is unique where you have a variety of positions on both sides of the ball that have specialized skills coming together to individually contribute to team success, much like any workplace anywhere in the world.

During practice, work ethic is developed, skills are built, leaders emerge and are developed. You work alongside people from different backgrounds and cultures to find common ground and achieve the common goal. Accountability, responsibility and commitment is taught. During games you apply what is taught and develop skills to adapt to change, overcome adversity and learn an important lesson that failure isn't fa-

tal, and success isn't permanent. The game itself is physical, mental and emotional. Developing skills to cope with the highest of highs, the lowest of lows and everything in between is also a part of a player's growth inside the game that transfers forward. The players have fun and play the game but learn so much more without realizing it at

the time.

Where do the girls fit in?

Female athletes have a fantastic opportunity ahead of them with the growth in women's football provincially, nationally and internationally. Each year new programs spring up across the country and are creating opportunities for female athletes to play a game once reserved for

male athletes only. Women and girls from all sport backgrounds are finding success in programs like the Generals at the youth level and at the WWCF level with teams like the Regina Riot, Saskatoon Valkyries, Manitoba Fearless and Football Canada National Teams. Some are finding success in NCAA and U-Sport programs as well.

Female players are welcome in all age groups, but we also have an exclusively female varsity age team for those that prefer to compete against other girls. This program is paving the way for future female athletes.

It is hard to distill down what this sport and our program is all about, but the bottom line is we are here for the kids whatever their ambitions are. Be it about recreation, competition, advancing to the next level or pursuing a dream of playing nationally, college and pro, we are here to support that and create those opportunities to play today.

Come out to practice to observe and see for yourself if this is the sport for you before you register. There is still time to get on a roster and be part of the Fall 2019 season!

Generals Fall Program Registration
Registration is open for Fall 2019 football programs. Visit www.generalsfootball.ca to register. Fees include all equipment (except cleats), insurances. Full details on the website or call/text Jason Schenn for more details (306) 434-7344. This is a Kidsport eligible program.

FALL PROGRAMS

<p>RMFL GENERALS</p> <p>Competitive Football for Gr. 9/10/11/12 players (male and female). Participates in the Rural Manitoba Football League and competes for provincial titles. Looking for committed, competitive multi-sport athletes. We will teach you how to play the game! Starts last week of August. Championship Game is Nov. 2, 2019.</p> <p>FEES: \$300</p>	<p>U10 (8 & 9 YEAR OLDS)</p> <p>Developmental, fun football for boys and girls. Focuses on fun and development. Participates in jamborees with Estevan, Weyburn and Moose Jaw. Starts last week of August, season wraps up by Thanksgiving.</p> <p>FEES: \$150</p>
<p>U15 (JUNIORS)</p> <p>Developmental/Competitive football for Gr. 7/8/9 players (male and female). Participates in the Parkland Junior Football League. Great introduction to the game with a moderate level of competition. Starts last week of August, season wraps up by Thanksgiving.</p> <p>FEES: \$300</p>	<p>VARSITY GIRLS (GR. 7-12)</p> <p>Competitive football for Girls only! Be part of the history making growth of women and girls' football in Sask. as our new league with Regina Victorias, Melville Vipers and Yorkton Lady Gridders takes the field! Girls' football is growing across the country and provincial/national programs are being developed. Looking for committed, competitive multi-sport athletes to be pioneers for the generations of female athletes to follow. We will teach you how to play the game! Starts last week of August, season wraps up by Thanksgiving.</p> <p>FEES: \$300</p>
<p>U12 (10 & 11 YEAR OLDS)</p> <p>Developmental, fun football for boys and girls. Focuses on fun and development. Now participates in the Moose Jaw Minor Football League 6 regular season games and playoffs.</p> <p>FEES: \$150</p>	

Look for the World-Spectator's full Get Involved feature later this fall! To book an ad for your club, organization or community group call 306-435-2445

NEW PLAYERS WELCOME IN ALL AGE GROUPS!

Register online at www.generalsfootball.ca or call/text Jason Schenn for details (306) 434-7344