

2018

**LIMESTONE DISTRICT GRENADIERS
FOOTBALL CLUB**



PLAYER INFORMATION PACKAGE

A message from the President...

Welcome to another year of Grenadiers Football.

Continuing the tradition of excellence, we are committed to strive, grow and be a positive part of the fabric in Belleville, Kingston and Brockville.

This information package is for both parents and athletes, from first year bantams to seventh-year veterans. I hope you will find it a helpful guide to the association's policies and procedures as we head into a new season.

The Limestone District Grenadiers Football Club is the only competitive AAA summer football Club in the Ontario Provincial Football League (OPFL). Our players come from Frontenac, Hastings, Lanark, Leeds, Lennox and Prince Edward counties. Our organization's continued success is thanks to our many volunteers.

In 2017, our Grenadier teams made some noise throughout the regular season and into the playoffs. Other 2017 highlights include:

- 12 senior varsity players joined Ontario University Athletics (OUA) and collegial ranks
- received the Association of the Year from the Ontario Football Alliance (OFA), the Provincial, Ontario's football governing body
- entered into a partnership with Queens University to play all home games at Richardson Stadium
- hosted the OPFL Championship
- hosted the Kingston Area Secondary School Athletic Association (KASSAA)
- donated 310 pounds of food and money to the Partners in Mission Food Bank as part of the Canadian Football League (CFL) tackle for hunger initiative.

The Board of the Grenadiers would like to thank you for supporting one of Canada's fastest growing youth sports by registering your athlete with the Grenadiers Football Club.

I wish you all the best in 2018. Have fun, make some new friends, and enjoy what the game of football has to offer. And welcome (back) to your extended football family.

Alexandra R Walsh

Alexandra Reyes-Walsh
Executive Director, Grenadiers Football

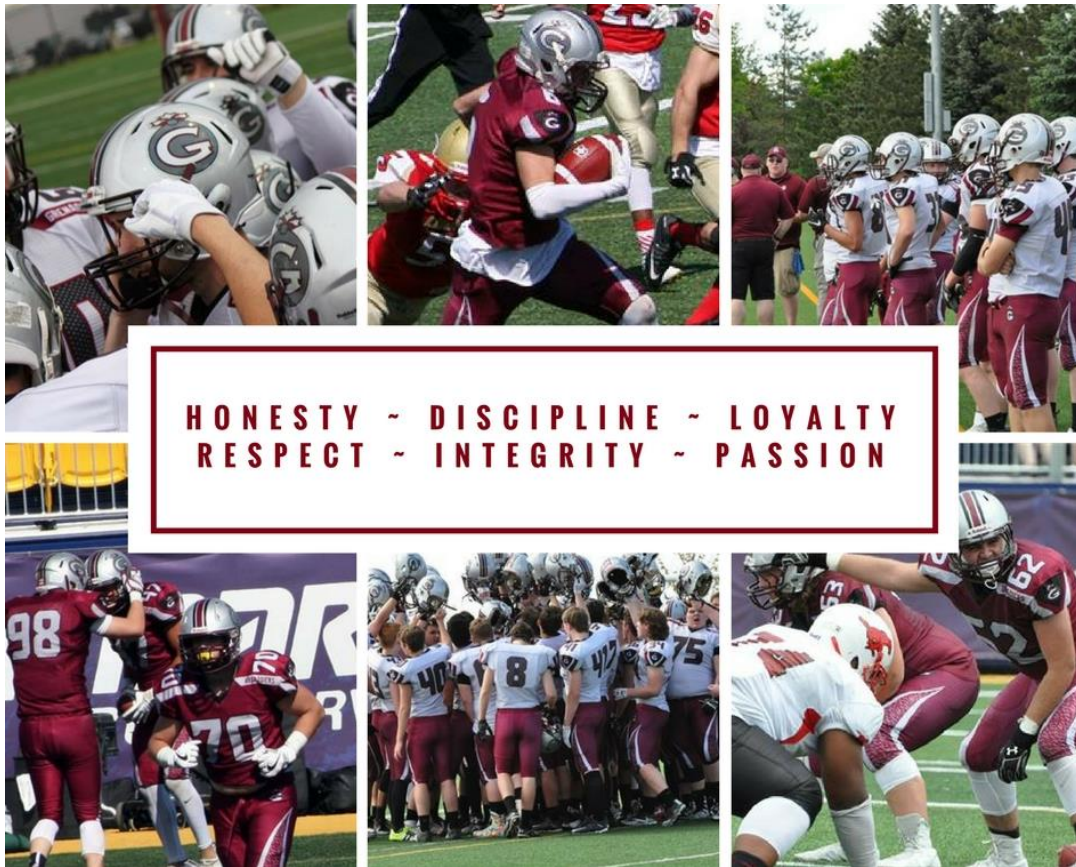
ABOUT THE GRENADIERS

The Limestone District Grenadiers Football Club offers competitive AAA summer football at the bantam, junior and senior varsity levels. Our players come from the areas of Frontenac, Hastings, Lanark, Leeds, Lennox and Prince Edward counties, and our teams travel within the Ontario Provincial Football League (OPFL).

The Grenadiers are a not-for-profit association overseen by a volunteer board of directors. Volunteer coaches lead these teams, and a dedicated group of parent volunteers' assist with game-day operations. Our volunteers are committed to three objectives: player safety; participation over competition; and education over performance. In addition to learning, playing and enjoying football, emphasis is placed on sportsmanship, self-discipline, teamwork, academic achievement and community involvement.

Sportsmanship, teamwork, honesty, responsibility and self-discipline are among the traits youth require to face the future with positive aspirations and confidence. We are committed to helping young athletes become teammates and leaders. Grenadier players will learn to both foster confidence and a sense of self-worth that extend beyond the gridiron and into the school, family and the community.

Our level of football is comparable to the Kingston Voyageurs in junior hockey and many graduating Grenadiers move on to play university football.



OUR COACHES

Rick Kelly, Head Coach: Senior Varsity



Coach Kelly is one of the original Grenadier coaches responsible for leading the inaugural team to a 2004 Provincial Championship. Rick has recently returned to Kingston from New Brunswick where he was the offensive coordinator for their Provincial team – winning the 2017 Spaulding Cup B-Division Championship. Coach Kelly brings 26 years' experience on the field, coaching over 50 teams with players ranging in age from 5 to 20 years. He holds several Football Canada certifications and is a five-year member of the Positive Coaching Alliance.

Dale Sands, Head Coach: Junior Varsity



This will be Coach Sands second year as head coach of the Junior Varsity program following four years in an assisting coaching role with both the senior varsity and junior teams. He also suited up for the KCVI Blues and was named twice to the city all-star teams both as a defensive back and wide receiver. Dale has also served as running back coach and offensive assistant at Frontenac SS for four years leading teams to KASSAA and OFSSAA Championships. Coach Sands' tireless work ethic and dedication to his players and preparation are invaluable assets to the junior squad.

Kaelan Fraser, Head Coach: Bantam



Coach Fraser played three years with the Grenadiers, from 2012-2015, finishing his final season as a Provincial league all-star. For the past three high school seasons he was first the offensive line coach, then the offensive coordinator at Centennial Secondary School in Belleville, contributing to two Bay of Quinte championships. He was also an offensive assistant for the bantam SWE Chargers for the past two seasons with the Belleville Minor Football League. Coach Fraser believes that football can be used to teach young men the value of hard work, loyalty, pride, honour, and teamwork, Coach Fraser resides in Belleville where he was born and raised playing 5 seasons of high school football for the Centennial Chargers winning 5 championships..

2018 PLAYER ELIGIBILITY

Ready to take your game to the next level? Then the Grenadiers want to see you on the field!

Division	Year Born	Division Descriptions
Bantam	2004, 2005	12 on 12 • 4 down football • 12 min quarters
Junior	2002, 2003	12 on 12 • 3 down football • 12 min quarters
Varsity	1999, 2000, 2001	12 on 12 • 3 down football • 15 min quarters

2018 SCHEDULE

Are you ready to experience the life of a Grenadier Varsity Athlete?

Winter Strength and Conditioning Camp

10-week camp starting in February 2018

Cost: \$169.50 (\$150 plus HST)

Location: TBD

Dates/Times: TBD

These sessions will start the second week of February and will run until early April. This program is optional but highly encouraged for all football athletes interested in preparing themselves for spring football try-outs. Training younger athletes has become more prevalent in recent years. This is especially true with contact sports like football, where the risk of injuries can be more frequent. Strength and conditioning training is important to help decrease the likelihood of injury among youth football players.

Each 60-minute session will consist of a combination of weight room training and focusing on physical literacy. Participants will utilize cutting edge sport science tools, and will receive individual testing utilizing force plates, jump mats and traditional strength and power assessment tools. Participants will run through specific warm up procedures, followed by technical work for core strength and power movements. Participants will learn movement preparation procedures, paired with speed, agility, quickness and hand eye coordination and conditioning work. Each session will be capped off with stability, flexibility, and mobility work along with recovery protocols based on the needs of the developing athlete. At the end of the camp, athletes will leave with a summary of the key movements covered along with testing results highlighting areas to continue their athletic development in and will be ready for Grenadiers try-outs and testing. Players selected to the 2018 Grenadiers Roster will have this fee discounted from their regular season fees.

The Grenadiers Winter Program will be developed and provided under the direction of Tim Cronk, and Nick Goodchild.



Nick Goodchild, Strength and Conditioning Coach, *FL Sports*.

Nick grew up in Kingston, playing competitive Hockey, Soccer and Football. After graduating high school he attended the University of Ottawa where he obtained his Bachelor's degree in Human Kinetics. He has returned to Queens University to obtain his Master's degree. Nick has been in the industry since 2010 coaching athletes at the CIS, NCAA, CFL and OHL levels as well as working with members of the Canadian Armed forces. Nick is currently the head strength and conditioning coach for the Grenadiers football program and oversees many of the youth athletic strength and conditioning programs at FL Sports. Nick believes in teaching functional movement patterns in order to achieve the highest performance outcomes for his clients.

Tim Cronk, Strength and Conditioning Coach, *The Iron King*

Tim has earned two degrees from Bishop's University, one in Criminology and the other in Kinesiology. A Grenadier Hall of Famer, Tim was a five year starter and captain for the Bishops Gaiters football team. In 2011 he signed as an undrafted free agent with the BC lions. During his CFL career he also played for the Saskatchewan Roughriders and the Winnipeg Blue Bombers. Now, as an owner/trainer at The Iron King, Tim offers a diverse training program that caters to young athletes looking to develop their explosive power, agility and overall strength and conditioning. Tim will help prepare our athletes mentally and physically to select the university of their choice and complete at Collegiate level.



Grenadiers Selection Try-outs

April 2018

Cost: \$56.50 (\$50.00 plus HST)

Location: TBD

Dates/Times: TBD

All athletes must register through the Limestone District Grenadiers Football Club website at www.gmen.ca prior to try-outs and with the 2018 National Registry to Football Canada and OFA at www.ontariofootball.ca. The cost for the National Registry is \$50.00 and must be paid online directly to the OFA.

The OPFL is a competitive AAA Provincial football league that provides football players an opportunity to compete at the highest level of youth football, develop their skills and gain experience under qualified and experienced coaches while attaining great quality game film that can be used to market them to the OUA and college scouts. To get selected into the Grenadiers Football Club you must attend try-outs. Our try-outs are designed for our coaching staff evaluate a player's talent and make an accurate scouting analysis.

All try-out times and locations will be communicated early in the new year and will be held over 2/3 weekends (3-hour sessions on both Saturdays and Sundays). Players will be evaluated in the short shuttle, broad jump and 40-yard dash and position drills. There will be Club representatives and our coaching staff available for any questions after the try-outs. Full equipment is required for try-outs.

Players that have a successful try-out will be offered an invitation to join the 2018 Grenadiers season.

Please feel free to contact our coaches at coaches@gmen.ca if you need more information. Please include the division (Bantam, Junior or Varsity) in the subject line.

Grenadiers 2018 Season

April to August 2018

Bantam Cost: \$565.00 (\$500.00 plus HST)

Junior and Senior Varsity Cost: \$734.50 (\$650.00 plus HST)

Note: players who attended the Winter Strength and Conditioning Camp will have the cost of the camp discounted from their season fees.

Location: Richardson Stadium

Dates/Times: TBD by the OPFL

Practices are held at Richardson Stadium and LCVI field for duration of the season. Practices are typically two to three times a week until season starts and then twice a week, Tuesday and Thursday, from 6 to 8 p.m. The offence often has an additional practice on Wednesday's.

The first league game is usually the weekend after the long weekend in May [we started the weekend before the long weekend this year?] and the Provincial Championship games are held the first weekend in August. Our schedule included an eight games schedule with a bye-week.

Home games will be played at Richardson Memorial Stadium and players travel by coach bus to all away game. Depending on the direction of travel the buses will stop along the 401 corridors (ie: Gananoque Thousand Island Casino, Brockville Days Inn, Belleville Walmart, Trenton Wooler Road). If your home is located in the direction of travel you are expected to board buses in Kingston in the Toys R Us parking lot.

Ontario Provincial Football League teams

Eastern Division: Kingston Grenadiers, Ottawa Sooners, Kanata Knights, Cumberland Panthers, Durham Dolphins, Mississauga Warriors and Burlington Stampede

Western Division: Essex Ravens, London Mustangs, Cambridge Lions, Guelph Gryphons, Hamilton T-Cats and Niagara Spears

EQUIPMENT

Players are provided full equipment and our certified equipment managers are at all practices and games to enhance player safety. Player are only responsible for their cleats, mouth guard and girdle. The club can provide a girdle at a cost of \$30.00 (while quantities last). Players with their own equipment must have our equipment manger inspect and approve the helmet and shoulder pads prior to use on the field.

Bantam uniforms are supplied to players from existing stock and remain the property of the Club.

Practice jerseys, pants, pads, shoulder pads and helmets are supplied for all players

New junior and senior varsity players and returning players moving up a division who would wish for a different jersey number must purchase a Rep Package which includes home and away game jerseys, game pants, socks, belt, travel polo and equipment bag. The cost of the Rep Package is \$282.50 (\$250.00 plus HST).

All returning players, who will not require a new rep package, must register by February 15 to retain their current jersey number. After that date, The Limestone District Grenadiers cannot guarantee any jersey number.

Why are we doing this? Uniforms are expensive and it does not make good economic sense to purchase uniforms year after year. By ensuring proper care of your uniform, you will be saving money in subsequent years as you will not have to purchase a new rep package. Returning players will also have the option to buy a single item to replace a lost or damage piece.

SUMMARY OF FEES

Football programs

Winter Strength and Conditioning Camp: \$150

Tryout Fees: \$50

Registration Fees Bantam: \$500

Registration Fees Junior and Senior: \$650*

** Players who attended the Winter Strength and Conditioning Camp will have the cost of the camp discounted from their season registration fees.*

Equipment deposit: \$500 by post-dated cheque. This cheque will not be cashed. It will be returned or destroyed at the end of the season once equipment is returned.

The Grenadiers organization is committed to keeping the cost of playing football affordable and providing great value for the money. Here is how fees are distributed:

- Players are provided with full equipment and practice uniforms
- Players enjoy an 8-12 games schedule over the summer in some of the best facilities in the Province
- Players travel by coach buses to and from away games
- Home games are played at Queen's University's Richardson Stadium
- Players have access to a certified trainer at all practices and games
- and more!



The player fees collected at registration account for approximately 70% of the per-player cost to run the Grenadiers. The rest must be made up through fundraising and sponsorship.

Volunteering and Fundraising

The full cost of team expenses is not covered by the Player Registration Fees. As a result, all players/families are asked to contribute to ensure the level of service and operation of the Football Club is shared as equally as possible among its membership.

Volunteer Commitment: Each family will be required to complete four hours of volunteer service during the course of the 2018 season. A bond of \$100 post-dated cheque will be collected at your athlete's equipment fitting and returned to you with your equipment deposit if the Volunteer Coordinator recorded it complete. Volunteer hours can be completed by yourself, a family member, friend or your player. The Grenadiers would rather have your time than your money. However if your personal schedule does not allow you to commit these hours please advise us and we can forfeit your bond immediately and take you off our volunteer list.

Volunteer duties can range from club Bingos, to game day 50/50 draws, canteen hours, gate ticket taker, clean up days, expertise in your professional life – are you photographer, videographer, graphic artist, chef and more. Let us know what expertise and personal connections you can bring to the Club.

Fundraising Commitment: Each family will be required to participate in our fundraising efforts during the 2018 season. A bond of \$150 post-dated cheque will be collected at your athlete's equipment fitting and returned with your equipment deposit if the Volunteer Coordinator recorded it complete. We are currently working on our fundraising strategy and more details will follow.

FINANCIAL ASSISTANCE

Canadian Tire Jumpstart is a national charitable program that helps financially disadvantaged kids participate in organized sport and recreation. We help cover registration, equipment and/or transportation costs up to \$300 per year, per child. More information at www.jumpstart.canadiantire.ca

KidSport helps local kids overcome social and economic barriers, which have prevented or limited their participation in sport, through issuance of registration fee and/or equipment grants. More information at www.kidsportcanada.ca

The Dreamcatcher Foundation is designated to provide support and address situations unique to the First Nations community. The foundation will provide grants in the areas of arts and culture, educational supports, health support, and sports recreation. More information at www.dcfund.ca

P.R.O. Kids allows children to access only one activity each season. The service is for children and teens who are not currently participating in other paid recreation programs and is not intended to supplement participation in more than one activity at a time. P.R.O. Kids links Kingston children and youth aged 0-18 lacking sufficient financial resources with partnering sport, culture, arts and recreation organizations. P.R.O. Kids supports each child to a maximum of \$300 per year. Non-residents of Kingston are advised to contact their appropriate municipal offices for information on similar programs that might be available. More information available at www.cityofkingston.ca/residents/community-services/municipal-fee-assistance

Children's Charity Foundation Belleville is an autonomous organization governed by its own Board of Directors. They are the charitable arm of Highland Shores Children's Aid. Their programs & services aim to educate and inspire our community to effect change and to bring people and financial resources together to improve the quality of life for children and youth who are at risk. They support programs in the community at large as well as within the HSCA all toward the common goal of improving the quality of life for children and youth in our communities. More information is available at www.thechildrensfoundation.ca (Program: Playing for Keeps)

#GrensNation That's us, offers a multi-player family discount. Families with two or more players receive a 20% discount off their registration fees. **We also offer** graduating 1999 players who have already played at least 1 senior varsity season with the Limestone District Grenadiers Football Club a \$200 discount on their registration fees.

Corporate sponsorship: If your corporation is interested in sponsor a player who requires financial assistance please contact info@gmen.ca

Still need assistance: If you let us know early enough and are willing to commit to a plan, we can work with you through our many resources to assist you in paying your fees. We are experienced in working with families and players to break down obstacles to achieve a player's highest potential. This is the cornerstone of our mission statement.

You want to play? Commit to us and we will commit to you!

But don't take it from us...

"I have been a Grens for 4 years. I found that the greatest benefit of participating in Varsity football has been the bond it created. My teammates are now some of my best friends and I think the fact that we laughed, sweat, won and lost together made our bond even greater. I'm proud to be part of Grens."

"I like football because of the teamwork, the excitement, and the mental part of the game. That is what makes football so much fun to play and watch."



"The atmosphere of game day and the energy in the locker room just gives you a rush of adrenaline and reminds you of why you love the game."

"I enjoyed playing football because the coaches and players all came together as a family and made playing football fun."

STAY IN TOUCH AND STAY INFORMED



www.GMen.ca



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Coaches

Coaches email: coaches@gmen.ca



Gmen_football

Registrations will open for the 2018 season on January 1, 2018

www.GMen.ca