



# GRIFFINS FOOTBALL

est. 2010

Hello Griffins Nation!!!

Thank you for your interest in the Eric Hamber Griffins Football Program! Our program started in 2010 and we competed in BC High School Football leagues for 10 seasons. We are proud of the opportunities we have provided for our student-athletes and have enjoyed being part of their journeys.

Student-Athletes from our program have gone on to play post-secondary football in both the BC Junior Football League and at Canadian Universities. Our alumni have gone on to graduate from post-secondary educational programs with various certificates and diplomas, Red Seal Certificates in the trades, as well as Bachelors, Masters, and Doctoral degrees from university. Most importantly, players from our program have gone forward in their lives with good work ethic, the knowledge and ability to be part of a team, and with kindness and respect for those around them.

Football is a lot of fun, but it requires hard work. Outlined below, you'll find information about how we operate and what to expect when you become part of the Griffins Football Family!

## **TEAM FEES - \$300**

All protective equipment, uniforms, medical supplies, footballs, field equipment, training supplies, referees, transportation, coach training & certification, and insurance are paid for by the team entirely through collected team fees and donations. Because of the costs associated with operating a football program, fees must be collected. Coaches/sponsors/medical personnel with the team do not receive any monetary compensation for their time.

Team fees include access to all equipment listed below, transportation to & from games away from the school, registration costs, insurance, & all training opportunities. 100% of this fee is spent on the program.

A **\$100 deposit** needs to be paid at the time of registration.

*No student-athlete will be denied participation because of an inability to pay team fees. Scholarship options may be available, contact Coach Gibson for assistance*

## **TEAM PERSONNEL**

Every person involved with our program is a volunteer and receives no compensation for their time – this includes all teachers/VSB employees and members of the community. All our coaches, managers, trainers, physiotherapists, etc. invest a lot of time striving to provide a high-quality program that is safe, enjoyable, and competitive for everyone involved. We challenge our athletes to match or exceed this level of commitment.

## **EQUIPMENT**

All equipment and uniforms are the property of the Eric Hamber Griffins Football Program and made available for use to our players. The equipment must be returned at the end of every season, but players may borrow team equipment for use in camps during the off-season.

Every effort is made to ensure all equipment is in good working order prior to being given out to players.

Individual player equipment provided to players includes: helmet, shoulder pads, game and practice uniforms (pants, jersey), and all leg pads. Each player also receives their own mouthguard and a team t-shirt to keep.

Additional personal equipment players provide for themselves include: cleats, undergarments, gloves, visors (must be 100% transparent with zero tint or reflection) or any other personal effects – please note that all supplemental equipment must be approved by the school, team, BC High School Football, and BC School Sports.

## **TIME COMMITMENT**

Unless otherwise indicated, attendance at any team function/event is expected. If players are unable to attend, please try to communicate this with coaches in advance. Because we share practice facilities, & our game schedule is dictated to us, we ask that every effort be made to arrange other activities to accommodate football as our schedule is unfortunately very inflexible.

However, we believe our players should have a broad experience and we do everything to accommodate our players as they explore other endeavours.

We do encourage our players to be involved in multiple activities. If any player has commitments

### **OFF-SEASON (JANUARY THROUGH JUNE) – TWICE PER WEEK**

**Optional and recommended**, but not mandatory.

We offer group training sessions for all players on average twice per week where we strive to teach our players how to train safely and efficiently as we prepare for the upcoming season. Previous sessions have included football specific skill sessions, strength training, speed training, mobility and injury prevention, and Olympic lifts.

These sessions may be facilitated by our coaches or others with expertise from the community, with our coaches in attendance.

### **SPRING – LATE MAY/EARLY JUNE – 1 WEEK SPRING CAMP**

#### **Necessary to develop our program & strongly recommended.**

One full week of practices with full equipment every day after school culminating in a scrimmage or jamboree with another program/multiple programs. These practices may include joint practices with another program and/or guest coaches.

### **SUMMER – JULY/AUGUST – AS SCHEDULED**

#### **Optional & recommended, but not mandatory.**

We typically offer group training sessions throughout the summer. Past experiences for our athletes have included strength training, speed training, mobility & injury prevention training, “Beach Club” workouts, and football specific skill sessions.

Throughout the summer, our *Team Leaders* will often facilitate informal team practices to help build strong relationships between players and to prepare for the season. These sessions are organized by the players themselves and are not officially recognized as team activities.

Summer sessions may be facilitated by our coaches or others with expertise from the community with our coaches in attendance.

### **SUMMER CAMP – AUGUST/SEPTEMBER – TWICE A DAY PRACTICES**

Our season starts the Monday before Labour Day. We use this time to build team connections, learn and re-learn football specific skills, and physically prepare for the season. Hosted by the Vancouver Meralomas in their clubhouse, we hold most of our *Summer Camp* at Connaught Park.

During this week, players receive their equipment and coaches look to finalize initial depth charts and playbooks.

### **SEASON – SEPTEMBER THROUGH NOVEMBER – 5 DAYS A WEEK**

In season, we have team functions usually 5 days every week. These team functions could include on field practice, training sessions, “study hall”, team meetings, and games. Games are held on Friday or Saturday, with the complete season schedule being distributed prior to the end of June.

## **PLAYER SAFETY**

Player safety is our top concern and informs all we do at practice, in training sessions, and during games. We strive to teach and coach our players in a manner that allows them to participate in this great game as safely as possible while recognizing this is a collision sport and injuries can happen.

Coaches all receive training of *Safe Contact* techniques, and we ensure that we have training personnel at every game and as many practices as possible. We also offer year-round training opportunities to allow our players to build the necessary physical literacy skills & strength to compete safely and effectively.

### **SAFETY PERSONNEL**

In the past, our training staff have included our coaches (who have received training), Athletic Therapists, and Physiotherapists (also strictly as volunteers).

All coaches and safety staff will always choose player safety first, and we believe in a conservative approach to re-entering practice/games while working in consultation with relevant health-care professionals.

### **LIMITED PARTICIPATION FOR PLAYER SAFETY**

Football Canada, at their 2016 Competition review, issued guidelines regarding limitations to contact and competition for players. These recommendations are in place with the aim of reducing the incidences of contact and potential for injury. Within these recommendations is the mandate that all **players may only compete with one (1) football team in any given season**. As a result, all members of the Eric Hamber Griffins Football Program may only compete with our program.

### **BEYOND THE FIELD**

We remind all our players that they are Student-Athletes, and that the “student” comes first. All our coaches take on a mentorship role with our players and we pride ourselves in providing opportunities for the holistic development of our student-athletes. Some of the “off-field” opportunities we have provided for our team in the past include:

- *Leadership experiences* coaching flag football at our feeder elementary schools or with our grade 8 spring teams
- *Study Hall* – throughout the season (after the first couple weeks), one of our weekly on-field practices is replaced by classroom time to complete homework, get ahead of work they might miss for games, or tutoring opportunities (where our players are both providing and receiving support with their teammates). These sessions are supervised by an Eric Hamber teacher and managed by our team leaders.
- *Academic tutoring* – we have arranged for tutors to work specifically with players who need support in specific subject areas.
- *Volunteer opportunities* – this has included team activities designed as fundraisers (“Cheer Squad” at the BMO Vancouver Marathon, selling programs at BC Lions games), and as experiences within the greater Eric Hamber community.

Football is an amazing game because of the people in our community and we look forward to seeing you on the field!

Coach Gibson is our Head Coach and is a teacher at Eric Hamber. Any questions about the program or financial assistance can be directed to him:

Bobby Gibson  
604-713-8927 (phone number at Eric Hamber)  
[bgibson@vsb.bc.ca](mailto:bgibson@vsb.bc.ca)

## **GO GRIFFINS GO!**