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La version française du "First and Ten" va suivre chaque version anglaise. Ron Paluzzi, Vice-président responsable de la traduction, sera responsable de s’assurer que chaque communiqué soit disponible en français dans les plus brefs délais. D’ici là, je demande à tous
While most provinces devoted a Monday for Families to enjoy their companionship and celebrate a winter break it makes me think of our football officiating family. It is that time of the off season when CFOA members start preparing for the upcoming season. Generally this is when officials get together for study groups and start looking for training sessions. This coming May will be the CFOA conference and AGM. This is an opportunity for the CFOA family to get together and set the association’s direction for the next two years. This is the time when the opportunity to run for the executive, propose constitution and policy changes. This is the time to identify a member who has contributed to the development of officiating in Canada and nominate that individual for the Tom Cheney Award (described here in). Information about the conference is presented in this issue --- the time to plan to attend is now.

For training presentations this issue First and Ten offers Communication for a Referee At any time during a match a referee needs to communicate messages of confidence, control, calmness, positive intensity and fairness.

Look at the evolution of officials’ uniforms and signals in a presentation form the NFL called Pursuit of Perfection

You Make the Call provides video links for group study on Pass interference and illegal blocks

To help you cope with stress of the game First and Ten offers two articles
Better Cope With Stress, Listen to Your Body by GRETCHEN REYNOLDS

How to Set High Goals without Burning Out, According to Science by Stephanie Pappa
CFOA CONFERENCE 2016 WEBSITE

http://sfoa.ca/

Hotel Radisson information link is provided unde buy tickets
A bi-annual conference for Football Officials to meet and discuss topics important to all levels of officials

**WHEN**
Friday, 20 May 2016 at 6:00 PM - Monday, 23 May 2016 at 12:00 PM (CST) - Add to Calendar

**WHERE**
Radisson Saskatoon - 405 20th Street East Saskatoon, Saskatchewan S7K 6X6 CA - View Map

**TAGS**
- Saskatoon
- Saskatchewan Events
- Conference
- Sports & Fitness

$83.40 – $865

GET TICKETS
BIG THINGS ARE BREWING

join us at the

Conference

Saskatoon

May 20-23, 2016
AGENDA

FRIDAY MAY 20th
6:00PM-9:00PM REGISTRATION
7:00PM-12:00AM HOSPITALITY ROOM

SATURDAY MAY 21st
10:00AM-11:30AM SESSION 1 – CFOA Update ONLINE CLINICS/MASTER FACILITATORS/and more
12:00PM-1:00PM LUNCH
1:00PM-2:30PM SESSION 2 – GRASSROOTS PANEL
3:00PM-4:30PM SESSION 3 – GUEST SPEAKERS
5:30PM COCKTAILS
6:30PM GALA BANQUET

SUNDAY MAY 22nd
10:30AM-12:00PM SESSION 4 – SAFE CONTACT / CONCUSSIONS
12:00PM-1:00PM LUNCH
1:00PM-2:30PM SESSION 5 – ADVANCEMENT PANEL
3:00PM-4:30PM SESSION 6 – RECRUITMENT & RETENTION
4:30PM-6:00PM CFOA AGM
6:00PM-7:00PM SUPPER
7:00PM EVENING ACTIVITIES

MONDAY MAY 23rd
MORNING DEPARTURE
IT’S A WEEKEND YOU DON’T WANNA MISS!

Guest Speaker: Mike Pereira

Join the former VP of officiating for the NFL and a special guest at the CFOA Conference!

May 20-23 2016

www.sfoa.ca/cfoa
The Tom Cheney Award

For outstanding contribution and service toward the improvement of officiating in Canada.

The Tom Cheney award, inaugurated in 1978 in honour of the late Tom Cheney, a nationally respected football official and educator. The award will be presented to a worthy recipient at the 2016 CFOA Biennial Conference, which is being held in Saskatoon May 20 - 23, 2016.

Your opportunity to nominate a worthy candidate is fast approaching watch for call for nominations.

The Tom Cheney Award was named after the late Tom Cheney, Football official and educator, a member of the Calgary Football Officials’ Association, a field official in all levels of football from minor league to CFL, an original member of the Officials’ Working Committee and the Editor of the Football Canada Officials’ Training Manual.

His coordination of the material for the Manual was responsible for the excellence of that manual, which is respectfully dedicated to Tom.

After his death, in 1977, the CFOA executive purchased a trophy named for Tom. In view of his long years of dedicated service to the improvement of officiating, it was decided that the trophy would be awarded bi-annually to the person who most nearly approached the Cheney level. The Award is, therefore, given for “outstanding contribution and service toward the improvement of football officiating in Canada.”

It is fairly obvious that such a contribution and such service will be built up over a number of years - although this does not preclude an outstanding effort in a single year. At the same time, the performance should be within the reasonably recent past - say the last 10 years, rather than something which happened 30 years ago. Once again, there should be enough flexibility in the decision making process to allow for variations in recommendations.

The type of criteria by which such outstanding contributions may be evaluated will probably include, but not necessarily be limited to, the following:

1. Executive-type position on local, provincial or national officials’ association, where the effect of his/her leadership has moved the association forward in officiating competency.
2. Clinician on local, provincial or national clinics, where the knowledge and ability to impart the knowledge to other officials has produced a marked improvement in officiating competency.

3. Organizer of clinics, meetings, or other educational forums whose purpose is to improve officiating competency.

4. Developer of educational material, such as rule material, case book material, manual material, teaching and instructional techniques, visual aid material, or any other type of instructional material, on a local, provincial, or national basis, whose purpose is to improve officiating competency.

5. Evaluator of officiating performance at the local, provincial or national level, where the result of such evaluations and constructive criticism has produced a noticeable improvement in officiating competency.

6. Field official work: while it is not necessary that the person be an outstanding field official, it is probable that the person would be a competent field official. The fact that the person is an outstanding field official only, without some or all of the capabilities covered in 1 to 5, would not normally make the person a candidate for the Tom Cheney Award.

In making the final selection, the CFOA executive should be provided with as much supporting data as possible as evidence of the contribution and service of the individual recommended. Concrete results, e.g. publications, number of clinics held, number of officials trained, etc., should also be provided as evidence of the effectiveness of the individual.
LE PRIX TOM CHENY


Sa coordination du matériel pour le guide explique l’excellence du document, qui lui est d’ailleurs respectueusement dédié.

Après sa mort en 1977, l’exécutif de l’ACOF a acheté un trophée et l’a nommé en son honneur. Après de longues années de service pour l’amélioration de l’arbitrage, il a été décidé que le trophée serait décerné à tous les deux ans, à la personne qui a le plus approché du niveau de Cheney. Le prix est donc remis pour « une excellente contribution et services pour l’amélioration de l’arbitrage du football au Canada. »

Il est bien évident qu’une telle contribution et que de tels services auront été bâtis sur un certain nombre d’années – même si cela n’exclut pas un effort d’excellence au cours d’une seule année. En même temps, la prestation doit avoir été réalisée à l’intérieur d’un passé raisonnablement récent – disons au cours des 10 dernières années, plutôt que d’événements qui se sont produits il y a 30 ans. À nouveau, il devrait y avoir ici assez de flexibilité dans le processus décisionnel pour permettre des variations dans les recommandations.

Le type de critères par lesquels de telles contributions d’excellence peuvent être évaluées, comprendra probablement les éléments suivants, sans nécessairement s’y limiter :

1. Poste de direction au sein d’une association locale, provinciale ou nationale d’officiels, où son leadership a fait progresser l’association dans ses capacités d’arbitrage.
2. Clinicien dans des cliniques locales, provinciales ou nationales, où sa connaissance et sa capacité à transmettre ses connaissances à d’autres officiels a produit une amélioration notoire dans les capacités d’arbitrage.
3. Organisateur de cliniques, de rencontres et d’autres forums éducatifs dont l’objectif était d’améliorer les capacités d’arbitrage.
4. Développeur de matériel éducatif, tel que du matériel sur les règlements, un recueil de cas, un guide, des techniques d’enseignement et d’instruction, du matériel d’aide visuel ou tout autre type de matériel de formation, sur une base locale, provinciale ou nationale, dont l’objectif est d’améliorer les capacités d’arbitrage.
5. Évaluateur de performance en arbitrage au niveau local, provincial ou national, où les résultats de telles évaluations et les critiques constructives ont produit une amélioration notoire dans les capacités d’arbitrage.
6. Travail d’officiel de terrain : Il n’est pas nécessaire que la personne soit un officiel de terrain compétent. Le fait est que si l’individu n’est seulement qu’un excellent officiel de terrain, sans réaliser certaines ou chacun des points 1 à 5 ci-haut mentionnés, il ou elle ne serait normalement pas un(e) candidat(e) pour l’obtention du Prix Tom Cheney.

Dans la composition de la sélection finale, l’exécutif de l’ACOF devrait avoir en sa possession assez de données pour soutenir la preuve des contributions et des services du candidat mis en nomination. Des résultats concrets (ex. publications, nombre de cliniques tenues, nombre d’officiels formés, etc.) devraient aussi être produits comme preuve de l’efficacité de la contribution.
CFOA Conference requests

Run for the CFOA Executive
Decide if you would like to run for the executive. Candidates wishing to run for the Executive Board of Officers will submit a brief outline of their credentials. This outline will be circulated to all CFOA Provincial Representatives, two months prior to the Biennial AGM. The Executive Board of Officers will be elected on a rotational basis for terms of 4 years, by majority vote of the provincial representatives at the Biennial General Meeting.

Amendments to the CFOA Constitution

1. Any amendments to this Constitution may only be made at a Biennial General Meeting by a two-thirds (2/3) vote of the CFOA Provincial Representatives in attendance.
2. Amendments duly passed at a Biennial Meeting shall only come into effect after that meeting.
3. Amendments must be received by the CFOA Secretary 60 days prior to the Biennial or Special General Meeting, and will be distributed electronically to the Provincial Representatives 30 days prior to this meeting.
Communication for a Referee

At any time during a match a referee needs to communicate messages of confidence, control, calmness, positive intensity and fairness. Communication can be Verbal (e.g. words and tones) and non-verbal (e.g. gestures, posture and movements) while 70% of communication is verbal, non-verbal modes are effective means of conveying messages.

Verbal

- Clear
- Controlled
- Calm
- Tone and volume of speech

Non verbal

is the process of transmitting messages without spoken words, sometimes called body language, messages can be communicated through facial expressions, gestures, gaze, and posture.

- Body language
- Signals
- Whistle
- Eye contact

A pleasant style, quick smile and calm personality will achieve a great deal more than a finger-pointing or argumentative approach.

1. Keep your cool. No referee is immune from criticism.

2. Don’t try to be a tough person. Make the penalty fit the crime and no more.
3. Don’t be a “shouter”. Be relaxed and firm.

4. Show confidence. Present a proper image. Use positive body language.

5. Don’t let fans get the better of you. Control the emotions.

6. Answer reasonable questions.

7. Choose your words wisely.

8. Stay calm. Nervousness or edginess is easily recognized and can make you vulnerable to group pressures.

Evaluating your Communications

Consider your

- Credibility
- Positive approach
- Information level
- Tone and volume of speech
- Consistency
- Ability to listen
- Non-verbal skills

Steps in Communicating

You have ideas, feelings or intentions you wish to convey

- You translate these into an appropriate message
- You transmit the message (verbal/non-verbal)
- The message is received and interpreted
- There is a response – dependent upon the interpretation
- Your reaction to the response

Why Communications can go Wrong

The message is of the “wrong time – wrong place” variety
The “transmission – delivery” is poor
No reception – receiver is unable to understand or is not attentive
Misinterpretations occur – either with content or intent or both
Messages sent over time are inconsistent and give rise to confusion
Mixed messages – the verbal and non-verbal messages are inconsistent

Conflict

It can be explained that conflict is an opposition of opinions or purposes which can cause mental strife. One of the questions referees need to ask themselves when faced with any form of conflict is whether the conflict is actual or perceived. The following strategies are provided to assist match officials cope with such an issue.

- Isolate facts from emotions (base decisions on facts for fair and accurate decisions)
- Demonstrate empathy (match officials who show player empathy will receive reciprocal understanding by players as they apply the rules)
- Don’t be defensive or try to justify your actions (base decisions on fact and evidence presented).
- Decisions made on lack of evidence are difficult to provide clarification and justification)
You Make the Call

For your rule study group discussion session

What constitutes Pass interference?

What is the penalty application for call pass interference?

- In the backfield
- 15 yards ahead of the line of scrimmage
- More than 15 yards beyond the Line of scrimmage
- Foul in the end zone
For your consideration based on your conception of pass interference who was correct the official or the announcer? Why?

http://www.nfl.com/videos/nfl-game-highlights/0ap20000000294757/Browns-called-for-pass-interference

http://www.youtube.com/watch?v=ITkKRBZjaM
To handle stress and adversity more effectively, we should probably pay closer attention to what is happening inside our bodies, according to a fascinating new brain study of resilience and why some people seem to have more of it than others.
We live in difficult times, as readers of this newspaper know well. Worries about the state of our world, our safety, our finances, health and more can lead to a variety of physiological and psychological responses.

“When faced with stress, whether it’s giving a talk in front of a hundred people or feeling pressured to get a second gold medal at the Olympics, we experience changes in our body,” said Lori Haase, a clinical professor of psychiatry at the University of California, San Diego, and lead author of the new study. Our heart rates rise, breathing grows shallow, and blood levels of adrenaline and other stress chemicals soar.

While this stress response can have desirable results — “I need anxiety to motivate myself to write a grant,” Dr. Haase said — it can easily get out of hand. Remaining in a state of heightened arousal undermines physical and mental performance, she explained. So while our bodies should respond to dangers and worries, our stress reactions also should dissipate as soon as possible afterward.

This is where resilience comes in. In scientific terms, resilience is the ability to rapidly return to normal, both physically and emotionally, after a stressful event.

Scientists and therapists long have known that some people are more resilient than others but had not known precisely why.

In recent years, Dr. Haase and colleagues have begun to speculate that part of the answer might involve whether and how people listen to their bodies.

To reach that conclusion, the researchers had been examining how adventure racers and elite special-operations soldiers develop resilience in the face of the frequent and often extreme physical and emotional demands of their jobs. The researchers had asked those men and women to lie in brain scanning machines while wearing face masks that, when the researchers touched a button, made it difficult to breathe, conditions that the brain and body find quite stressful.

The scientists soon noticed a common pattern of brain activity among these volunteers. Portions of their brains that receive and process signals from the body, such as changes in heart rate or breathing, were very active when the volunteers thought that their masks were about to close. But despite this heightened awareness, the flow of messages from those parts of the brain to areas that intensify bodily arousal were fairly slight.

In other words, the brains of these highly trained men and women closely monitored the beginnings of bodily panic but dampened the response. They experienced stress but didn’t overreact. They were resilient physically and mentally.

They also, of course, were outliers; most of us are not elite athletes or soldiers.

So for the new study, which was published this month in Biological Psychology, the same researchers recruited 48 healthy adults and asked them to complete a standard questionnaire about their self-perceived emotional and physical resilience. Based on their scores, the scientists assessed them as having high, average or low resilience.
Then they scanned the men’s and women’s brains while the volunteers wore the same type of face masks the athletes and soldiers had and, like them, underwent periodic moments of breathlessness.

The people whose scores had showed that they were highly resilient displayed brain activity very similar to that of the elite athletes and soldiers, as did, to a lesser degree, people with average resilience.

But the brains of those people with low resilience scores behaved in almost the opposite way. As their face masks threatened to close, they displayed surprisingly little activity in those portions of the brain that monitor signals from the body. And then, when breathing did grow difficult, they showed high activation in parts of the brain that increase physiological arousal. In effect, they paid little attention to what was happening inside their bodies as they waited for breathing to become difficult — and then overreacted when the threat occurred.

Such brain responses would undermine resilience, the scientists concluded, by making it more difficult for the body to return to a calm state.

Of course, this study was based on people’s own assessments of their resilience and on a one-time snapshot of brain activity. It can’t tell us why the brains of the different groups of volunteers worked differently or whether we can change our brains’ responses to stress.

But the researchers found the results compelling. “To me, this study says that resilience is largely about body awareness and not rational thinking,” said Dr. Martin Paulus, the scientific director of the Laureate Institute for Brain Research in Tulsa, Okla., and the senior author of the study. “Even smart people, if they don’t listen to their body, might not bounce back” as quickly from adversity, he said, as someone who is more attuned to his or her physiology.

Improving internal communications with our bodies may be as simple as spending a few minutes each day in focused breathing, Dr. Haase said. Quietly pay attention to inhaling and exhaling without otherwise reacting, she said. Over time, this exercise should “teach you to have a change in breathing when anxious but be less attached to that reaction,” Dr. Haase said, “which may help to improve your reaction in a stressful situation.”
How to Set High Goals Without Burning Out, According to Science

by Stephanie Pappas, Live Science Contributor | August 05, 2015 07:28am ET


People who aim high in life may risk burning out, but a new study shows that those with ambitious goals who also avoid taking failure too seriously may not suffer as much emotionally.

Researchers analyzed 43 studies on perfectionism and burnout, and found that holding high expectations — whether for academic achievements, career goals or athletic pursuits — isn't necessarily a bad thing. However, people with perfectionistic tendencies tend to pair their high expectations with what are called "perfectionist concerns." This means they are extremely self-critical, and take it personally when they fail to reach their very challenging goals.

It is this aspect of perfectionism that leads to burnout, said study co-author Andrew Hill, a sports psychologist at York St. John University in England.

"You can fail as many times as you like, as long as you don't feel like that reflects on your self-worth," Hill said. [7 Thoughts That Are Bad for You]

Perfectionism and burnout

Hill and his co-author, Thomas Curran, a sport psychology lecturer at the University of Bath in England, combed through studies on perfectionism and burnout, and analyzed only those that used gold-standard measurements to evaluate the relationship.
"We noted that, while a lot of studies have examined the perfectionism/burnout relationship, no one has attempted to collate the research," Hill said. He and Curran wanted to know how perfectionism and burnout are related across fields — from school to jobs to sports.

Burnout has three symptoms, Hill said: physical and emotional exhaustion, detachment or cynicism around the work, and the feeling of not reaching one's goals.

"The initial research focused on whether burnout was different from depression," Hill said. "So that gives you a sense of how severe it can be."

**Stopping the stress**

Perfectionism is a common trait, Hill said — one study found that fewer than 10 percent of people say they're not perfectionists in any area of life. In other words, perfectionism isn't just the territory of the elite.

The researchers' new analysis of the studies revealed that the trick to making perfectionism work in a healthy way is to set goals high but also not beat yourself up if you don't meet them. Unfortunately, that can be very difficult. Most people who strive for perfection also exhibit the perfectionistic concerns that can lead directly to burnout, Hill said.

For that reason, perfectionism has been linked to mental and physical health problems, and even the risk of early death. Perfectionism also has been linked to postpartum depression, perhaps made worse because perfectionist moms tend to hide their struggles.

But people who work hard and also take failure in stride do exist, Hill said, citing athletes Michael Jordan and Roger Federer as examples. To find that balance, it might help to set goals that are flexible, he said.

Perfectionists "tend to be rigid," Hill said. If they set their goals too high, they may burn out or bow out at the first sign of failure. Thinking of achievements in degrees, rather than as pure success or failure, can help reduce the stress that causes burnout, Hill said.

The new analysis appeared July 31 in the journal Personality and Social Psychology Review.
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<td>Bill Pickrell</td>
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