



2009 Jr. High Camp  
and Tryout Brochure

JUNIOR FOOTBALL

## Important Dates



### Jr High Football Camp

This camp is for students entering  
Ross Sheppard in the fall of 2009.

**Weekdays**  
**Mon, May 25 thru Fri, May 29, '09 4:00-6:00**

**Cost of Camp \$35, payable to Ross Sheppard HS**  
(practice jersey, t-shirt, mouth guard, use of equipment)



For more information, visit  
[www.shep.net/athletics/football](http://www.shep.net/athletics/football) or contact:

brian.buchynski@epsb.ca (Senior)  
colin.hackett@epsb.ca (Junior)  
kris.fedun@epsb.ca (AD)

### Registration Form for Ross Shep Jr High Football Camp, May 25 - May 29, 2009

Player's Name: \_\_\_\_\_ Current Grade: \_\_\_\_\_ Current School: \_\_\_\_\_

Home Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email (opt.): \_\_\_\_\_ T-Shirt (Adult): S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL \_\_\_\_\_

Date of Birth: (dd/mm/yy) \_\_\_\_/\_\_\_\_/\_\_\_\_ Height (ft/in): \_\_\_\_\_ Weight (lbs): \_\_\_\_\_ Years Experience: \_\_\_\_\_

Student Athlete Participation Form Complete and Included: \_\_\_\_\_ Cheque Included (payable to Ross Sheppard HS): \_\_\_\_\_

I hereby give consent to have my son/daughter participate in Ross Sheppard's Jr High Football Camp May 25-May 29, 2009

Date: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_

Mail completed forms to: Ross Sheppard High School, Attention Colin Hackett, 13546-111 Avenue, Edmonton T5M 2P2

## Objectives

The Ross Sheppard Football Program is an integral component in the educational experience at Ross Sheppard. With this in mind, we will accomplish the following:

- Develop a high quality competitive football program.
- Provide qualified coaches in all position areas.
- Stress the importance of work ethic, discipline and character on the field, in the classroom and within community.
- Emphasize and model the ideals of Ross Sheppard Athletics:

**PRIDE, TRADITION and EXCELLENCE**

## Our Core Ideals

We believe that students experience positive personal growth as a result of their participation in Thunderbird Athletics. It is our goal to be a highly competitive team that creates and maintains a reputation of playing the game to win, while displaying respect for the game, coaches, opponents and officials.

## What Ross Sheppard Football is About

### Strong Fundamentals:

Many of our players continue to play football after high school because of their strong fundamentals.



**Physical Presence:** This is what football is all about! We continually strive to execute our fundamental techniques as aggressively and physically as possible.

**Team Before Self Attitude:** Thunderbirds know that while individual goals are necessary, the goals of the team come first. We play as a team, but always appreciate and respect the efforts of other teammates. We demonstrate great pride in the achievements and effort of teammates.

**Intensity and Hustle:** Intensity and Hustle cannot be beat! It is a mind set. Offensive and defensive schemes may change, but one thing that will **never change is hustle.**



Sr City Champions 2006

**Mental and Physical Preparation:** Ross Sheppard football players prepare physically by participating in our off season and in season training programs. In addition, we expect our players to commit to mental preparation by attending lunch meetings, analyzing film, study-playbooks and scouting reports.



Sr City Champions 2007

**Discipline:** We take pride in showing composure and knowing nothing is ever achieved without commitment, dedication, sacrifice and respect. A Thunderbird thrives on challenge.

## Our Core Commitments

Ross Sheppard football players will commit to:

- **Their School and Schoolwork**
- **Constant, Never Ending Improvement**
- **Giving Maximum Effort**



## Our Football Beliefs

The team that wins the game is not the team with the thickest playbook, but the team that can execute the most plays physically, efficiently and effectively. Our offensive, defensive and special teams

systems will:

**Be Easy to Learn:** Concepts within the systems are linked and easily understood.

**Be Easy to Adapt:** Our systems allow for adjustments to be made when required.

**Be Easy to Execute:** Techniques within our systems can be executed by high school athletes.



Jr City Champions 2005

Hugh O'Neill  
Senior League MVP 2006  
CIS West All-Star 2007

Kevin Francis  
Sr League MVP 2008

Brian Buchynski  
Coach of the Year  
2006, 2008

## Why Ross Sheppard Football?

\*\*\*Offering both **Junior** and **Senior** Football with over 100 athletes participating

\*\*\*Tradition of excellence with alumni players advancing to the CJFL, CIS and CFL



Gerald Kunyk  
Ottawa Roughriders  
(grad '71)



Marc Tobert  
Edmonton Eskimos  
(grad '89)



Landon White  
Montreal Alouettes  
(grad '99)

\*\*\* **Unparalleled equipment**, facilities and technology including a staffed fitness centre, numerous chutes, sleds and both side and end-zone cameras utilized at film sessions. Our Computer Scouting system is used in the NFL, CFL, and NCAA.

\*\*\*Ten in-school staff members provide students with **top quality coaching** and **academic guidance**

\*\*\*Full time certified **Athletic Trainer [CAT(C)]**

\*\*\*Full time certified **Personal Fitness Trainer (PFT)** with in/off season testing to properly prepare athletes for competition in high school and at the next level

\*\*\***Sports Performance 15/25/35** courses. Players are encouraged to register in these options to maximize their athletic opportunities and experiences.

\*\*\*Opportunities to **travel/compete** against top international programs:

Sunny Hills, CA: 92/93/96

St. Bernard, CA: 97/98

Northwood, CA: 2004

Bozeman, MT: 2005

North Torrance, CA: 2007

