



# Hyacks Football Headlines

Wednesday, December 17, 2008

[www.hyackfootball.com](http://www.hyackfootball.com)

## High School News & Notes

### SEASONS GREETINGS TO ALL HYACKS

The Hyacks Football Coaches would like to wish all of you and your families a very happy holiday season. The past 12 months have been a very important time in the history of our program and none of it would have been possible without all of you. From the players and parents, to the sponsors, administrators and community members, all of you played a large part in our success. We appreciate your involvement and have enjoyed getting to know all of you. We look forward to building more relationships and memories in 2009.



### 2008 SEASON IN REVIEW



For the second consecutive year, the Varsity Hyacks reached the Provincial AAA Semi-finals, before falling to the eventual provincial champions from Terry Fox at Burnaby Lake Sports Complex. New West finished the year with an overall 8-3 record (4-1 in league play). Also for the 2<sup>nd</sup> straight year, the Hyacks' offence led the province in rushing with over 3500 yards and finished with an impressive 52 TDs.

Three grade 11 players were named to the Gatorade Provincial All-star team (**Casey Chin, Daniel English** and **Rama MacMillan**) while three of our all-conference seniors are expected to be playing college football next fall: TE

**Tyler Digby** will be attending Robert Morris University in Pittsburgh (NCAA Div 1), FB **Blain Cawkell** is being recruited by St Mary's, Bishops, SFU, Calgary, Acadia and UBC. The two local universities are also recruiting DB **Marko Susic**.

For the JVs it was a rebuilding year. The group that finished the season worked extremely hard to learn the game and improved every week. The coaching staff is very excited to work with this group over the next 2-3 years and is fully expecting they will continue the excellence that has been established by the classes ahead of them. Thanks to **Coach Oatway** for another job well done.

The youth program continued to make strides in 2008. **Coach Leslie** oversaw both the Pee Wee and Jr Bantam teams and as a result we saw a positive attitude, a committed coaching staff and tremendous parental support. The players had fun, learned plenty and have established a solid foundation for future championships at both the youth and high school levels.



## HYACKS CELEBRATE 2008 AT AWARDS BANQUET

A very successful season came to a close on December 5th as all four Hyack teams took part in the annual Hyack Football Awards Banquet. Over 260 people returned to the Armouries at the Royal Westminster Regiment to say thank you to all of the parents, sponsors and supporters who made this season special.



Mayor Wayne Wright and Principal Mary Bushman were among the guest speakers. The graduating senior class, captains and managers were also recognized for their contributions, and the evening wrapped up with a pair of entertaining highlight videos created by Coach McKechnie and Coach Fackler.



Special thanks to Deb and Alan Wardle for all of their efforts in putting this event together, along with Mary and Linda Feldhaus, Marilyn and Dennis Davis, Lynn Duncan, Lianne Gentile, Candace Cote, Chris Rickaby, Shelley Hansen the NWSS maintenance staff and many more.

Below are all of the 2008 award winners:

VARSITY	JUNIOR VARSITY
<p><b>MVP:</b> Blain Cawkell  <b>Outstanding Back:</b> Daniel English  <b>Kevin Chin Outstanding Lineman:</b> Tyler Digby  <b>G&amp;F Financial Coaches Award:</b> Azaad Lidder  <b>Scholar athlete:</b> Matthew Mussenden  <b>Sidoo Family Scholarship:</b> Casey Chin</p>	<p><b>MVP:</b> Regan Eberding  <b>Coaches Award:</b> Manraj Bains  <b>Top Back:</b> Amit Bath  <b>Top Lineman:</b> Clay Alexson  <b>Scholar-Athlete:</b> Brandon Braich</p>
PEE WEE	JUNIOR BANTAM
<p><b>MVP:</b> Matthew Kipp  <b>Outstanding Lineman:</b> Nolan Duncan  <b>Coaches Choice :</b> Nathan Barber</p>	<p><b>MVP:</b> Harshdeep Bains  <b>Oustanding Lineman :</b> Yahia Gamaa  <b>Coaches Choice:</b> James Nicolas</p>

## PREPARATIONS FOR 2009 SEASON UNDERWAY

With the vast majority of the varsity roster returning in 2009, the upcoming season promises to be the best ever for the Hyack Football program. Players have already begun working out, with the formal portion of the off-season program set to begin on January 5<sup>th</sup>. Coach Oatway will again be in charge of the off-season strength and conditioning program and will meet with returning and new players to hand out program and nutrition information as well as go through weight room expectations, base exercises and proper and safe lifting techniques.

The weight program is split into three five-week phases focused on growth, strength and power to best prepare the players for spring training in May and June. During the first two weeks of January, the players will undergo "base-line" testing in the weight room, giving the athletes and coaches a concrete number against which to track progress throughout the spring. We ask that players try to work out with their position groups wherever possible, as follows:

- Monday and Wednesday: Lineman & Inside Linebackers
- Tuesday and Thursday: Backs, Receivers & Outside Linebackers
- Friday: Open weight room for all positions

Off-season schedules and goal setting sheets will be emailed to all players over the winter break. Varsity players will also need to schedule an individual meeting with Coach Lalji before the end of the semester.

## 2009 VARSITY HYACKS SCHEDULES RELEASED

DATE	OPPONENT	SITE	TIME
Fri, Sept. 4	Blaine (WA)	Blaine HS	7:00 pm
Fri., Sept. 11	Centennial	Mercer Stadium	7:30 pm
Fri., Sept. 18	WJ Mouat	WJ Mouat HS	7:30 pm
Fri., Sept. 25	Kelowna (Homecoming)	Mercer Stadium	7:30 pm
Fri., Oct 2	Meridian (WA)	Meridean HS	7:30 pm
Fri., Oct. 9	* West Van	West Van HS	3:45 pm
Fri., Oct. 16	* Carson Graham	Mercer Stadium	7:30 pm
Fri., Oct. 23	* Notre Dame	Mercer Stadium	7:30 pm
Sat., Oct 31	* Vancouver College	O'Hagen Field (VC)	1:30 pm
Fri., Nov. 6	* Earl Marriott	Mercer Stadium	7:30 pm
Fri/Sat., Nov. 13/14	Wildcard Playoffs	McLeod Stadium	TBA
Fri./Sat., Nov. 20/21	Quarter Finals	McLeod Stadium	TBA
Sat., Nov. 27/28	Semi Finals	McLeod Stadium	TBA
Sat., Dec 5	BC 'AAA' Championship	McLeod Stadium	7:00 pm

\* Conference Games ('AAA' Western Conference)

## FOOTBALL FEES DUE IN FEBRUARY

The \$200 registration fees for Varsity and JV players are due in February. Hyack team clothing will be provided for returning players once fees have been paid.

# HYACK YOUTH PROGRAM TO GROW IN 2009



In 2009, New Westminster residents as young as 5 years of age will be able to join the Hyack Football program. We are excited to announce the addition of teams at the Flag (ages 5-6) and Atom (ages 8-9) levels for the upcoming season. To make these new teams successful we need three things: Players, coaches and volunteers. If you can provide assistance in any area or know of any potential players who might be interested, please have them contact Coach Leslie at [leslie@hyackfootball.com](mailto:leslie@hyackfootball.com). Also be on the lookout for registration info early in the new year.

## Thank You to our Sponsors!

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