



Hyacks Football Headlines

Monday, DEC 14, 2010

www.hyackfootball.com

News & Notes

HAPPY HOLIDAYS 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 filled with more great memories for everyone in 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 2011



2010 SEASON IN REVIEW

2010 can best be described as a rebuilding year for the Hyack Football program. The Varsity team again qualified for the provincial playoffs for the 4th straight year before falling in the wildcard round at UBC. The team played the toughest schedule in the province and was competitive virtually every week. The highlight of the season was a 35-24 win over Mt Douglas in front of a packed crowd at Mercer Stadium.



Two Hyacks were honored at the Subway Provincial All-star Awards banquet (pictured left): **Nick Adomat** earned a BCSSFA provincial scholarship, while **Jamie Wandell** was named to the AAA Provincial All-star team. **Ian Henderson** was selected to the All-conference team and also led the province in tackling with 99. All 3 of these players, along with **James Belgrave** are being actively recruited by universities across Canada to play college football next season.

The JVs meanwhile showed tremendous improvement throughout the season and will graduate a strong contingent to the varsity next year. The youth program had arguably its best season ever with all 4 teams finishing strong in October. The Flag team was undefeated this season with a record of 19-0-2. In all close to 120 players and 25 coaches suited up in the youth program. The players demonstrated a positive attitude, worked hard, had fun and learned a lot. Thanks to all of the players, coaches, parents and volunteers for their support.

HYACKS CELEBRATE 2010 AT AWARDS BANQUET

Another successful season came to a close on December 9th as three Hyack teams took part in the annual Hyack Football Awards Banquet. Close to 200 people were on hand at Roma Hall to honor our award winners and to say thank you to all of the parents, sponsors and supporters who made this season special. Principal Mary Bushman and athletic director Peter Battistin were among the guest speakers. The graduating senior class, coaches and managers were also recognized for their contributions. The evening wrapped up with an entertaining highlight video created by Coach McKechnie. Special thanks to Shelley Hansen, Lianne Gentile and Violet Finvers for all of their efforts in putting this event together.



Below are all of the 2010 award winners:

VARSITY:

MVP: Ian Henderson

Outstanding Back: James Belgrave

Kevin Chin Outstanding Lineman: Jamie Wandell

G&F Financial Coaches Award: Manraj Bains

Scholar athlete: Nick Adomat

Sidoo Family Scholarship: Nick Adomat

JR VARSITY:

MVP: Jordan Chin

Coaches Award: Tommy Robertson

Top Back: Tristan Sands

Top Lineman: Jonathan He

Scholar-Athlete: Arjun Venkatesh

PEE WEE:

MVP Offense: Matthew Thind

MVP Defense: Connor Pattison & Sarban Sidhu

Coaches Award: Harman Sandhu

JUNIOR BANTAM:

MVP Offense: Jeff Lugtu Lorenz

MVP Defense: Kale Brock

Outstanding Lineman: Gurshawn Bains

Most Improved Player: Nathan Macedo

Coaches Award: Mackenzie Ratcliffe

PREPERATIONS FOR 2011 SEASON UNDERWAY

With a majority of starters returning for next season, expectations will be high for 2011. Following the holiday break, formal workouts will begin on January 4th. 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 majority of grade 10 & 11 players should be registered for Strength & Conditioning course in Block 'D' of 2nd semester.

For those players who are not in the S&C class, the after school weight program will place an emphasis on younger players and will be split into three five-week phases focused on growth, strength and power. 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. The weight room will only be open 3 days a week in the off-season (Mon, Wed, Fri). Lineman/position workouts and speed training will begin in February.

Off-season schedules and goal setting sheets have already been emailed to players. If you haven't already done so, all Varsity players will also need to schedule an individual meeting with Coach Lalji before the end of the semester. **Regan Eberding** and **Makoto Brennen** have been named off-season captains.

On Tuesday, January 4th there will be a FULL TEAM MEETING in room 188 at 3:15 pm.

All new players are also encouraged to attend this meeting, so if you know of anyone who is interested in joining next season, please have them attend.

HYACK FOOTBALL NETWORK

This month the Hyack Football program is excited to launch the Hyack Football Network on YouTube. The network will be a fun and interactive way to learn about the game of football and to promote our program. Watch for updates on the new Hyacks Football Facebook page. Subscribe here: <http://www.facebook.com/pages/New-Westminster-Hyacks-Football/156732794372769>

HYACKS GO CALIFORNIA DREAMING

A trip to California will highlight the 2011 season – a trip that promises to create lasting memories and bring the team together. ALL players (Varsity and JV) will be invited to come on the trip which will include games for both teams. The trip will consist of six days and five nights, departing on Aug 30th and returning on Sept 4th. Players will also need to meet off season class and football attendance requirements in order to be eligible to attend. The approximate cost of this trip will be \$1000 (includes airfare, hotel, ground transportation, meals, attractions, etc).



THERE WILL BE A PARENTS MEETING ON WEDNESDAY, JANUARY 12TH AT 7 PM IN THE NWSS LIBRARY TO DISCUSS THIS TRIP. If you have financial concerns you are still requested to attend the meeting.

2011 VARSITY SCHEDULE

DATE	OPPONENT	SITE	TIME
Fri, Sept. 2	TBA	California	7:00 pm
Fri., Sept. 9	South Delta (Kushnir Boot)	Mercer Stadium	7:30 pm
Fri., Sept. 16	Terry Fox	Percy Perry Stadium	7:00 pm
Fri., Sept. 23	Mt Boucherie (Homecoming)	Mercer Stadium	7:30 pm
Fri., Oct 30	Lord Tweedsmuir	Mercer Stadium	7:30 pm
Fri., Oct. 7	* Carson Graham	Mercer Stadium	7:30 pm
Sat., Oct. 15	* Vancouver College	O'Hagen Field	1:30 pm
Fri, Oct. 21	* Notre Dame (Srs Night)	Mercer Stadium	7:30 pm
Fri/Sat, Oct 28/29	* Mt Douglas	Victoria	TBA
Fri., Nov. 4	* West Vancouver	West Van HS	3:15 pm
Fri/Sat., Nov. 11/12	Wildcard Playoffs	BC Place	TBA
Fri/Sat., Nov. 18/19	Quarter Finals	BC Place	TBA
Sat., Nov. 26	Semi Finals	TBA	TBA
Sat., Dec 3	BC 'AAA' Championship	BC Place	7:00 pm

* Conference Games ('AAA' Western Conference)

ALUMNI NEWS



CASEY CHIN (Grad 2010)

Casey was recently named the Defensive Rookie of the Year for the SFU Football program. Casey earned a starting linebacker position in his first year with the Clan and impressed the coaches all season long. He led the defense in tackles in the season opener with 8 and improved throughout the season. Casey was a 3-year varsity starter at NWSS and was a two-time Provincial All-star. Congratulations Casey, you've made us all proud!



WARREN REECE (Grad 2010)

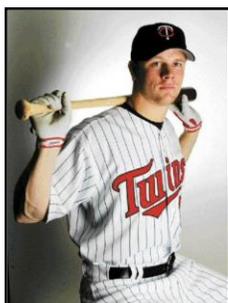
Warren recently qualified for admission into UBC. He will be enrolling at the university in January and suiting up for the Thunderbirds next fall. Warren had originally planned to attend SFU, but instead spent the fall semester successfully upgrading his marks. He was a 2-year varsity starter at NWSS and was an all conference selection in 2009, finishing with 13 TDs and 13 QB sacks. Congratulations Warren, on reaching your academic and football goals!

A big thanks to Alan Wardle for another great season's worth of photos. This season's collection can be found here: <http://hyackphoto.com/>

FOOTBALL FEES DUE IN FEBRUARY

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

JUSTIN MORNEAU CHARITY EVENT



Come join Justin Morneau and his friends for an evening of fun, laughs and charity! With a silent auction with sports memorabilia and raffle draws during the event

COST: \$100 per bowler or 6 for \$500 includes: a burger, a beer, 2 games of bowling, shoe rental and 1 Justin Morneau Charity Bowling Night T-shirt per bowler. For Tickets and Sponsorship information contact Glen Bailey of the NWFD at nwfire19@shaw.ca

DATE: Thursday, January 6, 2011 **TIME:** 7:00 pm **TEL:** (604) 526-6622

LOCATION: Lucky Strike Lanes 1205 - 6 Avenue, New Westminster, BC

CALENDAR OF EVENTS

HIGH SCHOOL:

Jan 4th, 3:15 pm: Meeting for all players, room 188

Jan 12th, 7 pm: Meeting for all parents, NWSS Library (re California trip)

PLATINUM

The Record

Dave Sidoo

Ryan Beedie

GOLD



SILVER



Royal City Centre

BRONZE

Stuart Crown @ Co.
Big Kahuna
Boston Pizza-Queensborough
Enterprise Rent-a-Car
Prime Time Sports
Columbia Square Law

Chaunigan Lake Lodge
Ritchie Bros.
Mott Electric
Kruger Products
NW Imges
Tim Hill/Royal LePage

Mick McLennan/ReMax Advantage
Royal City Center
Lions Club
Rotary Club of New Westminster
Burger Heaven
Reo Rafting Resort
Viva Orthodontics/Dr. Gallant