

OWF ELITE HAWKS PROGRAM PATHWAY

"WHICH WAY WILL THE HAWKS FLY?"

OWF's Elite Hawks program is the first competitive flag football program offered in Ottawa. The success of our players is our #1 priority. The "Big Picture" our program includes skill development, conditioning, game play, leadership building and more. Below shows the path in which the HAWKS will fly :)

1

TALENT EVALUATION

Feb 9 - Athleticism testing.
Feb 16 - Sportsmanship and football skills will be evaluated.

2

ROSTER SELECTION

Feb 20 - Teams will be formed. player contract signing.

OWF's Goal - We want to see as many kids playing flag football at a competitive level. We will be building teams based on a tiering system; this means we will place the best players on an A team and if the numbers permit we will form a secondary B team and so on.

3

PRACTICES & TRAINING

- Field practice/1 night a week
- Dry Land Training - 10 session
- Depending on age group:
Scrimmages or Women's League games/1 night a week
- Travel to 4 tournaments throughout the season length.

4

COMPETITION

Travel to multiple tournaments throughout the season length.

Note: Some of the tournament dates are still TBD this due to the hosting organizations not confirming official dates. As part of OWF's Elite Hawks program we expect all athletes to participate in 3-4 tournaments during the Hawks season. The tournament path will be different for the age categories in the girls and boys group.