



## **ELITE PROGRAM**

Ottawa's First Competitive Flag Football Program



# INTRODUCTIONS

## Owners of Ottawa Women's Football

### Jori Ritchie (Coach Jori - NCCP Certified)

Co-Founder of Ottawa Women's Football & General Manager of Football Ontario's Female Flag Program (Youth.) I've been playing football for 15+ years and have coached elite level Flag football and Basketball.

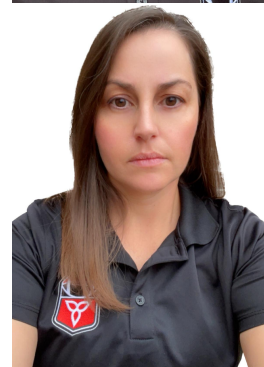
My background is in Kinesiology with additional certifications: CESP-PT, FMS, 8 weeks out, NCCP, etc. in addition to the above, I have tons of experience running large sporting events with 1000+ participants.



### Stephanie Thinn (Coach Steph - NCCP Certified)

Co-Founder of Ottawa Women's Football & General Manager of Football Ontario's Female Flag Program (Youth.) I've been playing non-contact football for 30 years. Primary positions: offensive receiver, half back and quarterback.

I've coached senior women, youth (mixed) in flag, touch and tackle football styles. I'm still actively playing recreational football now and will continue until my body says no :)





# AGE GROUPS

Defined by Football Ontario Standards



**U14**

Born 2010 - 2011



**U16**

Born 2008- 2009



**U18**

Born 2006 - 2007



**U20**

Born 2004 - 2005



# TRYOUTS

Combine.Football Skills.Scrimmage

A background image showing a close-up, profile view of a young woman with blonde hair in a braid, wearing a dark soccer jersey. She is looking down, and the background is blurred, showing other players and a green field.

\$102.50

Fee includes: 2 tryouts & Football Ontario Insurance

Date: Feb 17 & 24

Time: TBD

Length: 60 mins

Location: Mega Dome

\*The cost of tryouts is non-refundable,





## U14/ U16

Season Fee's

A background image showing a group of female athletes in profile, looking down, possibly during a game or practice. The image is slightly blurred, focusing on the text overlay.

Cost: \$1325

Athletes are responsible for travel, accommodations and entry expenses for games and tournaments during the OWF Elite season.



## U14 / U16 SEASON

Season Fee's Include

1. Jersey(s) & clothing
2. Tournament fees
3. Practices (indoor / outdoor)
4. Training
5. Insurance (international)
6. Equipment
7. Coaches expenses

Note: Travel cost is not included in fees








## U18/ U20

Season Fee's & athlete Contract

A close-up, profile shot of a young woman with blonde hair tied in a braid, wearing a dark athletic top. She is looking down and to the right. The background is blurred, showing other people and greenery.

Cost: \$1475

Athletes are responsible for travel, accommodations and entry expenses for games and tournaments during the OWF Elite season.



## U18 / U20 SEASON

Season fee's Include

1. Jersey(s) & clothing
2. Tournament fees
3. Practices (indoor / outdoor)
4. Training
5. Insurance (International)
6. Equipment
7. Coaches expenses
8. Summer Women's League

Travel cost is not included in fees





# TOURNAMENT SCHEDULE

## U14.U16.U18.U20

Note: Dates may change



**May 21 / 22**

Philly



**June (TBD)**

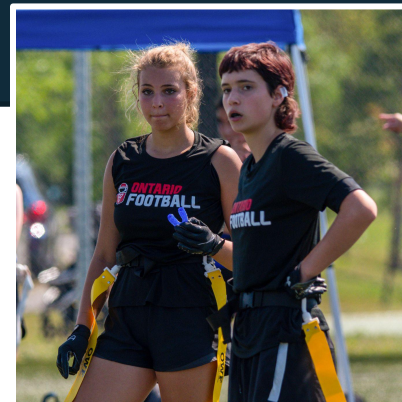
Football Ontario

n. Provincials (TBD)



**July (TBC)**

Montreal



**August 12 / 13**

Philly



# ATHLETE EXPECTATIONS

## Athlete Contract

- Must attend practices / games
- Zero Drugs & Alcohol
- Sportsmanship & Teamwork
- Must have a valid passport

**Note:** Athletes who make an Elite team will be asked to sign an athlete contract. The contract will be sent to all athletes between 25th Feb - 1st March.)

### Teamwork and team expectations

I understand that team unity and team chemistry are key variables for a positive and successful athletic experience. Commitment to team goals is essential which, at times, may take precedence over individual goals. However, I understand that OWF does not subscribe to a team culture based on intimidation or mandatory allegiance to questionable practices and requires that all athletes be treated fairly by coaches, support staff, and teammates. Under these conditions, I understand that I am expected to exhibit a level of selflessness that promotes team goals. More specifically:

- "zero tolerance" policy toward hazing, initiation rituals, sexual harassment, and physical punishment and is expected to honor and contribute to a culture of respect of self and others.
- athletes are expected to abide by all OWF policies, which is available online, including, but not limited to the policies that prohibit alcohol consumption, sexual harassment, bullying, drug use, gambling, and tobacco.
- athletes and coaches are expressly prohibited from engaging in sexual intimacies and other forms of inappropriate conduct with each other. Student-athletes are expected to immediately report any such behaviors which serve to destroy the standard of impartiality and professional trust which must be maintained by all coaches



# TEAM ROSTERS

## Athlete Contract

- Teams will consist of a minimum of 10 players and a maximum of 12 players.
- If we have enough players for two teams, we will make two teams.
- If we don't have enough players for two team, and have more than enough players for one team, we will offer 'red shirt' opportunities.
- 'Red Shirt' opportunity means players can attend practices for development purposes.





# PRACTICES

## Athlete Contract

- 8 indoor Practices Friday nights at the Mega Dome
  - Minimum 1 hour between 5:30 - 9:00 pm
- 1 outdoor practice a week from Mid May- Mid August
  - Location & Dates TBC based on permit approval.



## ADDITIONAL PROGRAM BENEFITS

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### Athlete Contract

- The program will have add ons for the benefit of the players
  - take home workout plan
  - training with a professional
  - session with a nutritionist



# TEAM LOGO REVEAL

OWF ELITE TEAMS WILL HAVE A LOGO/MASCOT



## OWF ELITE HAWKS



- Ottawa is known for the red tail hawks
- One of the most intelligent birds
- They can be gentle and quiet.
- Hawks work as a team when hunting
- At the heart of the Hawk they are fierce predators/competitors





**??? QUESTIONS ???**



## QUESTIONS & ANSWERS

### Athlete Contract

**Q: Would members of this team need to participate in a club team.**

A: No, this is your club team. We do encourage players to participate in other sports/football programs, but it is not required as this is your club team.

**Q: What happens if you have enough players for two teams?**

A: If we have 20+ players, we will create two teams. We will Tier the teams into a Tier 1 or A team and a Tier 2 or B team per age group.





## QUESTIONS & ANSWERS continued

### Athlete Contract

**Q: If there is a B team, does that mean they don't participate in tournaments?**

A: Both A and B teams in an age group would participate in tournaments.

**Q: We weren't charged a fee for registering as a prospect. Is the tryout registration open?**

A: The prospect registration is intended to obtain player interest for the program. We also wanted to share as much information in advance to help families plan schedules and finances. Tryout registration will open in a couple weeks.



## QUESTIONS & ANSWERS continued

### Athlete Contract

**Q: When will we have to make payments if our child makes the team?**

**A:** Payments can be made all at once at the beginning of March or in three payments March 1, April 1st and May 1st.

**Q: How does travel work, do parents come with or do parents volunteer.**

**A:** This will be a discussion amongst parents once teams are formed.



## CONTACT INFO

Athlete Contract

If you have any additional questions, please reach out.

**Contact Us**

**[ottawawomensfootball.ca/elite](http://ottawawomensfootball.ca/elite)**

Thank you for joining us!