



# CFLOAA NEWSLETTER | September 2020

## INSIDE THIS EDITION

ROGER GREENBERG	1
CFL NOT TO PLAY 2020 SEASON	2-3
RANDY AMBROSIE ON THE 2020 SEASON	3-4
REDBLACKS PLAYERS RESPOND TO CANCELLED SEASON	5
CFL PLAYER OPT OUT OPTION	6-7
RICHIE LEONE	8
ANTHONY CIOFFI	9
CFLOAA SPONSORSHIP	10
ELLINGSON BACK TO SCHOOL	11
RAVENS FOOTBALL	12-14
R - NATION	15
MEN'S HEALTH	16-18
CFLOAA EXECUTIVE TEAM	19

Dear Members of RNation

I wanted to touch-base with you on behalf of my fellow OSEG partners to let you know that we are extremely optimistic for the future of the REDBLACKS franchise and 100% committed to returning to play in 2021 and winning CFL championships. We founded OSEG in 2008 to bring back CFL football to our city because we loved the game, and today, with six seasons of REDBLACKS memories in our hearts, we love it even more.

For me, the cancellation of the 2020 season was heart-wrenching. The disappointment and sadness were overwhelming, because the joy of a season is so profound. We ride the pendulum of emotions that every game evokes and they make us feel more alive. Losing that hurts.

We've had a few days to come to terms with our shared loss and soon we can start the recovery process. I know our REDBLACKS account managers are now reaching out to all season seat members to see how everyone is doing. The CFL will soon be announcing a new initiative for fans to stay connected and we're now exploring many other creative ideas to ensure we have interesting and fun content to tide us over for the remainder of the pandemic.

Much remains to be done to set the stage for the return of the REDBLACKS, and I can assure you, we'll do it. The top priority for all of us right now is to conquer the pandemic. After that, for we at OSEG, it's winning another Grey Cup.

Stay well.

Roger

Managing Partner & Executive Chair of The Ottawa Sports and Entertainment Group



TORONTO – The Canadian Football League is shifting its focus to 2021 and beyond after deciding not to play a shortened season this Fall.

“Our league governors decided today it is in the best long-term interests of the CFL to concentrate on the future,” said Commissioner Randy Ambrosie.

“We are absolutely committed to 2021, to the future of our league and the pursuit of our vision of a bigger, stronger, more global CFL.”

Season Seat Members can expect to hear soon from their clubs with news on how they can apply their deposits to next season or other offers.

And the CFL will have lots to say in the days ahead on next season, including the 2021 Grey Cup in Hamilton, which Ambrosie predicted will be the largest “reunion” in Canadian sports history.

He added the league and its teams are working together on a new initiative that will allow fans to show their pride in the CFL’s storied history at the same time they pledge their support for the future, which will be unveiled in the coming days.

The league lost its number one source of revenue – fans in the stands – when the COVID-19 pandemic prevented large gatherings.

Unlike US-based leagues that can count on television or streaming to provide the lion’s share of their revenue, the CFL depends heavily on its live gate.

Still, it spent the past several weeks working on a plan to launch a shortened season this September.

It was to be played in a single location – Winnipeg had been chosen as the hub city – with players living in a protected “bubble” consisting of the gameday stadium, practice fields and hotels.

But the league also consistently said the plan would require some meaningful federal government support, sign-off from public health authorities, and a new collective bargaining agreement with the Canadian Football League Players’ Association.

The league and the union worked together towards an agreement that would see players return to the field this year. Public health authorities in Manitoba had formally approved the safe return to play plan and federal authorities had praised it publicly. The league and its governors worked tirelessly to explore options to enable play in 2020. However, despite months of discussions, the government ultimately declined the CFL’s appeal for financial support.

“Even with additional support, our owners and community-held teams would have had to endure significant financial losses to play in 2020,” Ambrosie said.

“Without it, the losses would be so large that they would really hamper our ability to bounce back strongly next year and beyond. The most important thing is the future of our league.”

The federal government did suggest at times that the CFL pursue a commercial loan which would be partially backed by Ottawa, but it was short-term and very costly in terms of interest and fees, Ambrosie said.

“That kind of arrangement would hamper our recovery more than bolster it. On two occasions, in June and again at the beginning of August, the government reached out to us with new indications they might step up and help in a more meaningful way. But at the end of the day, the help we needed to play this year never materialized,” he said.

“This outcome after months of discussions with government officials is disappointing. But we’re focused now on the long-term future and we will continue to work with the federal and provincial governments in that context.”

The league did have very positive discussions with the Canadian Football League Players’ Association and the two parties were close to finalizing a tentative agreement which, if ratified, would have met another requirement for play to resume this year.

“We look forward to building on our relationship with our players as we look to the future. We need to use this time to build a bigger, better, stronger CFL and I’m confident we can do just that,” Ambrosie said.

The Commissioner acknowledged that the waiting has been hard for players and their families, as well as coaches, football staff and office staff across the league.

“We know people have been longing for certainty,” he said. “But we felt we owed it to our fans and our players to do everything we could to find a way to play this year if we could so safely and in a way that was responsible and feasible, as well as, prudent and safe.”

Ambrosie thanked CFL fans, players and partners for their ongoing commitment to the league.

“The support, understanding and patience have been outstanding. Our players have hung in there despite the hardship imposed on them and their families by a postponed season. Our fans keep asking how they can help. And our partners, especially our friends at Bell Media, have been incredible to us,” he said.

“I want to thank all of them. I also want to express our gratitude to all our fellow Canadians because their efforts flattened the pandemic’s curve to the extent that a 2020 season appeared feasible. Unfortunately, not all the necessary pieces came together,” Ambrosie added.

“Now the time has come to shift our focus to 2021 and beyond. We will be back. And we will use this time to ensure the CFL comes back stronger than ever.”



Unlike United States president Donald Trump, CFL commissioner Randy Ambrosie is admitting his mistakes during the COVID-19 pandemic.

There is a major difference between the two: Trump has seen over 170,000 Americans die due to the coronavirus. Meanwhile, Ambrosie wasn't able to put Canadian football on the field in 2020, but no lives were lost in the process.

"I would concede this virus has been terrible for us. We're watching on the world stage today, we're watching a leader who accepts no responsibility for anything other than just the good things," Ambrosie said on Tim and Sid.

"I won't be that guy, I just will not play that card, ever. If there's a reason or a feeling that we have things that didn't go the way they should, and there's blame to be laid, it has to come to me. That is the responsibility that I bear."

Ambrosie has watched the game film and seen where errors were made during his part of the CFL's attempt at returning to play. Hasty decisions made leading into the night of Thursday, May 7 caused damage the league could never recover from as they tried for a shortened season. That's the evening Ambrosie presented to the Canadian federal government's standing committee on finance.

"That's the now famous or infamous \$150 million. Which by the way, we never asked for \$150 million. Our ask behind that was really broken into phases and it started with \$30 million dollars, which is what we said we would need to get a season started," Ambrosie said.

"It turned out that was the amount of money that we were really talking about. If I could go back I would've started there, we overstated this big idea that we threw out that number. And that number caused an awful lot of disruption for us and I regret following that particular advice. We could have done far better by coming in just focusing on 2020."

After Ambrosie made his statement, members of parliament, including noted Saskatchewan Roughriders follower Kevin Waugh, asked Ambrosie about the details of his request for federal aid. There was no plan for how the potential funds would be used and no mention of the athletes. He was taken to task for not having the players accounted for, or included in the meeting.

"We did never at any point want to disrespect our players, but we felt like we needed to get to government quickly and talk about the potential damage COVID would bring to the league. I wish we would've just talked to the players right up front about going to the government for financial support," Ambrosie said.

Ever since Ambrosie fumbled and stumbled his way through the league's ask for up to \$150 million in May, it was clear the CFL wanted a handout from the Canadian government — money on their terms — which was denied. Even though Winnipeg had tentatively been chosen as the league's hub city, the boards of governors voted to cancel pro three-down football this year.

"When we went to government originally, and I do think this was a bit of a defining moment, what we were advised to do was to go at them with the biggest picture of how potential damage COVID would do over two years," Ambrosie said.

"Those are the two things that stand out in my mind that I wish were handled differently. The COVID virus hit us so hard and so quickly. We were in a hurry and I think we would have been better served by slowing down a little bit."

Ambrosie has plenty of time to take a measured approach for the 2021 season.

## **REDBLACKS PLAYERS FRUSTRATED, DISAPPOINTED AFTER SEASON CANCELLED. KIMBERLEY MOLINA CBC AUGUST 18, 2020**

Ottawa Redblacks players are demanding financial compensation now that it's clear they won't be playing football this year.

The Canadian Football League (CFL) announced Monday the cancellation of the upcoming season, meaning there will be no Grey Cup presented for the first time since 1919.

"It's disappointing. I was hoping that we would be able to play at least some sort of season," said offensive lineman Nolan MacMillan, who starts right guard for the Redblacks.

Raised in Arnprior, Ont., MacMillan has been with the team since its inaugural season seven years ago.

They feel robbed because they've been working their asses off all year, and now they don't even have the chance to go compete for a job and make a salary.- Antoine Pruneau, Redblacks player representative

"To put in all that work, to sacrifice ... and to miss out on a season when you can only get so many seasons — it's definitely disappointing, he said.

MacMillan now plans to spend the year working toward the financial adviser career he hopes to begin once his football days are over.

Other players are feeling uncertain about their future.

"They feel robbed because they've been working their asses off all year, and now they don't even have the chance to go compete for a job and make a salary, make a living off of football," said Antoine Pruneau, a defensive back for the Redblacks and a player representative.

"There's no security for 2021 either, so it's really tough," he said.

Pruneau wants players, who have spent months training for the upcoming season only to see it cancelled, to get some sort of compensation for the time they put in.

### **CFL considering help for players**

Unlike other professional sports leagues, the CFL doesn't have any significant broadcast revenue and instead relies on ticket sales, said Mark Goudie, president and CEO of Ottawa Sports and Entertainment Group (OSEG), which owns the Redblacks.

He acknowledged there's a lot of anxiety among players

Goudie said one possibility is the the Canada Emergency Wage Subsidy, a federal government program that allows employers to apply for wage subsidies for employees, and which OSEG has already accessed to keep its 140 staff employed.

"I know the league is working through what that might look like with the players union right now," he said, adding the CFL hopes to present something to the players within the next few days.

# CFL PLAYERS' ASSOCIATION DETAILS OPT OUT PROCEDURES FOR CONTRACTS WHICH EXPIRE IN FEBRUARY 2021 AND 2022 BY JUSTIN DUNK -AUGUST 22, 2020

The CFL Players' Association has provided the details for players who want to opt out of their contracts.

After the league's board of governors voted to cancel the 2020 season, the CFLPA has been focused on providing options for members who want to seek football employment in other leagues, especially the NFL.

The union detailed the opt out options for its athletes in an internal memo:

Since Monday's disappointing announcement, we have arrived at an agreement with the CFL to provide the following benefits for you:

All eligible players will receive full government wage subsidies (CEWS) from July 2020 up until the end of December. Players currently receiving medical coverage will have that coverage extended to the start of Training Camp in 2021. If you have any questions regarding your eligibility, please contact your member club directly.

Players electing to terminate their SPC's will have both the medical and government wage subsidies cease from the date of release from their contract. This decision will be final once made. If no decision is communicated to the member club by August 31, your SPC will remain active for its duration. Players electing to terminate their contract should do so via email to your club, and please copy the CFLPA, no later than August 31st, 2020.

Players currently under a standard player contract will be provided a 7 day option window starting Monday, August 24th, ending on Monday August 31st. The option to terminate the SPC will be that of the players under the following conditions:

## **Players with Contracts expiring in February 2021**

Any player, presently under contract with their contract expiring in February 2021, who requests a release from their contract to attempt to secure employment in the NFL or other employment will be granted an immediate release from their CFL SPC on the following conditions:

- i. the player must make their election within 7 days of the signing of this MOA
- ii. the player after getting his release is not eligible to sign with any other CFL Club until the start of the free agency period in February 2021
- iii. the player will not be eligible for CEWS or medical benefit coverage, except for the period of time before making his election.

## **B. Players with Contracts expiring in February 2022 and beyond**

Any player, presently under contract with their contract expiring in February 2022 or beyond, who requests a release from their contract to attempt to secure employment in the NFL or other employment will be granted an immediate release from their CFL SPC on the following conditions:

- i. the player must make their election within 7 days of the signing of this MOA
- ii. the player after getting his release is not eligible to sign with any other CFL Club during the term of his SPC
- iii. should the player wish to return to the CFL after being released by any NFL Club or any other professional football club, he must return to his CFL Club and honour the remaining years of his SPC. Once the player returns to his CFL Club, his medical benefits coverage will be re-instated and CEWS entitlement, if applicable, and all terms of his SPC will apply.

The player must make his election to return to his CFL Club by no later than January 31, 2021 for the 2021 season and by January 31, 2022 for the 2022 season. However, if the player has notified the Club of a willingness to report to his Standard Player Contract, the Club shall be required to restore the player to active status not later than ten (10) days following the receipt of such notification from the player.

If the member club chooses not to reinstate the player during that 10-day period, the player becomes a free agent. The Club, the CFLPA and the player shall sign a binding MOA setting out these terms before the player is released to attempt to secure employment in the NFL, or any other professional football league. The Player will be eligible for CEWS for the period of time before he makes his election.

The Calgary Stampeders granted linebacker Nate Holley his release on Wednesday and it led to the CFL's reigning Most Outstanding Rookie signing with the Miami Dolphins on Saturday. He's one of a number of players from the three-down league who would draw interest from NFL franchises.

The seven days from August 24 until the following Monday is decision time for players.

### **PLAYERS WHO HAVE OFFICIALLY OPTED OUT TO DATE (REDBLACKS)**

<https://www.cfl.ca/2020/08/26/tracking-cflers-exercised-opt-outs/>

2020-08-26	OTT	CHRISTION, Taryn	QB	South Dakota State
2020-08-26	OTT	ROBERSON, Marcus	DB	Florida
2020-08-25	OTT	LEONE, Richie	K	Houston

# OTTAWA REDBLACKS PUNTER RICHIE LEONE OPTS OUT OF CONTRACT TO PURSUE NFL BY 3DOWN STAFF -AUGUST 24, 2020



Ottawa Redblacks punter Richie Leone is the latest player to take advantage of CFL opt outs and pursue NFL interest, according to TSN reporter Farhan Lalji.

“Punter Richie Leone is opting out of his contract in hopes of landing an NFL opportunity,” Lalji tweeted Monday. “Could provide value on a [practice roster] as not many have handled punts, FGs & KOs at the pro level.”

Leone re-signed with Ottawa this off-season, but his contract was set to expire in February 2021. Should he return to the CFL, he will be a free agent.

Leone is a three-time CFL all-star punter, lead the three-down league in punting average in 2015 and 2016 (49.5 and 49.3) and East Division in 2019 (48.4). The 27-year-old Leone has played 71 career games north of the border punting 472 times for 22,809 gross yards (48.3 average). 83 yards is Leone’s longest career punt.

After the 2016 CFL season Leone inked a deal with the Arizona Cardinals, but he was waived among the final roster moves before the regular season on September 2 and signed a free agent pact with Ottawa. Leone went unselected in the 2014 NFL draft out of the University of Houston, he went to training camp with the Baltimore Ravens, but was released among last training camp cuts.

Monday was the first day for CFL players to opt out of their current contracts. They have until next August 31 to make a final decision.





## Former Redblack Anthony Cioffi waived by New York Jets for second time By 3Down Staff -August 25, 2020

For the second time in just over a week, the New York Jets have waived former Ottawa Redblacks strong-side linebacker Anthony Cioffi.

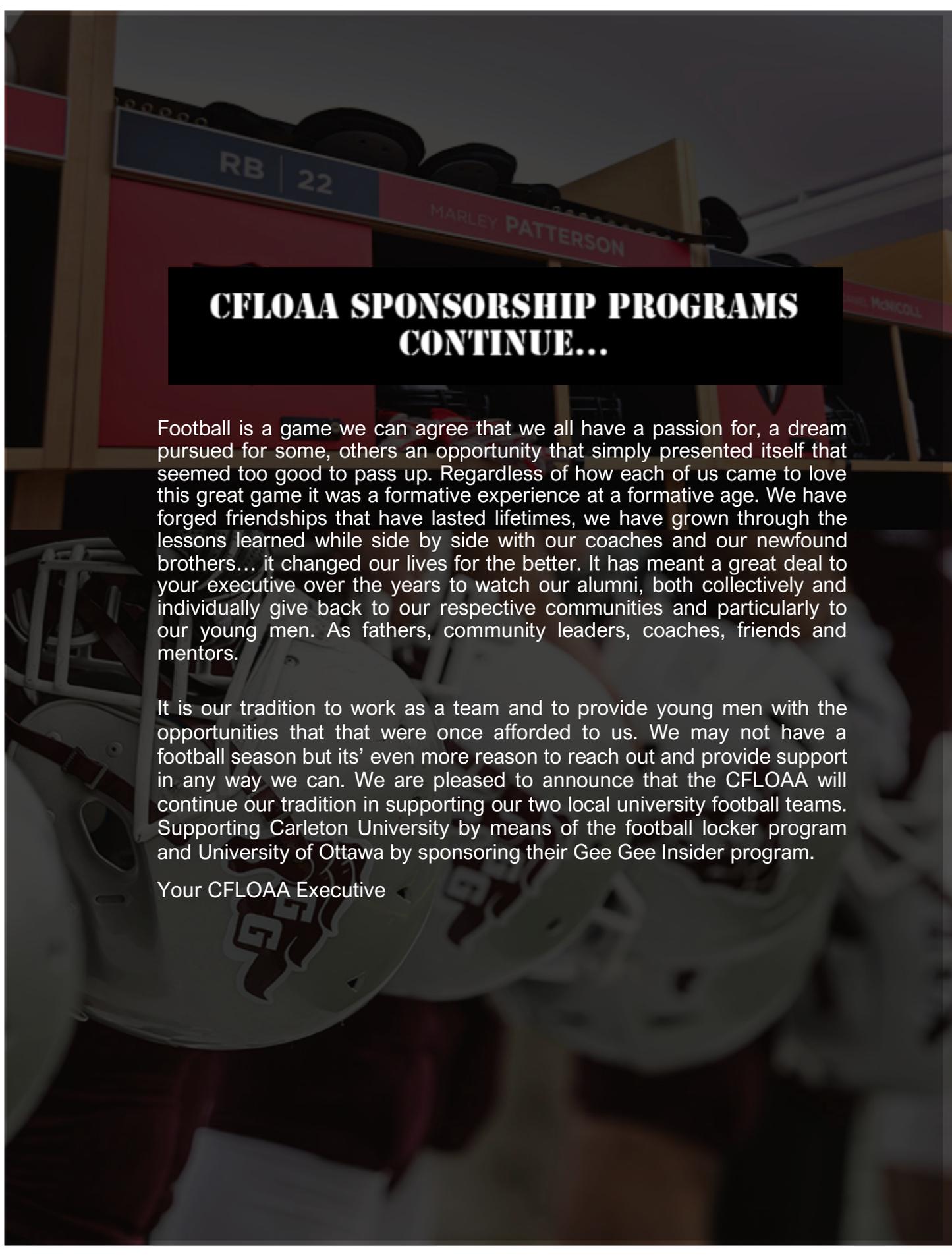
The Jets originally cut their depth safety at the beginning of last week after signing him in February before bringing him back into the fold on Friday. Now he's been shown the door a second time to make space for undrafted running back Pete Guerriero.

The Springfield, New Jersey native originally signed with Oakland as an undrafted free agent out of Rutgers University, where he was a four-year starter. During the Raiders' 2017 pre-season he had six tackles and a forced fumble in four games, including a start in the pre-season finale, but then was a final cut in September.

The 25-year-old Cioffi spent the previous two CFL seasons with Ottawa. As a linebacker and defensive back with the Redblacks, he totalled 97 tackles, two interceptions, three forced fumbles, a fumble-recovery touchdown in 2018 and four sacks.

He'll now have to find somewhere other than his childhood team to ply his trade.





## **CFLOAA SPONSORSHIP PROGRAMS CONTINUE...**

Football is a game we can agree that we all have a passion for, a dream pursued for some, others an opportunity that simply presented itself that seemed too good to pass up. Regardless of how each of us came to love this great game it was a formative experience at a formative age. We have forged friendships that have lasted lifetimes, we have grown through the lessons learned while side by side with our coaches and our newfound brothers... it changed our lives for the better. It has meant a great deal to your executive over the years to watch our alumni, both collectively and individually give back to our respective communities and particularly to our young men. As fathers, community leaders, coaches, friends and mentors.

It is our tradition to work as a team and to provide young men with the opportunities that that were once afforded to us. We may not have a football season but its' even more reason to reach out and provide support in any way we can. We are pleased to announce that the CFLOAA will continue our tradition in supporting our two local university football teams. Supporting Carleton University by means of the football locker program and University of Ottawa by sponsoring their Gee Gee Insider program.

Your CFLOAA Executive



## **CFLERS GREG ELLINGSON, FRANKIE WILLIAMS COACHING ROBINSON HIGH SCHOOL FOOTBALL TEAM BY 3DOWN STAFF -AUGUST 25, 2020**

Canadian Football League stars Greg Ellingson and Frankie Williams are going back to high school.

Ellingson and Williams are both alums of Robinson High School in Tampa Bay, Florida and with the 2020 CFL season being cancelled, the two men are coaching the Knights football team. Robinson Football made the announcement on Twitter:

We are excited to announce that Knights Football Alum Greg Ellingson and Frankie Williams are coming home to give back to their alma mater this season as the CFL season has been cancelled. We welcome them to the Knights coaching staff!

Naturally, Ellingson will be the receivers coach and Williams cornerbacks and special teams coach. Both men were named Divisional all-stars following the 2019 season in Canada, while Williams won the Most Outstanding Special Teams Player award. Each of these men have had an NFL shot as well, but it's at Robinson where the two elevated their careers.

Ellingson earned third-team all-state honour at receiver in 2006, he also played safety and performed placekicking and punting duties. The six-foot-three, 197-pound pass catcher was named first-team All-Hillsborough after finishing with 1,009 receiving yards and 13 touchdowns as a senior. The multi-sport athlete competed in soccer and track and field (100 metre, 400 metre, long jump and high jump) while at Robinson.

Williams set a school record with nine kick-off and punt return touchdowns, which was previously held by Javier Arenas who was a second round pick, 50th overall in the 2010 NFL draft. During his senior season, the five-foot-nine 190-pounder recorded 67 tackles, defended eight passes, intercepted two passes, recovered one fumble and notched on sack. He returned 10 punts for 145 yards and seven kick-offs for 298 yards and two touchdowns. On offence, Williams rushed 10 times for 46 yards and three touchdowns while hauling in 28 passes for 483 yards and seven touchdowns.

With their careers on hold, Ellingson and Williams are putting their efforts into jumpstarting younger players ascent to stardom.





## DeJong Says Pandemic Helps Ravens More Than Any Other Team

Written by Jeff Morris



When Tanner DeJong won the starting quarterback job with the Carleton Ravens last year, the team's coaching staff was not quite sure what they were getting. He had a great work ethic, he lacked game experience, and he had a great attitude.

That great attitude has helped the Brockville native turn the cancellation of the 2020 OUA football season into an advantage instead of a disappointment.

"I think the cancellation of this season is going to help us more than any other team in the league," DeJong said in a glass-half-full tone.

Head Coach Steve Sumarah is taking over the offensive duties for the Ravens. Sumarah won a Vanier Cup as an offensive co-ordinator, and spent the off-season workouts and practices installing a new offence.

“It was my first full off-season of getting QB1 reps,” DeJong said. “Things were going well, and then all of a sudden, everything shut down. We haven’t been in our locker room since March.”

When parks and sports fields opened up, DeJong and a group of receivers have been holding their own workouts at Khaladar Field in Ottawa as they continue to learn the new offence.

“When you think of it, we would only be a month away from the season starting,” DeJong said. “It would have been more difficult for us to come in with a new offence for the 2020 season. Now, we have an entire year to practice and to have everything ready for the 2021 season. We are definitely taking this year with no season to keep getting better and improving for 2021.”

While some fifth-year players are in jeopardy of losing their seasons due to the USports football age limit of 25 years old, DeJong snuck under the deadline by 52 days. The rule has been a source of controversy this year, as a panel unanimously recommended to USports that the age rule be altered for the upcoming season to allow fifth-year players to play their final season. USports rejected the recommendation and kept the age limit in place. They have said, however, that because of a strong wave of backlash, the policy is under review. The rule currently states that a player cannot turn 25 before Sept. 1. DeJong does not turn 25 until October, meaning he is eligible to play regardless of the USports decision.

DeJong saw limited action in his first and second year, seeing the odd drive on late game mop up time. In his third year, starting quarterback Mike Arruda took every snap for the Ravens, and DeJong did not see the field. When Arruda left the program in the spring of 2019, DeJong saw an opportunity to get on the field.

He won the starting job and led the Ravens to a win over Queen’s in Kingston in his first start. It was a thrill for him personally, as he had a lot of family and friends from Brockville at the game, and he had played OVFL football in Kingston. The best part, though, was how he felt the next day.

“I got knocked to the turn six or seven times that game,” he said, noting that Queen’s was a team known for their pass rush last year. “The next day, I was sore. I was game-soar, and it was great. I hadn’t felt game-sore in a few years.”

The next week, however, things took a goofy direction for DeJong and the Ravens. The visiting Guelph Gryphons returned the opening kick-off for a touchdown, and they scored two touchdowns on unusual and fluky interceptions. There was a bright spot in the game, though, as DeJong completed a 91-yard touchdown pass to Quinton Soares. It was the fourth-longest completion in Ravens history.

The Ravens fell into a pattern for the next month. They were outplaying their opponents and usually leading at halftime, and then in the third quarter, the wheels came off. After a Panda Game loss to Ottawa that Carleton dominated the first half of, the Ravens were 2-4 and a longshot to make the playoffs.

“It was something we were aware of and talked about a lot,” DeJong said of the team’s third-quarter difficulties. “We tried a lot of different things. Maybe we were playing not to lose or maybe we were too tight. Before we played McMaster, we had a team meeting and it was like, this is it. If we were going to have any shot at the playoffs, we had to beat McMaster. We turned it around that week and then beat Laurier in the last game, and it was our first time beating that program and they had a packed crowd at their field.”

DeJong got better as the season went on and drew strong praise from the coaching staff for his leadership, work ethic, and improvement. He became only the third Carleton quarterback to pass for more than 2,000 yards in a season behind Jesse Mills and Mike Arruda. With 2,339 career passing yards, he has a chance to become the seventh Ravens quarterback to eclipse the 3,000-yard career passing mark. Jesse Mills (6,110), Sean O’Neill (5,688), Cam Collins (5,563), Michael Arruda (4,409), Bob Amer (3,840) and Mark Lee (3,001) are the other members of the 3,000-yard club.

While Mills is the school's all-time passing leader, he is also the first player DeJong mentions as a mentor when he first arrived at Carleton. When DeJong was the quarterback at St. Mary's High School in Brockville, he played in two Athletes in Action High School All-Star Games. His West All-Star Team was coached by Ravens players and coaches, and Jesse Mills worked with DeJong.

"In high school, Jesse Mills was like my superhero," he said. "And then I am coming into Carleton as this unknown kid from Brockville and I was fourth on the depth chart. Jesse really helped me, and so did (wide receivers) Nate Behar and Kyle Van Wynsberghe."

The Ravens have a lot of turnover in their receiving core for the next season. DeJong's best friend on the team, all-star wide receiver Phil Iloki, has graduated. Quinton Soares and Chad Manchulenko have also graduated. DeJong did say, however, there are some players waiting in the wings that will impress Ravens fans and supporters.



"We have some guys who have looked really good in the off-season workouts," DeJong said. "Keaton Bruggeling and Nick Renaud have both looked really good. Keaton is a big receiver who is fast and athletic and can go up and get the ball. And Nick Renaud in the slot is fast. He is like Quinton Soares 2.0. Those guys have looked really good. Plus, we have some other good players back and a great class of recruits coming in with some good receivers."

Academically, DeJong is studying Criminology. Like other students, he has had to adjust to online learning during the pandemic. "I'll be honest, it wasn't easy," he said. "But I have great roommates and they really kept me on track. I don't think it affected me as much as some of the guys in Engineering or Neuro-Science programs where they have a lot of labs, but it is different for everyone."

Plans for Ravens practices and workouts will depend on the parameters and guidelines set out by health officials when practices for the next season start.



# FACE MASKS

**MASK 3 PACK**  
**\$24.99**

**GAITER**  
**\$19.99**

OTTAWA STRONG

OTTAWA STRONG

Partial proceeds to OSEG Foundation



PODCAST AUGUST 9, 2020

## TICATS' NICHOL: 'THERE'S SHAPE AND THERE'S FOOTBALL SHAPE'

TORONTO — When you watch a game in the Canadian Football League, you'll see hard hits, blazing speed and generally incredible feats of athleticism by some of the best athletes in the world.

But what does it take to get those players to their peak fitness in order to go through the trials that come along with playing a season of professional football?

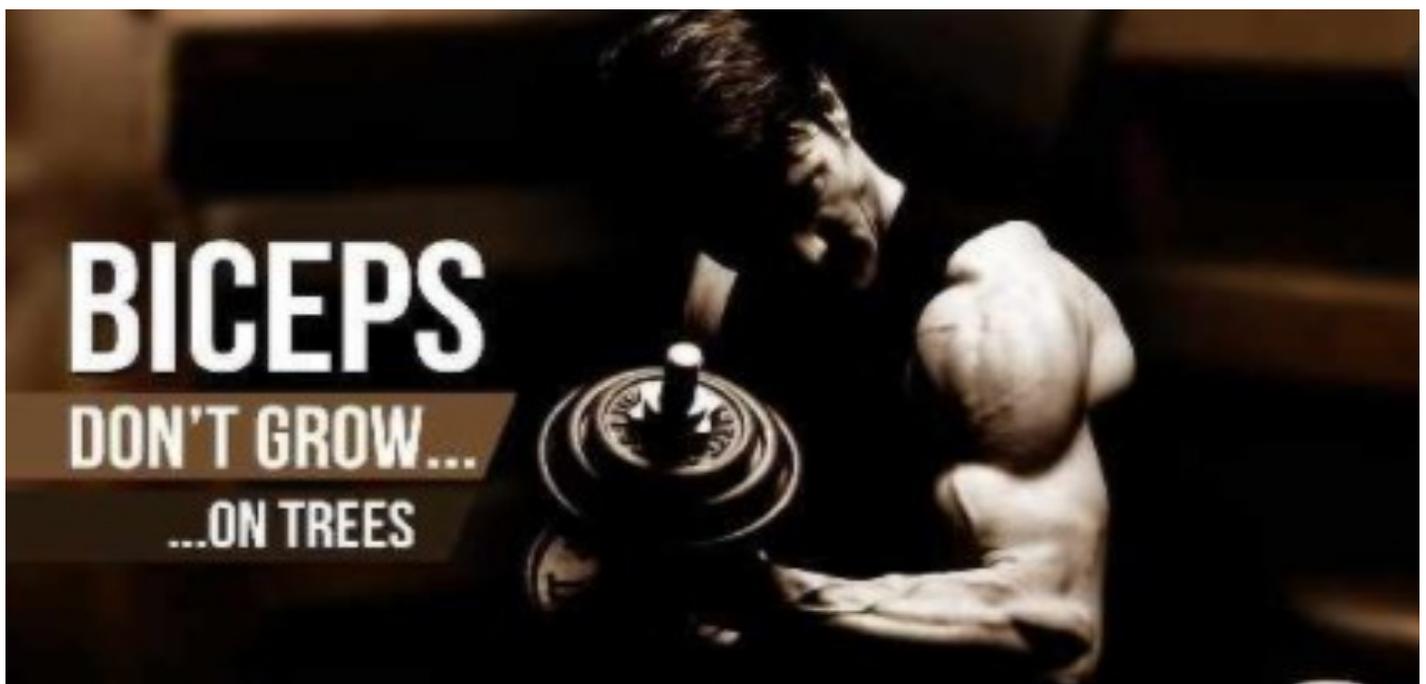
On the latest episode of The Waggle presented by Sport Clips, Donovan Bennett spoke with Matt Nichol, director of player health and performance for the Hamilton Tiger-Cats, about working with the Tabbies and what it takes to get football players into game shape.

EPISODE 222: What it takes to stay in football shape.

EPISODE OVERVIEW: We take a bit of a different course this week as Donovan speaks with elite athlete trainer Matt Nichol about how players have been staying in football shape during the pandemic.

EPISODE RUNDOWN: What players should be focused on to stay in peak condition (3:50); What does gearing up look like so players can avoid injuries (5:48); On working with Hamilton Tiger-Cats' Orlando Steinauer (8:50); Challenges on being a 'specialist' in your position (12:30); Why work with the Tiger-Cats? (20:00).

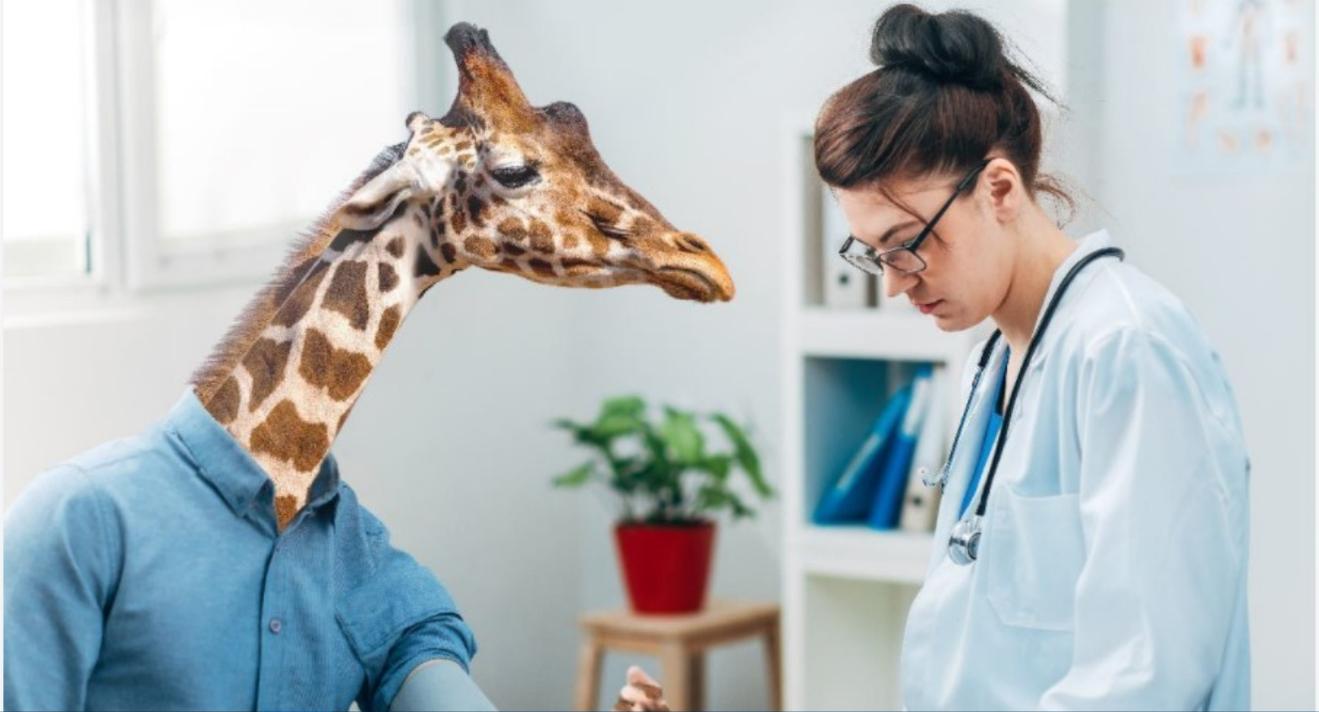
VIDEO ON CFL.CA [https://www.cfl.ca/2020/08/09/ticats-nichol-theres-shape-theres-football-shape/?fbclid=IwAR0n7YB9oXFPNdBiw13-UR8wTNRc\\_Qrn4BQiXwMNgrxOFLGafMnSQDW5Vq8](https://www.cfl.ca/2020/08/09/ticats-nichol-theres-shape-theres-football-shape/?fbclid=IwAR0n7YB9oXFPNdBiw13-UR8wTNRc_Qrn4BQiXwMNgrxOFLGafMnSQDW5Vq8)



**BICEPS**  
DON'T GROW...  
...ON TREES

## Optimal Blood Pressure for Men (and Giraffes)

by Adam Bisby | Aug 13, 2020 | Prevention



With their super-sized necks, it's no surprise that giraffes are the tallest mammals on Earth. But did you know that giraffes also hold the world record for having the highest blood pressure of any living animal?

The more you know about blood pressure, the more impressive that fun fact becomes. You've probably seen those cop shows where a paramedic bursts into the emergency room with a patient on a stretcher shouting, "Blood pressure 90-over-60 and dropping fast!" But unless you're a real-life medical professional, chances are you don't know what this means.

Understand blood pressure, however, and cop shows AND giraffes suddenly become much cooler! Here's the scoop:

### What is blood pressure?

Blood pressure is a measure of how much force your heart is using to pump blood around your body. Your blood pressure can vary throughout the day, and change from day to day. It can also change according to your activity levels, posture and emotions. These changes are no big deal if your blood pressure is within a healthy range — normal blood pressure for men: 120-over-80 or thereabouts.

What do those two numbers mean? The first one is known as your systolic blood pressure. This measures the force of the blood against your artery walls when it's at its highest. The second number is your diastolic blood pressure. It measures the blood pressure when the heart relaxes, and the force of the blood is at its lowest.

So when that cop-show paramedic yells "90-over-60!", you know the patient is fighting for his life!

Why should I care about blood pressure?

An overly high blood pressure — a.k.a hypertension — is not very good news. When it stays above 140-over-90, it can cause strokes, heart attacks, and heart and kidney failure. It may also be related to dementia and sexual problems. The good news: These issues can be prevented if high blood pressure is controlled.

## How to lower blood pressure

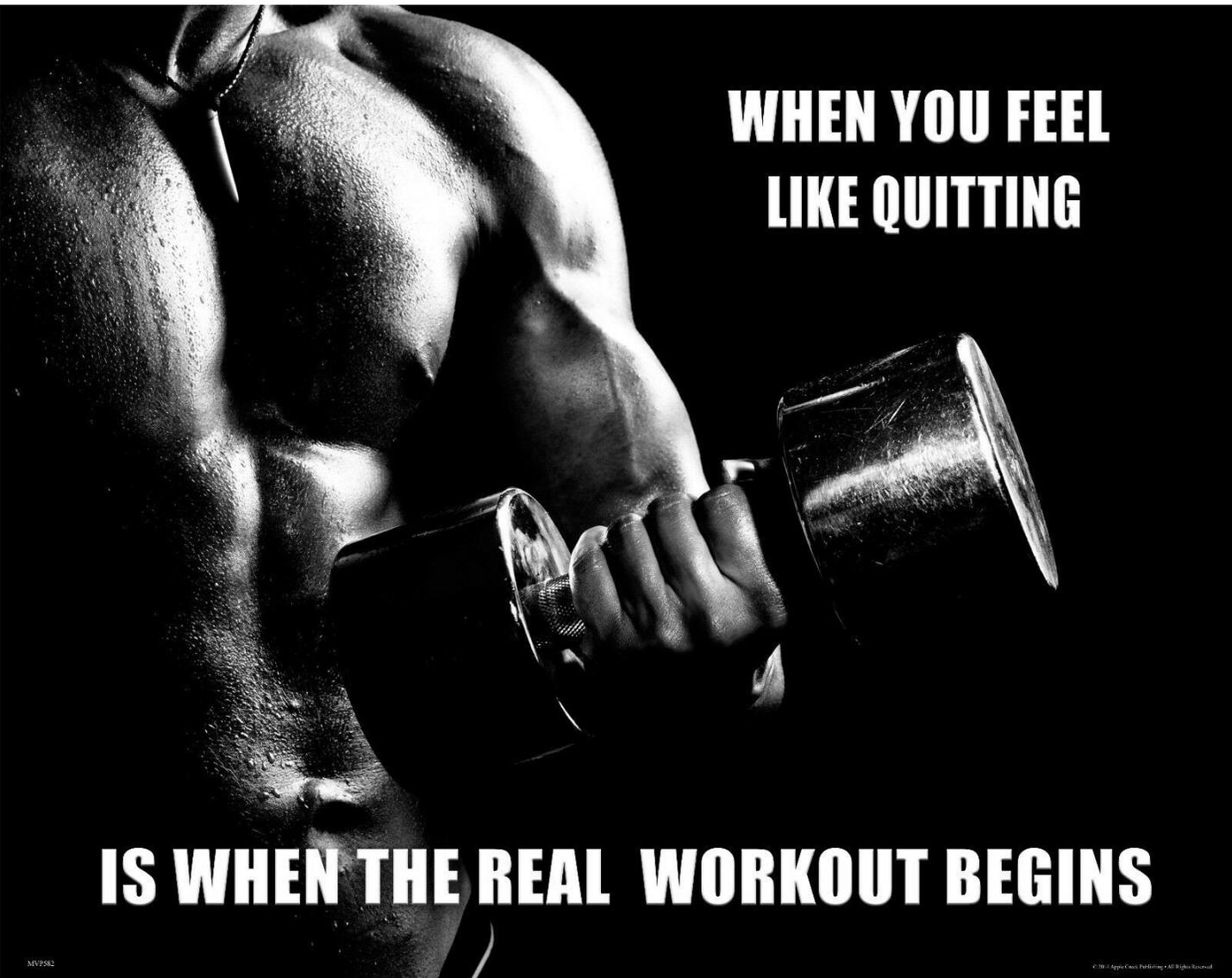
Talk to a doctor: A doctor needs to check your blood pressure at least once every two years. In between those appointments, many pharmacies have blood pressure machines you can use to track your own BP for free. Give them a try — although they shouldn't replace a doctor's visit.

Maintain a healthy lifestyle: A four-part plan can work wonders here. Part 1: Eat a balanced diet that includes more fruits and vegetables and less sugar and salt. Part 2: Maintain healthy body weight. If you are overweight, losing even a modest amount of weight can help reduce your blood pressure. Part 3: Limit your alcohol intake to 1 or 2 drinks per day. And last but not least: learn how to keep stress under control.

## So what about giraffes?

The long-necked animal's record-setting blood pressure — 280-over-180 — is more than DOUBLE that of humans. For a good reason: It takes a lot of force to get blood from their hearts to their brains when the two organs are separated by around two metres! That's why giraffe hearts, at about 11 kilograms, are the largest of any land mammal.

Now you're WAY ahead of the curve when it comes to understanding blood pressure AND giraffe anatomy! Useful and useless facts, together at last



**WHEN YOU FEEL  
LIKE QUITTING**

**IS WHEN THE REAL WORKOUT BEGINS**

# CFLOAA EXECUTIVE COMMITTEE



Jeff Avery  
CFLOAA President  
javery@coltonaverydeacon.com



Jim Cain  
CFLOAA & CFLAA Vice President  
jimcain@rogers.com



Dan Dever  
CFLOAA Treasurer  
danwdever@msn.com



Bob McKeown  
CFLOAA Research  
bob.mckeown@cbc.ca



Bob Pekarchuk  
CFLOAA Communications  
rwpekar@gmail.com



Gary Page  
CFLOAA Tournament Coordinator  
gpmail@sympatico.ca



Gord Bunke  
CFLOAA Special Events  
gordbunke1@gmail.com



Warner Miles  
CFLOAA Board Member  
w51miles@gmail.com

**JOIN OUR TEAM TODAY!**  
If interested in volunteering with the CFLOAA please contact Jeff Avery

We are here to make sure your Membership experience is the best it can be...if you have any questions, suggestions or concerns please contact a member of the Executive team.