

The Gryphons' Lair

Issue 31 - August 2019

What Happened in July?

Sports Nutrition Presentation

Last month, Sports Nutritionist, Rachel Hannah, spoke to the team about proper diet during training and performance. Rachel Hannah is a Canadian long-distance runner who won the Canadian Cross-Country Championships in 2014 and a bronze medal at the 2015 Pan American Games marathon. She has since joined the Health and Performance Clinic Team at the University of Guelph as a Registered Dietitian. We are so grateful to have had Rachel come and speak to members of our team.



FOGF Golf Tournament

We ended the month of July with our annual FOGF Golf Tournament. It was a beautiful day where members of the Gryphon Football community came together for some healthy competition. This year, we had about 140 golfers, exceeding last year's numbers.

Congratulations to Mike Millar, Matt Richardson, Dan Le Gresley and Justin Dunk for being the winning foursome for the second year in a row!



Members of the Gryphon Football staff pose with Fullback, [Anthony Hall](#) and Running Back, [Kwame Osei](#).



Flag Football Camps

For the entire month of July, members of our football team helped to run the Gryphons Flag Football Kids Camp. The camp counsellors were: Receivers [AJ Chase](#), [Zeph Fraser](#), [Kian Schaffer-Baker](#), along with Offensive Lineman, [Matthew Famurewa](#) and Defensive Lineman, [Jeremy Kapelanski](#).



Hosts of the Winnipeg Blue Bombers

Gryphon Football was lucky enough to be the chosen hosts of the Winnipeg Blue Bombers to end the month of July. The Blue Bombers play both the Hamilton Tiger-Cats and the Toronto Argonauts in back to back weeks and chose the University of Guelph as their middle-ground. Throughout the week, the Blue Bombers utilized our positional meeting rooms, locker room, boardroom and field to prepare for their matches. The Blue Bombers roster includes Running Back, [Johnny Augustine](#) and Fullback, [John Rush](#), both graduates of the Gryphon Football program. The Bombers' staff includes Head Coach, [Mike O'Shea](#) and General Manager of Football Operations, [Kyle Walters](#), both Gryphon Football alumni. Some FOGF Gold Members joined us on our rooftop patio to enjoy practice. The team and their staff were incredibly classy. Players even stepped away from practice to chat and give tips to some of our current players. We wish Winnipeg the best of luck with the rest of their season. Click [here](#) to read more on Winnipeg using our facilities and Coach O'Shea coming back home to UofG.



FOGF Members watch the practice from our rooftop patio (left). Alex Derma, Bill Brown and John Casasanta pose with Johnny Augustine and John Rush, Gryphon Football Alumni.

Gryphon Football vs. Women's Volleyball

Members of our football team participated in a friendly game of beach volleyball against the [women's volleyball team](#). The idea for this event began when the boys were doing the **Hooverball** drill with a 10lb ball, a practice drill that was presented by our new Strength and Conditioning coach, [Adam Kania](#). The women's volleyball team responded to a video that was shared on social media, which then resulted in a game. Unfortunately, our boys fell short to the ladies. Perhaps a 7-on-7 match is next....



Training Camp Prep

The boys have been working hard in preparation for training camp! Four days a week, they focus on speed and agility on the field, ending their workout in the weight room for a lift, with their rest day consisting of a yoga session run by the University. The team has also been conducting Captains' Practices on weekends. With only a few weeks away until training camp, our guys are looking focused and enthusiastic – they are ready to get started!



Annual Coaches Retreat

Coach Lang held his annual Coaches retreat at his cottage at Lake Rosseau last month. Every year he has something special in store. Previously, coaches have been treated to fly boarding, parasailing, wake surfing and cliff jumping. This year, coaches caught the views in a floatplane. Defensive Line Coach, Brian Cluff, even took control in the air! Luckily, everyone survived. It was once again a great bonding experience for all who attended. Thanks, Coach Lang, for your hospitality.



Gryphon Coaches at the Canada Cup!

Last month, a couple members of our [coaching staff](#) had the opportunity to coach at this year's Canada Cup which took place in Kingston, Ontario. Gryphons Offensive Coordinator, Mark Surya, was the Offensive Coordinator for Team Ontario, with Mike MacDonald coaching the Offensive Line. Coaches Surya and MacDonald helped lead Team Ontario to the Bronze Medal game, where they unfortunately fell short to Team Alberta, 22-21. We are very proud of you Mark and Mike!



Canada Cup Recruiting Fair

The Canada Cup is an annual event where each province has the opportunity to showcase some of their most talented players. Members of our coaching staff attended this year's Canada Cup Recruiting Fair where we had the opportunity to talk with these prospective players about the University of Guelph, the Gryphon Football program, academics and the City of Guelph itself. We spoke with some very talented players whom we hope will become some of our future #NextGryphons.



Gryphons in the Community

Last month, players from our team spent the afternoon at the YMCA Kids camp to teach the kids some basic football skills. The kids had an amazing time learning proper footwork, how to throw and catch, as well as a participating in good old-fashioned game of duck duck goose! Thank you to the YMCA camp for having us.



Gabriel Ferraro and the Roughriders

Congratulations to Gryphon Football alumnus, Gabriel Ferraro, who started in his first CFL game for the Saskatchewan Roughriders in their game against the Calgary Stampeders. During this game, Gabriel kicked a successful 36-yard field goal for the Roughriders, giving him his first official CFL points. We are so proud of you Gabriel! Click [here](#) to read more about Gabriel Ferraro and the Roughriders.



Mike O'Shea Gets His 50th Win!

The Winnipeg Blue Bombers' victory against the Calgary Stampeders in July gave Head Coach and Gryphon Football Alumnus, Mike O'Shea his 50th win as head coach! Congratulations Mike. We look forward to watching you secure many more wins in your time.



Featured Alumni

This month, our featured alumni is Gryphon Football alumnus, Daniel Hilborn. Daniel graduated from the University of Guelph with a Bachelor of Science and Engineering - Agricultural degree. During his time in Guelph, Daniel was an Offensive Lineman for the Gryphons, graduating in 1979.

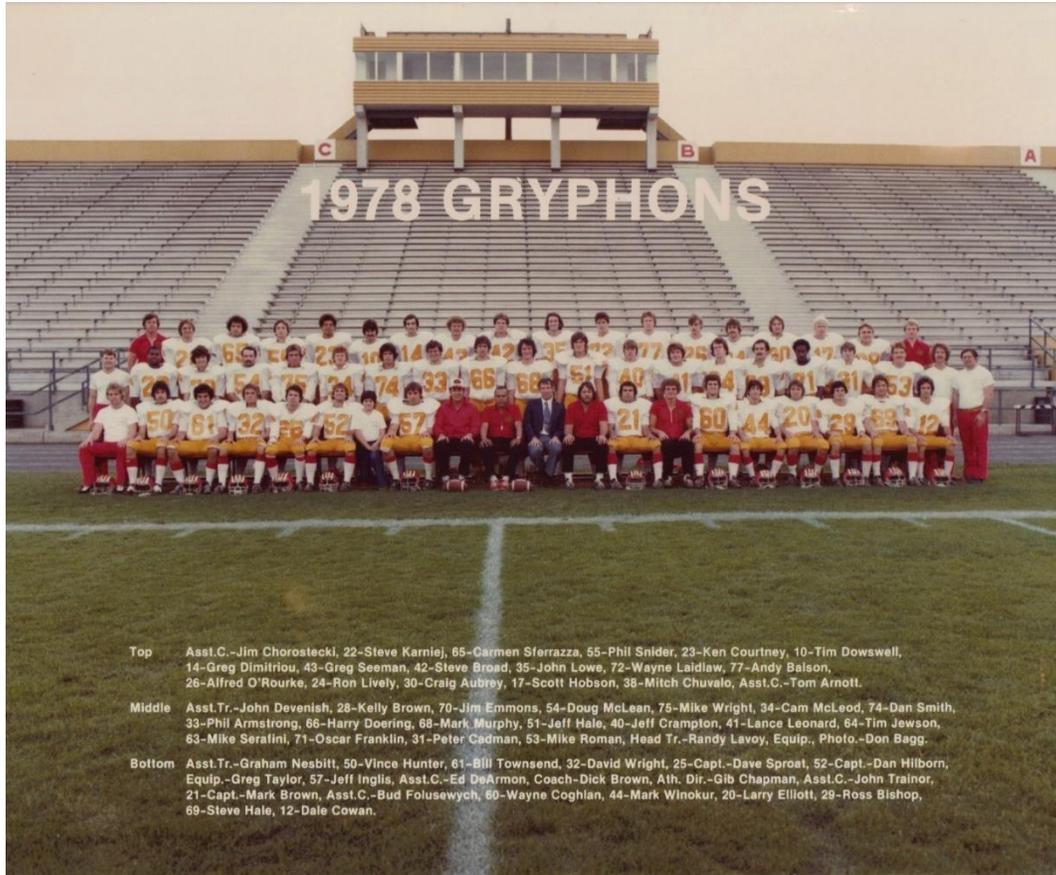
Today, Daniel works as a Senior Manufacturing Engineer for Magna International at Karmax Heavy Stamping in Milton. There, they make sheet metal stampings and assemblies for the automotive OEM's. His job is project management for robotic welding systems - laser or spot welded. It is a new job every two years and he plans to retire sometime next year! Daniel is currently living in Cambridge, where he has lived for over 30 years.

When reflecting on his time playing for the Gryphons, Daniel had a lot of great memories to share. One of them being "Sweep Blocking for John Lowe (many, many times) – pull around the corner, John would hide behind me so the defender would come straight to me, it was an easy block & John would sprint by for a big gain."

"Teamwork & relationships. Different skill sets & characters are needed. We all work together for the good of each other & share success as well as failures. We were equals & friends with all

the other Gryphon athletes. The intangible is a bond for life with all your teammates & even other Gryphon alumni.”

- Daniel Hilborn on what being a Gryphon has taught him



Top Asst.C.-Jim Chorostecki, 22-Steve Karniej, 65-Carmen Sferrazza, 55-Phil Snider, 23-Ken Courtney, 10-Tim Dowswell, 14-Greg Dimitriou, 43-Greg Seeman, 42-Steve Broad, 35-John Lowe, 72-Wayne Laidlaw, 77-Andy Balson, 26-Alfred O'Rourke, 24-Ron Lively, 30-Craig Aubrey, 17-Scott Hobson, 38-Mitch Chuvato, Asst.C.-Tom Arnott.

Middle Asst.Tr.-John Devenish, 28-Kelly Brown, 70-Jim Emmons, 54-Doug McLean, 75-Mike Wright, 34-Cam McLeod, 74-Dan Smith, 33-Phil Armstrong, 66-Harry Doering, 68-Mark Murphy, 51-Jeff Hale, 40-Jeff Crampton, 41-Lance Leonard, 64-Tim Jewson, 63-Mike Serafini, 71-Oscar Franklin, 31-Peter Cadman, 53-Mike Roman, Head Tr.-Randy Lavoy, Equip., Photo.-Don Bagg.

Bottom Asst.Tr.-Graham Nesbitt, 50-Vince Hunter, 61-Bill Townsend, 32-David Wright, 25-Capt.-Dave Sproat, 52-Capt.-Dan Hilborn, Equip.-Greg Taylor, 57-Jeff Inglis, Asst.C.-Ed DeArmon, Coach-Dick Brown, Ath. Dir.-Gib Chapman, Asst.C.-John Trainor, 21-Capt.-Mark Brown, Asst.C.-Bud Folusewych, 60-Wayne Coghlan, 44-Mark Winokur, 20-Larry Elliott, 29-Ross Bishop, 69-Steve Hale, 12-Dale Cowan.

Featured FOGF Member

Every month we feature an FOGF member. This month, we would like to feature FOGF gold member and alumnus, George Bortolato. George graduated from the University of Guelph in 1992 with a Bachelor of Applied Science degree. During his time at the University of Guelph, George played Defensive Back for the Gryphons.

“One of my favourite memories looking back was the team bonding and the development that takes place during training camp, the relief that comes with the conclusion of training camp, and the excitement of the opening game of the season after all of the off season training, and the physical and mental demands of training camp.”

Since graduating, George's career has been primarily spent working with the Consumer Packaged Goods industry as a Sales Executive, something that he has done for the past 20 years. Aside from that, George is still very connected to the Gryphon Football program through attending a few games per season and attending our FOGF events. Throughout the past year, George has been even more involved with the program through serving as an advisor on the Friends of Gryphon Football Board, where he is the co-chair of our golf tournament.

"It is an opportunity for me to stay connected to the University of Guelph, the football program, friends, teammates, as well as making connections with Gryphons from other eras. By staying connected with the program, it encourages me to get out to the games, and it is an opportunity to have my kids enjoy the U of G game day experience. An added bonus to being a FOGF member is that I am able to give back to the program while also getting great value in return through the opportunity to go to games, receiving great merchandise and attending the gala and golf tournament."

- George Bortolato on why he is an FOGF member.

We are so grateful for everything that George does for the program. Thank you, George for all that you do!



George playing for the Gryphons (left). George and his two sons pose at a Gryphon Football tailgate (right).



Save the Date

Captains' Lunch: Sunday, August 18th - Previous Gryphon Football captains are invited to watch practice and join the team for lunch! Email brownw@uoguelph.ca for more details.

Season Opener & Post-Game BBQ: Guelph Gryphons vs. McMaster Marauders - Sunday, August 25th, 2019 at 1:00 P.M. at Alumni Stadium, BBQ to follow. Click [here](#) to purchase your early bird tickets to the game!

Decades Dinner: Thursday, September 26th, 2019

Homecoming: Saturday, September 28th at 1:00 P.M. at Alumni Stadium, versus the Ottawa GeeGees. Click [here](#) to purchase tickets.



FOGF Memberships

Become a Member

Interested in becoming an FOGF Member? There are three different tiers to our memberships: Red, Gold and Black. To find out more information about our memberships and what is involved in each level, please click [here](#). For questions about the membership, please contact Bill Brown at brownw@uoguelph.ca.



Share Your News!

If you have any news or updates, we would be more than happy to share them in our upcoming newsletter. Please reach out to brownw@uoguelph.ca for any celebrations, announcements of bereavements that you would like us to share.