

Gryphons' Lair

Issue 61 – February 2022

With a 2022 season approaching, we know that you will want to be decked out in your Gryphon colours to support the team from the stands. All current Friends of Gryphon Football (FOGF) members will be pleased to know that you will be able to custom order some swag. More information is included at the end of the newsletter.

For those that are currently not a part of the FOGF membership program, if you sign up to be a member by February 18, 2022, you too can benefit from the swag order. Details are included in the FOGF Membership section.

Enjoy Issue 61 of the Gryphons' Lair!

What Happened in January?

Bell Let's Talk Day – January 26th, 2022

It's more than just football. Plain and simple. What makes our program so elite, is that our players not only learn how to excel in regards to the game of football, but we instill in them the importance of community and giving back. We want each player to leave the program as a well-rounded person, both on and off the field.

We are continually impressed with our players' commitment to better themselves as people, and their willingness to support others -whether that's by helping their own teammates, or those in the community.

For Bell Let's Talk Day, four of our players took the time to connect with kids from John Galt Public School, a local elementary school in Guelph. A group of students who attend an after-school program were surprised with gift packages that included some Gryphon swag, a gift card to Simply Wonderful Toys, a local Guelph toy store, and a toboggan.

[Richard Morris](#), [Daniel Brown](#), [Ethan Monaghan](#), and [Anakin Guthrie](#) went back to their childhood routes and spent some time toboggining with these kids after school. You can watch the video on our [Youtube Page](#).

“Thanks so much to you and your players for today. The kids were absolutely thrilled. They talked about it all afternoon with such excitement and then again when their parents came. You folks really brightened their day. It was great to see them all having so much fun together.”

-After-School Program Staff Member

Our challenge to all of our readers is to take a moment to pause and think about one simple thing that you could do to brighten someone else's day. Odds are that that one small thing will not only help someone else, but it will make you feel good too! February 17th is Random Act of Kindness Day.

Tag us (@gryphonfootball) in your Random Act of Kindness posts or email brownw@uoguelph.ca about what you did to bring a smile to someone's face in your community, or what someone did to bring a smile to your face.



AJ Allen Featured on At The 55 Podcast

Gryphon Linebacker, [AJ Allen](#) was a guest speaker on the [At the 55 Podcast](#), which is a podcast dedicated to talking about all things OUA Football. Allen's episode talks about mental health and will be released on February 7th and we will include the link in next month's newsletter. Well done, AJ and we look forward to listening!

Gryphon Football's Involvement in the HeForShe Movement

The Gryphon Football program is proud to once again be partnering with the Lang School of Business and Economics and the College of Engineering and Physical Sciences to demonstrate our commitment to the UN global solidarity movement for gender equality. This is our 5th year celebrating and promoting the HeForShe event.

This year's workshops will be hosted virtually through the Zoom platform. Workshops are open to any U of G faculty, staff, student, or community members. There will be three sessions to choose from:

- Tuesday February 8th from 1-2PM | [Register here](#)
- Wednesday February 9th from 6-7PM | [Register here](#)
- Thursday February 10th from 10-11AM | [Register here](#)

Watch the 2019 [video recap](#) of the workshop series.



Excelling in Academics – The Pearson Family SAM (Student-Athlete Mentor) Program

Gryphon Players Afram Jolak, [Anthony Hall](#) and [Kwame Osei](#) are a part of the Student-Athlete Mentor Program at the University. This program started in 2006, and pairs upper year athletes with first years to provide coaching and advice on balancing the busy task of being a student and an athlete. Thank you Afram, Anthony, and Kwame for supporting our first-year players!



AFRAM JOLAK

FOOTBALL & TRACK, YEAR 4

HUMAN KINETICS; SPORT MGMT





ANTHONY HALL

FOOTBALL YEAR 4

ARTS





Celebrations

Johnny Augustine Brings the Grey Cup Home

Johnny Augustine returned to his old stomping grounds last month with some precious cargo. Augustine paid a visit to Notre Dame, his former high school in Welland, Ontario with the Grey Cup Trophy. As a 2-time Grey Cup Champion, Augustine was excited to share this experience with his former coaches and the current senior football team.

Read the full article [here](#).

Augustine also made a pit stop in Guelph to visit John Casasanta and family.

“It was really cool to see the Grey Cup up close and get a chance to pick it up. Having one of my favourite Gryphons bring it to my house as awesome. I’m very proud of Johnny, I helped my Dad recruit him and to get to see him be so successful and win back-to-back is amazing.” – Carson Casasanta (John Casasanta’s son)

“I knew that I had to go back to Guelph, it holds a special place in my heart. John has made a big impact on my life, he brought me to the greatest University, so I had to bring the Grey Cup to him. It really was a no-brainer for me and I wanted to show my appreciation to John.”

-Johnny Augustine

Thank you, Johnny for sharing this moment with your Gryphon family!



Pictured: Johnny Augustine and John Casasanta

From a Gryphon to a Lion – Jacob Scarfone Continues to Make an Impact

Former Gryphon, [Jacob Scarfone](#) has been a crucial player on the BC Lions roster in the CFL. Scarfone has re-signed with the Lions and is working hard in the offseason to prepare for the 2022 season.

Read the full article [here](#).

Featured Alumnus

The alumni feature for the month of February is Derek Drouillard.

Derek played 5 years with the Gryphons wearing #33 and playing at the Linebacker position. Notable memories from his Gryphon career include being named captain in 2017 and winning the Yates Cup in 2015. He is currently teaching Grade 10 Civics and Careers, and Grade 12 Social Studies at Mother Theresa, a high school in London, Ontario. According to Derek, “teaching is Psychology 101” and he uses a lot of what he learned in the classroom at the U of G to educate his current students. Derek graduated with an Honours Bachelor of Arts Degree with a major in Psychology and a minor in Family and Child Studies.

When our team reached out to Derek about being featured in the newsletter, we got a response just minutes later that Derek was honoured to be featured and he was eager to set up a call and reflect on his days wearing #33 for the Gryphons.

Derek’s experience as a student-athlete at the U of G started in 2013.

“Right from the get-go, Guelph was always my #1. I entertained other schools just to check out some places. Looking back, I probably should have just committed the first week, because right after my visit on campus, and talking with the coaches, players and everyone involved with the program – I was sold on becoming a Gryphon.”

Derek mentioned that he knew that the Gryphon program was strong, it was a winning program and the team was doing a lot of great things, but Derek was thinking long term. Making this decision was about setting himself up for success, in the short term as a football player but in the long term for his career and development.

“It wasn’t the 4-year decision, it was the 40-year decision, I was really looking at what is going to set me up for a life after football. I wanted to go somewhere where I was not only going to grow as a football player, but I was also looking for what is going to academically set me up for the future.”

A constant that came up in our conversation with Derek was the dynamic of the team that cinched the 2015 Yates Cup title. After coming off a tough defeat in the 2014 season, the players were dialed in and had a winning mentality, feeling that 2015 was their year. Derek looked up to veterans such as [Curtis Newton](#), [John Rush](#), and Andrew Graham and knew that he most likely wouldn’t be playing LB with those all-stars ahead of him, so knew he had to get really good at

special teams. He started the 2015 season as a Defensive End and had his first start of the year in the homecoming game against McMaster.

Not only was 2015 the year that Derek was a part of a winning Yates Cup team, but it was also the year he performed the best academically.

“Coach Stu Lang always used to say, ‘the way you do little things is the way you do all things’ and I think the entire team stood behind this saying. Stu Lang preached that the whole package of being a Gryphon meant elevating yourself athletically, spiritually, socially, and academically. Right from the get-go, this was community standard.”

Leading up to their Yates Cup win, Derek spent the summer of 2015 working for [Frontiers](#), a local landscaping company run by Gryphon Alumni, James Savoie. Derek mentioned that he learned a few things that hopefully he can use in his own backyard one day!

The rivalry of the Western Mustangs and the Guelph Gryphons is quite well known within our community – but it is especially heightened for Derek. As a London Native, he made it quite clear that he played for the red, black and gold and beating the Purple Ponies was always a personal highlight for him. However, Derek had to set his feelings aside as he made the decision to attend Western University for his Bachelor of Education degree. As an educator, something that Derek shares with his students is that the journey after high school is not always linear. He has an appreciation for the various experiences one can have that will lead to multiple career options. He noted that his application to teachers’ college was so successful because of the opportunities available to him as a Gryphon Football player.

Whether it was volunteering at the food bank, coaching in the summer with the Junior Gryphon program, or being a student-athlete mentor; Derek was always one to jump at the chance to support with community events. And flashforward a few years later, Derek has continued to play an active role in the community as a coach for the Junior Mustang program in London, and a coach at his local high school football program.

The saying ‘once a gryphon, always a gryphon’ runs true for Derek. Although he hung up his jersey for the 2018/2019 season, he found the time to travel across the 401 from London to Guelph, every weekend to help with some statistic coverage for the Gryphons.

“It was really neat to step back off the field and get the coaching perspective, because as a player you never really understand the coaches dialogue, you just get the call and have to execute it. So, to be up the booth and hear how the coaches connect and work together was what really sparked my initial interest coaching.”

Currently, Derek does a little bit of recruiting for the Gryphons in London.

“I might be a little bias because I’m a London native, but this city really has such a great group of talent and players seem to have a lot of success when they join the Gryphon community.”

Derek married his high school sweetheart in July 2021 and currently lives in London. Thank you, Derek for your continued support of the Gryphon Football program and we look forward to future London recruits joining the Gryphon community to follow in your footsteps.



Pictured: Derek Drouillard #33



Pictured: Derek Drouillard #33



Pictured: Derek and wife, Elisha

Featured Player

We are thrilled to be able to highlight Quebec native, [Justin Lauzon](#) as our Featured Player in this month's newsletter. Justin came to the Gryphon program after completing 5 semesters at Saint-Jean-sur-Richelieu, a CEGEP school in Quebec.

What initially attracted the 185lb linebacker to the Gryphon program was Shea Pierre – the Strength and Conditioning coach for the Gryphons during the 2018 season. Justin had a knee injury during his time playing in Quebec and came to Toronto to work with Shea to build back his strength and mobility. When Justin learned that Shea was working with the Gryphon Program, he immediately contacted Gryphon Head Coach, Todd Galloway, and came on a recruit visit.

After seeing the facilities and touring the campus, Justin saw the potential of the Gryphon Football program and made his commitment to the team the very next day.

Typically, new recruits start their University career in the Fall, but that was not the case for this Quebec native. Due to the admission process of being a CEGEP student, Justin joined the squad as a transfer student, and came to Guelph in Winter 2019.

“Something that I knew I would have to adjust to was the speed of the game. It is much faster in the OUA versus CEGEP, and so being able to attend Spring and Summer camp prepared me for the 2019 season. Although it’s not the typical journey to start in the winter, I think those two-training camps really helped me be prepared for my first season in the OUA as a Gryphon.”

Starting with a brand-new team during the off-season, not knowing anyone, and barely speaking English – Justin had some challenges to overcome.

“Joining the team in the off-season, was a little bit tough as I didn’t have that opportunity to bond with the team during the Fall. But I didn’t let it stop me and I got to work right away. There were about 10 players that spoke French so I was able to communicate with them and was able to pick up the language of English pretty quickly.”

Justin is currently studying accounting at the University and noted that it was quite a smooth transition because he was working with numbers and formulas, instead of writing essays.

“CEGEP provided me with a great foundation and baseline of academics. In terms of my classes, it doesn’t matter what type of assignment it is, I give each academic paper, exam and quiz a 100% effort.”

Justin’s study habits have proven effective, as he finished his final year in Quebec as a top-performing athlete and he had a 90.4% average in his first year at the U of G.

Justin was granted some transfer credits which allowed for some space in his schedule to take some electives in real estate, finance, and accounting.

He aspires to be an entrepreneur and is already well on his way, having purchased 2 lots for a residential project. In Summer 2021, he started a business that sells vegan smoothies and vegan snacks and is looking to expand to selling supplements.

However, Justin’s dream is to continue playing football after graduating from the U of G. Despite only getting one season in before the pandemic, Justin didn’t let a cancelled season disrupt his progress.

“We really stayed together as a team during the pandemic, we were fortunate enough to have a mini camp in July and August and being able to play football together was beneficial.”

When looking back and reflecting on the 2021 season, Justin mentioned that there were some ups and downs, but the chemistry between the players and leadership of the coaching staff was great. Justin had a standout 2021/2022 season, finishing with 35 tackles, 3 sacks and 1 fumble recovery.

Justin has overcome some pretty big barriers in his playing career, and we know that his story will play a big impact on our future recruits that might find themselves in a similar situation of moving to a new city and starting a brand new journey.

“My advice to future recruits is to be open minded, the veterans are going to make sure you get integrated into the team. The Gryphon football team works together, we support each other, and no one gets left behind.”

Thank you, Justin for taking the time to connect with us and we wish you all the best in your University career – both on and off the field!



Pictured: Justin Lauzon #33



Pictured: Justin Lauzon #33

Featured FOGF Member

This month's FOGF feature is Rob Ogilvie, the parent to Gryphon receiver, #14 [Ryan Ogilvie](#).

Rob joined the FOGF squad as a member in September 2021. When asked about his decision to join, Rob mentioned that he has always played a role in Ryan's athletic venture, and the Gryphon Football program would be no exception.

“When Ryan played hockey back before football, I got involved by being a member of the board, as the treasurer for the hockey association. I have tried to always support the team as a coach or trainer to provide support. I know how difficult it is for organizations to have volunteers to help and step-up. When Ryan changed sports at the beginning of high school from hockey to football, I volunteered to do the game video recordings (high school and rep football). So being a part of the FOGF program – it's my way of getting involved and giving back. When you look at the cost of the membership and then look at the benefit, it is a great deal and give you the opportunity to support the players and the university.”

Rob works for a manufacturing firm in Hamilton as a LAN Administrator and Plant Accountant and runs his own accounting and tax business. Rob attended Sheridan college and completed graduate work at McMaster, focusing his studies on business practices and accounting.

“I went to college, worked, went home, and then woke up and repeated the entire cycle. I stopped my athletic involvement after high school and I know that sports provide one with so many opportunities, we encouraged Ryan and his sister to get involved in athletics.”

“Sports help to round a person out and add so many positive attributes to their personality and allows them to establish so many friendships. Friends are a support system. By being a part of the Gryphon Football program, Ryan has excelled, and it’s provided him the routine and the discipline that will transfer into his study habits.”

For most University students, they move into their residence or house in early September and maybe come home once or twice before the holiday break. However, for our Gryphon Players, many of them are fortunate enough to have such an incredible support system and get the chance to see their loved ones at most games during the season.

Rob’s son, Ryan, joined the program in 2020, but due to the pandemic the season was cancelled so Rob had to wait an entire year to experience the spectacle that the POP group (Parents of Players) puts on for home games. When asked if Rob knew what to expect, he mentioned that he had seen a few pictures on the website but was excited to finally experience it in person.

“I am a season subscriber to the Hamilton Tiger-Cats. It is tradition to get there a few hours early, socialize and partake in the tailgate festivities. I was hoping that the Gryphon football experience would be something similar, and even with covid restrictions it was still an experience, but I can’t wait for the real tailgates in 2022.”

Rob was proud to be able to wear his Gryphon colours at every game this past season. Two highlights were watching the Gryphons beat Western and when Ryan caught his first pass in the game against the Varsity Blues, a nice 49 yards between 2 defenders.

“It was a really special moment for me to watch and to be able to keep the tape for Ryan and hopefully that is the first of many catches.”

In our final moments of chatting, Rob shared some words of wisdom to any current or future Gryphon player.

“Football is a game and a sport to provide you with the means of transportation to become a better person, in a given career path, or whether it is continuing in the same sport, or becoming self-employed or working in a small or large firm. Football provides you with the tools that will get you through those hard times. Put your best foot forward and that is all you can do.”

Thank you, Rob for being this month’s FOGF feature and we look forward to seeing you at the stadium for the 2022 season!



Pictured left to right: Rob Ogilvie, Ryan Ogilvie and Tracey Ogilvie

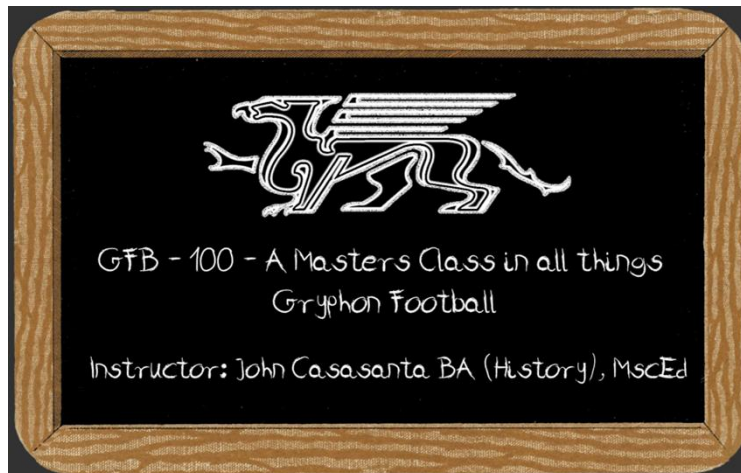
Tweet of the Month

The Tweet of the Month goes to our very own, Adam Kania – Strength and Conditioning Coach. Our players got together (virtually) to learn about the importance of performance nutrition by Rachel Hannah, a Registered Sports Nutrition Dietician.



Gryphon History Lesson

GFB – 100



Welcome to GFB - 100. I am your instructor John Casasanta, your resident Gryphon Football historian. GFB -100 is a master's class in Gryphon Football where we will delve into interesting and historical facts about all things Gryphon Football. Each month I will provide you with an interesting fact about Gryphon Football. Please don't hesitate to contact me with any of your own facts or stats to add to this segment each month. Please forward any information, stat, or story to me at jcasasan@uoguelph.ca I hope you enjoy this monthly section and I look forward to sharing with you all. So, with no further ado, let's begin.

Before we get started an omission has been noted from last month's article. Last month we discussed National Records and one record was left out and I apologize, Heron Tait better known as Night Train, had a 118-yard missed field goal return for a touchdown vs Waterloo in 1993. I will make sure this record is noted and brought to the attention of Usport and the University as well. My apologies, HT.

With that being said, today's focus is the origins of the *Law of the Jungle*. Mr. Brian Cluff, (Vanier Cup Champion 1984) please refrain from grabbing your classmate's biceps during the class, remember everyone values their own personal space.

The iconic *Law of the Jungle* has been chanted by the Gryphon football team right before heading out onto the field every game for the last 20 years. The Law of the Jungle came about in 1991 on a Friday evening during a walk-through practice before a game. Then Head Coach Dan McNally, who was honoured as coach of the year in '96 and was a 2-time Yates Cup Champion '92 and '96, called over his Linebacker coach and current Gryphon Defensive Coordinator and longtime CFL position Denis McPhee and said; "Deker get these guys fired up!!" Coach McPhee, never one to back down from a challenge, quickly used his past experiences as a player and his English Major to come up with the origins of the Law of the Jungle on the spot. Decker remembered a song his former teammate used to sing before games, it dealt with victory and it dealt with celebrating victory, the one characteristic of the song that stood out was the "OH YEAH" shouted between each verse. He took this idea and coupled it with Rudyard Kipling's poem *The Law of the Jungle*. He used the Gryphon instead of the wolf for those who are familiar with the poem, for those who are not I have included the poem in the lesson, so you can check it out yourself. With his quick thinking and ability to meet a challenge Coach McPhee brought the Law of the Jungle to life on the spot and with that performed the first rendition and everyone involved knew it was an instant classic.

Coach McNally loved the excitement that the Law of the Jungle generated but had two suggestions - lose the lines about celebrating and focus on the Gryphon and the pack, and definitely keep the 'OH Yeah'. With this direction, Coach McPhee polished his creation and led the chant each game day through 1991 and 1992, the Yates Cup Championship season. With the excitement for the Law of the Jungle growing, Coach McPhee knew there was one ingredient missing, he knew this chant should be led by a player and not a coach and so in 1993 he passed the honor onto Rob Popkey, a Running Back from Guelph, Ontario. With this last piece of the puzzle in place the Law of the Jungle was set and with each year it became more ingrained in the hearts of all Gryphon Football players.

When Popkey graduated, he passed the torch to Ian McQueen in 1995, who then passed it to the late Chris White, 1998. Jeremy Oxley picked up the torch in '99 and carried it to Mike Hradil in 2001, who then passed it to Dan Noble in 2002. From Noble it went to Dan Coutts in 2003, Colin Dyer in 2004, Chris Decker in 2006, Adam Dunk in 2007, Tag Russel in 2008, Mike Millar in 2009, Matt Nesbitt in 2011, Andrew Graham in 2016, Colin Jerome in 2017, Lukas Brennan in 2019, and Simon Chaves in 2021, who still holds the coveted title of *Law of the Jungle* leader.

Any Gryphon who has been in the dressing room and has been fortunate enough to belt out those words on game day knows the importance of the Law of the Jungle. To those I say be sure to reach out to Coach McNally and Coach McPhee and thank them, and when you're watching a game as an alumni remember the words that led you and your brothers into battle each week. I hope it brings a smile to your face and maybe even a tear to your eye because for those few hours of each Saturday during the season you and your fellow Gryphons lived by those words, you lived the Law of the Jungle.

Now this is the Law of the Jungle!

OH Yeah!

It's as old and as true as the sky!

OH Yeah!

The Gryphon who goes by it shall live!

OH yeah!

The Gryphon who doesn't shall die!

OH Yeah!

We will always stand together!

OH Yeah!

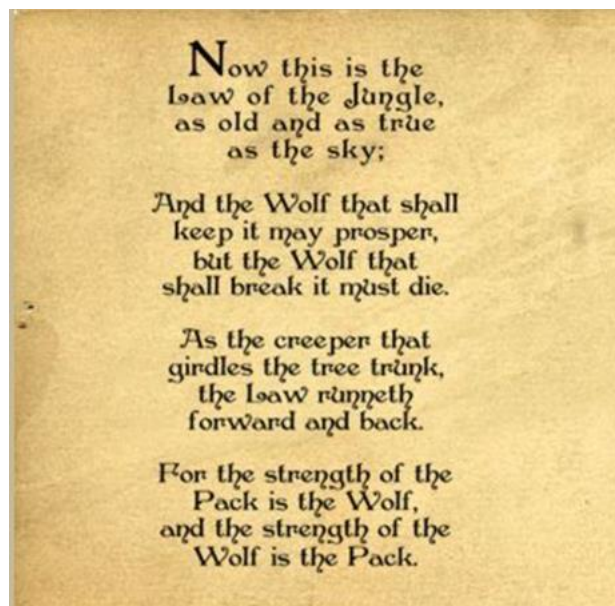
We will never stand apart!

OH Yeah!

You can't break a Gryphon's Spirit!

Oh Yeah!

You can't take a GRYPHON'S HEART!!!!!!!!!!



Watch a video highlight of the Law of the Jungle on our [Youtube Page](#).

No finer a word has ever been spoken. I hope you all enjoyed today's class. I look forward to seeing you next time. Class is dismissed.

Did you Know?

Did you know that in the 2020-2021 academic year, 282 Gryphon varsity athletes across all sports were recognized for their classroom excellence? This means that the athlete achieved a mark of 80% or higher in their studies. We are very proud that many of our own football players made this academic excellence list, including:

PLAYER	FOCUS OF STUDY
Allister Chase	Management Economics and Finance, Commerce
Daniel Hocevar	Sport Management, Commerce
Andrew Horscroft	Marketing Management, Commerce
Alexander Jafs <i>*Graduated Player in 2021</i>	Human Kinetics
Teo Jean Gaston	Management, Economics and Finance
Justin Jelacic	Landscape Architecture
Afram Jolak <i>*Not on current 2021/22 roster</i>	Human Kinetics, Science
Benjamin Lack	Human Kinetics, Science
Brayden Lassenba <i>*Not on current 2021/22 roster</i>	Human Kinetics, Science
Justin Lauzon	Accounting, Commerce
Nicholas Mirijello	Non Declared, Arts
Anthony Moretuzzo	Arts
Ryan Ogilvie	Sociology, Arts
Ethan Pyle	Sport Management, Commerce
Darius Samuels	Criminal Justice, Arts
Eric Stranz	Accounting, Commerce
Kole Watson	Real Estate, Commerce
Curtis Woodmansey	Arts
Noah Wright	Psychology, Arts

In addition to the resource of the [Pearson Family SAM program](#) we would also like to note that our players are extremely fortunate to work with our Academic Coordinator, Lindsay Williams. Thank you, Lindsay for keeping our players focused on their academics and for guiding them with their studies.

Gryphons Gone Pro

This month's Gryphon's Gone Pro is Guelph native, [Jake Reinhart](#) who currently wears #58 for the Toronto Argonauts. Jake was signed as an undrafted free agent in 2013, and then released by the team a few weeks later. However, Jake was re-signed in 2014 and, in 2021, was granted the title of the longest-serving member of the Argonauts team.

Football talent runs deep in this family, Jake’s younger brother [Job](#) also played for the Gryphons and was drafted in 2019 by the Calgary Stampeders, although he has since retired from the CFL.



Pictured: Jake Reinhart #58

#NextGryphon

The 2022 Recruit class is looking strong and we are excited to add these 4 players to our roster for the upcoming season. Welcome to the Gryphon family!

PLAYER	POSITION	HOMETOWN
Cameron Michaud	Defensive End	Calgary, Alberta
Carter Islip	Linebacker	Burlington, Ontario
Mac Roy	Linebacker	Waterloo, Ontario
Brad Kemayou	Defensive Back	Toronto, Ontario *transfer from Kent State

Training Talk

Training talk for this month is a little bit of déjà vu from 2021. We here in Ontario find ourselves coming towards the end of yet another lockdown which has not allowed us to get together for training inside the fieldhouse, nor inside that beautiful new weight room and turf zone of ours.

To our players’ credit, they have learned from history and many of them have been able to gather the necessary equipment in order to stay in shape with our general return to training program in anticipation for the main focus of our training upcoming over the next 9-12 weeks. Those who were not able to secure equipment were handed suspension trainers provided by the program last winter. Take a walk down memory lane on our [Instagram page](#).

We are set to return to training by the time you receive this newsletter. The first focus will be on getting ourselves back into some general shape focusing on building mass and gaining strength, before pivoting to more sports specific training with similar attention. If you have been following our social media accounts (@[GryphonFB](#) on twitter and @[GryphonFootball](#) on Instagram), you will see that we have already announced a great nucleus of 2022 commits to our program. These commits have already joined us on our training platform TeamBuildr and actively engage with me almost daily to ensure they are doing the proper work on their own.

There are discussions currently happening with the Jr. Gryphon varsity football program in order to have them come and train at the state of the art Performance Centre that is attached to Alumni Stadium. This has been a long-standing plan to open the doors up to our community, and especially our Jr. Gryphons to prepare them for their upcoming season. Stay tuned for more on that next month.

Finally, on January 21st, I hopped on a live podcast and did an interview with the Director of Sport for Football Ontario, JT Tsui, in which we took time to discuss the various lessons we had learned on our paths of success. The topic consistently came back to the subject of ADAPTABILITY and how important it was to be flexible with an open mindset in searching for your path to greatness. If you'd like to have a listen, you can find "The Huddle" on various podcasts sites or watch the interview on [YouTube](#).

Stay tuned to our social media sites to see the team back at training, ready to take 2022 to the next level.

-Adam Kania
Strength and Conditioning Coach

Save the Date

Wildman Gala – April 2nd, 2022 **Tentative Date*

Virtual Gala – April 22, 2022

FOGF Golf Tournament – July 22, 2022

FOGF Memberships

Thank you FOGF members for your continued support. You will receive an email from noreply@ordermygear.com on February 2nd, with order details and a coupon code for your Swag benefits associated with your membership level.

Enjoy your new merchandise. Orders must be made no later than February 18th. Late orders will not be accepted. Orders will be available for pickup or delivery in March.

All unredeemed package amounts will trigger a reinvestment into the FOGF fundraising account that has been supporting scholarships for the Gryphon Football program in recent years.

NEW MEMBERS WELCOME

Signing up for a new membership by Feb 18th will provide access to this year's swag benefit options. Sign up here: <https://www.gryphonfootball.com/friends-of-gryphon-football-membership>

Or Contact Bill Brown brownw@uoguelph.ca for easy access to membership.

F.O.G.F.
MEMBERSHIP
**ONLINE
SWAG
REDEMPTION**

**MORE
ITEMS
AVAILABLE**

**MEMBERS
CHECK YOUR EMAIL FEB 2**

NEW MEMBERS WELCOME
FOR MORE INFO
CONTACT BILL BROWN
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, or bereavements that you would like us to share