



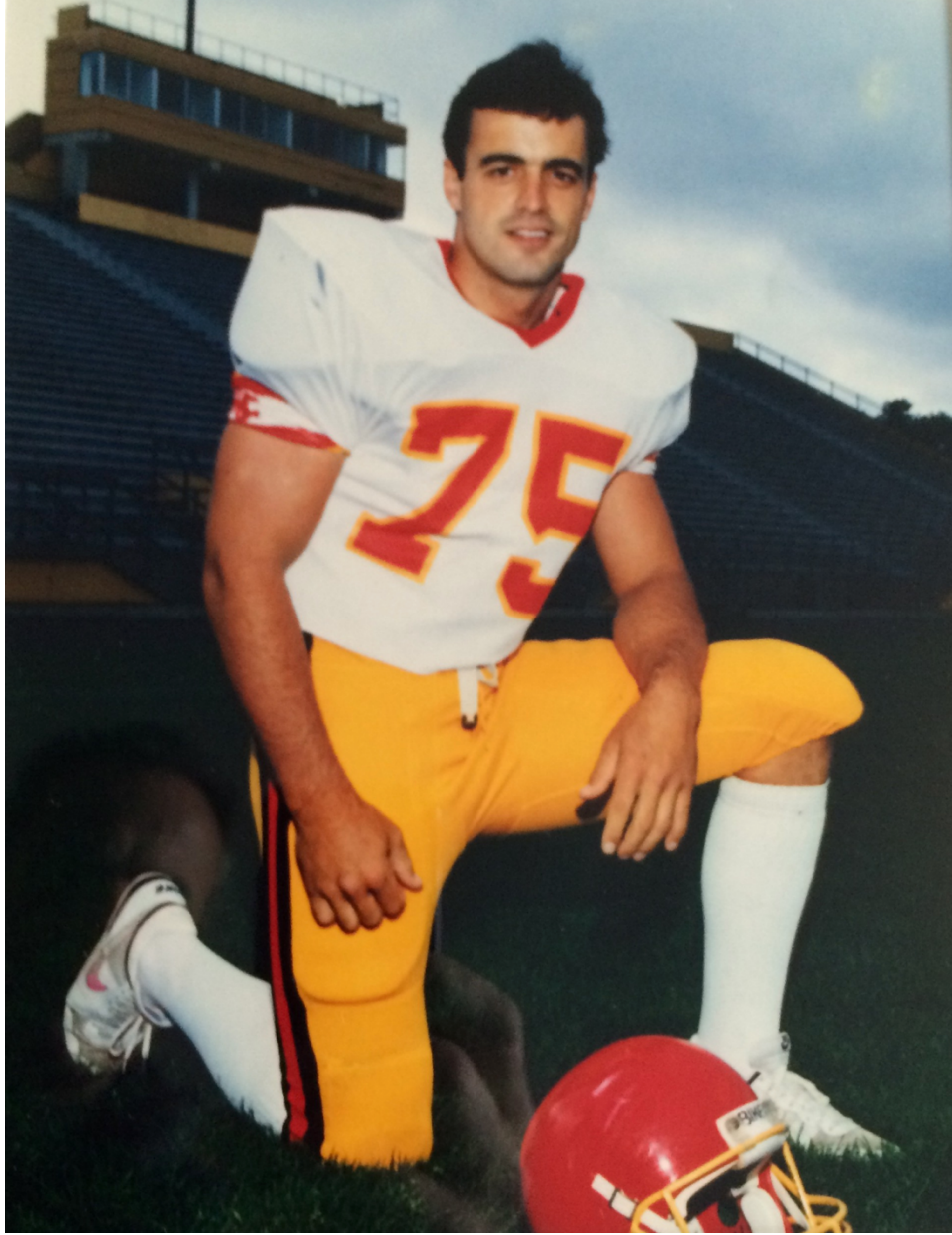
Happy Canada Day! We are officially less than one month away until our annual FOGF Golf Tournament. Limited spots remain so be sure to [purchase your ticket now!](#) If you are a Black or Gold FOGF member, please refer to the email from Bill Brown that includes your code. Whether you are a parent of a player, an alumni or community member, all are welcome to play in the tournament. Rumour has it that one of the raffle items is a Gryphon branded anti-gravity lounge chair! See below for a personal invitation from George Bortolato, Board Member, Friends of Gryphon Football.

As part of our 2022 Annual Friends of Gryphon Football Golf Tournament, we will be remembering one of the all-time great Golf Tournament moments, while honouring the memory of Rick Kohler, an all-time Gryphon great and member of the 1984 Vanier Cup Championship team.

On June 4th, 1999 during the 25th Man Golf Tournament at the Guelph Lakes Golf Club, Rick made a hole in one on the #10 hole. This might be the only hole in one in the history of the golf tournament. The hole sponsor that day was Sleeman Breweries and the prize for a hole in one was 1,000 shares of Sleeman stock, a tub of beer, and beers in the clubhouse!!!

In honour of Rick's memorable accomplishment, at our upcoming FOGF golf tournament on July 22nd, Sleeman Breweries has generously sponsored the 'Rick Kohler Memorial Closest to the Pin' contest on Hole # 10 at Guelph Lakes.

Please [join us](#) if you can on Friday July 22nd at Guelph Lakes as we honour Rick's memory.



Pictured: Rick Kohler

If you are looking for other summer activities to add to your calendar, mark July 7th for a night of laughs! Gryphon alumni, Lukas Brennan is hosting a comedy show 'Welly Laughs' on July 7th at Wellington Brewery. The headliner of the event is Dylan Gott, a pro Yuk Yuk's comedian, More information can be found [here](#).

Enjoy Issue 66 of the Gryphons' Lair!



What Happened In June?

Toronto Argonauts Training Camp at the U of G

The Toronto Argonauts returned to the U of G for their pre-season training camp and called Alumni Stadium home for a few weeks. On Friday, June 3rd they hosted a [pre-season game](#) against the Hamilton Tiger-Cats and came out victorious with a 18 -17 win.

For most players, it was their first time playing on our turf, but for a select few – they were returning home to their alma mater.

Representing the Hamilton Tiger Cats was [Curtis Newton](#), [Coulter Woodmansey](#), [Jared Beeksma](#), [Kiondre Smith](#), [Jarryd Baines](#) (staff) and [Charlie Taggart](#) (staff)

Gryphon alumni on the Argos bench include [Jake Reinhart](#) and [Royce Metchie](#).

Over 2000 fans filled alumni stadium and the energy from the crowd was electric. We had some very special fans in attendance from Willow Road Public School, a local elementary school in Guelph. Current Gryphon, Anthony Hall is a mentor to a group of students and he brought them to the game and their smiles in the photo below say it all. Anthony – thank you for your commitment to teaching young kids about the importance of sport and how it can impact their lives in a positive way. Your Gryphon family is extremely proud of you for being a positive role model for these kids.

The game was awesome! The boys had a blast, and the Argos were very welcoming. One of the boys even got a pair of gloves. I am so thankful that I was able to give them that experience.” – Anthony Hall

“I am really happy that we got this experience, and especially having Anthony as our mentor – I want to give him a shoutout. I am really grateful, these types of opportunities are really rare and it is a once in a lifetime. Thank you to everybody!” – Student from Willow Road

Congratulations to all alumni making noise in the CFL! Gryphon nation will be cheering you on as you enter the 2022-2023 CFL season.



*Pictured left to right: Jarryd Baines, Curtis Newton, Jake Reinhart, Kiondre Smith, Coulter Woodmansey, Jared Beeksma, Mark Surya
Photo Credit: Christian Bender*



Photo Credit: Christian Bender



Pictured: Students from Willow Road Public School

Junior ID Camp

On June 26th, we welcomed 100 high school students to our Junior ID camp at Alumni Stadium. This camp was a fantastic opportunity for young athletes to be put through various drills, receive coaching from Gryphon staff and tour our stadium, locker room and Gryphon Football Performance Centre.

Thank you to our coaching staff and current players for all your support to make this day so successful!



Gryphon Alumni Tours Campus

Matt Cowan played for the Gryphons from 1996 – 1998 as a running back and returned to campus this month for a tour of the football facilities. Matt was the highest bidder on the ‘Gryphon Campus Experience’ from our virtual gala and had the opportunity to share this with his Dad, Harvey.



Pictured left to right: Matt Cowan and his father, Harvey

“My dad and I thoroughly enjoyed the Gryphon Campus Experience. The new and upgraded facilities are state of the art. The Gryphon Football Performance Centre is exceptional. Being chauffeured around to MacDonald Hall, the Summerlee Science Complex, the Gryphon Athletic Centre was really special. Jessie was a wealth of knowledge. Having said all that, I still think the highlight of the tour was the old football change room and the old walkway to the field. Lots of memories.” – Matt Cowan

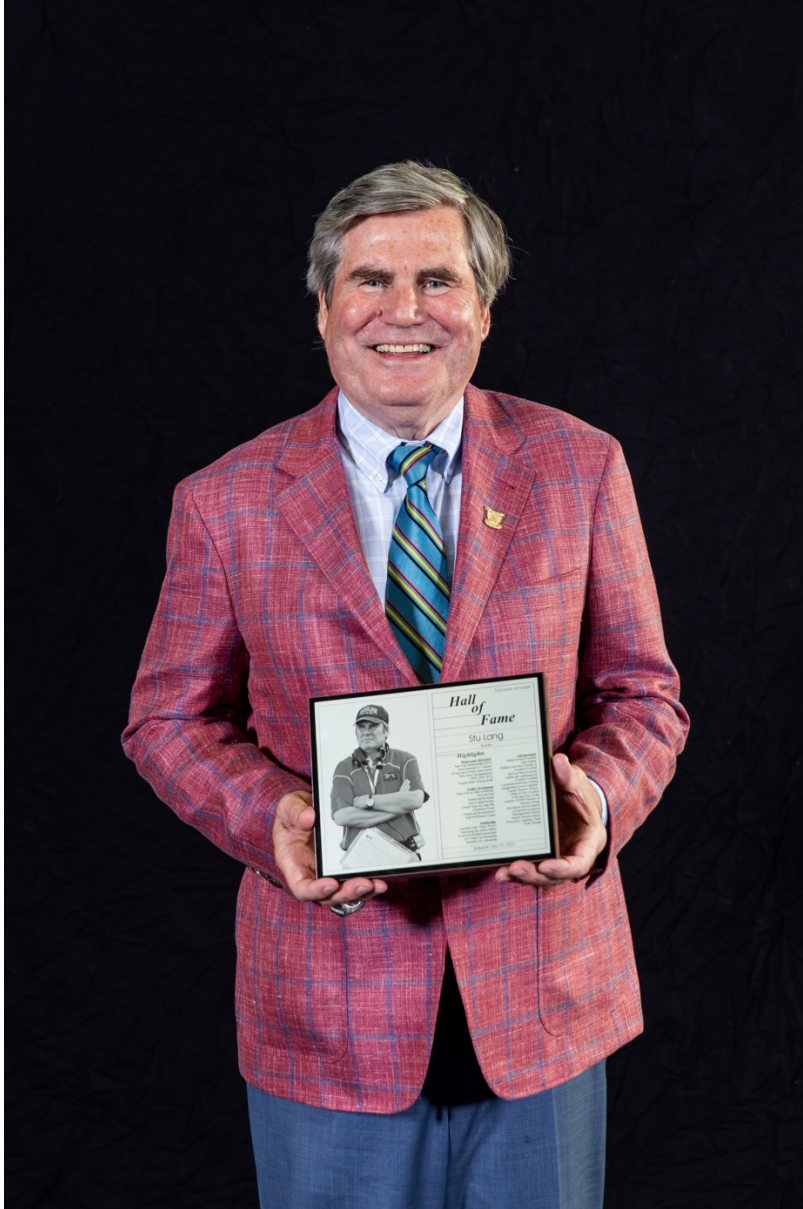


Stu Lang Inducted into the Gryphon Hall of Fame

Congratulations to Stu Lang, who was officially inducted into the Gryphon Athletics Hall of Fame on June 25, 2022. Stu was inducted into the Builder category and the entire Gryphon Football community is so proud of this accomplishment.

Read the full event recap [here](#).

Stu's commitment to building our Gryphon Football Program is one to be recognized, and this induction is well deserved. From former coaches, to players, to community members and our parent group, we all have seen the impact that Stu has made. We put together a video to congratulate Stu and you can watch it [here](#).



Picture credit: Kyle Rodriguez



*Pictured: Players and coaches from the 2015 Yates Cup Championship Team
Photo Credit: Kyle Rodriguez*

Convocation

The University of Guelph welcomed graduating students back to campus earlier this month to walk across the stage and join the alumni family. Not only were our 2022 graduates celebrating, but those who graduated in 2020 and 2021 were also given the opportunity to come back to the U of G and partake in convocation.

Congratulations to all those who graduated, and never forget that you will always be #ForeverAGryphon.



Pictured: Darius Samuels

Gryphon Football Performance Centre Opening

We officially welcomed guests to an unveiling of the Gryphon Football Performance Centre on June 9th. Thank you to Strength and Conditioning coach, Adam Kania and to the players for a demo of the equipment. The facility is top notch and our players are already taking full advantage of the space to get stronger for next season.

Not only are the players enjoying the new space, but we had a special VIP guest hit the mat with his Dad for Father's Day. Training can never start too early, right?

View the Father's Day clip of Adam Kania and his son [here](#).



*Pictured: Juwan Jeffrey
Photo Credit: Gar FitzGerald*



*Pictured left to right: Coach Adam Kania, Mitchel Schechinger, Rob Emery, Spencer Masterson
Photo Credit: Gar FitzGerald*

Rob Emery Sponsored 1 out of 12 Power Racks. If you are interested in doing the same, please contact [Bill Brown](#)

From a Gryphon to a Thunderbird

Congratulations to Coach Stevenson Bone on [accepting](#) the position of Offensive Coordinator with the UBC Thunderbirds.

Thank you for all the support you have given to our program over the last 4 years. You were a key factor in the success of our team!



 ***Featured Player***

“It was always my dream to play at Guelph. I remember telling my high school coaches that I wanted to play at the next level and would do whatever it took to get there.”

Well, that dream of playing for the Guelph Gryphons came true this past year for Guelph native, [Anakin Guthrie](#).

Anakin just finished up his first year at the University of Guelph. On the field he wears #26 and plays Defensive Back, and off the field he is studying Criminal Justice and Public Policy, within the Bachelor of Arts.

Like many others, Anakin had a curveball thrown his way for his final year of high school football, due to the Covid-19 pandemic. He attended Guelph Collegiate Vocational Institute and

had planned on playing an additional season in 2020/2021 during his 12+ year, but unfortunately didn't get that chance. Despite being frustrated to lose a season, Anakin used the time off the field to get stronger.

His efforts were noticed by the Gryphon Coaching squad, and he committed to the University of Guelph in November of 2020.

“It was an easy decision to choose the U of G. There is a real sense of community that the U of G brings to the city of Guelph. The campus is almost like the centre of the city, driving through Guelph, you can't miss the stadium or Johnston Hall. I really appreciate how the football team stays connected within the city and I feel like sports in general really bring the community together.”

Anakin grew up watching the Gryphons at Alumni Stadium, he played for the Junior Gryphons and is now a coach for the current Jr. Gryphon roster – truly a full circle moment.

Anakin knew that the transition from high school to university would be challenging, but something that has made the process smoother was the academic support available to students. The Writing Services Department within the library is available for all undergraduate and graduate students. This free service gives students a chance to meet individually with a writing expert and get feedback on their writing style, advice on citation, and strategies for organizing a thesis.

“To have these features accessible as students is a fantastic opportunity. I had to get use to the football schedule and the school schedule, and it was a lot to learn. In high school it can be scary to ask questions or ask for help, but at university it's encouraged. I found that at the U of G the faculty and staff really care about what you learn but also how you learn.”

What has impressed the coaching staff this year, is Anakin's dedication to his studies, and also his training. He is taking advantage of the new Gryphon Football Performance Centre to prepare for the 2022-2023 season.

“I remember seeing the first draft photos of the Performance Centre and I got really excited. The first walk through was unreal. The number of things you can do in that gym are incredible. We are going to get better because of this facility. This Performance Centre is one that you would expect in a world class facility, and we have it right here at our university.”

Leading the players through off-season training is Adam Kania, the Strength and Conditioning Coach.

“Coach K is great. He's so invested in us. Especially in the off-season, we see him frequently. He cares about us. Although there are 110 of us, he finds ways to connect with each of us in a meaningful way. Coach K makes you feel valued and welcomed. He's working hard to improve us as players, but also as men.”

As much as the new facilities are exciting and elevate our program, Anakin noted that one of the reasons he loves being a part of the team is the brotherhood.

“With high school football, there are moments to bond and get to know one another, but university football is a whole other level. We are practicing together every day, lifting together every day, travelling together, studying together. That sense of brotherhood is something that you don’t get in high school.”

After checking off his dream list of playing for the Gryphons, next on Anakin’s list is winning a Vanier Championship with this team.

“Next season – our goal is Vanier. The first game of this upcoming season has a chip on our shoulder as we lost to them last year. But I know that this season is going to be great. We have put in a lot of work in the off-season, and we are going to give it our all.”

At the end of our interview, we asked Anakin to share some advice with the incoming recruit class.

“Stop and smell the roses. Take in every moment of your rookie year. It went by so quickly for me, and it’s hard to believe I am already entering my 2nd year. I encourage you to invest into what we are trying to do as a team and what we are trying to achieve together.”

Thank you, Anakin for taking the time to share with us about your U of G experience. We are proud of you for making the most out of your Gryphon experience and we look forward to seeing what dream you will accomplish next!



*Pictured left to right: Coach Ryan Sheahan and Anakin Guthrie
Photo Credits: Gar FitzGerald*



Pictured: Anakin Guthrie at Gryphon Training Camp 2021



Featured FOGF Member

In last month's [newsletter](#), we featured Matt and Shane Bryans in the FOGF section, and so it was only fitting to put the spotlight on the other players in their foursome for the upcoming golf tournament on July 22nd. The trend of a double feature continues, as we connected with Hainsley Guthrie and Drew Davenport for this month's newsletter.

Hainsley Guthrie played in the slotback position for the U of G, even though Coach Brian Cluff thought he should have played Defensive End. Hainsley graduated with a Bachelor of Arts, majoring in International Development and minoring in Economics.

Drew Davenport is also a fellow Bachelor of Arts graduate and played the slotback position and had Hainsley as his mentor during his playing time at the U of G.

Drew and Hainsley recently joined the FOGF membership with their fellow teammates, Shane and Matt Bryans

“I got a message from Hainsley and the twins (Matt and Shane) that they were joining, and I was like ‘I am joining too, let’s do this’. This membership is an opportunity to bring us back together, whether that is at the golf tournament or a game in the Fall. Now that we have grown apart a bit, it will be great to all be together again.”

Hainsley had similar thoughts about joining the membership and noted the excitement of being reunited with older alumni and coaches.

“I am really looking forward to getting together. Coach Cluff– I love the guy. Billy Brown – good people. We grew up with these guys, and so it will be nice to be reunited. Our team did a really good job of getting to know the veterans, and so although we might have not played with them for a long time, we had a great connection. Obviously, no age specification for the membership so will be great to connect with the older and newer alumni and other members.”

The brotherhood within Gryphon Football is one that is talked about by every player. It seems to come up as a point of discussion for every interview each month.

One of the best parts of being on the team is the instant connection to people, mentioned Hainsley. “Meeting people on campus was like the first Facebook. You have a friend of a friend through one of your teammates and it extended your network of friends. Being on the team was like having 100 siblings. You had to get along with them to a certain level. You needed to learn how to interact with these folks who were from all walks of life, different cultures, different ethnicities. Being on a team was all about learning how to communicate with a lot of people. Regardless of if you were friends with them outside of the team and off the field, you respected them because you played with them on the field.”

A topic that came up in our conversation was the idea of ‘hidden gems’ and that there can be unexpected lessons when one is on a sports team. Drew noted that “University can be an overwhelming experience. People from different towns, different provinces. Being a part of the football team, right away you got the chance to know 100 people. Guelph is a family, a community and being a part of the football team magnified that.”

Both agreed that the football program was in the development phase in the early 2000’s and that they were the building blocks to get the team to where they are now. Reflecting on the playing days, Drew distinctly remembered his first game as Gryphon, it was against York, and Drew’s number was called because Hainsley had suffered an injury early in the game.

“It was a great game for me, had a few catches, almost caught a long ball for a TD, but it was slightly overthrown.”

Hainsley did interrupt this part of the interview to mention that ‘Drew could have run faster to make the catch.’ But Drew was quick to say that maybe the QB might have got mixed up throwing for Hainsley’s height and speed and didn’t realize that he had subbed in.

For Hainsley, one of his first memories of the University of Guelph was when he was a young kid and attended College Royal with his family. [College Royal](#) is a student run University open house and has over thousands of visitors each year! This tradition has been around since 1925 and is a great opportunity for visitors to check out the U of G campus and attend various events, from square dancing to tasting ice cream in the Food Science Lab.

“One of my fondest memories was going to College Royal with my Oma. I got to know the campus and the buildings, so it was nostalgic to go there as a grown up and play football, well I thought I was a grown up at the time.”

Well, if Hainsley didn’t think he was a grown up in university, we can confidently say that he is definitely a grown up now! After graduating, Hainsley received his MBA in International Marketing from the University of Guelph-Humber and worked at Facebook and Pepsi Co. He then moved on to running his own start-up in the ad tech space industry and currently works in cybersecurity for F5 as the North American Director for Strategic Accounts.

Drew attended college in Texas for firefighting after university, and was hired by the city of Toronto in 2015. Drew currently lives in Collingwood, Ontario with his family.

“The hard work, perseverance and commitment that was instilled in me from being a part of the football team and a student at the University of Guelph helped me slug through 3 years of testing, both mental and physical for becoming a firefighter.”

Although their playing days might be over, we are so glad that these two have joined the FOGF membership program to reconnect with their teammates and other members.

Thank you, Drew and Hainsley for taking the time to chat with us and relive the glory days! We look forward to seeing you two battling it out on the course at the golf tournament on July 22nd!



Pictured on the left: Drew Davenport // Pictured on the right: Drew Davenport and family



Pictured: Hainsley Guthrie



Pictured: Hainsley and family

A black banner with a red and yellow Gryphon logo on the left and the text "Featured Alumnus" in a bold, yellow, italicized font in the center.

Featured Alumnus

One silver lining of this pandemic is that we have all gotten very comfortable using online technology and have utilized video calls to connect with those living far away.

This past month we connected with Gryphon alumni, [Lucas Spagnuolo](#). ‘Spags’ as his fellow teammates would call him, wore #6 for the Gryphons and played receiver.

Lucas originally started his post-secondary education on the west coast at the University of British Columbia. He transferred to the U of G at the end of his first year and a big factor in that decision was that Neil Lumsden received a coaching position for the Gryphons.

“Neil was my coach during my playing days for the Burlington Braves and he was also a father figure to me on the field. The respect that I have for him is next level, and the values that he brought as a coach and a motivator made me a better player and person.”

As a transfer student, Lucas wasn't able to be on the bench during his first year at the U of G because of policy. One of his first memories was feeling the energy of the crowd during the Homecoming game while he was in the stands. It was in this moment that he realised that the city of Guelph really cares about the sport of football and this was where he was meant to be.

"I loved what Guelph was doing for the football team. The infrastructure that was being created and the support they had for future success, that is why I made the choice to move back. I had followed Guelph when I was a high school student and even when I played for UBC, and it was evident that the U of G was making noise in the industry."

In regard to academics, Lucas graduated with a Bachelor of Arts degree, majoring in Sociology. A big discussion point in our interview was talking about the support from faculty and staff towards students.

"There was a ton of academic support from professors. They understood the time constraints that student-athletes had. A really helpful resource was the [Student-Athlete Mentorship Program](#). Which is where upper year students get paired with first year students for some additional support with that transition into university life. Having the community of student-athletes was important. Everyone was working and striving towards an academic goal. And something that was really special was when the faculty would attend our games. Knowing that they supported the team was helpful and goes to show how amazing the community is at the U of G."

Lucas was a part of the roster that won the Yates Cup in 2015. Prior to that game, the fire and desire to win that championship game started at the end of the 2014 season when the Gryphons lost to McMaster.

"Losing the game against McMaster in the previous year was a humbling feeling and it drove us to prepare for the next season. We were able to understand where we made the mistakes, and what we needed to fix. What made us click during that 2015 season, was that everyone on the team put in that extra mile. We were a cohesive unit on and off the field."

Winning the Yates Cup in 2015 was definitely a highlight moment of Lucas' football career. Pictured below is Lucas and Ryan Nieuwesteeg, who were teammates and roommates throughout University.



Pictured left to right: Ryan Nieuwesteeg and Lucas Spagnuolo

This notion of little steps and making progress each day translated into Lucas' professional career after football. In his final year of university, he began looking at where alumni were in their careers and really evaluated what steps they took to help them be successful.

“I had realized that a lot of Gryphon alumni were successful in business, and there was a trend in many of them being in sales and marketing jobs. I started to connect with alumni and begun networking to build up my connections in the business industry.

Lucas represents a Canadian company and is responsible for their business relations in southern Europe. He spends most of his time in Spain when on business travel throughout Europe. Lucas explained it as ‘My role is to expand our business throughout Europe in an doing so, I am blessed to be able to meet many incredible people from different cultures around the world. This has helped me grow both personally and professionally.’ Something unique about his journey into his current role, was that the interviewer also played Football at the university level. He

mentioned that the interviewer knew that Lucas would have drive, determination, and a solid work ethic because he had met the demands of being a student-athlete at the U of G.

“Kudos to the coaches for developing me not only as a player but as a person. At the end of the day, football ends at some point, but the coaches made me realize that the skills you learn from being a part of the team will help you in your personal life, long beyond graduation. I can definitely attest to that, as I’ve learned to deal with the adversity that a sales job can bring. You have to deal with the ebbs and flows in the market, and football taught me how to be resilient.”

It was great chatting with Lucas and he ended of the interview with a perfect quote to sum up his experience as a Gryphon.

“Simply put, Guelph, both the city and university is one big family.”

Thank you, Lucas for being a part of our Gryphon Family. We can’t wait to have you back on campus soon.



Pictured: Lucas Spagnuolo with another catch against Western



Training Talk

June brought us a variety of events when it comes to Gryphon Strength and Conditioning. To start, the program was once again gracious to order us FlexStrong velocity-based trackers, Samsung tablets to use the app associated with it, and industrial strength magnet tablet holders so we can put these tablets on our racks while we work. If unfamiliar with the technology, what these units do is track the speed at which your Gryphon football athletes lift a weight in meters per second as it pertains to the phase we are in. This allows me as a Coach to work with one athlete at one end of the Gryphon Football Performance Centre (GFPC) and then check in on the speed of the weight being moved on the other end of the FPC through the tablet and provide feedback. It also promotes a little additional competition, which is not something we lack during training sessions.

These were first unveiled during the opening of the FPC as I'm sure you've read in this newsletter already. We can use them on barbells for bench presses, squats, cleans etc., and trap bars as well with deadlifts and jumps. The Grand Opening was a fantastic event and a celebration for all those that supported its creation. Two of our squat racks were generously sponsored by the end of the night and we look forward to seeing more of those racks sponsored in the future.

On the 26th, we held our Junior Identification Day at Alumni Stadium where 100 high school athletes were able to test their bench at various weights, pro agility, broad jump, vertical jump, and 40-yard dash before taking part in indy sessions directed by our full-time coaching staff and ending off with a competitive period. We made sure the athletes understood that as much as this camp was for identification purposes, it was also to set a benchmark so that when we saw them in the future, we can see the progress that they have made.

It was also a great opportunity to showcase the Gryphon Football Performance Centre to our youth in town as programming for young athletes is coming to the stadium in the weeks to come. Stay tuned for that.

Finally, I've had many people tell me how much they enjoyed the [video](#) of my son and me playing around on Father's Day. I can assure you, I enjoyed it more than anyone can imagine and now have a memory and a video that we can cherish forever.

Now, back to training. We are 5 weeks out and one of our DB's just hit 345 on the bench. Cheers.

-Adam Kania
Strength and Conditioning Coach



Mr. Casasanta's History Class

Due to the busy season of exams and the end of the school year, class has been cancelled for today and will return next month!



#NextGryphon

More talent has been added to our Gryphon roster! We also wanted to highlight a fantastic [article](#) that was recently written about Curtis Ball, who committed to the U of G a few months ago.

NAME	POSITION	HOMETOWN
Troy Hawkins	QB	Darmouth, Nova Scotia
Tommy Yanchuk	QB	Lloydminster, Saskatchewan <i>*transfer from UBC</i>
Riley Naujoks	QB	Winnipeg, Manitoba <i>*transfer from University of Manitoba</i>
Franck Kemayou	LB	Toronto, Ontario <i>*transfer from Acadia</i>



Gryphons Gone Pro

This month's Gryphons Gone Pro feature is Michael Palmer. His rookie year for the Gryphons was in 1999 as a receiver. Michael was drafted in 2003 to the Toronto Argonauts and finished his career with the Saskatchewan Roughriders. Mike won 2 Grey Cup Championships in his CFL career.





Did You Know?

Did you know that 25% of all pavilion profits are donated to the University of Guelph's women's varsity sports?

We are committed to providing a quality varsity sport experience for both men's and women's teams at the University of Guelph!



Save The Date

FOGF Golf Tournament – July 22nd at Guelph Lakes Golf and Country Club Purchase your tickets [here](#).

FOGF Gold & Black Members: Please refer to email from Bill Brown to access your code.

2022-2023 Gryphon Football Season [Schedule](#)



FOGF Memberships

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, or bereavements that you would like us to share.

See you at the golf tourney or the season opener.

Bill Brown YCC '96 '15
Director of Football Advancement
FOGF Membership Coordinator

