

What Happened in December?

**Gryphon Player Supports Big Brothers Big Sisters of Hamilton with Sporting Equipment Drive**

Gryphon Football is extremely proud of [Ethan Monaghan](#) for running the 2nd annual JingleBalls Christmas Charity Sports Drive. Ethan organized a charity sports drive in Hamilton and Guelph which resulted in hundreds of sporting balls being donated by community members. These donations will be given to Big Brothers Big Sisters of Hamilton. Well done, Ethan!



*Pictured: Ethan Monaghan*

**POP Group Spreading Christmas Joy**

On behalf of the Gryphon POP group, 55lbs of food were donated to the Guelph Food Bank. Thank you to Judy Beeksma and [Jared Beeksma](#) for dropping off the donations and of course a big thank you to our incredible parent group for your dedication to making a difference in our community.



*Pictured left to right - Jared Beeksma, Community Member, Judy Beeksma*

## **Lang Innovation Team Staff Updates**

It is a bittersweet feeling to announce that Taylor Floris will be moving on from the Lang Innovation Team to her next chapter in life both personally and professional. Taylor has brought such a dynamic energy to the program and she will be missed. We are very excited for Taylor as she embarks on a new adventure, however we will miss her energy and enthusiasm that she brought to the team. Thank you, Taylor for supporting the Gryphon Football program.

At this time we would like to welcome Jessie Kennedy to the team as our Marketing and Community Engagement Specialist. Jessie has supported the Gryphon Football team through a variety of different ways since 2018 and we excited to officially welcome her to the Lang Innovation Team.. Jessie works in the LANG School of Business at the University of Guelph and works in the Athletics Department as a Sports Information Specialist. Jessie will be writing the newsletter each month and will support with social media and community engagement activities. Please email Jessie at [jkenne11@uoguelph.ca](mailto:jkenne11@uoguelph.ca) if you have any questions.

*“I am thrilled to be joining the squad and look forward to supporting the advancement of the Gryphon Football Program. I would like to say a special thank you to Taylor for all her mentorship and guidance as she helped me transitioned into this new role.”*



*Pictured left to right: Jessie Kennedy, Teddi Taran, Jessica Buttrum, Taylor Floris*



*Pictured left to right: Lindsay Williams, Jessie Kennedy, Taylor Floris*

## Celebrations

**Ben Cottrell - Recipient of The FitzGibbon Award**

Congratulations to Ben Cottrell for being this year's recipient of 'The Fitzzy' which is awarded to the most outstanding player in Guelph High School Football. Cottrell is a running back for the local Guelph high school, St. James. In his 2021 football season, Cottrell rushed for over 1120 yards with 12 TDs and threw for 2 TDs in 5 games. Congratulations on this incredible achievement!



*Pictured left to right: Ben Cottrell and Nick FitzGibbon*

### **Alumni Jacob Scarfone Re-Signs With BC Lions**

Gryphon alumni [Jacob Scarfone](#) has signed a contract extension with the BC Lions. Scarfone signed with the Lions as a free agent in 2021 and plays the position of Wide Receiver. He dressed for 14 regular season games and had 6 receptions for 85 yards and 1 touchdown.

For the full press release, please click [here](#)

### **AJ Allen and Alain Cimankinda Sign With Saskatchewan Roughriders**

[Allen](#) came into the 2021 Gryphon season stronger than ever, dominating on the field with 58 tackles, three sacks and 2 forced fumbles. His efforts were recognized, and Allen will be taking his talent to the Saskatchewan Roughriders.

Former Gryphon, [Alain Cimankinda](#), will also be heading west to join his past teammate after being selected in the 4th round, 35th overall by the Saskatchewan Roughriders.

For the full press release, please click [here](#)

### **Gryphons in the Grey Cup**

The Gryphon community was proud to witness 6 alumni present in the 108th Grey Cup. Representing the Winnipeg Blue Bombers was running back [Johnny Augustine](#), General Manager [Kyle Walters](#) and Head Coach [Mike O'Shea](#). We would also like to congratulate Mike on being named [CFL Coach of the Year](#).

On the opposing side for the Hamilton Tiger-Cats, was Linebacker [Curtis Newton](#), offensive Lineman, [Coulter Woodmansey](#) and Wide Receivers Coach, [Jarryd Baines](#).

On Sunday, December 12th, the Winnipeg Blue Bombers won their 12th Grey Cup in program history with a 33-25 OT win against the Hamilton Tiger-Cats. This was the Bombers' 26th Grey Cup appearance, which is the

most in CFL history. Congratulations to former Gryphons Johnny Augustine, Kyle Walters, and Mike O'Shea for being back-to-back champions!

For a full game recap, please click [here](#).



*Pictured middle: Coach Mike O'Shea*

## U Sports All-Canadians

Four Gryphons were named U Sports First Team All Canadians. From Defence, congratulations to Linebacker [A.J Allen](#), Defensive Back, [Siriman-Harrison Bagayogo](#). And representing Special Teams, congratulations are in order for Kicker [Eric Stranz](#) and Returner [Kiondre Smith](#).



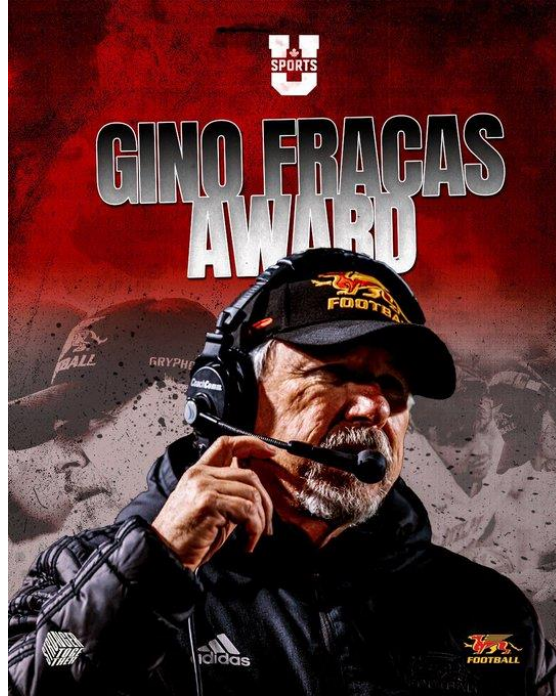
Smith was also featured on the U Sports Second Team All-Star Canadians as a Receiver. half Also earning a spot on the Second Team list is back [Devynn Cromwell](#). Congratulations, we are very proud!



**Mike MacDonald - USports Gino Fracas Award for Volunteer Coach of the Year**

We are very proud to announce that [Mike MacDonald](#) is the recipient of the 2021 Gino Fracas Award for Volunteer Coach of the Year. MacDonald is the 2nd coach in program history to receive this award, following Brian Cluff who was the recipient in 2011. Mike's dedication to the program has proven successful, with 11 Gryphon alumni offensive lineman heading to the CFL, including [Coulter Woodmansey](#), who recently played in the 108th Grey Cup for the Hamilton Tiger-Cats.

For the full press release, please click [here](#)



### Featured Alumnus

This month's Feature Alumnus is Jake Piotrowski. After playing 5 years (2009 – 2013) with the Gryphons on the offensive line wearing #58, Jake continued his football career in the CFL, playing 3 seasons with the Montreal Alouettes. Jake is now the owner and operator of his family farm in Shanty Bay, Ontario. Jake married his high school sweetheart Mackenzie in 2018 and has since welcomed 2 additions to the family – Pearl (2 years) and most recently, Holt (6 months).

Jake mentioned that the decision to attend the University of Guelph was an easy one to make. Former Gryphon alumni, Jeremy Oxley, was a teacher at Jake's high school, Eastview Secondary School, and strongly encouraged Jake and teammate Cameron Thorn to join the Gryphon Family.

“A huge draw for me to choose Guelph was not only the great football program, but the Agriculture program. I come from a family farm so choosing a school that was known for their Aggie program was a no brainer for me. I also heard that the food was supposed to be amazing – which I can say that it definitely was!”

Jake graduated from the Bachelor of Commerce Program with a major in Food and Agricultural Business and now runs his family farm with his father, where they grow seed, corn, and soybeans.

Jake spent his first season with the Gryphons on the practice roster. In 2010 he moved to the starting line, and maintained this spot in 2011. Unfortunately, he battled the injury bug in 4<sup>th</sup> year, but his stats from the previous 2 years were impressive enough as he ended up being drafted in the 5<sup>th</sup> round of the 2013 CFL draft, 41<sup>st</sup> overall

by Montreal. To round out his Gryphon career, Jake was a part of the OUA All-Star Second Team in 2013 and was the Gryphons' Lineman of the Year in 2011.

“Being from a farm and heading to the city of Montreal was a complete change, but it was an incredible experience. Not to mention that the food is also amazing in the city. Apparently, I just pick the place with the best food, Guelph and Montreal.”

When reminiscing on his time with the Gryphons, Jake talked about one of his best memories of playing for the red, black and gold was being under the mentorship and guidance of Head Coach, Stu Lang.

“When Coach Lang took over in my second year, that was a big moment for me. It was a real turning point for us, as he put a lot of time into the team. We were winning games, but more importantly the culture and team dynamic was incredible. Coach Lang advanced the program and still continues to do so.”

Jake played on the offensive line for the Alouettes, wearing #62 and after dressing for 49 games over 3 seasons, Jake made the decision to retire from the CFL in 2013.

“There was more responsibility on the farm, and I knew that I was going to take on a bigger role. I was injury free and wanted to get out while I was still in good health. I knew that farming was going to be physically demanding and didn't want to risk an injury playing football.”

In addition to working at the farm and being a father to 2 kids under the age of 2, Jake coaches high school football at his former alma mater, Eastview Secondary School. The home of the Eastview Wildcats holds a special place in Jake's heart – not only is this the place where he fell in love with the game, but his late father-in-law Martin Carl was also a coach to this team. “It's fun to give back, I love coaching those kids.”

When asked about his advice to young athletes, Jake mentioned that being a part of a varsity sports team is a big commitment, especially being a student-athlete. Students will need to be able to manage their time well and understand that being busy will help them focus and stay on task.

Despite the hectic schedule – the rewards are worth it. “The friends that I got from football are still my friends today. Having them be a part of my life and be there for the big moments in life are important. Some of them were groomsmen at my wedding and that means a lot.”

Thank you, Jake for taking the time to chat with us, we look forward to welcoming you and your family back to the stadium next Fall for a home game!





*Pictured left to right: Pearl, MacKenzie, Jake and Holt*



*Pictured: Jake Piotrowski #58*

Featured FOFG Member

For the January newsletter, we are proud to feature FOGF member, Sieg Will. Sieg was a dual sport athlete for the Guelph Gryphons, playing both basketball and football. He is originally from Kitchener, Ontario. He graduated with an Honours Bachelor of Arts Degree from Guelph and shared that he also met his wife Debbie at the University of Guelph.

Sieg started his varsity career playing for the Guelph Gryphons men's basketball team in 1984. After watching the Football team win their first ever Vanier cup in '84 against Mount Allison, Sieg instantly knew that he wanted to join the brotherhood and be a part of the football team.

“Seeing that team win a Vanier cup and the excitement leading up to the final game piqued my interest and I attended tryouts in 1985. I think it was the largest camp they ever had, with about 145 people attending. I was a walk on for the team and was excited to learn from all-star veterans like Brian Cluff and Peter Langford.”

Sieg started out as a slot back as the coaches didn't know where to put him at the time. He ended his Gryphon career as a defensive end. When looking back at his time on the field, Sieg recalled his favourite memory was beating Western, who were ranked #1 in the country, in a playoff game to clinch their spot in the 1988 Yates Cup.

Sieg expressed that “there is nothing like beating Western in London.” Just a week prior, the Gryphons had lost to the purple and white on home turf by a landslide, so beating them the following week in a play-off game was a big moment. The Gryphons unfortunately did end up losing in the Yates final to the Laurier Golden Hawks, however the team was proud to have beaten their rivals in Western who always competed at a high level.

Although Sieg was drafted 33<sup>rd</sup> overall to the Ottawa Rough Riders in his 3<sup>rd</sup> year, he decided it was time to hang up his jersey to focus on completing his education and his post academic career. Despite his time on the field being over, the lessons and skills that he learned as a player continued to guide him in life.

“Much like football, where I had to learn a new craft, develop skills through trial and error, study the game and practice daily, a work career is very similar. My advice to young professionals is to try something that you think you may have a passion for, immerse yourself in it and seize the day. Take advantage of the opportunities that life brings us.”

Flash forward to 2021, Sieg has had an impressive career working in large corporations such as Frito-Lay, Canadian Tire, Sleep Country Canada, where he is currently the Senior VP of Corporate Sustainability.

Sieg had 11 different jobs during his 9 years with Frito-Lay, he started at the bottom and worked his way up into different positions, such as operations, supply chain, sales, and key account management. After that, he spent 4 years at Canadian Tire and continued to progress to better opportunities. Sieg has been instrumental in the success of Sleep Country Canada – what started as a much smaller company in 2001 has grown to over 287 stores and 19 distribution centres nationally.

These opportunities didn't happen right away. “When I graduated, I didn't have a job, but I recognized that working through tough scenarios and having challenges are a part of life. Relating it back to football, when you have a tough loss, you dust yourself off, learn from the past week and always remember that you have another new opportunity to win the following week. Taking these life lesson into my own personal life has been very valuable to me.”

As well, Sieg is a team leader and Pinehurst Club ambassador for a Canadian charity, Sleeping Children Around the World (SCAW). He has participated in 20 overseas bedkit distributions and has been personally involved in distributing over 100,000 bedkits.

The charity provides bedkits to children between the ages of 6 and 12, 50% girls and 50% boys in developing countries with the ability to get a better night's sleep. He loved that the charity ensures that 100% of the donors

bedkit donations goes to the bedkit for the child. Additionally, Sieg does charitable work with ‘Sleeping Children Around the World’ which supports the messaging of giving back.

It was quite evident in our discussion with Sieg that the correlation between the life lessons that football will teach athletes and how those can be incorporated into our everyday life is crucial. Sieg shared a golden piece of advice: “learn from the difficulties, savor the victories and remember to give back.”

When asked about why he chooses to be a FOGF member, Sieg mentioned the importance of giving back to a program that helped him both personally and professionally.

“It’s nice be able to give back. When you have the opportunity to give back to a program that shaped you, you might not recognize it at the time, but the skills you develop, such as teamwork, working toward common goals, understanding your role and how it matters to the team’s success – those things really matter. Looking back, I realized that that those skills were really helpful for me in my professional and personal life”

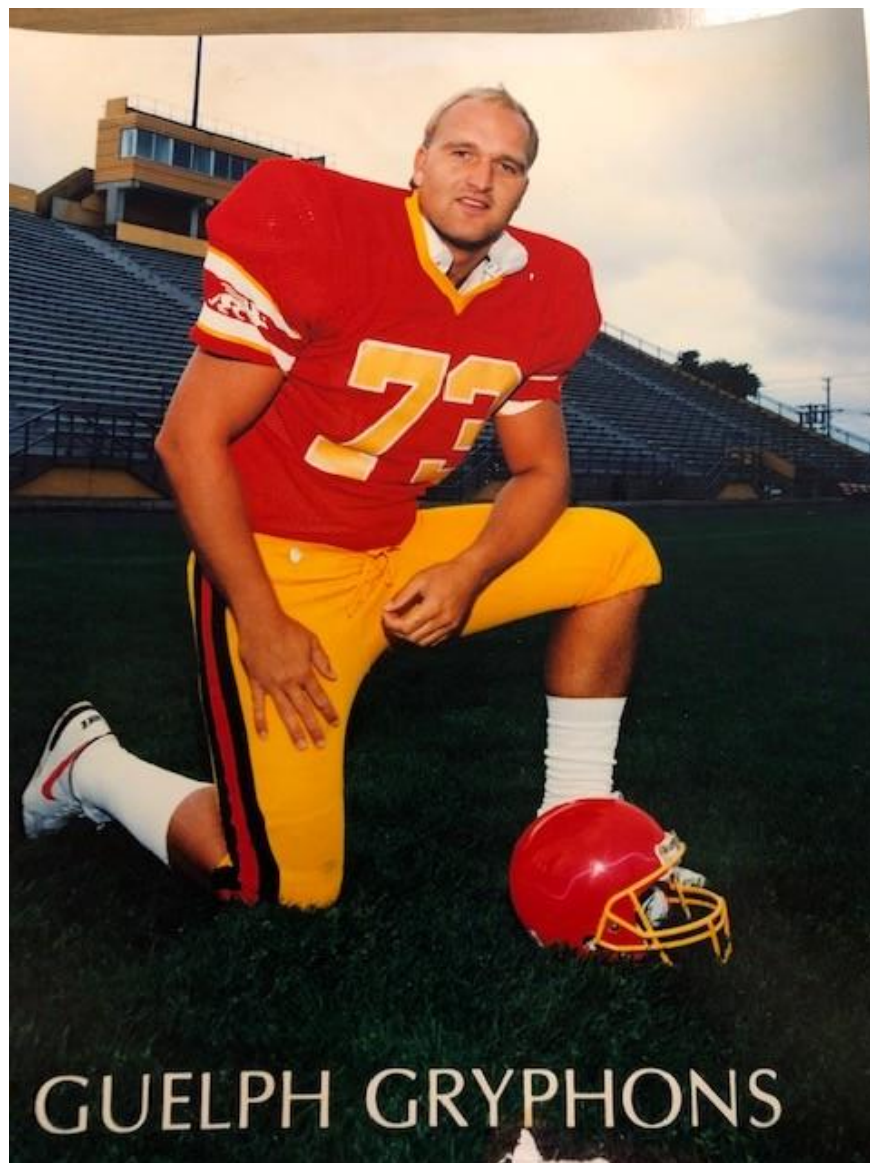
Thank you, Sieg, for your continuous dedication to the Gryphon Football Program.



*Pictured left to right: Debbie and Sieg*



*Pictured left to right – Brian Cluff, Sieg Will and Dan Wicklum (date: 1988)*



## Featured Player

This month's Featured Player is 6ft, 235 lb Linebacker, [AJ Allen](#). A Burlington, Ontario native. AJ recently graduated with honours, double majoring in Criminal Justice and Public Policy and Political Science at the University of Guelph. He is a 5-year veteran of the Gryphons and has the honour of being a member of the 2010 Team of the Decade. The conclusion of this season brought the end of AJ's Gryphon Football career.

AJ felt as though the post-covid season seemed much faster than previous seasons, aside from training camp, which he feels felt much longer as he went from the Saskatchewan Roughriders' camp directly to the Gryphon Football camp.

"Covid hit me hard emotionally and physically. I gained ten pounds throughout the Covid season. The closure of gyms made things difficult, weather was a factor as it snowed until April and the restrictions made it challenging to be outside and workout. It felt like there was no light at the end of the tunnel, no hope. You really had to dig deep to find your discipline and improve your time management to improve your motivation."

During the pandemic AJ spent his time studying, as he was still a student, but also spent time trying to learn new hobbies. He picked up the hobby of streaming video games, from which he even made some money! Additionally, he picked up the harmonica as it was a fun hobby to learn and tried teaching himself, "Country Roads".

AJ says he's sad about the team not winning but feels that this season made him a better player, which is what he came back to accomplish. This past season, AJ was not only a Team Captain, but he was named Gryphon Player of the Week three times, OUA Player of the Week once, All-Canadian, and named an OUA First-Team All-Star and was awarded the OUA's Outstanding Stand-Up Defensive Player award, an award given to the best Defensive player in the conference.

Now, AJ is ready and excited for his next chapter with the Saskatchewan Roughriders.

"Saskatchewan has such an amazing fan base and I'm so excited to play in front of that environment. They had 3000 people come to watch us in training camp. Training camp! We didn't even have pads on. They all came to basically just watch us run around and run routes. It was incredible. It shows how much they truly love football and the Roughriders."

AJ says the part of the team he will miss the most is simply "the people". He continues by sharing that this group of people expands beyond just the coaches and the players, acknowledging the entire support staff as well. He recalls going through the recruitment process, where he felt a "family vibe" from the University from the jump and states that he wouldn't change any of it for the world. Allen describes being part of the team as having a full-time job with 100 coworkers.

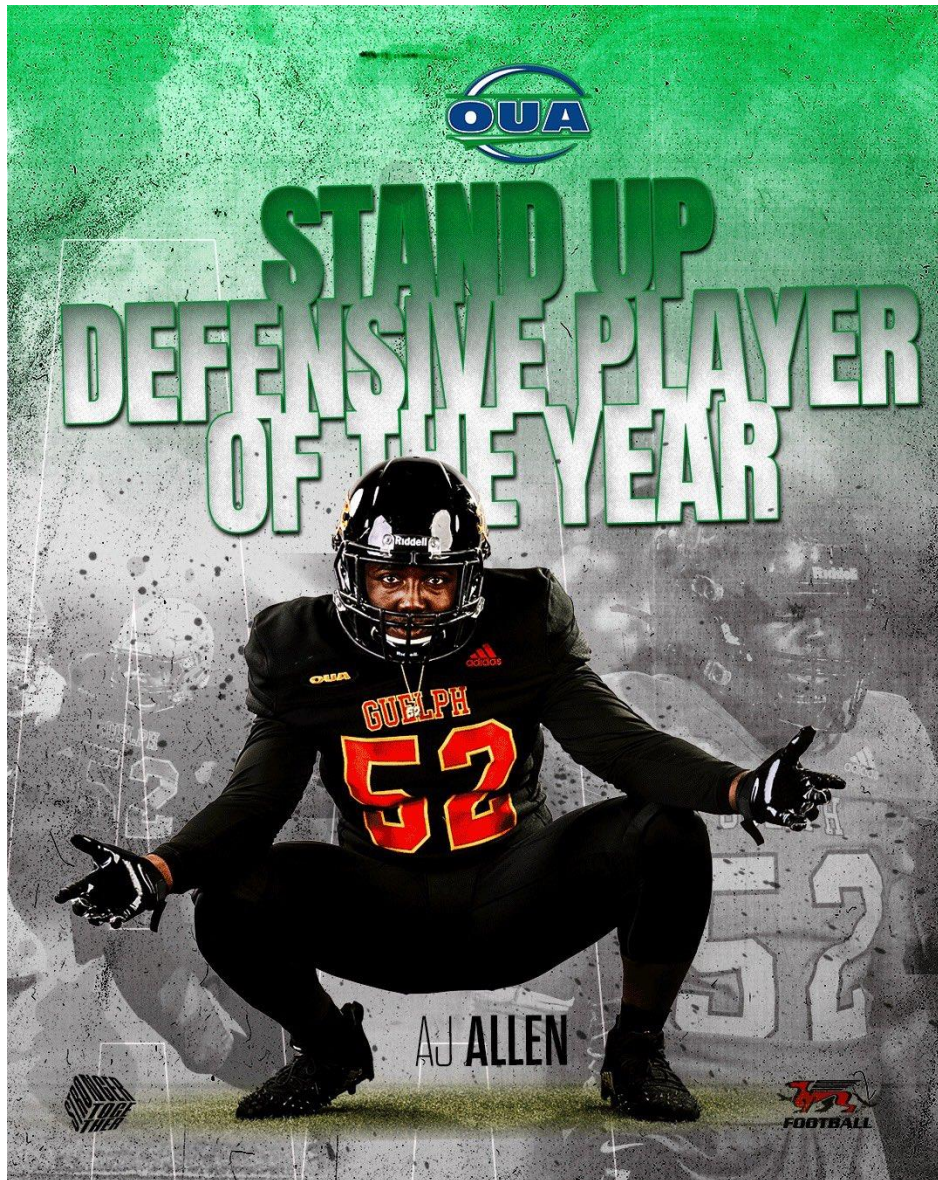
"I'm sad that my time with Gryphon Football is over. I'm going to miss all of my friends, the pavilion, it's all bittersweet. There is no other environment like this one. I don't think I'll ever walk into one like this ever again: whether it's Coach Deke in meetings, the locker room, there's just no place like it. I have learned a lot and feel as though it will prepare me for life to come. I'll be back, don't worry about that."

AJ doesn't yet know what life after football entails for him, but he does know that in some way, he wants to be "changing lives".

“I want to find a way to make people smile. If I can put a smile on your face, that is the goal. I want to bring positive energy to others, simply put. I just want to help people be happier.”

Around the stadium, AJ is known for being just that: someone who can brighten your day. Always smiling, always positive and always personable, AJ brings a beautiful and welcoming environment to the Gryphon Football team, one that will be greatly missed once he moves on. AJ, thank you for being our Featured Player of the Month. We wish you nothing but the best as you embark on your next chapter in your life. You will be missed!

More information about AJ signing with Saskatchewan can be found [here](#).





### Tweet of the Month

Our tweet of the month goes to longtime Coach Mike MacDonald with his announcement of [retirement](#). Mike has been on the sidelines with our team for the past 12 years and coached our Offensive Line. On behalf of the coaches, players and staff, thank you Mike for your support with our program. Your dedication to our players and helping them pursue their professional dreams has not gone unnoticed. You have made an incredible impact in these players' lives and you will be missed. Enjoy retirement and the well-deserved break!

GryphonFootball Retweeted



Mike MacDonald  
@Grypholinecoach



After much careful thought and discussion with my family I have decided the time has come to hang up my whistle and retire after 12 seasons coaching the Oline at Guelph. Going to do some traveling with my wife after 40 years of coaching. Thank you to all who supported me!



## 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](mailto:jcasasan@uoguelph.ca). I hope you enjoy this monthly section and I look forward to sharing with you all. So, without further ado, let's begin. Today's focus is the National Records held by Gryphons throughout the history of the program. Mr. Randy Dimitroff, (Vanier Cup Champion, 1984) please refrain from disturbing the class. Remember, if you have something to add to the discussion, be sure to raise your hand and wait patiently for your turn.

This month our focus shifts to the conferences in which the Gryphons have been part of throughout their history. Most specifically the National conferences known to most as the CIAU, CIS or Usports. But before we can focus our attention on our National Conference, we must remember our program began as an intercollegiate rugby program known as the Aggies. The program shifted to the more modern style of football in the 1950's and dawned the name Redmen to represent each team leading us into the 1960's. In 1964 the OAC, OVC and Macdonald Institute amalgamated to form the University of Guelph. With this birth of the academic institution came the need for a new name and, in 1967, the Gryphons took flight for the first time. The Gryphons, whose spirits can't be taken and whose hearts can never be broken, started to claw their way to playing football on the National stage and in the 1970's became a member of the CIAU. Prior to this the university's football program played in conferences such as the Dominion Intermediate Intercollegiate Conference as well as the OIFC, the CCIFC, the OQIFC, and finally the OUAA leading to its entry into the CIAU. With this jump onto the national stage, the Gryphons began to produce CFL Draft picks in abundance, but that story is for another time. The focus today is National records held by Gryphons. Once the Gryphons were competing Nationally the national records became a constant, with many of these records standing today. During this discussion I will focus on some of the major National records held by Gryphons since entering the CIAU, which became the CIS and is now known simply as Usports. Depending on your time as a Gryphon you may have played in the CIAU recognized from 1906- 2001, or the CIS established in 2001 and lasting until 2016, or some of our young alumni who would have played in what is known today as Usports. Although our program is relatively young when speaking in terms of joining the National association governed by the CIAU, our impact was unmistakable. Here is a list of National records that have stood the test of time and will continue to stand until the future Gryphons put their own stamp on the National records book! I look forward to seeing who's ready to make that jump. Class is dismissed.



## LONGEST COMPLETION

RANK	PLAYERS	OPPONENT	DATE	NOTES
109	Nathan Body to Scott Gordon	Toronto	Oct. 9, 1997	
105	Justin Dunk to Dave McKoy	Toronto	Sept. 23, 2006	5th All-Time
103	Mike Eykens to Ron Lively	McMaster	Oct. 4, 1980	7th All-Time
102	Justin Dunk to Lorne Foster	Waterloo	Sept. 29, 2007	8th All-Time

## LONGEST INTERCEPTION RETURN

RANK	PLAYER	OPPONENT	DATE	NOTES
112	Don Williams	Windsor	Sept. 26, 1981	
111	Mark Durigon	Laurier	Oct. 17, 2009	2nd-All-time

## LONGEST PUNT RETURN

RANK	PLAYER	OPPONENT	DATE	NOTES
130	John Kelley	Laurier	Nov. 1, 1975	

## LONGEST MISSED FIELD GOAL RETURN

RANK	PLAYER	OPPONENT	DATE	NOTES
129	Jedd Gardner	McMaster	Oct. 8, 2010	
128	Jedd Gardner	York	Oct. 11, 2008	2nd-All-time
125	Jedd Gardner	Waterloo	Oct. 4, 2008	3rd - All-time
125	Alex Charrette	Waterloo	Sept. 28, 2013	3rd - All-time
125	Ryan Isenor	Windsor	Sept. 9, 2017	3rd - All-time
122	Jacob Scarfone	Laurier	Oct. 14, 2017	5th - All-time
114	Jedd Gardner	Laurier	Nov. 3, 2007 *	11th - All-time

The next closest school to Guelph with returns for TDs is 4 compared to the gryphon's 7.

## SINGLE SEASON FIELD GOALS

RANK	PLAYER	YEAR	NOTES
33	Gabriel Ferraro	2017	
26	Daniel Ferraro	2014	3rd - All-time
22	Gabriel Ferraro	2018	7th - All-time

## CAREER FIELD GOALS

RANK	PLAYER	YEARS	NOTES
91	Gabriel Ferraro	2014 - 2018	2nd - All-time
57	Rob Maver	2006 – 2009	20th - All-time
52	Norm Nasser	1998 – 2002	25th - All-time
52	Daniel Ferraro	2011 - 2014	25th - All-time

### LONGEST FIELD GOAL

RANK	PLAYER	OPPONENT	DATE	NOTES
52	Norm Nasser	Laurier	Oct. 20, 2001	6th - All-time
51	Gabriel Ferraro	Waterloo	Sept. 30, 2017	7th – All-time

### LONGEST PUNT

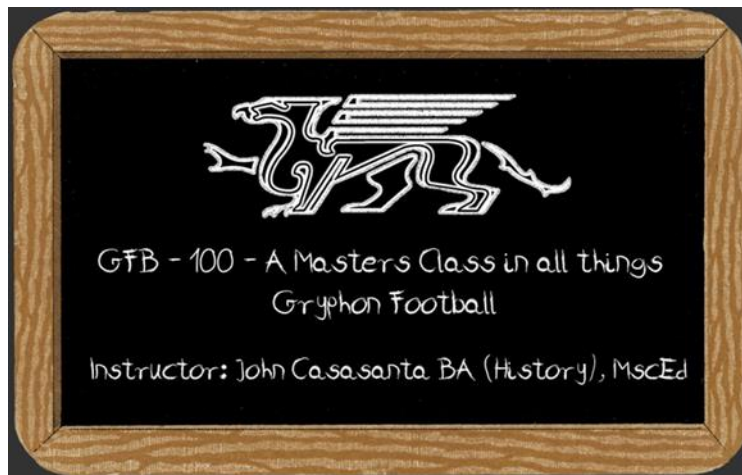
RANK	PLAYER	OPPONENT	DATE	NOTES
94	Darryl Skuse	Toronto	Oct. 5, 1985	4th-All-time

### SINGLE SEASON POINTS

RANK	PLAYER	SEASON	NOTES
125	Gabriel Ferraro	2017	6th All-time
114	Daniel Ferraro	2014	11th All-time

### CAREER POINTS

RANK	PLAYER	SEASON	NOTES
398	Gabriel	2014 – 2018	7th All-time



### Did you Know?

Did you know that 2015 Yates Cup coaching staff headed down to Hamilton to watch the 108<sup>th</sup> Grey Cup?  
Bonus points to those that recognize what Netflix show characters they dressed up as!



### Gryphons Gone Pro

This month's Gryphons' Gone Pro is Australia native, Steve Hall. Not only did Hall play for the Winnipeg Blue Bombers, Toronto Argonauts, and Ottawa Rough Riders in the CFL, but after his football career ended, Hall took up bobsledding, competing internationally for Canada's national team for several years. Steve is the father of NHL player Taylor Hall, who plays for the Boston Bruins. To add to Steve's list of accomplishments - he was also a bobsled stuntman in the movie "Cool Runnings."

### #NextGryphon

December 2021 was a big month for the 2022 recruiting class. We look forward to welcoming the following players into the Gryphon Football family.

<b>PLAYER</b>	<b>POSITION</b>	<b>HOMETOWN</b>
Jack Cobb	LB	Burlington, Ontario
Mason Duvall	RB	Belleville, Ontario
Curtis Ball	OL	Woodstock, Ontario
Connor Miller	OL	Woodstock, Ontario
Athan Paarsalu	TE	Woodstock, Ontario
Nolan Chalmers	OL	Barrie, Ontario
Josh Clark	LB	Hamilton, Ontario
Max Holmes	DE	Oakville, Ontario
Nathan Stam	DB	Guelph, Ontario
Kumail Khilji	DE	Milton, Ontario
Khalil Wilson	REC	Toronto, Ontario
Will Leon	LB	Barrie, Ontario
Isaiah Smith	RB	Burlington, Ontario
Parker Walsh	OL	Wolfville, Nova Scotia

## Training Talk

As the year draws to an end, our Gryphon football athletes have been focusing on their exams and sprinkling in a few Open Gym workouts between their studies. The team has been given a general preparation program with the intention of being able to move and de-stress with an emphasis on strength and hypertrophy without a high amount of volume.

Of those who remained in town, we saw a lot of familiar faces appear: Offensive linemen [Spencer Masterson](#), [Matthew Famurewa](#) and Ethan Pyle; defensive linemen [Yusuf Al-Khaldi](#), [Kristian Stewart](#), [Scott Murray](#) and [Seamus Milligan](#); Quarterbacks [Ethan Chambers](#) and [Michael Warner](#); receivers [Clark Barnes](#) and [Keegan Dicks](#) and a few others.

It's great to be able to use this space for a bit of a break.

The planning for our winter sessions was done long ago. We hope we can stick to the schedule given current Covid circumstances in Ontario. Along with a very impressive incoming recruiting class, the players have had and will continue to have programming throughout the break which is accessible on our TeamBuildr app.

On a personal note, I'll be appearing on an episode of "The Huddle" with JT Tsui (Director of Sport for Football Ontario). Other members of our coaching staff have appeared on this podcast such as Coach Sheahan, Coach Carter and Coach Bone. JT and I have created a solid relationship over the past year or two after first meeting virtually at Football Ontario's online coaching clinic and I have enjoyed our conversations ever since.

Looking forward to updating you all with some highlights from training in February's newsletter.

-Adam Kania  
Strength and Conditioning Coach

## Save the Date

Virtual Gala – April 22, 2022  
FOGF Golf Tournament – July 22, 2022

## FOGF Memberships

If you are an FOGF member, stay tuned for an upcoming announcement about your personalized Gryphon Swag bag. We will be sending you an online invite to pick out your FOGF membership swag. More information to come!

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](mailto: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](mailto:brownw@uoguelph.ca) for any celebrations, announcements, or bereavements that you would like us to share.