

Fundamental Improvement Training program - F.I.T.506

Overview

Football New Brunswick is committed to the growth of Women and Girls in football. We believe the offseason is a perfect opportunity to learn, refine, and build technique and fundamentals. That the success of our high-performance athletes and high-performance programming is rooted in grassroots growth and multi-sport athletes. We champion the 'active for life' lifestyle and through promotion within our programs, desire it to be our foundation for long term sustainable growth in the Women and Girls football discipline.

Enter the Fundamental Improvement Training program, known as F.I.T.506. This is an all-inclusive Women and Girls athlete, coach, and administrator development program to aid in the fundamental improvements of our athletes, coaches, and administrators within the space.

The aim of the F.I.T.506 program is to offer athletes an opportunity for fundamental growth and football IQ acquisition while increasing the competency and confidence of female coaches and administrators in football throughout New Brunswick.

This ten (10) week three (3) City program will encourage athlete participation, increase overall football knowledge and IQ, and empower adults within the space to help our athletes grow. Through blending six (6) mini camps along with nearly a dozen video calls, Football NB is excited to offer a complete football fundamental improvement training program. Athletes will gain valuable insight on female nutrition and lifestyle athletic training. They will be taught the basics of football, how to use film to improve themselves and how to use film to gain a competitive advantage. Athletes will be divided into Program Squads of six (6). This will serve as their teams for competition drills and an introduction to Flag Football mini-series. Each squad will have a [Womens Coaching Development Program \(WCDP\)](#) coach assigned to them as their Head Coach.

Program Details

As part of the program each athlete will receive:

- Six (6) in gym sessions with some of the best local varsity girls, team New Brunswick, and senior women's coaches in the province.
- One (1) private twenty (20) minute call for goal setting with CMPT.
- One (1) personalized plan to general athletics and healthy lifestyle through CMPT.
- Access to the F.I.T.506 Online Video Series with weekly calls on topics like History and Growth of Women and Girls Football in Canada, Senior Womens Team Canada Athlete Roundtable, History of 6a side Football, 6a Side Football Offensive and Defensive Schemes, Female Athlete Nutrition, Female Athlete Strength Training, Personal Film Analysis, Officiating, and QB Development!
- With swag to boldly proclaim their affiliation to the program and Football New Brunswick Women and Girl Football growth!

Flag Football Mini Series

The target of the Flag Football Mini Series is to begin to introduce athletes to the Flag Football pathway while incorporating schemes and systems that are played within the FNB Varsity Girls Tackle Football League. The Series will be played 6v6 to mimic tackle football playing limits. Rules will be Football Canada based and modified to the space, playing limits, and style of play. Games are conducted in the “FNB Machine Gun Flag” format. This high tempo, high energy adaptation ensures maximum reps and sweat!

Cross Sport Exposure

In recognizing the need for multi-sport athletes at the grassroots level Football New Brunswick is proud to partner with **Rugby New Brunswick, Lacrosse New Brunswick, Cricket New Brunswick, and Basketball New Brunswick** to offer multi-sport opportunities and learning as part of the F.I.T.506 program. The aim of collaboration within F.I.T.506 is to have all five (5) Provincial Sport Organizations (PSO's) work together to introduce Women and Girl athletes and coaches to a new sport with skills that crossover to football. It will expose F.I.T.506 athletes to something unique and different while also providing other PSO's the opportunity to expose themselves to football.

Rugby offers a unique parallel in terms of physicality and the fundamentals of tackling. Rugby NB will run a ninety (90) minute introduction to Rugby session with the F.I.T.506 program with an emphasis on physicality and tackling techniques. **January 28, 2024**

Lacrosse offers a unique parallel in terms of hand eye coordination, angles of pursuit, blocking/block destruction in space. Lacrosse NB will run a ninety (90) minute introduction to Lacrosse with a focus on stick handling and defensive tactics. **March 10, 2024**

Cricket offers a unique parallel in terms of hand eye coordination, catching (fielding), throwing, and body control. Cricket NB will run a ninety (90) minute introduction to Cricket with a focus on fielding, and body control while fielding and pitching. **March 17, 2024**

Basketball offers a unique parallel in terms of defensive footwork fundamentals and body control. Basketball NB will run a ninety (90) minute introduction to basketball with a focus on defensive fundamentals and footwork. - **TBD**

As something of note, Flag Football, Lacrosse, and Cricket have all been formally announced as new Olympic Sports for the LA28 Olympic Games. This puts a greater emphasis on growth.

F.I.T.506 and WCDP Program Dates

Six (6) in gym sessions:

- Sunday, January 21, 2024 – 12-1600 SAINT JOHN UNBSJ Fieldhouse
- Sunday, January 28, 2024 – 12-1600 SAINT JOHN UNBSJ Fieldhouse – Rugby NB Minicamp
- Sunday, February 4, 2024 – 12-1600 MONCTON ODY Gym
- Sunday, February 25, 2024 – 12-1600 MONCTON ODY Gym
- Sunday, March 10, 2024 – 0900-1300 - FREDERICTON Nashwaaksis Fieldhouse – Lacrosse NB Minicamp
- Sunday, March 17, 2024 – 12-1600 - FREDERICTON Nashwaaksis Fieldhouse – Cricket NB Minicamp

F.I.T.506 Online Learning Series

The 2024 Online Learning Series Lineup:

- [Lifestyle Athletics](#) with Chelsey Murray Personal Training (CMPT).
- [History of 6a Side Football](#) with Brian Guebert, Saskatoon Minor Football.
- [6a Side Defensive Systems](#) with Shannon Melanson, Head Coach Varsity Girls Moncton Stingrays
- [6a Side Offensive Systems](#) with Chris Gallant, Head Coach of FNB U18M 6a Atlantic Bowl Team.
- [History of Women and Girls Tackle Football in Canada](#) with Lisa Zuef Cummings and Lisa Harlow the namesakes of the U18 Womens National Championship divisions.
- [Senior Womens Team Canada Round Table](#) with former Senior Womens Team Canada Athletes.
- [Nutrition](#) with world renowned nutritionist Natasha McLaughlin Chaisson.
- [Quarterback Skills and Drills](#) with Maude Lacasse, Team Canada and Team Quebec U18F.
- [Athlete Film Review](#) led by Football NB Alum and current CFL Hamilton Tiger Cat Linebacker Bailey Feltmate and Football NB Alum and Current CFL Ottawa Red Black Defensive Back Lucas Cormier.
- [Officiating](#) with Scott Woloshin of Football Canada.
- [Flag Football Growth](#) with Mike Thomas from Football Saskatchewan and Regina Youth Flag Football League.
- [Coaching Football at the USport Level](#) with Taylor Matthews, Oline Coach for the USport Carleton Ravens.
- [Males Coaching within the Women and Girls space](#) with Olivier Eddie, Coach for the Regina Riot and a member of the 2023 Senior Womens Team Canada Staff.
- [Building a strong Women and Girls Football Coaching Staff](#) with Claire Dore, Head Coach Football Saskatchewan U18F.
- [Building a new Football Program](#) with Andreeanne Dupont-Parent, Commissioner of the Central Canadian Women's Football League (CCWFL).
- [Flag Opportunities at the Post Secondary Level](#) with Olivia Ghosh-Swaby current Executive Director of the Ontario Women's Intercollegiate Football Association.

Online Learning, NCCP, and Guest Speaker Call dates will be released as they are finalized. Final schedule to be announced in early January 2024.

Promotional Sessions

Included as an additional offering within the program will be two (2) promotional sessions to promote Women and Girls in sport. These will be free events run by Team New Brunswick U18F Provincial team coaches for any female born athlete (2005-2010) looking to try football. The target areas include Woodstock, and Elsipogtog.

Registration Costs

Program cost is \$325. Registration is open to all female born athletes 2005-2010. Day and time is set for Sunday Afternoons from 12-1600. Start date set for January 14 running through March 31, 2024.

[Registration is Open!](#)