

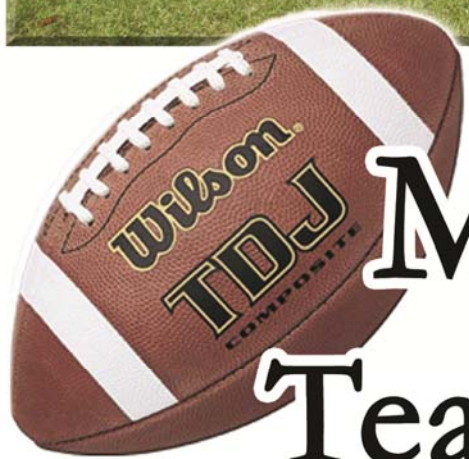
# WARRIORS

## FOOTBALL

2010 NCAFA Chorney B-Cup Champions



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# Mosquito Team Program

# 2010 Mosquito Coach's Message



In defense of the "A" Cup, this season was different for The Bell Warrior Mosquitos. For the first time in club history, at Mosquito, we had an "A" Championship to defend. Teams with a title to defend often find a way to play mediocre football the following year. Being back to back champions is simply not an easy task.

The coaches set out this year to try to accomplish this impossible goal. We had an interesting group of coaches this year; a cagey veteran pulled/lured away from a rival club, 3 competitive veteran Warrior coaches, a converted baseball coach, and a rookie head coach...me. While everyone vacationed in July, the coaches got busy planning our team. The defensive coaches put together a defensive scheme that would utilize our talents and speed to pressure the other teams with dozens of blitzes. This strategy was not only sound, but proved to be the best defence in the West Conference allowing only 62 points in 8 regular season games. To our defensive coaches--well strategized, well executed, well done. Sincere thanks to Randy Marquardt, John Ferguson and Norm Cowan. From the very beginning, our offence had talent but was short on experience. Our job as coaches was to get our players past that rookie stage quickly, as our coordinator had plans for a complex playbook. Our offence jelled and we accumulated over 100 plays and scored 240 points in the regular season, ranking us as the #1 offence in The West. To Dave Wilson and Mike Polito, well prepared, well planned and well played.

Statistically, we were the # 1 team in The West, however we know that the best team doesn't always win. Losing to a quality team in OT is nothing to hang our heads about. In losing, we now had a rallying call. Teams need to learn how to win and we coaches now had a measuring stick for the rest of the season. This loss showed us that, " *we had to be prepared to do the things that other teams wouldn't do*" in order to accomplish things in life as well as on the football field.

Our play-off performance was also worthy of praise. After a difficult loss against a dominant athlete, we rebounded to win and proceed to Championship Weekend. I would like to mention that this was the first time that all 4 club teams were represented on Championship Weekend--*Congratulations*. In a dominant performance, our boys left no doubt as they produced over 400 yards of offence and turned the ball over of defence time and time again. We showed our offensive diversity and we showed them stalwart defence.

With a 9 & 2 record on the year, and now a "B" Championship, your coaches, your families and The Bell Warriors Football Club are very proud of your effort. Many thanks should go out to our Warrior family for their participation during the many weeks as well as game days, but special thanks needs to go out to Julie Marquardt, Stephanie Dawe and Ken Schwartz who are the management team behind the scenes. As well, I would like to thank the enthusiasm of our fans on Championship Weekend. Your cheers were heard across the field and you truly were --the thirteenth man. To you players, I would like to say that I am proud of what you learned and I am proud of your effort and I am happy to celebrate the season with you. This team, this year, was a fine example of how to defend a championship. You didn't know it, but there was pressure on you to perform even before you took the field. We yelled, we barked, we laughed and we practiced, practiced, practiced and there was no place that I would have rather been. This team was a tremendous example of what football teams should aspire to be, you were a class act for others to follow. I hope that you've learned. I hope that tell your friends what they missed and hope that each of you has many more years of Warrior football ahead of you. I have loved being on the field each week and I enjoyed the time spent with you, your parents and the other coaches. I hope you had a great time because I know that I did. Thanks for the memories. **Warriors for Life!**

*Coach Tim*

Tim Sheahan



# 2010 NCAFA MOSQUITO FINAL STANDINGS

<b>WEST</b>	<b>GP</b>	<b>W</b>	<b>L</b>	<b>PF</b>	<b>PA</b>	<b>PTS</b>
Myers Riders	8	7	1	227	96	14
<b>Bell Warriors</b>	<b>8</b>	<b>7</b>	<b>1</b>	<b>240</b>	<b>62</b>	<b>14</b>
Nepean Redskins	8	4	4	129	143	8
Bel-Air Lions	8	4	4	206	139	8
Brockville Buccaneers	8	3	5	133	111	6
Kanata Knights	8	1	7	64	177	2
West Carleton Wolverines	8	0	8	12	347	0

<b>EAST</b>	<b>GP</b>	<b>W</b>	<b>L</b>	<b>PF</b>	<b>PA</b>	<b>PTS</b>
North Gloucester Giants	8	8	0	328	34	16
Cumberland Panthers	8	7	1	234	50	14
South Ottawa Mustangs	8	7	1	262	79	14
Gatineau Vikings	8	5	3	168	126	8
Gloucester South Raiders	8	3	5	151	100	6
East Ottawa Generals	8	3	5	136	142	6
Cornwall Wildcats	8	1	7	38	352	2
Mews Orleans Bengals	8	0	8	20	390	0

# BELL WARRIORS MOSQUITO 2010 SCHEDULE

## REGULAR SEASON

BELL WARRIORS	20	KANATA KNIGHTS	0
BELL WARRIORS	37	NEPEAN REDSKINS	8
BELL WARRIORS	34	BROCKVILLE BUCCANEERS	6
BELL WARRIORS	22	MYERS RIDERS	28
BELL WARRIORS	6	GLOUCESTER SOUTH RAIDERS	0
BELL WARRIORS	49	WEST CARLETON WOLVERINES	0
BELL WARRIORS	36	EAST OTTAWA GENERALS	6
BELL WARRIORS	36	WEST CARLETON WOLVERINES	14

## A - CUP QUARTER - FINALS

BELL WARRIORS	8	SOUTH OTTAWA MUSTANGS	30
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## B - CUP SEMI – FINALS

BELL WARRIORS	22	BEL-AIR LION	14
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## B – CUP FINALS

BELL WARRIORS	20	NEPEAN REDSKINS	0
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**2010 NCAFA Mosquito Chorney B-Cup Champions**

**BELL WARRIORS**

# BELL WARRIORS 2010 TEAM ROSTER

## OFFENCE

<b>NUMBER</b>	<b>NAME</b>	<b>POS</b>	<b>BIRTHDATE</b>
13	TRISTAN MALLET	WR	February 26, 1999
15	MAX ASSALY	QB	April 12, 1998
17	JACK RABB	SB	January 25, 1998
33	DILAN PARRY	RB	January 2, 1998
35	BEN VELTKAMP	WR	April 9, 1999
37	SHELDON THOMAS	RB	August 10, 1998
43	ZACHARY STATHAM-SOULIERE	OL	March 27, 1999
45	LIAM COCHRANE	OL	April 21, 1998
47	CRAIG DAWE	RB	March 1, 1998
55	JORDAN INGRAM	OL	June 25, 1998
57	DANIEL SCHWARTZ	C	October 9, 1998
63	CORY PIEPERS	SB	July 15, 1998
65	JOHN CRAWFORD	OL	March 4, 1998
75	DEMAR WELSH	OL	February 22, 1999
85	GRANT YEO	WR	November 13, 1998

# BELL WARRIORS 2010 TEAM ROSTER

## DEFENCE

<b>NUMBER</b>	<b>NAME</b>	<b>POS</b>	<b>BIRTHDATE</b>
6	LIAM MACFADYEN	DB	September 4, 1998
16	SHAYNE LABELLE	DB	February 12, 1998
22	LIBAN MUSSE	DB	September 18, 1998
24	ROSS POLITO	DB	October 6, 1998
26	TYLER BROHMAN	DB	February 15, 1999
36	TREVOR WALSH	DB	April 13, 1998
46	ANDREW BEATTIE	LB	February 18, 1998
48	BRADLEY COWAN	DE	October 26, 1998
56	BRENDAN SHEAHAN	LB	July 5, 1998
58	JACKSON MARQUARDT	LB	January 11, 1998
64	OWEN CROUCH	DT	May 1, 1999
72	EAMONN BERNARD	DE	September 28, 1998
82	KOBEY GATES	DT	October 23, 1998
84	SAMUEL ROBERTS	LB	May 10, 1999

# BELL WARRIORS 2010 PLAYER NOTES

## DEFENCE



**#2 Liam “The Octopus” MacFayden (DHB):** Liam is one of the best tacklers we have ever seen. Fearless, reliable, very coachable are only some of the great ways to describe this guy. We are looking forward to seeing him at Pee Wee next year.



**#16 Shayne “Where are my pants?” Labelle (CB):** Shayne has made great strides, from a backup to starter this year. His development is due to his love of the game and desire to improve. Shayne has great instinct and is never far from the ball. Well done.



**#22 Liban “How am I doing Coach?” Musse (DHB):** Liban is new to football and showed steady improvement all year long. Always focused and giving 100% effort is how he approached the game. A knee injury before our last game ended his season early and we look forward to seeing him next year.



**#24 Ross “Island” Polito (CB):** Ross is a superb cover corner who is always around the ball. Playing on “*the island*” he made several big interceptions this year and was a great leader on the field. Ross will be a great addition to our Pee Wee team next year.



**#26 Tyler “The Hitman” Brohman (DHB):** Tyler is a willing participant between the lines. “*He’s all day tough*” and he’s living proof that the bigger they are the harder they fall, as he brought lots of bigger players down to the turf. He will be one of the anchors on next year’s Mosquito team and for our club for years to come.



**#36 Trevor “Timex” Walsh (DT):** Like the watch...Trevor “*takes a licking and keeps on ticking*”. Trevor did whatever he could to get on the field, offering to play both Defensive Tackle and Defensive Half. He is a great teammate and a pleasure to coach...well done!!



**#46 Andrew “Terminator” Beattie (OLB):** Andrew was a tackling machine who dominated on the field. His ability to pursue across the field was a key factor in the outstanding success of our defence this year and he was a difference maker as a kicker on our special teams. We are very excited at his moving to Pee Wee.



**#48 Bradley “Boom-Boom” Cowan (DE):** This was Brad’s first year in football and he made an immediate impact. Brad was a powerful force on the D-Line and you could hear it when he hit ball carriers all year long. We are looking forward to seeing him at Pee Wee next year.



**#56 Brendan “The Scrub” Sheahan (ILB):** Brendan made the transition from Offence to Defence this year and made it look easy. Playing inside linebacker, he was always around the ball and was one of the foundations of our Defence. Smart, coachable, and a natural leader...what else could you ask for? He will be a welcome addition to the Pee Wee team next year.



**#58 Jackson “Hacksaw” Marquardt (ILB):** Jackson was one of the veterans on Defence and leaders of our team. He called the defensive plays and made sure everyone knew their role. A punishing and intimidating force, he made opposing players pay the price every time they ventured across the middle. We are looking forward to seeing him at Pee Wee next year.



**#64 Owen “The Anvil” Crouch (DT):** Owen showed steady progress all year and with his natural ability and toughness will be a force next year at Mosquito. He will be one of the foundations for next year’s Mosquito team.



**#72 Eamonn “Bulldog” Bernard (DE):** Eamonn was new to football this year and made an immediate impact on Defence. A quiet guy, he played very tough and showed relentless pursuit of the ball. He dedicated himself to improving and was a pleasure to coach.



**#82 Kobey “The Cheese” Gates (DT):** Kobey played Defensive Tackle like a junkyard dog...always going for the ball and never backing down. Kobey was fearless and played at 100% each and every play. Very smart, and versatile and he could also play inside linebacker as well.



**#84 Sam “Crazy Legs” Roberts (OLB):** Sam is blessed with great speed and he used it to track down opposing ball carriers each game. He improved all season long and will be one of our key players next year at Mosquito. Great job Sam!!!



## OFFENCE



**#13 Tristan "Speedy" Mallette (WR):** Tristan has been given one of the gifts that football players need to succeed, he is very fast. His touches were limited, but in learning a complicated playbook he will be a go-to player in next year's Mosquito offence.



**#15 Max "Cool Hand Luke" Assaly (QB):** Max is an intelligent, good under fire player. We used some 100 plays in our offence and Max is responsible for knowing every route, every run and every block for all 12 players. He improved over the season and played thru' pain in The Championship game.



**#17 "Richmond- Jack" Rabb (SB/QB):** This first year Warrior has an abundance of talent. We used Jack to run, catch and throw the ball, all at the same time if we could have. Jack truly was a triple threat in our playbook and an absolute pleasure to coach.



**#33 Dilan "Pickles" Parry (RB/SB):** Dilan looks like he's out for a Sunday jog...until he blows past the opponent on his way to another touchdown. There will be plenty more TD's in this first year Warriors future.



**#35 Ben "Can I Do It" Veltkamp (WR):** On the nights when we were short a player on "D", Ben would volunteer to play, even D-line. Ben got away from "*The Warrior Family*" for a time and we're glad to have him back. He will be counted on big on next year's Mosquito team.



**#37 Sheldon "Great Lid" Thomas (RB):** Sheldon is an iceman, never too high, never too low. He ran tough when asked, but made great contribution to our running game as an excellent blocker, nobody gets to the end zone by themselves. He also has the best "*faux hawk*" we've ever seen.



**#43 Zach "Attack" Souliere (OL):** "*Zach Attack*" was by far the most vocal O Lineman we had. He brought a tremendous amount of enthusiasm and team spirit to the unit. Zach always wanted to be hitting something during practice. Whether it was a Defensive Lineman or the blocking sled, Zack hits with everything he has and then some. Zach Attack, be proud of what you accomplished this year. Thank you.



**#45 Liam "Blindside" Cochrane (OL):** Liam became a dominant force on the offense line with his athleticism and quickness. Never complaining and never giving less than all he had, Liam allowed us to expand the offensive playbook to include schemes beyond the mosquito level. Liam consistently worked hard at practice and was always there to offer advice and encouragement to his teammates. He was a pleasure to coach and gave his team all he had at every opportunity.



**#47 Craig "Ironhead" Dawe (RB):** Our use of Craig this year was part fullback, part wingback and part tailback. However we used him, it was always power running. Craig averaged about 100 yards per game, his pounding style of running intimidated most defences, they didn't want to get run over by The "Ironhead" locomotive.



**#55 Jordan "Yes Coach" Ingram (OL):** Jordan, another one of our first year players, improved immeasurably throughout the year and had his best games during the playoffs. He was committed to improving his form and technique and was always open to coaching. Jordan became a key component of our offensive line by never giving up. Jordan look back on this first year of football with pride but look to the future because you are capable of so much more.



**#57 Daniel "Spearhead" Schwartz (C/OL):** I have coached Daniel for three years now and there are very few players that represent the "Warriors for Life" motto as much as he does. Daniel is a pleasure to coach. He is always giving his team everything he has without complaint or hesitation. Daniel took the responsibility of playing centre and exceeded all of our expectations. He was often matched up against larger boys but never once faltered in his effort or resolve. Daniel thank you for your tremendous contribution in 2010.



**#63 Cory "Pizza" Piepers (SB):** Cory is another first year Warrior who learned a complicated offence. He worked hard to improve and never complained, as he became a good down-field blocker for our running backs. We coaches liked the way he always gave us a firm, "Yes Coach".



**#65 "Big John" Crawford (OL):** "Big John" became the anchor on the left side and was responsible for a great many rushing yards gained. John continued to improve every week and was committed to his team and his line mates. As his knowledge of the game grew, John became more dominant. The word that comes to mind for the coaches is "potential". John, congratulations on a great start to your football career and be proud of what you have accomplished.



**#75 Demar "Silent Killer" Welsh (OL):** Demar came to the offensive line to help fill an unexpected void. He improved every single week and committed himself to working together with his line mates. Demar is quiet and unassuming yet he hits with everything he has. Never one to complain or give up, he went up against boys twice his size and showed them what the Warriors were all about. Thank you for a great effort Demar. You should be proud.



**#85 Grant "Ocho Cinco" Yeo (WR):** Grant practiced hard and made himself a part of the game-day offence. Wide Receiver, in Mosquito, isn't always the most glamorous position and Grant blocked well for our running backs. With every year the position (WR) becomes more important. Grant will be ready for next year because he invested the time this year.

# 2010 BELL WARRIORS COACHES AND STAFF

<b>TIM SHEAHAN</b>	Head Coach
<b>DAVE WILSON</b>	Offensive Coordinator
<b>RANDY MARQUARDT</b>	Defensive Coordinator
<b>JOHN FERGUSON</b>	Assistant Defensive Coach
<b>MIKE POLITO</b>	Line Coach
<b>NORM COWAN</b>	Line Coach

<b>JULIE MARQUARDT</b>	Team Manager
<b>STEPAHNIE DAWE</b>	Trainer
<b>KEN SCHWARTZ</b>	Equipment Manager

**ABOUT THE BELL WARRIORS:** The Bell Warriors Minor Football Club offers an amateur tackle football program for boys and girls between the ages of 8 and 17. The Club has been in existence since 1955, with a team in the Pee Wee division. As the league has expanded, so to have the Warriors, and now has close to 138 players competing annually at the Tyke, Mosquito, PeeWee and Bantam levels. Our territory includes Bells Corners, Crystal Beach, Bayshore, Britannia, Stittsville, Richmond and Munster. Our organization stresses skills development, sportsmanship, and the value of teamwork. Over fifty volunteers help us to attain these goals through their efforts as club executives, coaches, conveners, event organizers and as bingo workers. Without their help, the Club would not be able to function.

## BELL WARRIORS CONTACT INFO:

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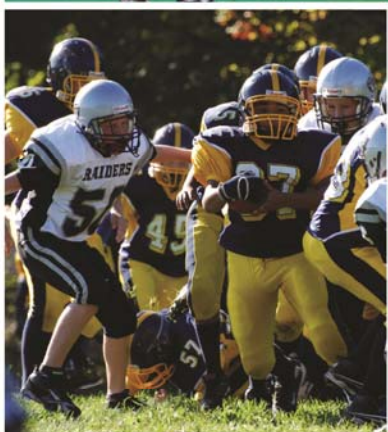
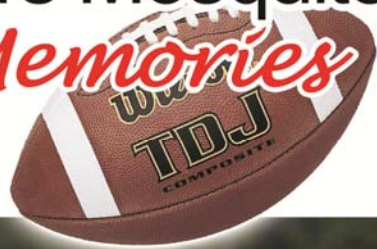
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Web: [www.missionstream.ca](http://www.missionstream.ca)

*Thank You Everyone!*

# 2010 Bell Warriors Mosquito

## *Memories*



Pictures courtesy of:  
Wanda Keenan and  
Cynthia Labelle