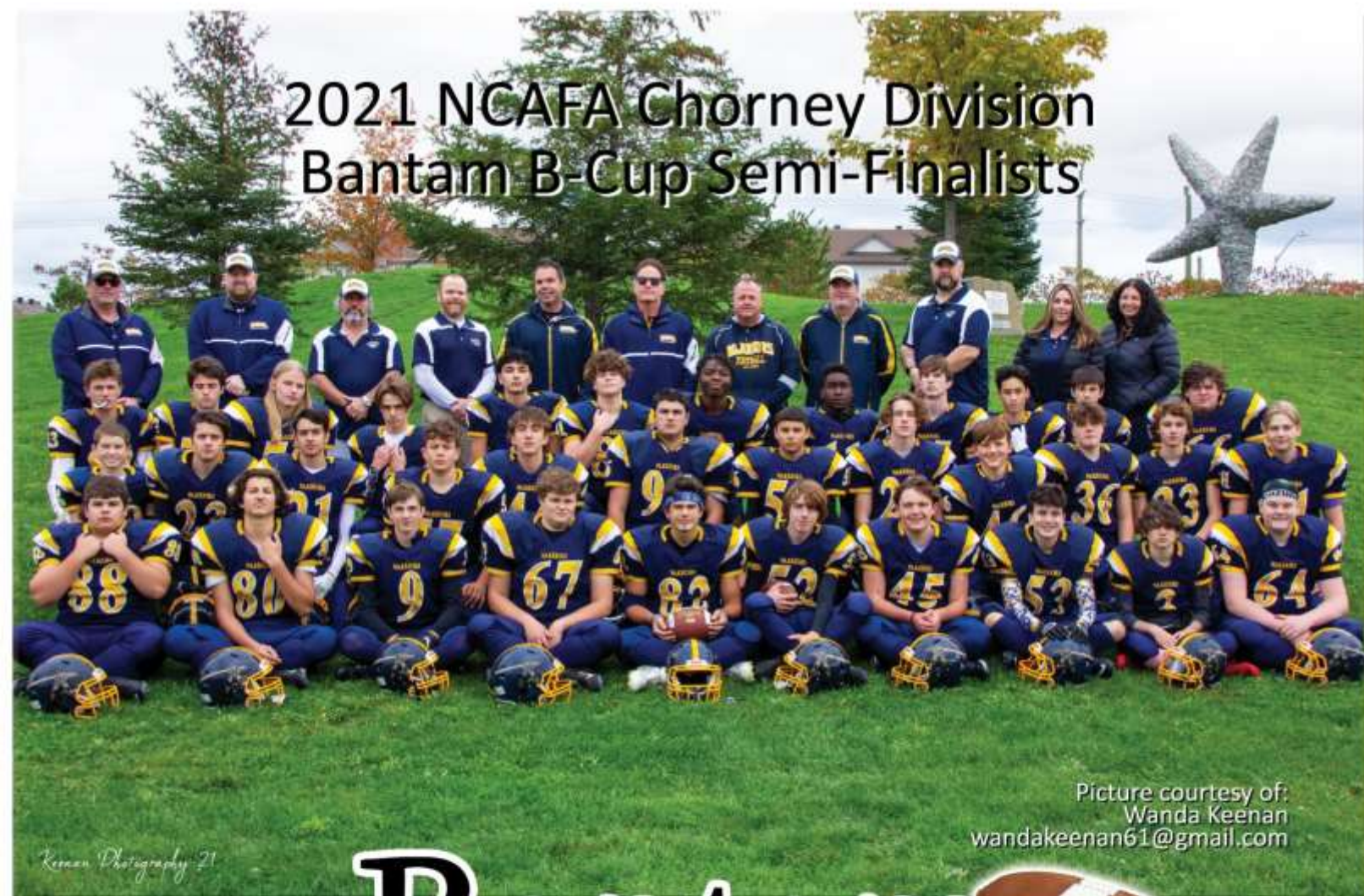


# WARRIORS

## FOOTBALL

2021 NCAFA Chorney Division  
Bantam B-Cup Semi-Finalists



Picture courtesy of:  
Wanda Keenan  
[wandakeenan61@gmail.com](mailto:wandakeenan61@gmail.com)

*Keenan Photography 21*

# Bantam

# Team Program





# 2021 Bantam Coach's Message



As I contemplated all the topics to include in our final message for the season, I couldn't help but recognize all the various hats we wear. As football coaches, we are taken down many paths with our players; teacher, parent, cheerleader, social filter & most importantly....role model. So, I'd like to express my sincere gratitude to Dan Crabtree, Joe Papalia, Phil Lavigne, Brian Lowe, Geoff Forsyth & Adam Goulet for the countless hours they've put into ensuring we gave your sons the best guidance they could ask for. Furthermore, our team would not have been able to succeed without the contributions of the numerous off field volunteers that enabled us to coach. So, tip of the hat to Troy McLeod, Andy Zeitz, Kelly White, Jen Daniel, Rodney Wong, Ian & Jill McKim & Dev Nicholls.

The year away from the field forced us to take a step back and realize just how important playing sports was in our lives. The year away also forced everyone to have a new appreciation for how 'playing' positively affected our quality of life. This year wasn't simply about the X's & O's and winning, it was about reestablishing relationships, creating new ones while also developing the life skills team sports force us to learn. One of my favourite signs in my home states "Sports don't build character, they reveal it". I have this in my home because I 'believe' it (Thanks Ted Lasso) to be true. Throughout the season our players were forced to deal with various forms of adversity while learning the importance of accountability & advocating in the process. In turn, we as coaches learned that we needed to reestablish expectations for ourselves & our players if we really wanted to help our players beyond what happens between the lines. To the players credit, it would have been easy to bail on practices when the results didn't go our way, but they did come to practice.... to improve their skills, speed, fitness levels & understanding of the game.....in order to ensure they didn't let their teammates down nor themselves. Our players & your sons did indeed reveal their character and that's why it was so easy as coaches to come to every practice with a positive mindset.

In closing, most of our coaches have over 10 years of experience and we teach the same skills, for the most part, year after year, so one must wonder what keeps us coming back. It's the people we meet and interact with that make each year special. The mass of parents on the sidelines at practice, the moment when you finally witness a player make the play you knew they were capable of, the laughter filled stories shared after practice & the fist bumps from players followed by a sincere "Thank you coach". To those of you that are graduating, best of luck at whatever path you select, remember, you really are a Warrior for life. For those of you that can return, we're looking forward to welcoming you back next season to enable you to take that next step in your development as a football player. Thank you for the honour of being the Head Coach for the team I finished my own playing career with.

Sincerely,

*Coach Paul*

Paul Gowans, Bell Warriors Bantam Head Coach



# 2021 NCAFA BANTAM FINAL STANDINGS

|                          | GP       | W        | L        | T        | PF        | PA         | PTS      |
|--------------------------|----------|----------|----------|----------|-----------|------------|----------|
| Cumberland Panthers      | 6        | 5        | 1        | 0        | 150       | 46         | 10       |
| Kanata Knights           | 6        | 5        | 1        | 0        | 252       | 87         | 10       |
| Myers Riders             | 6        | 5        | 1        | 0        | 144       | 32         | 10       |
| Nepean Eagles            | 6        | 5        | 1        | 0        | 118       | 28         | 10       |
| Cornwall Wildcats        | 6        | 4        | 2        | 0        | 173       | 118        | 8        |
| Gloucester South Raiders | 6        | 3        | 3        | 0        | 128       | 84         | 6        |
| <b>Bell Warriors</b>     | <b>6</b> | <b>2</b> | <b>4</b> | <b>0</b> | <b>76</b> | <b>173</b> | <b>4</b> |
| North Gloucester Giants  | 6        | 2        | 4        | 0        | 49        | 166        | 4        |
| Orleans Bengals          | 6        | 2        | 4        | 0        | 112       | 166        | 4        |
| Bel-Air Lions            | 6        | 0        | 6        | 0        | 52        | 215        | 0        |
| Gatineau Vikings         | 6        | 0        | 6        | 0        | 16        | 159        | 0        |





# BELL WARRIORS BANTAM 2021 SCHEDULE

## REGULAR SEASON

|               |    |                         |    |
|---------------|----|-------------------------|----|
| BELL WARRIORS | 6  | NEPEAN EAGLES           | 42 |
| BELL WARRIORS | 21 | NORTH GLOUCESTER GIANTS | 0  |
| BELL WARRIORS | 6  | CORNWALL WILDCATS       | 27 |
| BELL WARRIORS | 26 | BEL-AIR LIONS           | 22 |
| BELL WARRIORS | 14 | KANATA KNIGHTS          | 51 |
| BELL WARRIORS | 13 | MEWS ORLEANS RAFTSMEN   | 31 |

## B - CUP SEMI - FINALS

|               |   |                   |    |
|---------------|---|-------------------|----|
| BELL WARRIORS | 0 | CORNWALL WILDCATS | 15 |
|---------------|---|-------------------|----|

## A - CUP FINALS

|               |    |                     |    |
|---------------|----|---------------------|----|
| NEPEAN EAGLES | 15 | CUMBERLAND PANTHERS | 14 |
|---------------|----|---------------------|----|

## B-CUP

|                       |    |                   |   |
|-----------------------|----|-------------------|---|
| MEWS ORLEANS RAFTSMEN | 18 | CORNWALL WILDCATS | 9 |
|-----------------------|----|-------------------|---|

## C-CUP

|                  |    |                         |   |
|------------------|----|-------------------------|---|
| GATINEAU VIKINGS | 18 | NORTH GLOUCESTER GIANTS | 0 |
|------------------|----|-------------------------|---|



# BELL WARRIORS 2021 BANTAM TEAM ROSTER

## DEFENSE

| NUMBER | NAME                   | POS   | BIRTHDATE         |
|--------|------------------------|-------|-------------------|
| 2      | Mason Quinn            | DB    | April 3, 2007     |
| 3      | Tyler Davies-Gordon    | DB    | November 23, 2006 |
| 9      | Aidan Irving           | DB    | June 26, 2007     |
| 12     | Allister Quinn MacLeod | DB    | October 7, 2007   |
| 21     | Kyle Milinazzo         | DB    | August 12, 2006   |
| 23     | Gavin Parent           | DB    | May 2, 2006       |
| 45     | Dylan Giroux           | DL/OL | January 20, 2007  |
| 46     | Matt Lohnes            | DB    | July 28, 2007     |
| 52     | Ben Zeitz              | LB/DB | January 31, 2006  |
| 53     | Colton Lusk            | LB    | April 21, 2006    |
| 56     | Tony Alvarez           | LB    | December 26, 2007 |
| 57     | Connor Davis           | DL    | November 18, 2006 |
| 61     | Deacon Piersma         | DL    | February 27, 2007 |
| 72     | Aaron Desrosiers       | LB    | May 20, 2006      |
| 77     | Lucas Efler-Murphy     | LB/DB | April 10, 2006    |
| 82     | Graydon McKim          | DL    | December 3, 2007  |
| 96     | Carter Kaspardlov      | DL/OL | February 25, 2006 |





# BELL WARRIORS 2021 BANTAM TEAM ROSTER

## OFFENSE

| NUMBER | NAME                  | POS    | BIRTHDATE          |
|--------|-----------------------|--------|--------------------|
| 4      | Keegan Brunet         | REC    | April 19, 2006     |
| 6      | Jacob Wong            | WR/RB  | November 12, 2006  |
| 11     | Shalom Osamhenghian   | REC    | June 4, 2006       |
| 24     | Jean-Marc Downton     | REC    | September 15, 2007 |
| 26     | Ikeoluwa Josh Olubajo | RB     | January 2, 2007    |
| 27     | Mason Jude            | QB     | May 30, 2007       |
| 33     | Chris Willman         | SB/RB  | June 9, 2006       |
| 36     | Elijah Walsh          | REC    | December 24, 2006  |
| 44     | Brayden Murray        | QB/REC | June 28, 2007      |
| 55     | Owen Redmond          | RB     | June 6, 2006       |
| 64     | Jordan Greenough      | OL     | November 11, 2006  |
| 66     | Alex Moniot           | OL     | June 1, 2006       |
| 67     | Joseph Hilliard       | OL     | July 17, 2006      |
| 80     | Daler Bal             | OL     | June 2, 2007       |
| 81     | Noah Shirey           | REC/RB | March 8, 2007      |
| 83     | Sam Lessard           | REC    | August 3, 2006     |
| 88     | Ethan McMaster        | OL     | September 29, 2006 |



# BELL WARRIORS 2021 BANTAM PLAYERS





# BELL WARRIORS 2021 BANTAM PLAYERS





# BELL WARRIORS 2021 BANTAM PLAYERS





# BELL WARRIORS 2021 BANTAM PLAYERS





# 2021 BELL WARRIORS BANTAM COACHES AND STAFF

|   |                                      |
|---|--------------------------------------|
| PAUL GOWANS   | Head Coach & Offensive Coordinator   |
| BRIAN LOWE  | QB & Receiver Coach                  |
| ADAM GOULET   | Offensive Line Coach                 |
| JOE PAPALIA   | Linebackers & Special Teams Coach    |
| DAN CRABTREE  | Defensive Line & Special Teams Coach |
| PHIL LAVIGNE  | Assistant DC & Linebackers Coach     |
| GEOFF FORSYTH   | Assistant DC & DB Coach              |
| DAN CRABTREE  | LB Coach                             |
| ANDY ZEITZ  | Trainer                              |
| TROY MACLEOD  | Equipment Manager                    |
| KELLY WHITE-MONIOT, JEN DANIEL, JILLIAM MCKIM, DEV NICHOLLS | Team Managers                        |
| RODNEY WONG   | Video                                |

**ABOUT THE BELL WARRIORS:** The Bell Warriors Minor Football Club offers an amateur tackle football program for boys and girls between the ages of 7 and 23. 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 tackle football players competing annually at the Tyke, Mosquito, Pee Wee 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:

**Club President:** Paul Stewart P.O. Box 1269, Richmond, ON K0A 2Z0  
(613) 838-4279 [president@bellwarriors.ca](mailto:president@bellwarriors.ca)

**Social Contacts:** [www.bellwarriors.ca](http://www.bellwarriors.ca) @BellWarriors1  
[www.youtube.com/bellwarriorsfootball](http://www.youtube.com/bellwarriorsfootball)



## Team Photographer:



Wanda Keenan  
Keenan Photography

Telephone: (613) 852-0518  
Email: [wandakeenan61@gmail.com](mailto:wandakeenan61@gmail.com)

## Program Printing:



215 Terence Matthews Crescent, Suite 1, Ottawa  
(613) 288-2885 [www.asappm.com](http://www.asappm.com)



*Thank You Everyone!*



# 2021 Bell Warriors Bantam *Memories*



Pictures courtesy of:  
Wanda Keenan  
wandakeenan81@gmail.com

## *Pick Me!*

### **Become a Warrior Volunteer**

We're looking for dedicated, energetic volunteers that want to help be part of the Warriors team of volunteers. The Warriors couldn't do what we do without the selfless dedication and support of our volunteers. If you want to be part of our Warrior Volunteer Team let us know.

Contact: [president@bellwarriors.ca](mailto:president@bellwarriors.ca) for more detail.







# REGISTER NOW!

Register at [www.bellwarriors.ca](http://www.bellwarriors.ca). Players or teams from across the Ottawa region are welcome.

**For ages 5-15**

- Practices & games will be in May - June (rain or shine)
- Friendly introduction to football for new players & a challenging experience for returning players
- Every player receives a home & away jersey & shorts to keep

**\$200** All you'll need is a pair of cleats (Includes \$35 OFA Registration Fee)

**VOLUNTEER HOURS:** Volunteer hours are available for graduating Bantam players as coaches.

Email [info@bellwarriors.ca](mailto:info@bellwarriors.ca) for details and register on line at [www.bellwarriors.ca/registration](http://www.bellwarriors.ca/registration)

*Don't Miss Out!*



[bellwarriors.ca](http://bellwarriors.ca) [info@bellwarriors.ca](mailto:info@bellwarriors.ca) @BellWarriors1



# 2021 Bell Warriors Bantam *Memories*



Pictures courtesy of:  
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