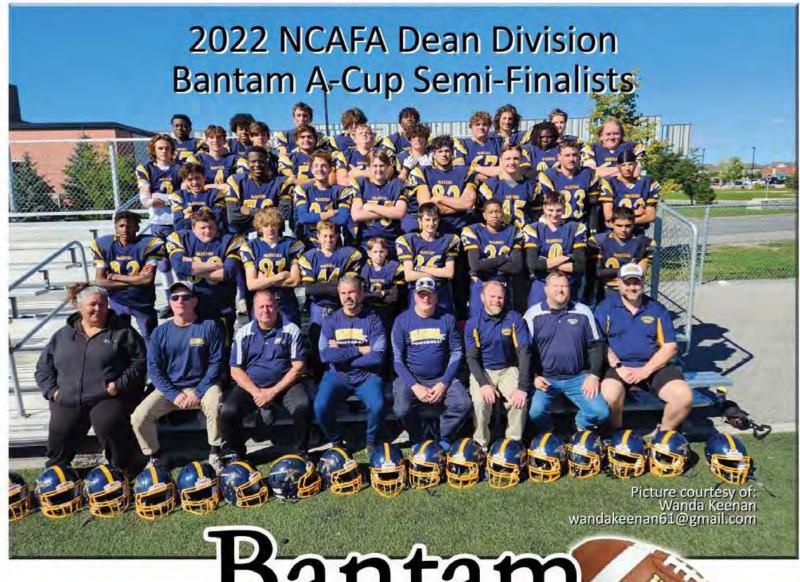


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Bantam
Team Program

2022 Bantam Coach's Message



In many ways, the bantam season seemed to fly by with numerous highs (OT win vs Gatineau to start our season, to name just one) & fewer lows than we might have expected. Coming off a 2-6 2021 season (as did our PW team), most people could have easily predicted another lackluster season. However, the season unfolded with the team finishing 6-2 in the regular season and earning the right to play in the 'A' cup semi-finals against an undefeated Cumberland juggernaut.

How does a team predicted to finish with a losing record prove the skeptics wrong? Well, there are several factors. Firstly, personal growth from some of the previous year's returnees. A back up QB/Rec, a fullback, a couple of lineman & a returning QB all went from being good players to being difference makers. Difference makers that were among the league's best...athletes that players & coaches from other teams were very respectful & fearful of.

Secondly, newbies that came out of the woodwork to make an immediate impact on both sides of the ball. These players came to us having never played tackle football before, yet you'd never know it by how they performed, improving with every passing practice & game.

Thirdly, the peewee player graduates that stepped in and filled roles. Roles that are most often filled by second year players that had a full year of bantam football under their belt. Yet these novice players made big play after big play in so many of our victories!

Fourthly, a level of trust that grew into believing in their teammate's abilities & coaches' structure & game planning were indeed going to offer the team a successful season. But what is a successful season, is it simply winning the A, B or C-Cup game? For some it might be, but as a coaching staff, it started with being in the A cup playoffs versus winning the B or C-Cups.

Lastly, the improvements seen at practice, yes even the parents who religiously watched every practice saw it, was the main reason for the team's success. The commitment to come to practice 3 nights a week by over 90% of the players was exemplary. The nightly pass skeleton battles became more competitive as the season progressed. The nightly 1-on-1 line battles also resulted in more parity. These examples all translated onto the game field when it mattered most. If I had told you that we would be within 8 points of Cumberland (their closest previous game was a 28 point margin of victory) with 5 minutes to go in the

playoff game.....would you have believed me? That fact alone should sell you on how much we improved. Hey, with a few more calls going our way, maybe this message is reminiscing more about the A-Cup final game.

Sincerely,

Coach Paul

Paul Gowans, Bell Warriors Bantam Head Coach





2022 NCAFA BANTAM FINAL STANDINGS

	GP	W	L	Т	PF	PA	PTS
Cumberland Panthers	8	8	0	0	390	44	16
Bell Warriors	8	6	2	0	198	167	12
Kanata Knights	8	6	2	0	262	121	12
Nepean Eagles	8	6	2	0	270	104	12
Myers Riders	8	5	3	0	147	181	10
Gatineau Vikings	8	4	4	0	146	160	8
Gloucester South Raiders	8	4	4	0	183	165	8
Bel-Air Lions	8	2	6	0	112	220	4
Orleans Bengals	8	2	6	0	67	227	4
North Gloucester Giants	8	1	7	0	100	266	2
Cornwall Wildcats	8	0	8	0	24	294	0











BELL WARRIORS BANTAM 2022 SCHEDULE

REGULAR SEASON

BELL WARRIORS	20	GATINEAU VIKINGS	19		
BELL WARRIORS	20	MYERS RIDERS	0		
BELL WARRIORS	20	MEWS ORLEANS RAFTSMEN	7		
BELL WARRIORS	12	GLOUCESTER SOUTH RAIDERS	37		
BELL WARRIORS	44	CORNWALL WILDCATS	22		
BELL WARRIORS	40	BEL-AIR LIONS	14		
BELL WARRIORS	36	NORTH GLOUCESTER GIANTS	15		
A - CUP SEMI - FINALS					
BELL WARRIORS	21	CUMBERLAND PANTHERS	35		
A - CUP FINALS					
CUMBERLAND PAN	THERS	19 KANATA KNIGHTS	7		
B-CUP MYERS RIDERS		25 GLOUCESTER SOUTH RAIDERS	3 21		
C-CUP CORNWALL WILDCA	ATS	24 MEWS ORLEANS RAFTSMEN	16		









BELL WARRIORS 2022 BANTAM TEAM ROSTER

DEFENSE

NUMBER	NAME	POS	BIRTHDATE
2	Mason Quinn	DB	April 3, 2007
3	Avery Stuart	DB	November 12, 2008
6	Dexter Bates	DB	February 2, 2008
9	Aidan Irving	DB	June 26, 2007
24	Rylan Gonzalez	DB	September 24, 2008
27	Keagan Pilgrim	DB	August 5, 2008
32	Eddy Vaval	DB	April 21, 2008
36	Jean-Marc Downton	DB	September 15, 2007
42	Carl Esparon	LB	March 10, 2008
46	Justin Siertsema	DL	September 24, 2008
52	Hayden Bourre	LB/RB	January 19, 2008
55	Simon Eagen	DL	October 24, 2008
57	Louis Turpin	DL	March 6, 2008
63	Thomas Ross	DL	October 22, 2008
72	Nathanael Anna	DL	September 26, 2007
77	Frederic Muipatayi	DL	October 3, 2007
81	Brady Kantor	DB	February 1, 2008
83	Kayden Hammoud	LB	May 16, 2007





BELL WARRIORS 2022 BANTAM TEAM ROSTER

OFFENSE

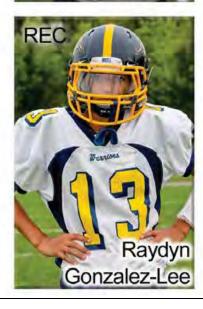
NUMBER	NAME	POS	BIRTHDATE
4	Mason Jude	QB	May 30, 2007
11	Brayden Murray	QB/REC	June 28, 2007
12	Kingston Pappas	REC	December 17, 2008
21	Owen Asbury	REC	July 10, 2008
23	Shadvantay Watt	REC	October 8, 2007
26	lkeoluwa Josh Olubajo	RB	January 2, 2007
33	Raydyn Gonzalez-Lee	REC	October 10, 2007
35	Luke Whitton	REC	June 17, 2008
45	Dylan Giroux	OL/DL	January 20, 2007
53	Adam Fagan	OL	July 25, 2008
56	Logan Crosby	OL	August 25, 2008
64	Zachary Parker	OL	May 20, 2008
67	Lincoln Burns	OL	July 11, 2007
80	Daler Bal	OL	June 2, 2007
82	Graydon McKim	RB	December 3, 2007
88	Oliver Coe	OL	May 9, 2008
96	Kellin Flint	OL	December 21, 2007





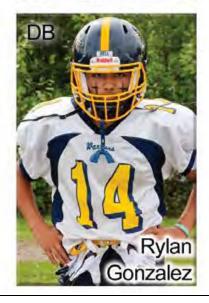


























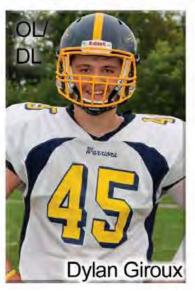
















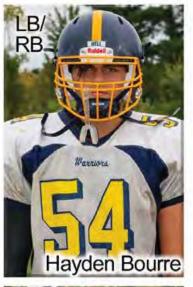










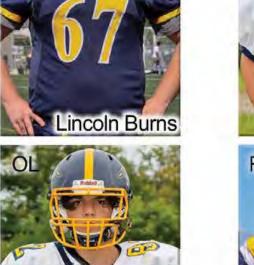




























2022 BELL WARRIORS BANTAM COACHES AND STAFF

PAUL GOWANS Head Coach

KEITH STUART Offensive Coordinator
ADAM GOULET Offensive Line Coach
FERN TURPIN Assistant 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

LEN QUINN Trainer

JOE ASBURY Equipment Manager
TRACEY GERVAIS Team Manager

MARK WHITTON 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

Social Contacts: <u>www.bellwarriors.ca</u> <u>@BellWarriors1</u>

www.youtube.com/bellwarriorsfootball

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Team Photographer:

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Keenan Photography Email: wandakeenan61@gmail.com

Program Printing: ASA?

215 Terence Matthews Crescent, Suite 1, Ottawa

(613) 288-2885 www.asappm.com



Thank You Everyone!







ck 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.











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