



**2012**





## AFMO Football 2012

We began the year with our first challenge of the new season, the LFMO. The executive decided to work with the CEGEP de l'Outaouais this year to act as our coaching staff our entry level program. Many parents and players were extremely positive about the experience; the players were fantastic at keeping the focus on the young players and encouraging participation. I am happy to say this is one of the only years I did not worry about the over competitive coaching that happens at our most impressionable aged players. The goal of the LFMO is to introduce the sport and develop a passion for the sport and I can proudly say I am glad to have the CEGEP players back again in 2013.

We will be looking into expanding the LFMO roster sizes in 2013 to see if the demand for a second competitive team at the Tyke and Mosquito levels is feasible for our fall program.

The challenge to field a football team at the peewee level is always difficult with the popularity of the sport growing and the addition of new football teams at College St-Alexandre and Grand Rivières. The juvenile programs in the Subway league are keeping secondary three players who for the most part do not play or are very limited in the playtime. We will be focusing our efforts at the executive level to recruit these players into our peewee program. Gatineau Vikings players ago on to be the strongest players in the RSEQ league in the Outaouais region, to show our support to those that have played with us for both peewee years we have our bursary program granting qualified candidates a chance at 1,000\$ toward post-secondary education.

What a fantastic turnout for mosquito and tyke this year at our competitive teams. I have heard great things being said about the coaches and players all year from the other league presidents. I think that the Viking philosophy held true throughout the year;

Educate, Team Spirit, Participation, Work Ethic, Discipline, & Loyalty.

I hope that the changes we made to the LFMO program inspired more players to want to play at our competitive level in the fall. The tyke's and mosquito's that came to try out for the fall were at their highest level of participation in club history. After watching how well these kids were coached over the last season I hope to see them all back next year and years to come.

I am extremely proud of our accomplishments over the last seven years; I want to thank the coaches, parents and players that make us the envy of the entire league. Also, I want to personally invite everyone to our AGM to be held in January, we will have vacancies in some key positions within our executive and if you would like to contribute to the success of the AFMO and be a positive influence for our young footballers please stop in and join us.

Thank you all for your contributions to our programs, your commitment to our programs makes us a success.

Yours truly,  
**Barry Rodger President, AFMO'**

« Les mots des entraîneurs et du Président sont publiés dans la langue maternelle des auteurs afin de conserver l'essence et les subtilités de leur message. Ceci permet aussi de réduire la charge de travail de nos bénévoles. »



## TYKE

Farley, Ézékiel.....	RB	1	Legros, Vincent .....	OL	30	Latulippe, Nolan.....	QB	47
Charron, Hayden.....	DB	2	Bettez, William .....	RB	31	Rossignol, Félix.....	DL	48
Lavallé, Antonio .....	WR	3	Beaudoin, Mathis.....	DB	32	Brazeau, Tommy.....	DL	50
Damphousse, Marilou.....	LB	injured	Leroux, Gabryel.....	LB	4	Lariviere, Michael.....	DL	58
Riopel, Alexis.....	WR	5	Royer, Shawn.....	LB	34	Bond, Ty.....	OL	61
Armstrong, Macleod.....	LB	6	Declare, Tyler.....	RB	39	CALIXTE, DERICK.....	OL	63
Sanscartier, Maxim.....	DB	8	Kabanza, Tom .....	LB	40	Fugère, Thomas.....	OL	67
Prefontaine, Joshua .....	QB	11	Robertson, Logan.....	OL	43	Richardson, Rilen (Rocky).....	DL	70
Lapointe, Jean-Félix.....	LB	12	Demers, Xavier.....	DL	94	Woodburn, Tyler .....	C	71
Beaudoin, Félix-Antoine.....	LB	14				Bélanger, Maxime.....	OL	73
Martel, Loric.....	DB	18				Paulin, Zachary.....	OL	45

# TYKE

"It was certainly was an entertaining year for the Vikings Tyke team. From the outset, it was really gratifying to have a record turnout for tryouts and it was extremely difficult to make the final cuts. Those who made the team should be extremely proud of themselves. Unfortunately we lost Marilou Damphouse to a broken arm during the first game of the season. We missed her a lot and look forward to getting her back next year.

We played some excellent games but unfortunately we seemed to play below our capabilities in others. Nevertheless, we soldiered on and pulled off an upset in the quarter-finals when we soundly defeated Kanata, a team that had gone 7-1 in the other division. In the semi-finals we lost to Cumberland who was by far the best Tyke team that NCAFA has ever seen and must rank in the top 3 in Canada.

Most importantly, our players learned a lot about football and many of them developed a passion for the game that will last throughout their youth and perhaps their lifetime. Our kids matured significantly during the season, they played hard, were dedicated to their team mates, respectful of the coaches and officials and developed a keen sense of camaraderie, dedication to a cause, fair play and sportsmanship. These are life skills that nobody can take away from them and will serve them well in the future. All the coaches are extremely proud of our team and the players individually.

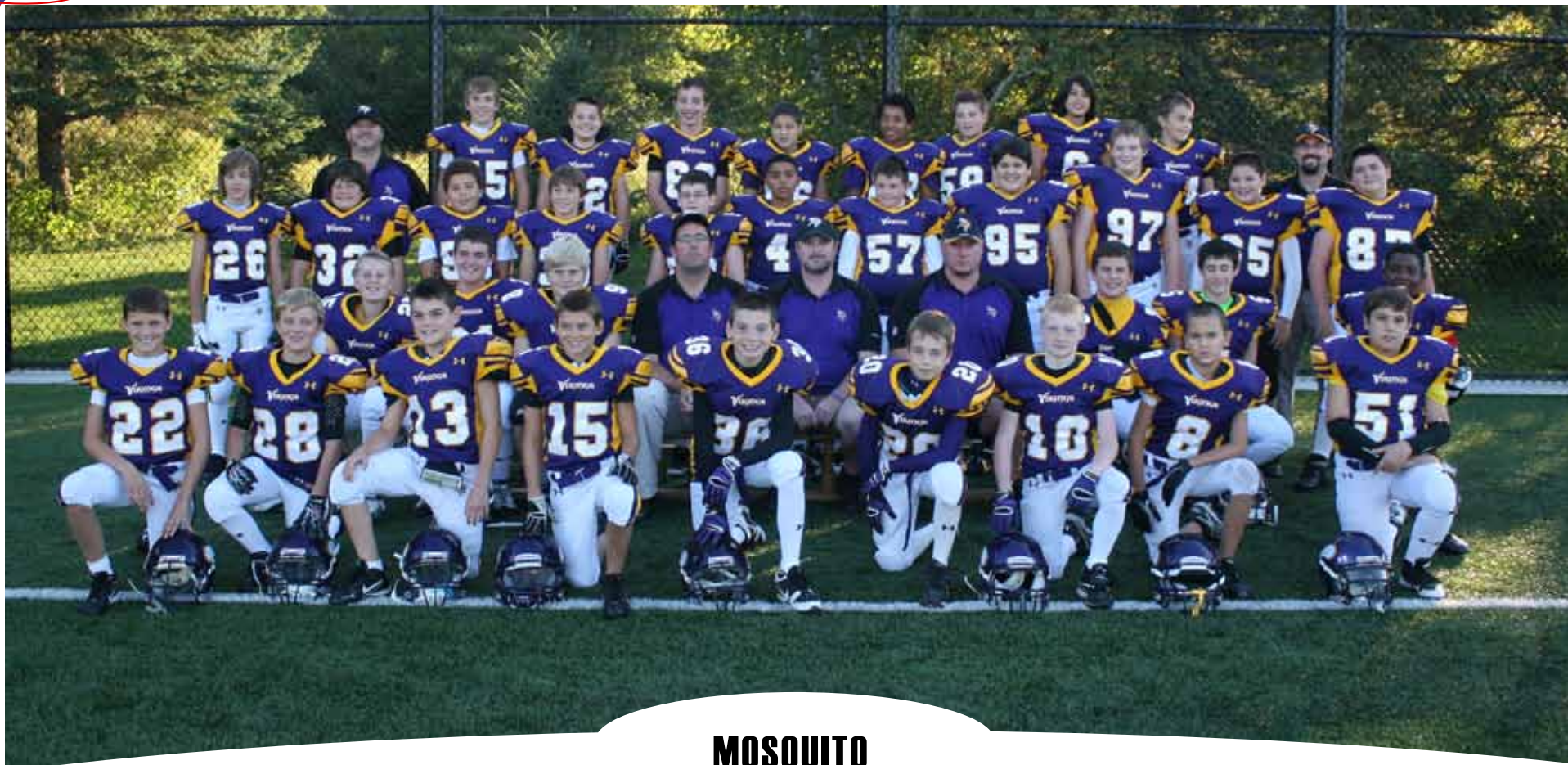
I always have maintained that the most important person on the club is the Team Manager and this year Claude Riopel proved that many times over. It is often underestimated how much a manager has to do and it is often a thankless job. He was instrumental in making our season a huge success. He did a great job, worked a huge number of hours and was instrumental in providing communication between the parents and the club. We all owe him a huge 'THANK YOU CLAUDE'".

I would also like to emphasize that I am extremely grateful to Coach Pat Bond for his dedication to the team and his tireless work throughout the season. Due to my serious health issues, I certainly could not have carried on without him. I cannot say enough about how supportive he was and how great it was working with him. He was both a leader and mentor to our players and I am extremely grateful. THANK YOU PAT. Thanks Suzanne for your dedication as team Trainer and for putting up with the never ending phone calls between Pat and myself. Thanks to all the coaches for their support and hard work.

I will miss those players moving up to Moustique and wish them the best. I look forward to our returning players getting another year of experience at Tyke. I cannot wait for next season to begin.

BE A VIKING,  
***Darrell Munro, Head Coach"***





## MOSQUITO

Christopher-Hans Boutin-Collin.....	DL	2	Gabriel Laplante.....	LB	26	Luka St-onge-Desormeaux.....	RB	55
Jonathan Pointer .....	C	4	Edouard Cauvier-Castonguay.....	HB	28	Loqman El-Sharif.....	DL	56
Jason Parent.....	WR	5	Carter Bowers .....	QB	31	Gabriel Parent.....	OL	57
Kaelan Fyfe.....	S	6	Alexandre Morrissette .....	DL	32	Xavier Way-Lacasse.....	OL	59
Jordan Reid.....	DB	8	Samuel Joly.....	TE	35	Jacob Asselin.....	LB	60
William Naud.....	LB	10	Raphael Damphousse.....	DB	36	Frederik Corbeil.....	OL	65
Simon Riopel.....	QB	13	Nicolas Lefebvre.....	WR	49	Loran Carpentier.....	LB	72
Alec Phaneuf.....	RB	15	Martin Murray.....	OL	51	Nicolas Mcconnell.....	DL	80
John Mahoney.....	HB	20	Luka Boisvenue .....	LB	52	Thierry Carrière.....	OL	87
Dustin Young.....	HB	22	William Murray .....	OL	53	Nicolas Sattlecker.....	OL	95
Malick Traoré .....	DB	24	Raphael Parent-Gibbs.....	C	54	Tristan McNicoll-Tremblay.....	OL	97
Nathan Dubeau.....	FB	25				Cedrik Rumbold.....	DL	98



## MOSQUITO

“Une autre saison se termine pour les Vikings de Gatineau. Encore une fois, notre club aura connu le succès. Ce succès, nous l’avons mesuré sur le terrain en cumulant 6 victoires en 8 matches durant la saison régulière. Cependant, c’est surtout dans le développement et l’évolution de nos joueurs que nous notons une nette progression.

Nos joueurs défensifs comme offensifs ont connu une amélioration marquée entre la LFMO et la fin de la saison. Pour les joueurs de première année, le défi était de s’adapter à un jeu plus robuste tout en faisant face à des adversaires de taille plus imposante. Quant à ceux de deuxième année, la difficulté consistait à s’habituer à un nouveau groupe d’entraîneurs et d’être à la fois des exemples pour les recrues.

Grâce au support des parents et au travail constant de nos joueurs, les entraîneurs de l’équipe Moustique des Vikings de Gatineau sont convaincus d’avoir tiré le maximum de tous ses jeunes athlètes. Espérons maintenant que ce maximum sera suffisant pour procurer bientôt un championnat à notre club.

Go Vikings!

*Pierre Naud, Entraîneur Chef*



## PEEWEE

Walsh, Mathew.....	SB	1	Laramée, Emile.....	DB	66	O'Brien, William.....	TE	85
Naud, Alexandre.....	QB	3	Lalande, Javier.....	LB	68	Barnes, Nicolas.....	DB	86
Piché, Mikaël.....	DB	6	Séguin, Philip.....	LB	74	Lavoie, Patrick.....	DL	88
Picard, Samuel.....	WR	7	Greene, Donovan.....	OL	75	Thomassin, Charles-Edouard.....	C	89
Boutin Collin, Carl-Olivier.....	DB	9	Crêtes, Marc-André.....	DL	76	Adam Lacroix, Alexandre.....	LB	90
Burke, Keith.....	SB	22	Quesnel-Roussel, Daniel.....	OL	77	Bowers, Noah.....	OL	91
Sabourin, Jonathan.....	DB	24	Pilon, Samy.....	DL	78	Bélangier-Catta, Louis-François.....	DB	19
J-C Riopel.....	RB	33	Maurice, Jordan.....	OL	79	Roussel, Jacob.....	OL	93
Charpentier, Philip.....	LB	35	Lavallée, Maxym.....	LB	82	Richards, Mackenzie.....	LB	96
Calixte, Jean-Philippe.....	SB/DB	62	Côté, Christian.....	LB	84	Mayrand-St-Gelais, Raphaël.....	OL	99
Poulin, Alexandre.....	DL	92						





## PEEWEE

Comme de vrais Vikings du nord de l'Europe à la conquête du monde, nous nous sommes embarqués ensemble à bord d'un navire pour un long voyage à la conquête de la NCAFA. Au cours des derniers mois, nous nous sommes battus tous ensemble, jour après jour, pour notre survie, pour notre développement, pour notre club, pour notre ville, et à chaque fois que le soleil sortait pour nous donner un peu d'espoir, le vent tournait et nous retournait à notre point de départ. Malgré tout, au lieu de quitter le navire, de tout abandonner, nous nous sommes appuyés les uns les autres, nous avons mis nos nez dans le vent et nous avons continué à affronter chacune des tempêtes ensemble, en ramant ensemble dans la même direction sans jamais laisser tomber, sans jamais regarder derrière nous, sans jamais essayer de trouver un responsable pour le mauvais temps.

Nous avons continué à avancer ensemble et même si nous ne sommes pas rendu où nous voulions aller, nous avons tous pris des forces à force d'avancer dans le vent. Nous avons forgé nos muscles, nos jambes, notre cœur, notre caractère et une camaraderie qui perdurera bien plus longtemps que le voyage de cette saison. Nous sommes devenus plus fort malgré les tempêtes et nous tirons tous au moins une bonne leçon de cette année : «Toi, moi ou personne ne peut frapper aussi fort que la vie. Mais ce n'est pas comment fort tu frappes. C'est comment fort tu te fais frapper et tu continues d'avancer; combien tu peux encaisser et continuer d'avancer. C'est de cette façon qu'on finit par gagner! » (Rocky Balboa)

J'aimerais remercier chacun d'entre vous, joueurs, coachs, gérant, soigneurs, parents, bénévoles, d'être demeurés à bord du navire, et peu importe où le prochain navire vous emmènera, vous serez toujours des Vikings à la conquête du monde qui emportez dans leur bagage ce que vous avez acquis cette année.

Bon voyage!

*Sylvain Schetagne, Entraîneur Chef*

## **Rookie of the Year**

Player who excels above all other players of the same level of experience.  
Must be in their first year of playing Football.

## **Best Lineman (2)**

Offensive and Defensive Lineman that has performed better than another at his position.

## **Best Back (2)**

Offensive position; WR, RB, SB, QB & Defensive position;  
DHB, CB, SS, LB positions qualify for this award.

The best player who performs above and beyond others in their respective positions.

## **“Viking”**

Player who has the best work ethic on and off the field, gives 110% on every play.

Furthermore, this player is the example of the core values in which we founded the Vikings, and has

knowledge of the game, work ethic and attendance are major factors in determining the winner of this award

## **Most Improved (2)**

Player who has shown continuous improvement throughout the season.

## **Most Valuable Player (MVP)**

Player who has contributed the most to the club either defensively or offensively, through leadership, but mainly talent.

## **President’s**

Player who has contributed the most to the club either defensively or offensively, through leadership and talent.

Furthermore, this player sets the example for the entire team by his positive attitude, work ethic and attendance.

He never talks back and takes instruction well knowing that there is always room for improvement.

## **Recrue de l’année**

Joueur qui accélère au-dessus de tous les autres joueurs du même niveau d’expérience. Doivent être dans leur première année comme joueur de football.

## **Meilleur joueur de ligne (2)**

Le joueur de ligne offensive et défensive qui a performé mieux qu’un autre dans la même position.

## **Meilleur joueur arrière (2)**

Les positions qui qualifient pour ce prix ;

Position offensive ; RÉ, RB, SB, QA et position défensive, DD, DC, M, SEC

Le meilleur joueur qui effectue au-dessus et au-delà que d’autres dans leurs positions respectives.

## **Le Viking par excellence**

Le joueur qui a la meilleure éthique de travail sur et hors du terrain, donne 110% sur tous les jeux.

De plus, ce joueur est l’exemple des valeurs fondamentales dans lesquelles nous avons fondé les Vikings, et a la connaissance du jeu, l’éthique du travail et la participation sont des facteurs importants dans la détermination du vainqueur de ce prix.

## **Joueur s’étant le plus amélioré (2)**

Le joueur qui n’a cessé de s’améliorer tout au long de la saison.

## **Joueur le plus utile (MVP)**

Le joueur qui a le plus contribué au club soit défensivement ou offensively, grâce au leadership, mais surtout pour son talent du jeu.

## **Trophée du Président**

Le joueur qui a le plus contribué au club soit défensivement des offensively, grâce à son leadership et son talent.

De plus, ce joueur donne l’exemple pour toute l’équipe par son éthique de travail son attitude positive, et sa présence constante.

Il ne réplique jamais et accepte les instructions en sachant qu’il y a toujours place à l’amélioration.



# WALKINGS



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