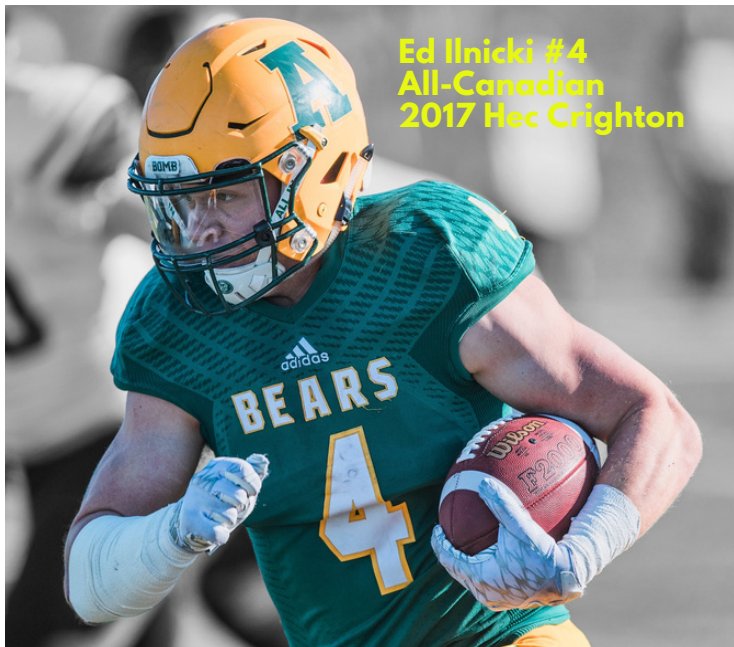




GOLDEN BEARS FOOTBALL

2024 GOLDEN BEAR
FOOTBALL RECRUIT
INFORMATION
PACKAGE





Ed Ilnicki #4
All-Canadian
2017 Hec Creighton



Carter O'Donnell
2019 All-Canadian
Signed by NFL's Indianapolis Colts

About the Golden Bears Football Program

The Golden Bears Football Program consists of approximately 90 aspiring young men in search of both academic and athletic excellence. Success in both endeavors requires dedication, commitment, and focus as the competition in the classroom and on-field is second to none in our university and in our conference. The student-athletes are supported by over twenty support staff including coaches, trainers, medical support, academic advisors, and admin staff.

Coach Morris is dedicated to the student-athletes he serves and coaches. He is committed to ensuring all members of the team succeed in both their academic and athletic pursuits as well as being active and contributing members of their community. As a coach, educator, and teacher he is a leader in his field. In his first five years at University of Alberta he has developed an academic support system that has produced an over 95% academic retention rate and over 20 Academic All Canadians in 2017 alone. He was a team captain and played in five Grey Cup games with the Edmonton Eskimos, winning three (1993, 2003, and 2005), and is recognized on the Eskimos' Wall of Honour in Commonwealth Stadium.

Growth, Service, Excellence - Our Program's Values

Growth- The expectation of everyone in the Golden Bears Football Program is to consistently grow and improve in all areas of life. We strive to improve as students, football players, team mates and people on a daily basis.

Service- All members of the Golden Bear Football Program are there to serve the other members of our organization. Coaches serve the players and players serve the coaches and each other. In doing so the young men in our program gain an appreciation for every member of our organization and learn the value of helping others around them become the best they can be.

Excellence- Members of the Golden Bears Football Program are expected to strive for and achieve excellence in all areas of their lives. As a program we strive to provide for our student athletes the best facilities, academic supports, coaching possible to help the young men learn what it takes to achieve this standard. Ed Ilnicki won the Hec Creighton trophy as the top football player in the nation but was also a 5 time Academic All Canadian, President of the University Athletic's Board, Winner of the Community Service Award for Canada West and a team captain.

Bringing the Best to the University of Alberta

Coach Morris is dedicated to keeping Alberta's best student-athletes in the province while attracting top end talent from across Canada. Here are a few of the incoming student-athletes joining the program in 2023 and some of the individual successes of players in 2020-22. We currently have 5 CFC Top 100 players signed.

2022 23 RECRUITING CLASS SOME KEY RECRUITS

- DL - Vincent Branauer- B.C. Team B.C Team Canada-All time B.C High School Football sack leader- Chilliwack B.C.
- OL- Ethan Stuart- CFC Top 100- Calgary Alberta
- DL- Max Sama- Team Alberta U18- Edmonton, Alberta
- DB- Strachan Liberman- Team BC- CFC Top 100-Vancouver, B.C.
- DB- Cole Ricken- CFC Top 100- Medicine Hat, Alberta

ALL STARS AND PRO SELECTIONS LAST 3 YEARS

- OL-Daniel Shin- 2022 Second Team All Canadian
- DB-Jayden Dalke- First Team All Canadian
- OL-Carter O'Donnell- First Team All Canadian- Signed by NFL's Indianapolis Colts
- REC- Ben Kopczynski- Second Team All Canadian
- OL-Rodeem Brown- All Canadian and CFL Draft Choice
- OL- Peter Kozushka- CFL Draft Choice
- REC- Jonathan Rosery- Canada West All Star
- REC- Kolby Hurford- Canada West All Star
- LB- Josiah Schakel- First Team All Canadian-Top Defensive Player in Nation (President's Trophy) CFL Draft Choice

THE COMPLETE PACKAGE

When it comes to facilities, coach support, medical support, athletic scholarships and academic supports Golden Bears Football brings together all components in a package that is second to none across U-Sports.

Facilities

Golden Bears Football is based at Foote Field on the University's South Campus. Foote Field is part of a massive sports complex committed to high performance sport development in multiple sports including basketball, volleyball, track & field, tennis, rugby, and others. The team's locker room, practice field, and strength and conditioning facility are all located within 100 yards of each other. The addition of the air supported dome over Foote Field in the winter months provides the team with the only year round football training facility in western Canada.

The Saville Sports Centre (SSC) is home to the High Performance Training & Research Centre, where the U of A varsity student-athletes have a dedicated facility to train under the supervision of leaders in the strength and conditioning field.

Coach Support

Coach Morris has recruited dedicated and committed coaches that focus on developing the complete student-athlete. The coaching staff includes educators, business leaders, and community leaders. The staff also includes a dedicated full-time Strength Coach to ensure athletes are realizing their physical potential. Additional guest coaches and faculty members contribute to the overall student-athlete development in areas such as leadership, nutrition, and mental skills development.

Scholarships

With Golden Bears Football student-athletes receiving over \$250,000.00 in scholarships for the 2019-20 school year, Golden Bears Football helps student-athletes financially as they pursue a degree.

In the competitive world of athlete assistance, Golden Bears Football provides financial support to its student-athletes at the same levels as all the top programs across U-Sports football.

Medical Support

Golden Bears Football student-athletes receive some of the best medical support across U-Sport institutions. Along with designated medical staff through the season, varsity athletes also have access to the Glen Sather Sports Medicine Clinic, which provides assessment, diagnosis, treatment, and rehabilitation of sport related injury.

THE BEST ACADEMIC SUPPORT IN U-SPORTS

Transitioning from high school to university on the football field can be challenging, but making the move in the classroom can be just as difficult, especially at one Canada's most rigorous universities.

With the aim of graduating 100% of the student-athletes that come through our program, Golden Bears Football has developed a set of strategic supports that are aimed at positioning our student-athletes for success in their academic pursuits.

From your first training camp to graduation, our academic supports are there to help you every step of the way.

ORIENTATION

Before any Golden Bear Football player enters a classroom, they are positioned to succeed academically. All first year student-athletes attend an academic orientation session that provides them an overview of items such as study techniques, time management, and exam preparation.

Along with orientation, all incoming Golden Bear Football student-athletes are given a psychoeducational assessment prior to starting classes. This assessment is provided specifically to student-athletes in the football program and assists the Bears Football academic support staff in developing a customized plan to suit how each student best learns.

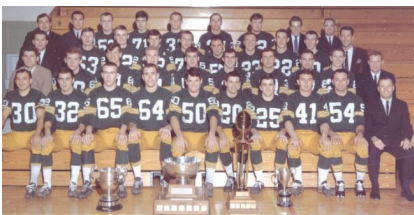
STUDY HALL

Once class starts, all first-year Bears attend daily study hall sessions during the week from 3-5:00 pm at Foote Field. Whether students want to work in a quiet space or collaboratively, all study hall sessions are staffed by study hall attendants who are there to answer questions and provide support.

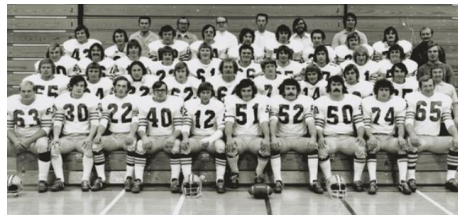
TUTORIAL SUPPORT

Multiple tutors work with the football program during the school year in all subject areas. Along with these tutors, Golden Bears Football student-athletes also have access to learning strategists who work one-on-one with students to help them plan ahead and position them to succeed.

Three Time Vanier Cup Champions



1967



1972



1980



WHY UNIVERSITY OF ALBERTA?

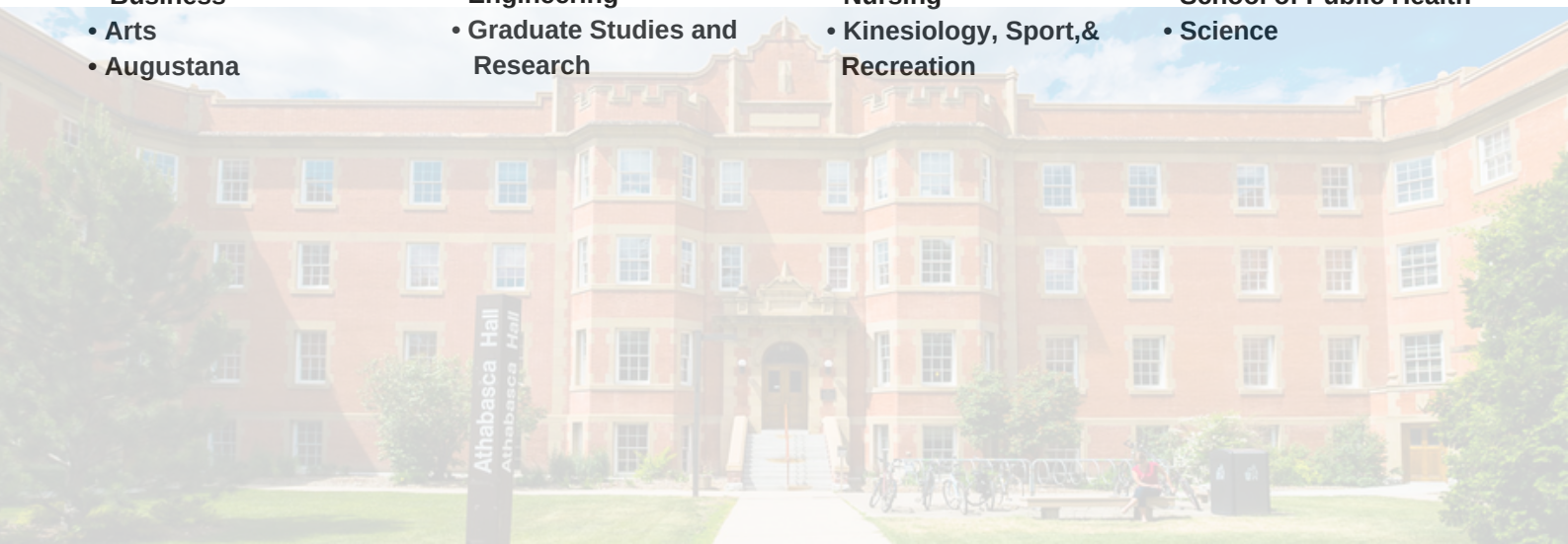
UAlberta is a Top 5 Canadian university, home to more than 500 graduate programs, 200 undergraduate programs and 450 active student groups. ...and one of the best in the world! UAlberta is globally connected through nearly 400 teaching and research partnerships in 50 countries and is one of the Top 100 universities in the world. Sport and the Varsity Teams are a priority at the University of Alberta. In 2018, the Faculty of Kinesiology, Sport, & Recreation was ranked 7th in the world for sport related subjects.

Diverse Opportunities & Experiences

The University of Alberta is one of Canada's top universities and among the world's leading public research-intensive universities, with a reputation for excellence across the humanities, sciences, creative arts, business, engineering, and health sciences. Home to world-leading facilities such as Canada's National Institute for Nanotechnology and the Li Ka Shing Institute of Virology, the U of A attracts the best and brightest minds from around the globe. Our students choose from 400 undergraduate, graduate, and professional programs in 18 faculties. We lead the country with the most 3M national teaching fellowships (Canada's highest award for undergraduate teaching excellence). With over 100 years of history and 250,000 alumni, the U of A is known globally for equipping graduates with the knowledge and skills to be tomorrow's leaders.

FACULTIES

- Agricultural, Life & Environmental Sciences
- Alberta School of Business
- Arts
- Augustana
- Campus Saint-Jean (French)
- Education
- Engineering
- Graduate Studies and Research
- Law
- Medicine & Dentistry
- Native Studies
- Nursing
- Kinesiology, Sport, & Recreation
- Pharmacy & Pharmaceutical Sciences
- Rehabilitation Medicine
- School of Public Health
- Science



Campuses

North Campus (original): Located in the province's capital of Edmonton, on the edge of the North Saskatchewan River valley, the campus covers about 50 city blocks, with abundant green spaces among its 150 buildings.

South Campus: Much of the university's agricultural research in areas such as food safety and crop use for food and industrial products takes place at the Edmonton Research Station. A prominent sight on this campus is the Saville Community Sports Centre, a 32,516-square-metre, multi-use recreation centre that is home to 14 varsity athletic teams, several community sports clubs, and the Canadian women's national basketball team.

RESIDENCES

At the University of Alberta, we offer a variety of on-campus housing experiences in our residences – whether you are new to university life or in your upper years of study, we have a community for you.

Lister is our traditional first-year dormitory residence with five towers branching off of the central building. For a full list of residence options visit the website at www.residence.ualberta.ca



UNIVERSITY OF
ALBERTA

Leadership Development in the Golden Bears Program

BRANDON FOSTER- Former Captain

Graduating Players

Most programs, you come in and you are told who your captains are, and each year a new set of captains is appointed and you follow those leaders until maybe one day you are appointed Captain. In Golden Bears football, we cultivate leaders from the moment you join our family. Many recruits were likely captains of your high school team. You may have even been a senior bowl or Canada cup captain, and next year you are going to a rookie all over again. A very important characteristic of a leader is knowing how to follow, because even when you're the team captain, you will be following the coaches and other leaders on the team when you are showing the team that you have their backs. But at the U of A you don't just become a follower and see captains appointed each year until one year that you are appointed captain. At U of A, leadership is encouraged and cultivated even within the rookie class. Through hard work and dedication to the team, natural leaders rise in your recruiting class, and it will be noticed by your teammates and coaches. When I first came to the golden bears, none of this existed, but I grinded my ass off and showed that I cared about the guys around me, and in my second year when coach Morris came in and developed the captain's council, everything changed. The leaders in the younger players suddenly had a voice, and by attending the captains council meetings, learning the leadership from the older players, and being a part of the decisions for the team, you start developing leadership skills very early in your career. You will learn to be a voice for the players in your class, and eventually the players in your position group, and then when you're ready, you may even become a captain of the team. But regardless of becoming a captain, you will develop as a leader and you will learn the skills to prepare you to be a leader in life and the community. There are many different types of leaders, and you will see early on that there are some that get up before practices and games and hype up the team, and there are others that will lead with their actions, and when they speak, everyone listens. On your path you will discover the type of leader you are, and it will stay with you the rest of your life.



High Performance Training Centre

WHAT IS B.O.M.B.

The term B.O.M.B. is an acronym which stands for the way Golden Bears Football is to be played. We aim at all times to be in better physical condition than our opposition, allowing us to play the game with a level of physicality that will be unrivalled by our opponents. Our program also promotes the concept of establishing a sense of brotherhood amongst our student-athletes. We will build our teams as a family which under duress will stay together and be able to withstand any challenge put before us. In victory or defeat, the ubiquitous nature of this brotherhood will always bind us together” – Coach Morris



Foote Field Indoor Dome

Golden Bears Football Fast Facts

- Only covered indoor football facility in Canada West provides year round skill development
- Dedicated full-time football strength coach
- More than 60 Golden Bears have gone on to play professional football
- Alberta offers Canada West football's most comprehensive system of academic supports
- Nearly five decades of CFL playing experience and eight grey cup championships on staff





VISIT OUR RECRUITING SITE TO STAY UP
TO DATE ON WHAT IT TAKES TO
BE A BEAR!

BEABEAR.CA



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