



Newsletter

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CDMFA PRESIDENT'S MESSAGE - Lawrence McMath

It is with great pleasure that I would like to introduce our new Program Manager, Epharh Oyama!!



PROGRAM MANAGER

"I have a background in Kinesiology with a focus on sports performance. Since completing my education, I've had the opportunity to create and implement sports curricula across a wide range of sports and age groups, from 16 months old through high school. I've volunteered and coached at all levels within the football community and continue to seek opportunities to grow and contribute to this amazing sport.

"Hi! My name is Epharh Oyama, though most people know me as FF. My football journey began in peewee with the CDMFA as a member of the FSMFA, back when they were known as the Thunder and Lightning. After minor football, I played high school football in Sherwood Park with the Salisbury Sabres, which opened the door for me to compete at the post-secondary level with the Golden Bears. I finished my competitive playing career with the Edmonton Huskies.

I'm excited to step into the role of Program Manager with the CDMFA. I welcome the challenge ahead and look forward to rising to the occasion, continuing the organization's strong tradition of growing and developing this amazing sport within the Capital District."

programmanager@cdmfa.ca



Click on the calendar icon to see the full calendar.

SAVE THE DATE CALENDAR UPCOMING EVENTS*

*subject to change/always refer to the website for the most current information for an event.

January 10, 2026

January 11, 2026

February 19, 2026

February 21, 2026

- Spring Registrar's Meeting
- Spring Registration Opens
- CDMFA Board Meeting
- Female Combine Event



Click on the links for our website and socials!!



YouTube

2026 SPRING PROGRAMMING

REGISTRATION IS NOW

OPEN

Click on the images for more information about each program!

U19
TACKLE

12/Side Tackle Football. This division is more competitive and more skills-focused than any of our younger divisions. Ages: 14 years old to 18 years old, must be entering Grade 10 in the fall. No individual entering Grade 12 at any time during the school year of the current season will be eligible to play in the U19 level. **There are restrictions on the percentage of grades on the roster in this league.



FEMALE
TACKLE

Full-Field 6-a-side Football. U16 and U19 age divisions. The goal of our Spring Female Tackle Programs is to ensure our female athletes have a safe, fun and team environment where our players can further their skills, their game knowledge and their fitness levels. Club practices start from late February to early March (club dependent). Games start mid-April and run until late May or early June.



SPRING
FLAG

All our Flag divisions are designed to develop skills, provide a basic understanding of football terminology, and will allow players to expand their skills. Flag Football teams practice footwork, eye-hand coordination, catching, throwing and overall technique during their practice times twice a week, and they test those skills on weekend game days. U8 to U19 age divisions.



See our website or contact your local club for more information!!

2026 FEMALE COMBINE EVENT

The 2026 Female Combine Event will be held February 21, 2026 at Foote Field from 6pm to 8pm. This year we are partnering with RAW Sports

This is an exciting opportunity for all CDMFA Female Spring Tackle Athletes to get back into the swing of football season!! Athletes will be provided the opportunity to be coached through skills and drills from certified coaches with RAW Sports and the CDMFA.

FREE REGISTRATION NOW/ OPEN!!

Saturday February 21, 2026
Foote Field 6pm - 8pm

REGISTER NOW



Athletes will be instructed on the following:

- how to safely be tackled
- how to safely initiate contact when blocking or tackling
- blocking fundamentals
- tackling fundamentals

This is a great initiative for any female athlete brand new to tackle football and wants to become more comfortable with the contact part of the sport OR any female athlete that wants to regain their confidence or refine their skills in a safe and controlled environment!



RAW



RECRUITMENT ELIGIBILITY FOR 2026 U19 TACKLE

This infographic shows how to determine a player's eligibility to join a CDMFA U19 Team for the spring 2026 season.



PLAYER

Players must be in Grades 9-11.

No player in grades 8 or 12 shall be eligible to play.



PLAYER HAS PREVIOUSLY PLAYED U19

- Players that have played with a U19 CDMFA club shall register with that club.
- Players who participated in the previous U19 season with a club that was not their minor club, and whose minor club now offers a U19 team, may choose to register with either their previous U19 club or their minor club's U19 team.



NEW TO U19 FOR 2026

- Player has previously played bantam football and is now joining U19 for the first time.
- Players that have played with a CDMFA club (home club) shall register with that club.
- Where a player has past affiliations with multiple CDMFA clubs, they shall register with the most recent club they played for.
- If that club does not offer a U19 program they can register with a team that has recruitment rights based on their primary residence.



NEW TO FOOTBALL AND U19 FOR 2026

- Players that are new to Football and the CDMFA shall register with a club that has the recruitment rights based on their primary residence.
- In the case where there are more than one club in the recruitment area, the player may choose any club with the recruitment rights in that area.
- A new-to-football player whose primary residence is located on Reserve Lands, and not within a defined municipal or county recruitment zone, is eligible to play for any CDMFA club of their choice without requiring a transfer.

HOME CLUB

The original club a player registered to play football within the CDMFA or the most recent club that a player was affiliated with.

PRIMARY RESIDENCE

shall refer to the place where a person lives most of the time and is considered their home for legal, school registration, and tax purposes, and in the case of a player or parent/guardian shall be the residence that is entered into the CDMFA registration system.

U19 RECRUITMENT ZONES & BOUNDARIES (NEW PLAYERS)

EDMONTON

Clubs within the City of Edmonton can recruit players whose primary residence is within the City of Edmonton.

ST. ALBERT

Clubs within the City of St. Albert can recruit players whose primary residence is in St. Albert, Sturgeon County and the City of Fort Saskatchewan.

BATTLE RIVER SHOCK

Can recruit players whose primary residence is within Camrose County, including the City of Camrose, and Lacombe County, Stettler, City of Red Deer and Red Deer County.

FORT MCMURRAY

Clubs within the City of Fort McMurray can recruit players whose primary residence is within the City of Fort McMurray, the Regional Municipality of Wood Buffalo, and surrounding counties.

BEAUMONT

Clubs within the City of Beaumont can recruit players whose primary residence is within the City of Leduc, the City of Beaumont, City of Wetaskiwin, County of Wetaskiwin No.10, and Leduc County.

LLOYDMINSTER

Clubs within the City of Lloydminster can recruit players whose primary residence is within the City of Lloydminster and the County of Vermillion River.

SHERWOOD PARK CLUBS

Clubs within the corporate limits of Sherwood Park can recruit players whose primary residence is within Sherwood Park, Strathcona County, and the City of Fort Saskatchewan.

PARKLAND

Clubs within Parkland County can recruit players whose primary residence is within Parkland County including the City of Spruce Grove, and the Town of Stony Plain, Edson, Whitecourt.

SPORT TRAINER COURSE

In partnership with the Sport Medicine Council of Alberta, we are hosting a "Sport Trainer Course" on February 21, 2026.

This course is a requirement for all Tackle Safety Personnel, and recommended for Flag Trainers for U14, U16 and U18.

You must complete Day 1 and Day 2 to be certified.

Day 1: Athletic Injury Management

Day 2: Sport Taping & Strapping

Registration now open. Click [HERE](#) to register.



NCCP COACHES CERTIFICATION

Registration is now open for the upcoming NCCP Safe Contact & Novice Community Coach Course. See our website for details or to register click on the poster!



**STAY
TUNED!**



Stay tuned for information about Off-Season Training and Sanctioned Camps for the winter months!!



NOW ACCEPTING PROPOSALS FOR
**Bookkeeping
Services**

We are seeking proposals for contracted bookkeeping and payroll services.

All applicants must have relevant nonprofit experience and proficiency with QuickBooks Online.

Please forward your proposal to:

vpfinance@cdmfa.ca

with the subject title: Bookkeeping

Executive Director
Ryan Schulha

Program Manager
Epharh Oyama



President
President Elect
VP Operations
VP Finance
VP Tacklet
VP Safe Sport

Tracy Kociuba
Lawrence McMath
Ali Arafat
Nick Schmidt
Bernie Fedyniak
Colin Roggeveen

VP Comms & Mktg
Secretary Tatum Wood
Jenn Wolfe

General Inquiries Email :
info@cdmfa.ca

CDMFA EXECUTIVE - MEET THE TEAM