

Dear Athlete,

Firstly, I want to congratulate everyone on a great first weekend. The coaches all agree that there is a lot of talent on display and that there are many future football "stars" in attendance.

My name is Matt Harper, or "Coach" Harper, and I am responsible for the strength and conditioning components of both Provincial Football Teams. Along with this role I am the Director of Football at Elite Performance Centers, as well as Head Strength & Conditioning Coach with the University of Manitoba Bison Football team. I am a University of Manitoba Alum, where I played 5 years for the Bison Football Program along the defensive line. I graduated with a Bachelor of Science Degree and am a Certified Strength and Conditioning Specialist (CSCS) with the NSCA. During my playing career I received many accolades and rewards and had the opportunity to participate in Training Camps with both the Hamilton Tiger Cats and B.C. Lions.

Each week I will be sending you two emails. One will be about Strength training, conditioning and nutrition, and the other, a list of goals and or challenges that I want you to respond to. Everyone has goals in their life, whether it's on the field, in the classroom or in their careers. 90% of goals that are written down are achieved.

The greatest accolade I received as a player, was being named a leader for the Bisons. I was a team Captain for 4 of the 5 years I played with the Bisons, and to this day pride myself as being someone who can lead. With that being said my first challenge to you is this. "What makes me a leader". Every team needs leaders, some of the most talented teams can never win championships because they have no one to turn to when adversity confronts them. The more leaders on a team, the better chance of success. Leaders are not necessarily the best players or most vocal on the team, some can be the quietest guys who work hard, or lead by example. Being a leader can be as simple as making a new teammate feel welcome, and including them.

What I want from each of you is to send me 3 things that make you a good leader. Think of not only football, but in life in general. Many of the traits that are associated with playing football can translate into everyday life, and vice versa. Chances are that if you can become a leader on the field, you can become one every day off it. After you send me these 3 goals, I want you all to try and achieve them in the next ID Camp. Please send any questions to Coach Harper.

Looking forward to hearing from you all,

Coach Harper

"What am I willing to sacrifice for what I want to become"

Matt Harper

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