

A WORD FROM THE HEAD COACH

The Ottawa Sooners Coaching Staff would like to welcome you to the 2008 season.

Although we lost 9 starters from the offense and 6 from the defense from the 2007 team we are still very excited about the 2008 recruiting class and what these new young men can bring to the organization. Although many feel this is a rebuilding year, our staff feels confident we can still contend for the championship this season. Since I joined the Sooners in 2000 this is the youngest team we have ever fielded but also one of the most athletic.

champions and winners not only on the field but off the field as well. As these young men pursue their paths and reach their goals they will learn that the journey itself is just as important if not more important than the final outcome.



At this time I would like to personally thank all of the sponsors and supporters including our great alumni as they have helped our organization continue to prosper for the upcoming season and beyond.

This season is poised to be an exciting one. These dedicated athletes will be prepared and disciplined and will keep up with the tradition of excellence that the Ottawa Sooners have had for almost a half century.

Sincerely
Bino Cesario
Head Coach

The Ottawa Sooners are entering a new era starting in the 2008 season. The organization has a new Director of football operations, a New GM and a New Head Coach. Everyone involved with the organization has the same vision of helping young men become

SOONERS SPOTLIGHT CFL PLAYER

Dear Fans, alumni, and players.

It is an honor to write you all and share how playing for the Ottawa Sooners helped me in achieving my goals of obtaining higher education and a professional career.



cess while playing with the Sooners, I have achieved what I set out to do and am in debt to the Sooners organization as a whole for helping me along in my path.

Good luck this year and do what Sooners do best, play with character and poise leaving everything on the field.

Derek Armstrong
#60 Calgary Stampeders

The Sooner's Football Club made itself available to me by providing great teammates, coaches, and alumni that were committed to seeing the team organize and along with each of its players. Through different individuals' commitment to my suc-

SOONERS SPOTLIGHT NCAA PLAYER

"The Ottawa Sooners coaching staff was directly responsible for both my development as a football player and for giving me the exposure I needed. There hard work and dedication led to me receiving a full scholarship to the University of Connecticut.



Sooners serious consideration...Spending two years with the club made all the difference for me."

John Delahunt
#89 University of Connecticut Huskies

I would highly recommend that every player who has dreams of playing at a higher level, give the



SOONERS MOVING ON NCAA & CIS

10 Sooners from 2007 team move on to the next level...

The Ottawa Sooners take real pride in helping young athletes move on and excel in higher levels of Football.

Our extensive relationships with several university head coaches and recruiters is invaluable to our student ath-

letes. We work hard to help them not only secure a spot on NCAA and CIS rosters, but to obtain scholarship and bursary money from these institutions. Several of our players from the 2007 team have received substantial financial assistance from their respective schools.

NCAA

2007 saw the Sooners continue in the tradition of securing NCAA Scholarships for our players.

This Year it was Tight End John Delahunt who received a full scholarship from University of Connecticut. John will be playing division 1A football in

the Big East helping the Huskies try and improve on the #16 National Ranking they achieve midseason last fall. You can follow John's career on the Huskies website at www.uconnhuskies.com.



Your 2008 Ottawa Sooners Coaching Staff were guest coaches at the UConn winter Football Camp.

Over the past 5 seasons, 6 Sooners have received NCAA Scholarship offers. John will be following recent Sooner alumni Daud Semalulu (Virginia Military Institute) and Nahom Kidanemariam (Fordham University).

Watch for our 2008 Sooners to head to NCAA Universities.

CIS

Sooners Moving on to CIS

We managed to send 11 student athletes from our 2007 Sooners roster to Canadian University Schools where they will be continuing their football careers while furthering their education.

(QB)	Nate Beeler-Marsman	St. Mary's University	Halifax NS
(OT)	J.C. Noel	St. Mary's University	Halifax NS
(OG)	Tyler Scott	St. Francis Xavier University	Antigonish NS
(OG)	Matthew Musclow	St. Francis Xavier University	Antigonish NS
(QB)	Connor Shields	McGill University	Montreal PQ
(DB)	Reynald Gabelus	Concordia University	Montreal PQ
(LB)	Dimitri Aramouni	Concordia University	Montreal PQ
(REC)	Eli Aramouni	Concordia University	Montreal PQ
(DB)	Jarryd Banes	Guelph University	Guelph ON
(LB)	Kyle Oulette	Mount Allison University	Sackville NB
(LB)	Andrew Van Pelt	Bishops University	Sherbrooke PQ

2008 SOONERS SPOTLIGHT



Derek Armstrong #60 Calgary Stampede

Derek spent one year with the Sooners being named to the QJFL all star team before moving on to St. Francis Xavier University. The Sooners coaching staff maintain their strong ties to ST. F. X. where both the Head Coach and General Manager were team captains and all star players.

2005 season. This was the second time he received the award, winning the same honor in 2003. He sat out the 2004 football season due to a knee injury and upon returning to the X-Men line-up, made an immediate and profound impact both on and off the field...A team captain, Derek saw action on both offense and defense and was named an AUS offensive all-star in addition to his nomination for the J.P. Metras award...He was also a conference all-star in 2002 and 2003 and was named a CIS all-Canadian in 2003.

Derek was drafted in the fifth round of the 2006 CFL Canadian Draft by the Calgary Stampede.

Keep an eye on the 2008 CFL and NFL Drafts for #8 Corry Greenwood, Former Sooner now with the Concordia Stingers. We expect Corry to be a first round pick in the CFL with NFL potential.

Derek Armstrong - Former Sooner

While playing at X, Armstrong was named the Atlantic University Sport (AUS) Lineman of the Year for the

SOONERS TO THE CFL

SEVERAL NOTABLE PLAYERS HAVE MOVED FROM THE OTTAWA SOONERS TO THE CFL;

This List Includes:

Derek Armstrong
Bernie Amoyotte
Barry Ardern
Sterling Bean
Ina Beckstead
Terry Black
Mike Blum
Chuck Carabine
Joe Colvey
Peter Crepin
Jim Daley
Linden Davidson
Tom Deacon
Jim Dasilva
Carlo Disipio
Ken Evraire
John Foubert
Hugh Gallagher
Chris Green

Mike Hameluk
J.T. Hay
Don Holtby
Shane Ireland
Darren Joseph
Keith Kelly
John Kennedy
Jeff Koradi
Scott Leckey
Mike Maloney
Bob McCarhty
Doug McGee
Tim McGowan
Ivan McMillan
Brett MacNeil
Warner Miles
Dave Mongano
Paul Moses
Claude Pilon

Frank Reid
Tom Schultz
Mark Seale
Rick Sowieta
Don Staats
Bob Stephen
Michael Sutherland
Greg Thompson
Jed Tommy
Jeff Turcotte
Eric Upton
Merv Visneski
Sergio Vissa
Dave Weatherall
Dan Wicklum
Scott Yeldon
Pat Flemming
Pat Woodcock