

The logo for the Capital District Minor Football Association (CDMFA) features the acronym "CDMFA" in a bold, green, sans-serif font. To the right of the text is a stylized line-art illustration of a football player in a crouching three-point stance, holding a football. The player's helmet and jersey are depicted with simple lines.

Capital District Minor Football Association



CDMFA's LTAD Communication for Release

The CDMFA in collaboration with Football Alberta is proud to announce the launch of our Spring tackle seasons for 2023. Based on careful planning and communication with Football Alberta, all our participating clubs, and coaches, the spring season moving forward will allow athletes to participate in all spring programming without having any impact on high school eligibility.

Through careful examination of Football Canada's Long Term Athlete Development(LTAD) plan, and an analysis of the typical high school season, our spring season practice guidelines have been created to follow the LTAD guidelines with the safety of all athletes being the top priority.

The U18 season will commence after February 1, 2023 and teams will be running non contact practices until February 18, 2023. At that time, teams will begin with Safe Contact practices leading into Pre Season practices until March 25, 2023. Regular season will run from March 26, 2023 to May 6, 2023 and one playoff week May 7 - 13th, 2023. The U16 and U18 female programs dates may be slightly different but the structure will change accordingly with the same details being followed. This model allows all athletes to develop while abiding by the LTAD guidelines and keeping athletes safety as the top priority.

Please feel free to contact Ryan Schulha, Sr. Programs Manager for CDMFA, with any further questions or clarity at cdmfaprograms@gmail.com.

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