

SPORTS AND LEISURE

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Special pullout section

Montag hopes bigger leads to better shot at football career

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Staff Writer

Football season may be over for another season in most people's minds, but Georgetown's Elliott Montag is currently laying the foundation for what he hopes is a fruitful gridiron career.

The Grade 11 Christ the King High School student and standout lineman is in the midst of a 12-week high-performance academy program in Mississauga called Sports Specific Training (SST) with a goal of preparing himself to play at the U.S. college or Canadian university level, and perhaps even professionally.

The 6-foot-2 Montag, who was named to the Toronto Star's Metro High School All-Stars at the guard position, will work out three or four times a week at the SST centre on top of his sessions at high school and Boreland's Gym, concentrating on different body parts each day to avoid repetition.



Grade 11 Christ the King student Elliott Montag, seen here playing with the Ontario Varsity Football League's Mississauga Warriors, is in the midst of a 12-week high-performance academy program called Sports Specific Training, which he hopes will prepare him to play at the U.S. college or Canadian university level.

Submitted photo

He's also going to have step up his nutrition intake as part of the SST program in order to reach his ideal weight of 245 pounds.

"I'm actually not a big eater but (SST) wants me to eat seven to nine meals a day, with about 400 grams of protein in every one. That's going to be a lot of food," he surmised.

"The whole purpose is to try to bulk up and add some pounds, but at the same time increase my speed and agility."

Montag has had to give up his other sporting interests, basketball, hockey and swimming, in order to devote all his energy to football, which had already been taking up a lot of his attention.

Most Grade 9 students are fortunate to be a starter of any kind on a junior high school squad, but Montag was playing on both the offensive and defensive line as a 265-pounder for the CtK senior Jaguars in his first year, along with the all-important long-snapping duties on punts and field goal attempts.

He also plays during the summer months for the Ontario Varsity Football League's Mississauga Warriors as a centre and just for a change next year plans to line up as a linebacker for CtK. It's as a snapper, however, that could earn Montag a full scholarship ride south of the border as his attention to detail and training already has Canadian schools such as McMaster and Queen's raving about his talents.

"It's just one more thing on the resume," he said confidently. "Snapping's an attribute that hopefully makes you more appealing to schools and it's something I keep working at, switching to new techniques to accommodate the NCAA or CIS.

"I always had a pretty decent throwing arm and then I was taught how long snap one-handed. I worked on that until I went to a camp at Notre Dame and they told me not do it that way because the ball wouldn't come out of my hand fast enough. So I basically watched other players and there's stuff on the Internet to teach you and I developed my own two-handed technique, constantly working on speed and accuracy."

'Moose' Montag was a key reason that CtK won its first-ever football title in 2006 when they defeated rival Georgetown for the Halton Division II championship.

"His physical abilities aside— here's a lineman who can throw the ball 55 yards— Elliott's a great leader for us and he keeps everyone on the ball," Jaguar assistant coach Timm Stephenson.

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On the ball

St. Brigid's Emily Hubbard (right) struggles for control of the ball against Holy Rosary's Shannon Ruthven during the final of the eighth annual Holy Rosary elementary girls basketball tournament held Saturday at the Milton school. St. Brigid, from Georgetown, fell in the final 24-6.

Photo by Graham Paine

Bulldogs, Excels to hold workouts

The Halton Hills Jr. B Bulldogs and the Brampton Jr. A Excelsiors will once again be holding a joint evaluation camp for the 2008 campaign.

Workout sessions will take place Saturday, Feb. 23 from 5-7 p.m. and Saturday, March 1 from 5-7 p.m. at the Ken Giles Recreation Centre in Brampton.

All players will need to sign their pre-printed form from last year prior to stepping on the floor. If you are under 18, your parent or guardian must be present to sign your registration form prior to stepping on the floor.

If you are from a centre outside of Halton Hills or Brampton you will need a photocopy of your signed pre-printed form that you have signed from your minor lacrosse member association you were registered with in 2007. The cost is \$10 for both weeks.

For more info, contact Bulldogs' GM Mike Hancock at mhancock2@cogeco.ca.



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