



2025 RMF  
High School Spring Football League  
Injuries, Development and U16-U18 Programs



My name is Len Antonini and I was asked to speak on these High School Spring League topics.

I am the Executive Director of Regina Minor Football and started the RMF High School Spring League when I was coaching the U18 Team Saskatchewan. We started the League to not only give us a better chance to evaluate the players for U18, but also to give the players six weeks of High School Football to hone their skills, get ready and be in game shape for the U18 tryouts and tournament play. I also helped organize and set up the U16 Program, which has developed into a feeder system for High School Football Teams and the U18 Program.

Injuries during the HS Spring League are inevitable, but the benefits for the majority of players outweigh the chance of getting injured. Fifteen practices and four High School Football games, in a competitive atmosphere, are huge for the development of players with aspirations of playing U16, U18, High School Football or post-secondary in the future.

Over the years many of our players have been identified, scouted and recognized as top players in the Country, during the High School Spring League. They have been a big part of the gold medals won in U16 and U18 competitions, been top players in their High Schools, received scholarships and accolades at the post-secondary levels and some have had the opportunity to play pro.

At the end of the day I have been around football for a long time and believe if you are fortunate enough to try out and be selected to a team in the RMF High School Spring League it would be a huge benefit if you have aspirations of playing football at a higher level.

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