

**SPEED'S PLACE  
BEFORE AND AFTER**

Just as Speed Ebersole impacted the lives of countless CD football players as well as CD football itself, so, too, has Speed's Place. Since it was dedicated in the summer of 2009, the CD football program has ascended to new heights. This is mainly because the level of dedication and achievement by the individual players in Speed's Place has been unparalleled. Here is a comparison of numbers in various categories from *before* Speed's Place and *since* Speed's Place.

**Note: an Iron Ram is someone who benches 300 pounds, squats 425 pounds and/or cleans 275 pounds**

	<u>7 years before (2003-2009)</u>	<u>7 years since (2010-2016)</u>
# of Iron Rams	15 recorded	93
# of 1,000 pound club members	1 recorded	55
# of Iron Ram bench press	2 recorded	66
# of 350 lb. bench press	0 recorded	17
# of Iron Ram squat	7 recorded	85
# of 500 lb. squat	0 recorded	20
# of Iron Ram clean	1 recorded	52
# of 300 lb. clean	0 recorded	22
Overall win-loss record	56-24 (70%)	76-17 (82%) *
Regular season win-loss record	52-18 (74%)	59-11 (84%) *
Record in the mid-penn Comm.	35-14 (71%)	39-7 (85%) *
Record on the road	20-17 (54%)	32-5 (87%) *
Mid-Penn Comm. Titles	2	6 *
Record in playoffs	4-6	17-6 **
District finals appearances	0	3
District semi-finals appearances	1	6 **
State championships	0	1 **
# of players playing in college	44	60
Community service hours/year	518 (06-09)	1,012

\* Best in the Mid-Penn in the last 7 years

\*\* Best in District 3 6A in the last 7 years