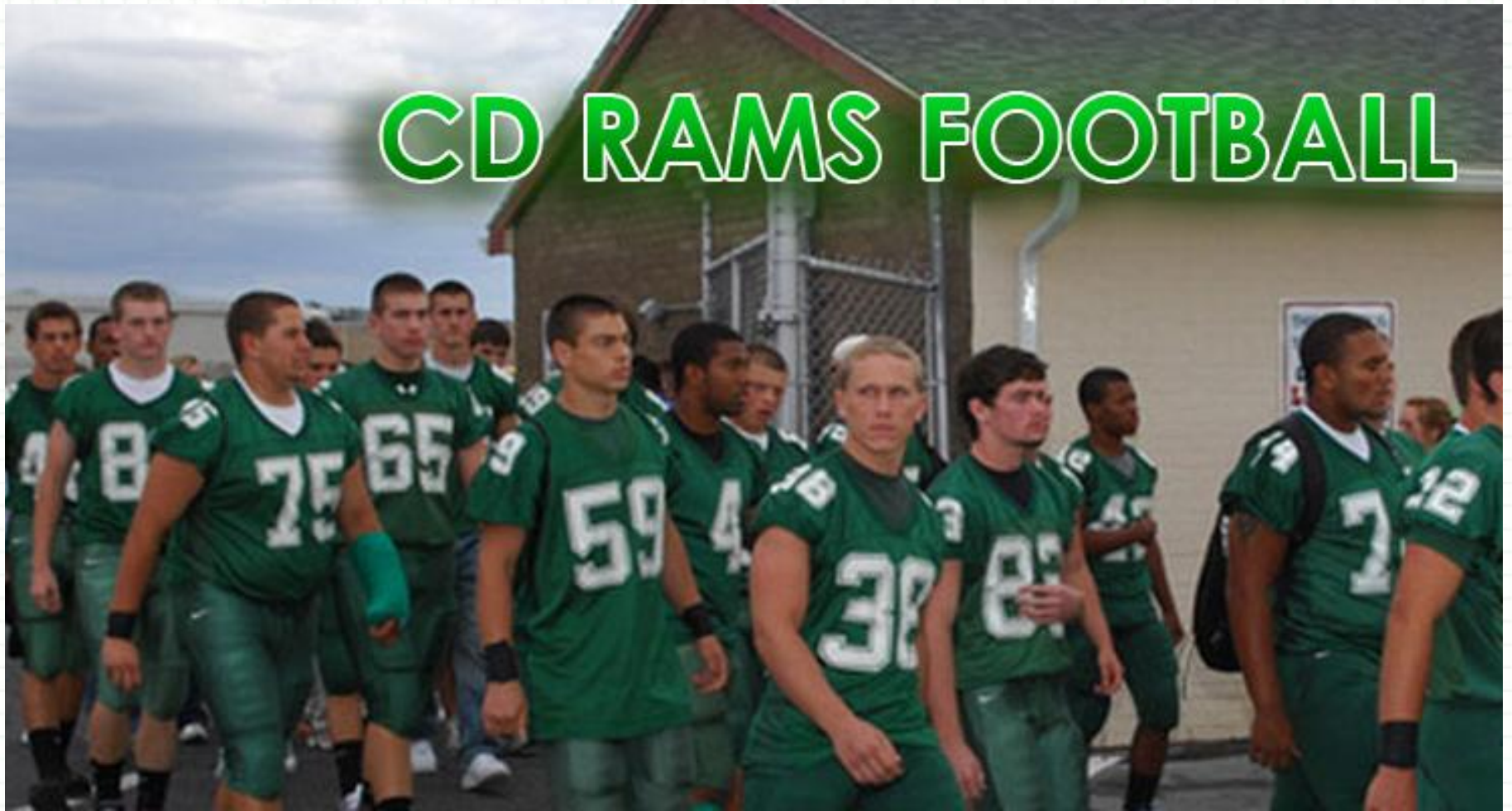


CD RAMS FOOTBALL



2010 - 2011

CLASS OF 2011 WHERE THEY ARE GOING

PLANNING ON CONTINUING THEIR FOOTBALL CAREER

NAME

Artie Rowell
Matt Kirchner
Seidu Issah
Jeremy Seaman
Brian Morris
Andrew Zwally
Scott Benkovic
AJ Sweigard
Jordan Fletcher
Kemji Rajis
Zach Wierman
Adam Obaya
TJ Zimmerman
Jordan Bair
Jon Schnaars

SCHOOL

Pitt
Lock Haven
Bloomsburg
California (PA.)
Millersville
Susquehanna
Lock Haven
Lebanon Valley
Lebanon Valley
Pitt
Lebanon Valley
Lebanon Valley
Widener
East Stroudsburg
East Stroudsburg



CD Football News

Congratulations to the following students from CD High School who were recognized at an Athletic Signing Day on April 13th:

Football:

Matt Kirchner - Lock Haven University
Seidu Issah - Bloomsburg University
Brian Morris - Millersville University
Andrew Zwally - Susquehanna University
Scott Benkovic- Lock Haven University
AJ Sweigard - Lebanon Valley College
Jordan Fletcher - Lebanon Valley College
Kemji Rajis - University of Pittsburgh
Zach Wierman - Lebanon Valley College
Adam Obaya - Lebanon Valley College
TJ Zimmerman - Widener University
Jordan Bair - East Stroudsburg University
Jon Schnaars - East Stroudsburg University

This was posted on 4-18-2011

HONOR ROLL

IN ORDER TO MAKE THE CD FOOTBALL HONOR ROLL.....

A PLAYER MUST ATTAIN A MARKING PERIOD GPA OF 90% OR HIGHER.

OR

HAVE A CUMULATIVE GPA OF 90% OR HIGHER

PLAYERS WHO EARNED A GPA OF 90% OR HIGHER FOR THE 3rd MARKING PERIOD:

SENIORS

RICHARD ANDERSON
JORDAN BAIR
SCOTT BENKOVIC
CHRIS GIGLIOTTI
JA'KYE HOLMES
MATT KIRCHNER
BRIAN MORRIS
ADAM OBAYA
ARTIE ROWELL
JON SCHNAARS
JEREMY SEAMAN

JUNIORS

SAM ADAMS
SEAN ELLIOT
JUSTIN EVANS
JESSE MYERS
ROWSHAWN PORTER
JAVON PORTER
BOBBY SCHAFFER
EVAN SCHWAN
ALEX SZABO
ZACH WILK

SOPHOMORES

CODY HARKINS
VINCENT KOUGH
JEREMY LARKIN
MATT LAPKOWICZ
BRANDON LAVIA
ZACHARY PATTON
JACOB ROESCH
DAYLIN RUSSO
COLIN ZWALLY

FRESHMEN

NATHAN BEARD
BRETT COONEY
NATE DICKEY
JUSTIN MATZONI
GIANNI PALANZO
JAKE PERRY
JOSH SALAK

PLAYERS WHO CURRENTLY HOLD A CUMULATIVE GPA OF 90% OR HIGHER:

SENIORS

RICHARD ANDERSON
JORDAN BAIR
SCOTT BENKOVIC
JORDAN FLETCHER
CHRIS GIGLIOTTI
MATT KIRCHNER
BRIAN MORRIS
ADAM OBAYA
ARTIE ROWELL
JON SCHNAARS
TJ ZIMMERMAN

JUNIORS

SAM ADAMS
SEAN ELLIOT
JUSTIN EVANS
JESSE MYERS
BOBBY SCHAFFER
ZACH WILK

SOPHOMORES

CODY HARKINS
JEREMY LARKIN
BRANDON LAVIA
ZACHARY PATTON
JACOB ROESCH
DAYLIN RUSSO
COLIN ZWALLY

FRESHMEN

NATHAN BEARD
BRETT COONEY
NATHAN DICKEY
GIANNI PALANZO
JOSHUA SALAK

HONOR ROLL

IN ORDER TO MAKE THE CD FOOTBALL HONOR ROLL.....

A PLAYER MUST ATTAIN A MARKING PERIOD GPA OF 90% OR HIGHER.

OR

HAVE A CUMULATIVE GPA OF 90% OR HIGHER

PLAYERS WHO EARNED A GPA OF 90% OR HIGHER FOR THE 1st MARKING PERIOD:

SENIORS

RICHARD ANDERSON
JORDAN BAIR
SCOTT BENKOVIC
CHRIS GIGLIOTTI
MATT KIRCHNER
ADAM OBAYA
KEMJI RAJIS
DAN ROTHSCHILD
ARTIE ROWELL
JON SCHNAARS
ZACH WIERMAN
TJ ZIMMERMAN

JUNIORS

SAM ADAMS
SEAN ELLIOT
JUSTIN EVANS
JESSE MYERS
ROWSHAWN PORTER
JAVON PORTER
BOBBY SCHAFFER
ALEX SZABO
ZACH WILK

SOPHOMORES

CODY HARKINS
VINCENT KOUGH
JEREMY LARKIN
BRANDON LAVIA
ZACHARY PATTON
JACOB ROESCH
DAYLIN RUSSO
COLIN ZWALLY

FRESHMEN

NATHAN BEARD

BRETT COONEY
NATE DICKEY
GIANNI PALANZO
JOSH SALAK
RYAN SCHRAF

PLAYERS WHO CURRENTLY HOLD A CUMULATIVE GPA OF 90% OR HIGHER:

SENIORS

RICHARD ANDERSON
JORDAN BAIR
SCOTT BENKOVIC
JORDAN FLETCHER
CHRIS GIGLIOTTI
MATT KIRCHNER
BRIAN MORRIS
ADAM OBAYA
ARTIE ROWELL
JON SCHNAARS
ZACH WIERMAN
TJ ZIMMERMAN

JUNIORS

SAM ADAMS
SEAN ELLIOT
JUSTIN EVANS
JESSE MYERS
BOBBY SCHAFFER
ZACH WILK

SOPHOMORES

CODY HARKINS
JEREMY LARKIN
BRANDON LAVIA
ZACHARY PATTON
JACOB ROESCH
DAYLIN RUSSO

FRESHMEN

NATHAN BEARD
BRETT COONEY
NATHAN DICKEY
GIANNI PALANZO
JOSHUA SALAK
RYAN SCHRAF

2010 Academic Captains

Beginning in week three of the 2010 season, the coaching staff selected an academic captain for each game. Selections were based on nominations from teachers. Teachers submitted nominations on the basis of academic performance, leadership in the classroom and improvement

Deleware Valley Charter-
Mechanicsburg-
Central Dauphin East-
Cumberland Valley-
Harrisburg-
Carlisle-
State College-
Chambersburg-
Warwick-
Governor Mifflin-
Cumberland Valley-

Richard Anderson
Jesse Myers
Seidu Issah
AJ Sweigard
Jeremy Seaman
Adam Obaya
Chris Gigliotti
Jordan Bair
Zayd Issah
Evan Brandes
Matt Kirchner



Rotary Club Student of the Month

Chris Gigliotti was named the Rotary Club Student of the Month!



CD Football News

The Dauphin County Commissioner's honored CD High senior football player, Artie Rowell, for his senior project in support of breast cancer awareness, entitled "Help Tackle Breast Cancer." Artie presented a check in the amount of \$9,375.88 to the PA Breast Cancer Coalition in honor of his grandmother who passed away from the disease. Dauphin County Commissioner Mike Preis presented a resolution to Artie at a press conference naming February 9th as "Artie Rowell Day in Dauphin County". Congratulations Artie!

This was posted on 2-14-2011



CD Football News

The Central Dauphin Athletic Department would like to announce that Central Dauphin HS will be holding a National Letter of Intent signing ceremony on Wednesday February 2, 2011 at 3:30pm in Conference Room 1. You are invited to attend this exciting occasion. We are honored to have the following student officially announce the college at which he will be continuing his academic and athletic careers: Artie Rowell-University of Pittsburgh-Football.

This was posted on 1-31-2011

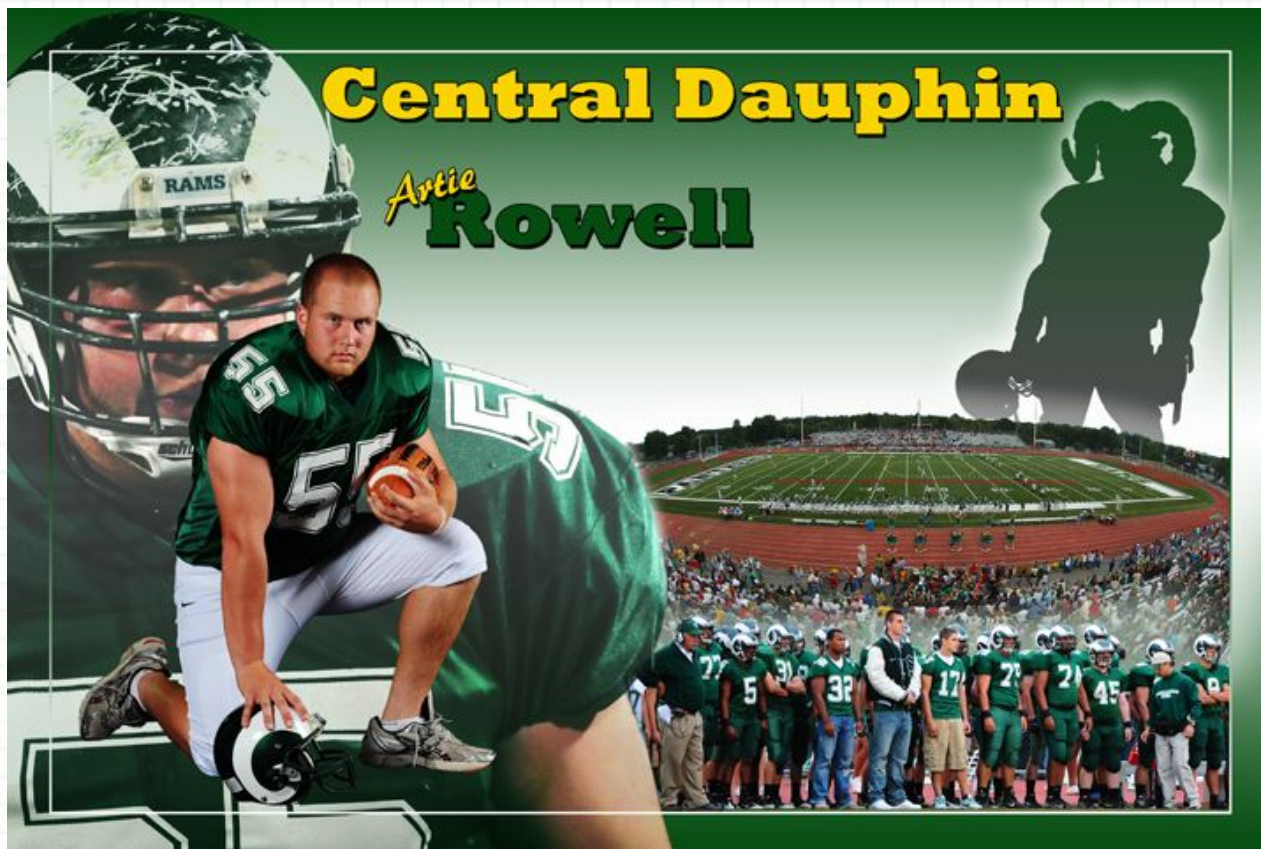


CD Football News



Congratulations to Jeremy Seaman an Offensive Lineman at CD High School for being named to the Big 33 Football Team Roster.

This was posted on 1-24-2011



CD Football News



Congratulations to Artie Rowell of CD High School for being named to the PIAA Class AAAA First Team Offense All-State Football Team for the Offensive Lineman position.

This was posted on 1-24-2011



Freshman Football Team

Congratulations to the Freshman Football Team for their impressive victory over Carlisle. With a score of 56-6, the Rams scored on all eight of their offensive possessions and the defense gave up 3 first downs and one score. the freshman have their last home game next Wednesday against State college.

This was posted on 10-22-2010

Top 10 Bench Press

All-Time Leaders



<u>Name</u>	<u>Lift</u>	<u>Year</u>
1. Artie Rowell	380	2010
2. Matt Kirchner	365	2010
2. Kemji Rafis	365	2010
4. Joe Boyd	345	2010
5. Jeremy Seaman	340	2010
6. TJ Zimmerman	340	2010
7. Jack Lippert	335	2008
8. Scott Benkovic	330	2010
8. Seldu Issah	330	2010
10. Adam Hollinger	325	2011
10. Nick Gillick	325	2011

Top Ten Squat

1. Seidu issah	520	2010
2. Artie Rowell	515	2010
3. Nkemjica Rajis	500	2010
4. Ja'kye Holmes	495	2010
5. Justin Shirk	455	2009
5. Matt Kirchner	455	2010
5. Scott Benkovic	455	2010
6. Chris Gigliotti	450	2010
7. Ian Isaac	425	2008
7. Jarrett Brooks	425	2009
7. Kyle Wolfe	425	2009
7. TJ Zimmerman	425	2009
7. Joe Boyd	425	2010
7. Jordan Fletcher	425	2010
7. Jeremy Seaman	425	2010
7. Adam Hollinger	425	2011
9. Jack Lippert	405	2008
9. Nick Gillick	405	2010
9. Matt Heilig	405	2008
9. Colton Charles	405	2008
9. Trei Gilcrist	405	2010
10. Richard Anderson	390	2010

Top Ten Power Clean

1. Artie Rowell	310	2010
2. Nkemjica Rajis	300	2010
3. Matt Heilig	285	2009
4. Scott Benkovic	275	2010
4. Joe Boyd	275	2010
4. Chris Gigliotti	275	2010
4. Seidu Issah	275	2010
4. Matt Kirchner	275	2010
4. Jeremy Seaman	275	2010
4. Adam Hollinger	275	2011

Iron Rams

300 lbs. Bench Press,
425 lbs. Squat, or
275 lbs. Power Clean (235 lbs. in 2009)

Name	Lift	Year
Justin Shirk	Squat	2008
Jack Lippert	Bench	2008
Ian Isaac	Squat	2008
Jerrett Brooks	Clean	2009
	Squat	2009
Robert Brooks	Clean	2009
Paul Coleman	Clean	2009
Matt Hellig	Clean	2009
Shawn Smith	Clean	2009
Kyle Wolfe	Clean	2009
	Squat	2009
Scott Benkovic	Bench	2010
	Clean	2009, 2010
	Squat	2010
Seidu Issah	Clean	2009, 2010
	Squat	2009, 2010
Kemji Rajis	Bench	2010
	Clean	2009, 2010
	Squat	2009, 2010
Artie Rowell	Bench	2009, 2010
	Clean	2009, 2010
	Squat	2009, 2010
Jeremy Seaman	Clean	2009, 2009, 2010
TJ Zimmerman	Clean	2009, 2010
	Bench	2010
	Clean	2009
Joe Boyd	Squat	2009
	Bench	2010
	Clean	2010
Jordan Fletcher	Squat	2010
Chris Cigliotti	Squat	2010
	Clean	2010
JaKye Holmes	Squat	2010
Matt Kirchner	Bench	2010
	Squat	2010
	Clean	2010
Andrew Zwally	Bench	2010
Adam Hollinger	Bench	2010, 2011
	Squat	2011
	Clean	2011
Nick Gillick	Bench	2010, 2011
Mike Ferster	Bench	2011

1000 Pound Club

	Bench	Squat	Clean	Total
Artie Rowell	380	515	310	1,205
Nkemjica Rajis	365	500	300	1165
Seidu Issah	330	520	275	1125
Matt Kirchner	365	455	275	1095
Scott Benkovic	330	455	275	1060
Joe Boyd	345	425	275	1045
Jeremy Seaman	340	425	275	1040
Adam Hollinger	325	425	275	1025
TJ Zimmerman	340	425	255	1020
Chris Giglioti	275	450	275	1000

Rams Put on Show at First Playoff Game

By: Nicole Roschella

November
12, 2010

Central
Dauphin 42,
Warwick 7

For their first game of the playoffs, the 2010 Central Dauphin Rams stepped onto the turf at Landis as a team in the classic green jersey and white pants combo.

In a post-game interview, senior Seidu Issah said the Rams wanted to make this game "a memorable one," and they definitely accomplished that with a score of 42 points against Warwick's 7 points.

CD started off with their defense stopping the Warrior's first series. When the offense came on the field, Issah brought the Rams into Warrior territory to set up a Brandon LaVia to Adam Hollinger touchdown. Don't let the kickers go unnoticed: Evan Brandes made all of his extra points and Jordan Bair had some great kicks soar into the end zone.

The Rams' defense, which includes Andrew Zwally, Artie Rowell, Zach Wilk, Jeremy Seaman, and Scott Benkovic, came out strong and ready with a quick wrap-up by #55 allowing no

Warrior gain. CD's defense went on to stop Warwick's second attempt to put some points on the scoreboard.

An impressive 4th down pass by QB Brandon LaVia and catch by Jon Schnaars snagged a Rams first-and-goal setting up a second CD touchdown and extra point to put the Rams ahead 14-0.

After a Warwick fumble, CD recovered the ball and turned that series into another 7 points.

An interception by Zach Wierman near the 50-yard line set up another touchdown series for the Rams, to put CD up 28-0.

A third down stop by Scott Benkovic and Kemji Rajis finished off the first half.

In the third quarter, a 30-yard pass from Brandon LaVia to Brian Morris brought the Rams to the Warrior's 15-yard line. Up next—another touchdown by Adam Hollinger.

Then, a great punt return by Adam Obaya brought the Rams to the Warrior's 17-yard line.

As the Rams' starting lines retreated to the bench, #17 Bobby Shaffer

took the field to complete a touchdown pass to junior Sam Adams.

Finally, Trei Gilchrist sacked Warwick's QB with help from Mike Appleman. The Warriors snuck in a touchdown minutes before the final whistle, ending the game Central Dauphin 42, Warwick 7.

The Rams presented themselves as a TEAM on Friday night. Though the linebacker-turned-fullback Adam Hollinger played an outstanding game, with 142 yards and three touchdowns, many Rams had their time to shine. Issah, the ever-present sophomore power had 94 yards and a touchdown, too. QB LaVia made some great plays and throws to Jon Schnaars. Zach Wierman grabbed yet another interception. And junior Bobby Shaffer proved himself under the lights.

Adam Hollinger demonstrated the Rams' sense of teamwork perfectly as he quoted, "I can't thank the lineman enough" when asked about his three touchdowns on Friday night.



Date: 10/16/10

Speed Ebersole Stadium



Help Tackle Breast Cancer



Central Dauphin Rams lineman brings a community together to support a great cause and remember a loved one

Q&A with Artie Rowell

Q: When did you begin planning your senior project?

A: May 2010

Q: How much money has been raised through "Help Tackle Breast Cancer"?

A: As of October 21, 2010: \$4,000

Q: How many tackles/sacks have you made thus far?

A: 35 tackles, 1 sack

Q: How many t-shirts were sold?

A: 250 shirts

Q: Are you still accepting donations at helptacklebreastcancer@gmail.com?

A: YES!

Q: What do you think your grandmother would say of your accomplishments?

A: She would be very proud of me. She loved everyone in our family greatly and would be happy that I'm making a difference.

“ It was cool to wear pink wristbands and stickers on our helmets to support something as a team. ”

— Zach Wierman #11

Thank you:

- CD Football Team
- CD Cheerleaders
- Coach McNamee
- Mr. Confer
- CD Rams Club
- A Special Thanks to my Mom & Rest of my Family

Without your support, Help Tackle Breast Cancer would not have been possible!

To Donate: Contact Artie Rowell at helptacklebreastcancer@gmail.com

A Special Thank You to the Sponsors: Art Rowell Properties; Jerry Russo and Goldberg Katzman, PC; Commonwealth Business Interiors; The Country Gourmet; EBG Resistors, LLC; Jim Weaver & Family; Weaver Financial Services; Dauphin Pizza; Dauphin Pharmacy; GQ Barbershop; In Touch Communications; Janis Creason Dauphin Co. Treasurer; Dively Woodworks; Net Mobile, LLC; S and S Enterprises; Happy Hollow at Hope Child Care; Merry Maids; In Memory of Pat Dively.
...Thank you to all who support Help Tackle Breast Cancer!

October 22, 2010

RAMS Bounce Back

Central Dauphin 49
Carlisle 7



After losses to CV in week seven and Harrisburg last week, the Rams put in their fair share of tough practices leading up to the Carlisle game on Friday.

"The whole week was a big wake up call for us after the two losses," senior Jordan Fletcher said.

The Rams' strenuous week of practices straightened the team out as they stepped onto the field against Carlisle, focused and ready.

The defense came out first and started off the night with a great series as they forced a turnover. The offense had a rough start with a fumble on the first play, but QB Brandon LaVia was on point for the rest of the game.

After a 1st quarter TD by Zayd Issah and a good extra point kick by Evan Brandes, the CD defense held on with a big stop by Matt Kirchner with seconds left in the quarter.

Two minutes into the second quarter, a Carlisle fumble at their own 10-yard line was picked up by Trei Gilcrst, setting up another Issah touchdown (who went on to rush for 196 yards on 16 carries).

After a 20-yard fourth down pass to Jon Schnaars, CD picks up another touchdown from Issah on an 18-yard run.

CD's defense, not to be overlooked, got the job done in the 2nd quarter—Jeremy Seaman sacked Carlisle's QB at their own 30-yard line and Jordan Fletcher made a huge tackle on a Carlisle 3rd down.

A 47-yard touchdown pass from Brandon LaVia to Jon Schnaars finishes off the 1st half with the Rams up by 28.

After a Carlisle interception in CD's end zone, the Herd scored their first and only points of the game with a touchdown and extra point half-way into the 3rd quarter.

Zayd Issah was quick to

make up for Carlisle's score with an outstanding 65-yard run for his fifth touchdown, followed by another TD on a 13-yard run. With the extra points, the Rams were up 42-7.

Bobby Shaffer took the field, throwing a 30-yard pass to Adam Hollinger, setting the Rams up for their 7th and final touchdown of the night, scored by Drew Scales. As Brandes made his 7th point after, the Rams finished off the game nicely: Central Dauphin 49, Carlisle 7.

CD will travel to State College to play the Little Lions in week 9.

"Our practices this week showed us that it's only ourselves who can believe the future still holds big rewards for the team."

- Jordan Fletcher, #8

• Nicole Roschella

10/01/10

Landis Field

**5-0***Central Dauphin 41, CD East 0*

Rams Shut Out East

By: Nicole Roschella

Last Friday was HUGE. Huge crowd. Huge game. Huge rivalry. Each team did their share of trash-talking prior to the game, but only one team could support it with plays on the field and points on the scoreboard: The Central Dauphin Rams.

After unsuccessful first possessions by both teams, East fumbles the ball and the Rams take over at East's 30-yard line. Zayd Issah (1) brings CD to the 10-yard line to put the Rams in position for their first of many touchdowns. A throw by LaVia (12) to Schnaars (10) puts CD ahead: CD 6, CD East 0.

The Panthers run it back to the 50 on the punt return. Wierman (11) intercepts the ball at CD's 35-yard line: Rams take

over.

Myers (88) made a huge play with an over-the-head catch and holding off defenders for 10 yards. Next, Gigliotti (26) runs it in for a 13-yard touchdown less than a minute into the 2nd quarter. Then Myers takes his turn in the end zone for a touchdown. Both of Brandes's extra points are good; CD pulls ahead by 20 points.

The Panthers get the ball down to CD's 17-yard line, but with a big tackle by Fletcher (8) and Rowell (55) on 3rd down and an interception by Sweigard (44) at CD's 6-yard line, East never steps foot in the end zone.

CD's defense was unstoppable, as usual, as Kirschner (37) sacks East's QB on CD's 23-yard line and Wierman makes his second interception at the

36-yard line. The Rams makes their way to the 1-yard line, then LaVia throws a pass for a CD touchdown to put the Rams up by 27 points with 2 minutes left in the first half. Rajis (32), making his return to the turf, gets in on a tackle just before half-time.

In the 3rd quarter, a LaVia to Schnaars touchdown puts the Rams up by 34 points. Seidu Issah (74) makes a sack at East's 33-yard line, then Sweigard forces East out of bounds to bring up a fourth down situation. A pass to Zayd Issah brings the Rams into Panther territory with 6:18 left in the 3rd quarter. A 30-yard pass by LaVia to Schnaars is CD's last touchdown of the game. Brandes finalizes the score with his extra point: CD 41, CD East 0.

RAMS crush Crusaders

The Central Dauphin community was ready for Friday night. Tickets were sold at school lunches, blankets were put in place hours prior to kickoff, and fumes from body-painters quickly filled the stadium. Fans were ready for a show, and the Rams were ready to give that to them.

"We came out fired up and played our style of football for four quarters," Brian Morris (7) said.

And they did. Jon Schnaars (10) started off the game with a quick first down amidst some controversial 1st quarter calls on the Rams. Later, in one of the most intense series of the game, the CD defense held McDevitt's offense four times in a row just 2-yards shy of the end zone.

In the 2nd quarter, a run by Scales (5) took the ball into McD territory then a catch by Schnaars gained the Rams 18 yards. Scales found his way inside of the 20 yard line with 1:25 left in the first half. After an McD penalty, it was a 1st and 10 for the Rams at the 13 yard line. After a 3rd and 5 with 26.1 seconds left, Brandes put 3 points on the scoreboard with a field goal to end the half: CD 3, McD 0.

The Rams came out strong after halftime, in an at-

tempt to finish the game the right way. CD recovered the ball 23 yards from the end zone then Schnaars caught a pass from QB LaVia (12) to put the Rams on the 2 yard line.

CD scored a touchdown and field goal with 6 minutes left in the 3rd quarter, putting them 10 solid points ahead of the Crusaders.

The CD defense prevailed once again by pushing the Crusaders back to a 3rd and 24, then Nate Hamilton (31) sacked McDevitt's QB. However, after a game of tag with McD QB Matt Johnson and CD's defense, the Crusaders scored, making it a three-point game: CD 10, McD 7.

A great run by Chris Gigliotti brought the Rams into McDevitt territory. With 4 minutes left in the 4th quarter, CD's offense kept pushing as they scored a touchdown and a field goal: CD 17, McD 7.

The Rams did not stop there, though. A sack by Sweigard (44) and numerous holds by CD's defense kept the Crusaders on the 50 yard line. After an McD penalty pushed the Crusaders back even further, CD recovered the ball at the 28 yard line and watched the clock tick down to zero.

"CD vs. McD has always been a big rivalry, and to be a part of it, especially at the magnitude at which it was Friday night, was something our team will not forget for a long time," Schnaars added.

"Coach [McNamee] really put an emphasis on how big the rivalry was. The last two years we were beaten 95-14," Alex Parson (40) pointed out.

However, senior Alec Gonzalez (77) believes the Rams took a "W" over McD for other reasons, "We won because of how close we are as a team. We have no individuals. We all have each other's backs no matter what. We are more than a team, we're a brotherhood."

Schnaars and the rest of the Rams are now focusing on taking on Delaware Valley Charter High School next weekend, "The win meant a lot to our team, but we see it as one game, and we are moving on to the next one."

9/10/10

Rams Gain REVENGE and First Win

By: Nicole Roschella

Last Friday's game was not only about Central Dauphin's outstanding 2010-2011 football team battling the Blue Streaks of Manheim Township. This game was about something more: revenge.

The Rams were out for blood as they strived to gain revenge on the school that stole the district title from the 2007 Central Dauphin Rams. Graduated teammates hoped the current team could do them proud, and the Rams delivered. It was payback.

The Rams started out strong with an early interception 3 minutes into the 1st quarter followed by a touchdown as the clock reached 1:25. The Rams' defense allowed no room for the Streaks to run on catches and made solid tackles on the Streaks' kick returns.

The defense proved unstoppable as they held Township within 10 yards of its end zone in the 2nd quarter.

Standout Zayd Issah (1) had a 30-yard run with 20 seconds left in the 2nd, pushing the Rams towards the end zone. A touchdown pass from sophomore QB LaVia (12) to Schnaars (10) and a field goal by Brandes ended the half with the Rams on top, 16-3.

A catch and a 20-yard run for a touchdown by Schnaars followed by a TD via Issah was a nice start to the 3rd, but the Streaks struck back with a 25-yard run on the return.

The Rams' offense went on to score one more touchdown in the 4th, but the Streaks came back with a big run. A TD attempt by the Streaks was killed by the Rams' defense with 9 minutes to go

in the last quarter. Unfortunately, CD's defense let a few Township touchdowns slide in the 2nd half. Final score: Central Dauphin 37, Manheim Township 27.

Senior Andrew Zwally (50) noted that the team needs to improve on many things, such as finishing games, but overall they're "happy to get their first win." A win is a win, but the revenge they won made it that much sweeter for the entire Rams family.

Coach Bushong added that this year's team has "lots of talent with quarterbacks and running backs" and has also set high goals for themselves. When asked if the Rams will be able to handle Bishop McDevitt next Friday, he confidently answered, "They're ready."

CD Rams' First Annual Mini-Camp

By Nicole Roschella

Under a darkening white summer sky, the 2010-2011 Central Dauphin Football team took the turf. Some wore black shorts, some blue. Some were equipped with yellow tackle arms. Some allowed a shoulder pad to protrude out of place--but all donned an off-white practice jersey and a ram-horned helmet.

During these nights of the first-ever Rams Mini-Camp on June 14-18, Landis Field was split in half: the Junior Varsity team near the panthers' goal post and the Varsity team near the Rams'. The JV players were very quiet on the left side of the field: marking their positions and learning important tips from the coaching staff. On the right side of the turn, the Varsity team was very verbal as they encouraged and critiqued each other at each sound of the whistle.

However, the teams are not set in stone quiet yet. A significant benefit of Mini-Camp is that "it helps the coaches to evaluate the players," Coach McNamee added.

Aside from assessment, Coach McNamee sees the first Central Dauphin Mini-Camp as "a great head start" to the upcoming season. This year, the coaching staff eagerly approached the season by adding the Mini-Camp to isolate improving playing time instead of squeezing in practicing after morning workouts.

It allowed the team to run drills and even 11 vs. 11 games—just like on Friday nights—as if it was a fall practice. The only catch: no contact. Regardless, it was helpful for a new, progressing team to have all players and coaches at practice for four solid nights during the summer so they could grow as a family.

Upcoming senior Scott Benkovic described Mini-Camp as "intense, but fun," naming it "a preview of what's to come."

Benkovic will not have to wait much longer to see what's around the corner. In July, the team will test out their skills at Bloomsburg University where they will compete against other teams in continued preparation for the 2010-2011 football season.

At the end of the last night of Mini-Camp, a long whistle demands all players to clap it up and congregate at center field to perform Ram jacks. After starting off out of sync, the Rams gathered themselves and tried again, as any newly formed team would.

However, every player and coach could agree that at the conclusion of the first Central Dauphin Mini-Camp, each Ram had more in common than a dirty jersey and a helmet; they are now *family*.

CENTRAL DAUPHIN RAMS

VARSITY FOOTBALL ROSTER



Name	POS	Height	Weight	Grade	Name	POS	Height	Weight	Grade
#1 Zayd Issah	RB	6'3"	195 lbs	10	#45 Brandon Pae	FB	5'8"	215 lbs	12
#2 Trei Gilchrist	WR	6'2"	195 lbs	12	#46 Daylin Russo	RB/LB	6'0"	173 lbs	10
#3 Jordan Bair	P/K	6'4"	200 lbs	12	#47 Mike Ferster	FB/LB	5'9"	175 lbs	10
#4 David Porcher	CB	6'0"	190 lbs	12	#48 Chad Anderson	CB	5'11"	170 lbs	11
#5 Drew Scales	RB/CB	5'7"	145 lbs	10	#49 Dietrick Ferster	OL/DL	5'9"	175 lbs	10
#6 Justin Evans	WR	6'1"	185 lbs	11	#50 Andrew Zwally	OL/DL	5'9"	205 lbs	10
#7 Brian Morris	RB/DB	6'2"	180 lbs	12	#51 Sam Yoder	OL	5'10"	225 lbs	12
#8 Jordan Flether	OLB	5'10"	200 lbs	12	#52 Colin Zwally	OL	5'11"	260 lbs	12
#9 Sam Adams	WR/DB	6'0"	180 lbs	11	#53 Josh Grubb	WR	5'8"	150 lbs	12
#10 Jon Schnaars	WR	6'2"	200 lbs	12	#54 Nate Garland	OL/DL	5'9"	236 lbs	10
#11 Zach Wierman	WR/S	6'2"	175 lbs	12	#55 Artie Rowell	OL/DL	6'3"	285 lbs	12
#12 Brandon LaVia	QB	6'0"	190 lbs	10	#57 Joe Boyd	OL	5'10"	240 lbs	12
#16 Matt Lapkowicz	QB/DB	5'9"	140 lbs	10	#58 TJ Zimmerman	OL	6'3"	290 lbs	12
#17 Bobby Schaffer	QB/WR	6'1"	175 lbs	11	#59 Nick Gillick	LB	6'0"	190 lbs	11
#18 Dan Rothschild	TE/DE	6'3"	200 lbs	12	#60 Chris Feagley	OL/LB	5'9"	165 lbs	10
#19 Cody Wade	QB/S	5'6"	145 lbs	10	#61 Steven Doodan	OL/DL	5'10"	250 lbs	10
#20 Spencer Chisholm	WR/DE	5'11"	165 lbs	10	#62 Coty Stewart	OL/DL	5'8"	250 lbs	10
#21 Sean Elliott	WR	6'0"	160 lbs	11	#64 Andrew Clark	OL/DL	5'10"	195 lbs	10
#22 Terrance Parsons	RB/LB	5'10"	175 lbs	10	#65 Zach Wilk	OL	6'4"	230 lbs	11
#23 Casey Hartzell	K	6'0"	135 lbs	10	#67 Nick Greene	OL/DL	5'11"	205 lbs	10
#24 Evan Brandes	K	5'6"	150 lbs	11	#68 Frederick Porter	DE	5'10"	170 lbs	11
#25 Nick Colson	WR/DB	6'0"	150 lbs	10	#70 Jeremy Seaman	OL	6'4"	285 lbs	12
#26 Chris Gigliotti	RB/DB	5'9"	190 lbs	12	#71 Scott Benkovic	OL/DL	6'2"	250 lbs	12
#27 Jordan Bowman	DB/WR	5'9"	140 lbs	10	#72 Jeremy Larkin	OL/DL	5'10"	190 lbs	10
#28 Curtis Andrews	RB/LB	5'8"	185 lbs	10	#73 Barry Rector	OL/DL	5'9"	255 lbs	10
#29 Malachi Holmes	RB	5'8"	170 lbs	9	#74 Seidu Issah	DL	6'2"	265 lbs	12
#30 Arthur Lewis	RB/DL	6'0"	220 lbs	10	#75 Alex Szabo	OL	6'2"	265 lbs	11
#31 Nate Hamilton	LB	6'1"	195 lbs	11	#76 Ja'Kye Holmes	DL	5'10"	285 lbs	12
#32 Kemji Rajis	LB	5'10"	195 lbs	12	#77 Alec Gonzalez	DL	6'2"	260 lbs	12
#33 Hunter Stoudt	RB/LB	6'1"	185 lbs	10	#78 Jacob Roesch	OL/DL	5'8"	173 lbs	10
#34 Todd Komykoski	WR/S	5'11"	150 lbs	11	#79 Mike Appleman	OL	6'2"	260 lbs	12
#35 Vincent Kough	FB/LB	5'7"	200 lbs	10	#80 Brett Green	TE/LB	6'1"	170 lbs	11
#36 Adam Obaya	CB	5'7"	170 lbs	12	#81 Zac Patton	WR/DB	5'7"	135 lbs	10
#37 Matt Kirchner	LB	5'9"	210 lbs	12	#82 Cody Harkins	WR/DB	5'8"	140 lbs	10
#38 Adam Hollinger	LB	5'10"	200 lbs	11	#83 Kyle Page	WR	5'11"	140 lbs	10
#39 David Laudermlch	WR/DB	5'10"	150 lbs	10	#84 Todd Lawson	WR/DB	5'10"	160 lbs	10
#40 Alex Parson	RB	5'7"	200 lbs	12	#85 Evan Schwan	DL	6'6"	215 lbs	11
#41 Troy Slaughter	LB/OL	5'8"	185 lbs	10	#86 Richard Anderson	LB	5'10"	180 lbs	12
#42 Javon Porter	WR/DB	5'6"	150 lbs	11	#87 David Lauscar	WR/S	5'11"	135 lbs	10
#43 Dominic Cristillo	DB	5'8"	150 lbs	11	#88 Jesse Myers	TE	6'0"	190 lbs	11
#44 AJ Sweigard	LB	5'9"	180 lbs	12	#89 Kyle Haskins	DE	6'3"	190 lbs	10

Freshmen

Player	#
Allen, Corey	8
Allen, Antonio	74
Anderson, Eric	75
Anderson, Conner	12
Athia, Neel	72
Beard, Nathan	88
Bender, Maholn	35
Brill, Dalton	77
Cooney, Brett	89
Cuthbertson, Isaiah	21
Dickey, Nathaniel	7
Echols, Codi	63
Edman, Cody	47
Feeser, Joshua	61
Gabriel, Shaun	17/18
Gensimore, Alex	67
Glessner, Jacob	65
Hughes, Matthew	55
Hunter, David	87
Jagodin, Sergej	70
Joppy, Spencer	20
Jordan, Dan	34
Keller, Carson	66
Kelly, Christopher	33
Lee, Freddie	22
Matzoni, Justin	53
Notestine, Jacob	10
Okbara, Chimbi	32
Palanzo, Gianni	60
Patel, Vinit	13
Parker, Andre	82
Perez, AJ	17
Perry, Jacob	39
Robinson, Elijah	71
Rubbo, Matthew	31
Salak, Josh	6
Salinger, Josh	54
Schraf, Ryan	81
Weeden, Shay'Quan	3
Whitcomb, Jeffery	50
Whitcomb, Thomas	68
Wiley, Mike	51
Wilk, Joseph	80
Zimmerman, Codie	44

GLEN MCNAMEE SCHOLARSHIPS



SOPHOMORE
NICK GREENE

GLEN MCNAMEE SCHOLARSHIPS



JUNIOR
SAM ADAMS

GLEN MCNAMEE SCHOLARSHIPS



SENIOR
TJ ZIMMERMAN



Central Dauphin High School Football Program

Our Mission is to advance the great winning tradition at Central Dauphin through the character development, academic development and physical development of each player in a way that enables them to reach their full potential while at Central Dauphin and in their lives after graduation.

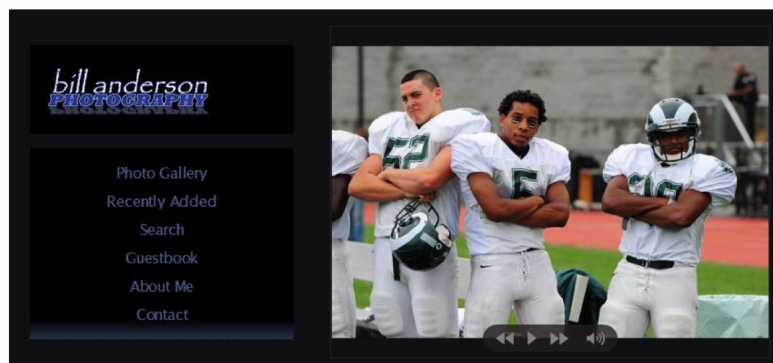
"It's MORE than just FOOTBALL!"

Good day, Ram Fans,

If you're reading this, you have a computer. And if you have a computer, you surf. And if you surf, you've seen amazing pictures of sporting events and athletes doing their thing. And you've thought, wow, I wish I could take those kind of pics of MY KID.

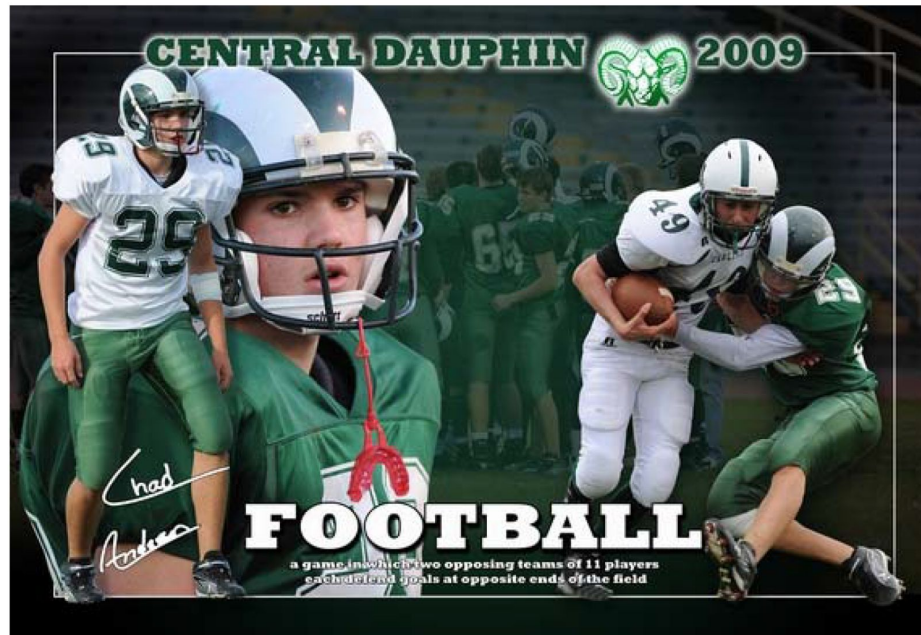
Well. You could spend years training and thousands of Georges on camera equipment. By that time, your athlete will be off to college or better still managing a law firm somewhere.

A better idea perhaps? Click on the links below! We are so fortunate to have Mr. Bill Anderson in our family. If you're the 1 person on the planet who hasn't seen Bill's work, head on over to his [website](#) and see what he can do.



Action images from the CD Football games this year (most ALL Varsity, JV and Freshman games) can be viewed online at [BillAndersonPics.com](#). You will have the ability to download any image for a \$5 fee and then print out as many copies as you wish. You can also order various size prints directly from the website

as well as other products such as key chains, buttons, magnets, "life-size" wall clings, puzzles, greeting cards, apparel, stationary, and other miscellaneous gifts. Another neat feature is that "completely customized" composites (posters) can be individually created by Bill using several "action" images for a player of your choice. My favorite is the Past Rams Club Presidents composite.



For any questions, contact Bill Anderson directly at 580-7842.



SPEED EBERSOLE WORKHORSE OF THE YEAR



TEXAS ROADHOUSE SPECIAL TEAMS PLAYER OF THE YEAR



Nate Hamilton

SPEED EBERSOLE RAM AWARD



Joe Boyd & Rich Anderson

MR. BOB'S SUBWAY OFFENSIVE SCOUT TEAM PLAYER OF THE YEAR



SPEED EBERSOLE MOST IMPROVED PLAYER



SPEED EBERSOLE MAN OF THE YEAR



CHRISTOPHER'S PIZZA LINEMAN OF THE YEAR



HAMMER AWARD



MR. BOB'S SUBWAY DEFENSIVE SCOUT TEAM PLAYER OF THE YEAR



Seidu Issah

SPEED EBERSOLE ACADEMIC AWARD



Chris Gigliotti

JUNIOR VARSITY RAM AWARD



Nick Gillick

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Issah Seidu

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Chris Gigliotti

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Jordan Fletcher

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Joe Boyd

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Scott Benkovic

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Matt Kirchner

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Artie Rowell

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Jeremy Seaman

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Nick Gillick

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Adam Hollinger

2010

Workhorse Award

CENTRAL DAUPHIN RAMS WORKHORSE CLUB

This Award is presented to:

Rich Anderson

2010

Workhorse Award

Weekly Awards

Week One: Central Dauphin vs. Manheim Township

Mr. Bob's Subway Defensive Scout Team Player of the Week: Jordan Bowman

Mr. Bob's Subway Offensive Scout Team Player of the Week: Alex Parson

Christopher's Pizza Lineman of the Week: Andrew Zwally

Texas Road House Special Teams Player of the Week: Jordan Bair/Evan Brandes

RAM (Rest A head of Me) of the Week: Jordan Bair

Big Hit of the Week – HAMMER Award: Seidu Issah

Weekly Awards

Week Two: Central Dauphin vs. Bishop McDevitt

Mr. Bob's Subway Defensive Scout Team Player of the Week: Joe Boyd

Mr. Bob's Subway Offensive Scout Team Player of the Week: Daylin Russo

Christopher's Pizza Lineman of the Week: Scott Benkovic

Texas Road House Special Teams Player of the Week: Adam Obaya

RAM (Rest A head of Me) of the Week: Bobby Schaffer, Evan Schwan

Big Hit of the Week – HAMMER Award: Zayd Issah

Weekly Awards

Week Three: Central Dauphin vs. Delaware Valley Charter

Mr. Bob's Subway Defensive Scout Team Player of the Week: Malachi Holmes

Mr. Bob's Subway Offensive Scout Team Player of the Week: Vinny Kough

Christopher's Pizza Lineman of the Week: Jeremy Seaman

Texas Road House Special Teams Player of the Week: Jesse Myers

RAM (Rest A head of Me) of the Week: Artie Rowell, AJ Sweigard

Big Hit of the Week – HAMMER Award: Nate Hamilton

Weekly Awards

Week Four: Central Dauphin vs. Mechanicsburg

Mr. Bob's Subway Defensive Scout Team Player of the Week: Mike Ferster

Mr. Bob's Subway Offensive Scout Team Player of the Week: Chris Fegley

Christopher's Pizza Lineman of the Week: None

Texas Road House Special Teams Player of the Week: None

RAM (Rest A head of Me) of the Week: Zach Wierman

Big Hit of the Week – HAMMER Award: Jeremy Seaman

Weekly Awards

Week Five: Central Dauphin vs. Central Dauphin East

Mr. Bob's Subway Defensive Scout Team Player of the Week: Brandon Pae

Mr. Bob's Subway Offensive Scout Team Player of the Week: Dominic Cristillo

Christopher's Pizza Lineman of the Week: Jeremy Seaman

Texas Road House Special Teams Player of the Week: Jon Schnaars

RAM (Rest A head of Me) of the Week: Joe Boyd

Big Hit of the Week – HAMMER Award: Matt Kirchner



New Oxford Colonial Lineman's Challenge



Freshman Football Team

Congratulations to the Freshman Football Team for their impressive victory over Carlisle. With a score of 56-6, the Rams scored on all eight of their offensive possessions and the defense gave up 3 first downs and one score. the freshman have their last home game next Wednesday against State College.

This was posted on 10-22-2010



Freshman Football Team

Congratulations to the Freshman Football Team for their victory over rival East last night 28-20. With the score tied 20-20 and only 1 minute on the clock, the Rams drove the length of the field and punched it in the end zone with 5 seconds left on the clock. The freshman Rams brought their record to 3 and 0 on the season and will face CV next Wednesday.

This was posted on 9-30-2010



CD Football News

The CD East vs CD High football game will be held on Friday, October 1st at 7 p.m. Show your district spirit by coming out to Landis Field and supporting both of our high school teams! Look for the Central Dauphin Youth Cheerleaders rooting their teams to victory.

This was posted on 9-27-2010



CD Football News

Congratulations to our High School football team. Central Dauphin vs. Delaware Valley Charter 35-12. The CD High School Rams football team will host their Homecoming game against the Mechanicsburg Wildcats on Friday, September 24th at 7 p.m. Come out to Landis Field and support the Rams!

This was posted on 9-20-2010



Freshman Football Team

Congratulations to the Freshman Football Team for their victory over a tough Red Lion team. With a score of 14 to 7, the Rams improved to 2 and 0 for the season.. Next week the Rams will face Mechanicsburg.

This was posted on 9-17-2010



Freshman Football Team

Congratulations to the Freshman Football Team for their decisive victory over McDevitt last night 28-0. The defense posted their first shutout of the year. Led by Spencer Joppy, who recorded 4 sacks and 2 forced fumbles, the Rams allowed McDevitt to cross the midline only once. The defense also scored with an interception return for a touchdown by David Hunter. The offense was just as impressive, with scores by Nate Dickey, Chris Kelley, Corey Allen, and Chimbi Okbara. Offensive player of the game went to Jake Perry and defensive player of the game went to Spencer Joppy.

This was posted on 9-9-2010



2010 - 2011 CD Football Videos

- [Help Tackle Breast Cancer](#)
- [2010 Senior Baby Video One](#)
- [2010 Senior Baby Video Two](#)
- [CD vs Manheim Township](#)
- [CD vs Bishop McDevitt](#)
- [CD vs Delaware Valley Charter](#)
- [CD vs Mechanicsburg](#)
- [CD vs CD East](#)
- [CD vs Cumberland Valley](#)
- [CD vs Carlisle](#)
- [CD vs State College](#)
- [CD vs Chambersburg](#)
- [CD vs Warwick](#)
- [CD vs Governor Mifflin](#)
- [CD vs Cumberland Valley](#)
- [4D Bowl CD vs CV](#)
- [Help Tackle Breast Cancer](#)
- [CD vs Harrisburg Special Report](#)
- [CD vs CV Playoffs Special Report](#)
- [4 Diamonds Tailgate Party](#)
- [CD vs East White Out Match](#)
- [CD vs. Mechanicsburg Special Report](#)
- [2010 Homecoming Court](#)
- [CD Football Victory March Special Report](#)