

CENTRAL DAUPHIN RAMS

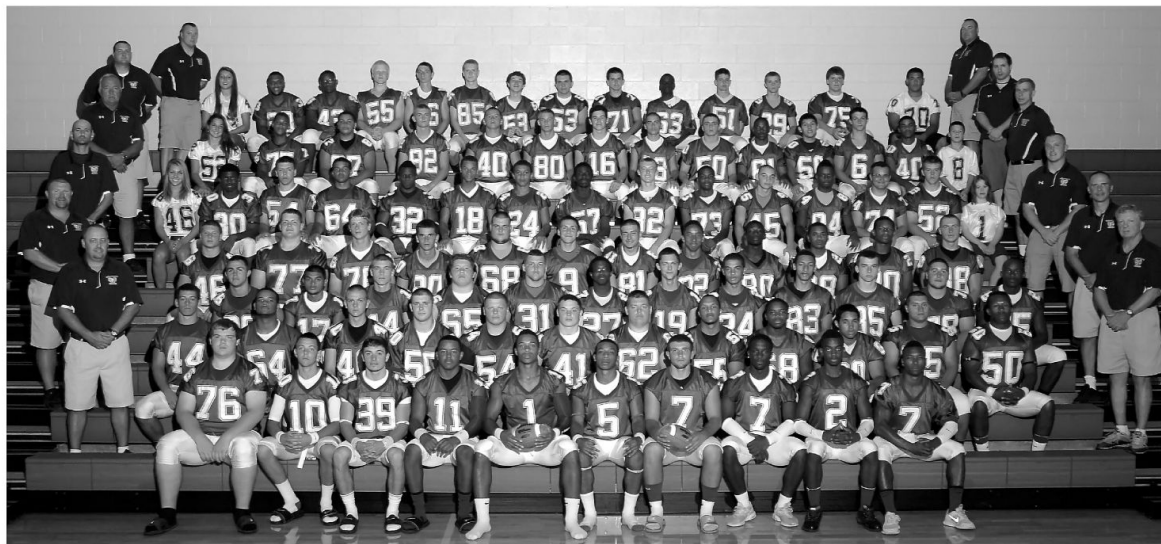


2012 - 2013

FEATURED VIDEO



"Mid-Penn Commonwealth Champions"



Varsity Team

Seniors: Jordan Bowman, Andrew Burgwin, Spencer Chisholm, Chris Fegley, Nate Garland, Malyk Harris, Casey Hartzell, Brian Hoyle, Zayd Issah, Rashawn Johnson, Vinny Kough, David Laudermilch, David Lauscar, Brandon LaVia, Arthur Lewis, Nolan Pharris, Jacob Roesch, Daylin Russo, Drew Scales, Troy Slaughter, Coty Stewart, Jimmy Turns

Juniors: Cory Allen, Dalton Brill, Bret Cooney, Nate Dickey, Shaki Gillespie, Malachi Holmes, Spencer Joppy, Dan Jordan, Chris Kelly, Justin Matzoni, Ben Mosey, Jake Notestine, Gianni Palanzo, Vinit Patel, Jake Perry, Josh Salak, Josh Salinger, Jeff Whitcomb, Joe Wilk, Codie Zimmerman, Bobby Zwigert

Sophomores: Dylan Hobbes, Sergei Jagodin, Jake Kerschner, Joey Kingston, Stephen McNeal, Chimdi Okpara, Elijah Robinson, Justin Salak, Chazz Sapp, Aaron Wolfgang, Shay'Quon Weedon

Freshmen: AJ Perez, Raleigh Sirb Coaching Staff: Glen McNamee (Head Coach), Steve Stoner, Matt Bushong, Marshall Fisher, Four Chapman, Sean Rosler, Paul Linn, George Landis, Ben Cohick, Mike Dougherty, Thom Carmo, Jon Linn, Nate Linn

Support Staff: Tom Lapkowicz, Jess Cecco, Beth Parrish, Dr. Brescia, Tyler Manning, Steven Brandes, Becca Callahan, Mary Lapkowicz, Mike Herman, Marissa Schaffer, Kimmie Benkovic, Zoe Fletcher, Amanda Campanaro, Emily Rajis, Blake Chisholm

2012

RAMS



Central Dauphin Football

Donated by the
CDHS Alumni Association



Flag Football Event Special Report

[Click here to view the video](#)





CD Football News

The Central Dauphin Football Family wants to congratulate Zayd Issah for being selected to the Big 33 game. We also want to congratulate Drew Scales, Daylin Russo and Jordan Bowman for being selected to the East/West All-Star Game.



This was posted on 2-25-2012

**CENTRAL DAUPHIN RAMS
FOOTBALL
ALL-TIME TOP BENCH PRESS**

| <u>NAME</u> | <u>LIFT</u> | <u>YEAR</u> |
|----------------|-------------|-------------|
| ARTIE ROWELL | 380 | 2010 |
| MATT KIRCHNER | 365 | 2010 |
| NKEMJIKA RAJIS | 365 | 2010 |
| ADAM HOLLINGER | 365 | 2011 |
| NICK GILLICK | 350 | 2011 |
| JORDAN BOWMAN | 350 | 2012 |
| JOE BOYD | 345 | 2010 |
| JEREMY SEAMAN | 340 | 2010 |
| TJ ZIMMERMAN | 340 | 2010 |
| HUNTER STOUTD | 340 | 2012 |
| JACK LIPPERT | 335 | 2008 |
| DAYLIN RUSSO | 335 | 2012 |



| | | |
|-------------------------|------------|-------------|
| JIMMY TURNS | 335 | 2012 |
| SCOTT BENKOVIC | 330 | 2010 |
| SEIDU ISSAH | 330 | 2010 |
| SPENCER CHISHOLM | 330 | 2012 |
| DAN JORDAN | 325 | 2012 |
| BEN MOSEY | 320 | 2013 |
| CODIE ZIMMERMAN | 320 | 2013 |
| ARTHUR LEWIS | 320 | 2012 |
| BRIAN HOYLE | 320 | 2012 |
| MALACHI HOLMES | 320 | 2013 |
| ANDREW ZWALLY | 315 | 2010 |
| ZACH WILK | 315 | 2011 |
| BOBBY SCHAFFER | 305 | 2011 |



CENTRAL DAUPHIN RAMS FOOTBALL

ALL-TIME TOP SQUATS

| <u>NAME</u> | <u>LIFT</u> | <u>YEAR</u> |
|----------------|-------------|-------------|
| ADAM HOLLINGER | 545 | 2011 |
| SEIDU ISSAH | 520 | 2010 |
| ARTIE ROWELL | 515 | 2010 |
| BEN MOSEY | 515 | 2012 |
| NKEMJIKA RAJIS | 500 | 2010 |
| JESSE MYERS | 500 | 2011 |
| ERIC ANDERSON | 500 | 2012 |
| JA'KYE HOLMES | 495 | 2010 |
| DAYLIN RUSSO | 475 | 2012 |
| ZAYD ISSAH | 475 | 2012 |
| JAKE ROESCH | 475 | 2012 |
| SPENCER JOPPY | 475 | 2012 |
| MALACHI HOLMES | 475 | 2012 |
| CHIMDI OKPARA | 475 | 2013 |



| | | |
|-------------------------|------------|-------------|
| NICK GILLICK | 460 | 2011 |
| SPENCER CHISHOLM | 460 | 2012 |
| JUSTIN SHIRK | 455 | 2008 |
| MATT KIRCHNER | 455 | 2010 |
| SCOTT BENKOVIC | 455 | 2010 |
| CODIE ZIMMERMAN | 455 | 2012 |
| CHRIS GIGLIOTTI | 450 | 2010 |
| DAN JORDAN | 450 | 2012 |

**CENTRAL DAUPHIN RAMS
FOOTBALL
ALL-TIME TOP POWER CLEAN**

| <u>NAME</u> | <u>LIFT</u> | <u>YEAR</u> |
|--------------------|--------------------|--------------------|
| DAYLIN RUSSO | 325 | 2012 |
| BEN MOSEY | 325 | 2012 |
| ADAM HOLLINGER | 315 | 2011 |
| ARTIE ROWELL | 310 | 2010 |
| JORDAN BOWMAN | 310 | 2012 |
| NKEMJIKA RAJIS | 300 | 2010 |
| DREW SCALES | 295 | 2012 |
| MATT HEILIG | 285 | 2009 |
| ELIJAH ROBINSON | 285 | 2013 |
| SCOTT BENKOVIC | 275 | 2010 |
| JOE BOYD | 275 | 2010 |
| CHRIS GIGLIOTTI | 275 | 2010 |
| SEIDU ISSAH | 275 | 2010 |




| | | |
|------------------------|------------|-------------|
| MATT KIRCHNER | 275 | 2010 |
| JEREMY SEAMAN | 275 | 2010 |
| NICK GILLICK | 275 | 2011 |
| ZACH WILK | 275 | 2011 |
| NATE HAMILTON | 275 | 2011 |
| EVAN SCHWAN | 275 | 2011 |
| ZAYD ISSAH | 275 | 2011 |
| CODIE ZIMMERMAN | 275 | 2012 |
| NICK GREENE | 275 | 2012 |




1,000 POUND CLUB

| <u>Yr</u> | <u>NAME</u> | <u>BENCH</u> | <u>SQUAT</u> | <u>CLEAN</u> | <u>TOTAL</u> |
|-----------|----------------|--------------|--------------|--------------|--------------|
| 2011 | Adam Hollinger | 365 | 545 | 315 | 1,225 |
| 2010 | Artie Rowell | 380 | 515 | 310 | 1,205 |
| 2010 | Nkemjika Rajis | 365 | 500 | 300 | 1,165 |
| 2013 | Ben Mosey | 320 | 515 | 325 | 1,160 |
| 2012 | Daylin Russo | 335 | 475 | 325 | 1,135 |
| 2010 | Seidu Issah | 330 | 520 | 275 | 1,125 |
| 2012 | Jordan Bowman | 350 | 440 | 310 | 1,100 |
| 2010 | Matt Kirchner | 365 | 455 | 275 | 1,095 |




| | | | | | |
|------|------------------|-----|-----|-----|--------------|
| 2011 | Nick Gillick | 350 | 460 | 275 | 1,085 |
| 2010 | Scott Benkovic | 330 | 455 | 275 | 1,060 |
| 2013 | Codie Zimmerman | 320 | 455 | 275 | 1,050 |
| 2013 | Malachi Holmes | 320 | 475 | 255 | 1,050 |
| 2010 | Joe Boyd | 345 | 425 | 275 | 1,045 |
| 2010 | Jeremy Seaman | 340 | 425 | 275 | 1,040 |
| 2013 | Eric Anderson | 275 | 500 | 265 | 1,040 |
| 2011 | Jesse Myers | 280 | 500 | 245 | 1,025 |
| 2012 | Dietrik Ferster | 340 | 450 | 235 | 1,025 |
| 2012 | Spencer Chisholm | 330 | 460 | 250 | 1,020 |





| | | | | | |
|------|-----------------|-----|-----|-----|--------------|
| 2010 | TJ Zimmerman | 340 | 425 | 255 | 1,020 |
| 2011 | Zack Wilk | 315 | 425 | 275 | 1,015 |
| 2012 | Zayd Issah | 265 | 475 | 275 | 1,015 |
| 2013 | Dan Jordan | 325 | 450 | 235 | 1,015 |
| 2012 | Arthur Lewis | 320 | 425 | 270 | 1,015 |
| 2014 | Chimdi Okpara | 300 | 475 | 235 | 1,010 |
| 2012 | Mike Ferster | 315 | 455 | 240 | 1,010 |
| 2014 | Elijah Robinson | 285 | 435 | 285 | 1,005 |
| 2010 | Chris Gigliotti | 275 | 450 | 275 | 1,000 |
| 2012 | Drew Scales | 265 | 440 | 295 | 1,000 |



IRON RAMS

**300 Pound Bench Press
Or
425 Pound Squat
Or
275 Pound Power Clean
(235 lbs in 2009)**

| <u>Name</u> | <u>Lift</u> | <u>Year</u> |
|--------------------|--------------------|--------------------|
| Justin Shirk | Squat | 2008 |
| Jack Lippert | Bench | 2008 |
| Ian Isaac | Squat | 2008 |
| Jarrett Brooks | Clean | 2009 |
| Robert Brooks | Clean | 2009 |
| Paul Coleman | Clean | 2009 |
| Matt Heilig | Clean | 2009 |
| Shawn Smith | Clean | 2009 |
| Kyle Wolfe | Clean | 2009 |
| | Squat | 2009 |
| Scott Benkovic | Bench | 2010 |
| | Clean | 2009 |
| | | 2010 |
| | Squat | 2010 |
| Seidu Issah | Bench | 2010 |
| | Clean | 2009 |
| | | 2010 |
| | Squat | 2009 |

| | | |
|-----------------|-------|------|
| Kemji Rajis | | 2010 |
| | Bench | 2010 |
| | Clean | 2009 |
| | | 2010 |
| | Squat | 2009 |
| | | 2010 |
| Artie Rowell | Bench | 2009 |
| | | 2010 |
| | Clean | 2009 |
| | | 2010 |
| | Squat | 2008 |
| | | 2009 |
| | | 2010 |
| Jeremy Seaman | Clean | 2009 |
| | | 2010 |
| | Bench | 2010 |
| | Squat | 2010 |
| TJ Zimmerman | Bench | 2010 |
| | Clean | 2009 |
| | Squat | 2009 |
| Joe Boyd | Bench | 2010 |
| | Clean | 2010 |
| | Squat | 2010 |
| Jordan Fletcher | Squat | 2010 |
| | Bench | 2010 |
| Chris Gigliotti | Squat | 2010 |
| | Clean | 2010 |
| Ja'Kye 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 |
| | Squat | 2011 |
| | Clean | 2011 |
| Nate Hamilton | Squat | 2011 |
| | Clean | 2011 |
| Jesse Myers | Squat | 2011 |
| Bobby Schaffer | Bench | 2011 |
| Zack Wilk | Bench | 2011 |
| | Squat | 2011 |
| | Clean | 2011 |
| Sam Adams | Squat | 2011 |
| Evan Schwan | Clean | 2011 |
| Spenser Chisholm | Squat | 2012 |
| | Bench | 2012 |
| Dietrick Ferster | Bench | 2011 |
| | Squat | 2011 |
| Mike Ferster | Bench | 2011 |

| | | |
|-----------------|-------|--------------|
| | Squat | 2011 |
| Nate Garland | Squat | 2011 2012 |
| Brian Hoyle | Squat | 2011 2012 |
| | Bench | 2012 |
| Nick Green | Squat | 2011 |
| | Clean | 2012 |
| Zayd Issah | Squat | 2011 2012 |
| | Clean | 2011 2012 |
| Rashawn Johnson | Squat | 2011 2012 |
| Daylin Russo | Bench | 2011 2012 |
| | Clean | 2011 2012 |
| | Squat | 2012 |
| Hunter Stoudt | Bench | 2011 2012 |
| Eric Anderson | Squat | 2011 2012 |

| | | |
|-----------------|-------|------|
| Malachi Holmes | Squat | 2011 |
| | | 2012 |
| | | 2013 |
| | Bench | 2012 |
| | | 2013 |
| | | |
| Drew Scales | Squat | 2012 |
| | Clean | 2012 |
| Andrew Burgwin | Squat | 2012 |
| Dan Jordan | Bench | 2012 |
| | | 2013 |
| | Squat | 2012 |
| Chimdi Okpara | Squat | 2013 |
| | | 2012 |
| | Bench | 2013 |
| Jordan Bowman | Bench | 2012 |
| | Clean | 2012 |
| | Squat | 2012 |
| Arthur Lewis | Bench | 2012 |
| | Squat | 2012 |
| Jimmy Turns | Bench | 2012 |
| | Squat | 2012 |
| Codie Zimmerman | Bench | 2012 |
| | | 2013 |
| | Squat | 2012 |
| | | 2013 |
| | Clean | 2012 |
| | | 2013 |

| | | |
|-----------------|-------|------|
| Ben Mosey | Squat | 2012 |
| | | 2013 |
| | Clean | 2012 |
| | | 2013 |
| | Bench | 2013 |
| Vinnie Kough | Squat | 2012 |
| Jake Roesch | Squat | 2012 |
| Coty Stewart | Squat | 2012 |
| Spencer Joppy | Squat | 2012 |
| | | 2013 |
| Alex Gensimore | Squat | 2012 |
| Elijah Robinson | Squat | 2013 |
| | Clean | 2013 |
| Nate Dickey | Squat | 2013 |

ALL-TIME WORK HORSES

In “Speed’s Place” we want Work Horses, not show horses. To be considered a member of this elite club, a football player must demonstrate a level of commitment and performance in the offseason that goes “above and beyond”. His attendance, work ethic, and improvements in tests (bench, squat, and power clean) must be superior.

2008

Rees Judge
Jack Lippert
Colin O'Connor
Anthony Rozzi
Matt Snell
Samson Wood *
Lewis Correale
Ryan Nielsen
Marcus Simpson
Kyle Wolfe
Scott Benkovic
Artie Rowell

2011

Evan Brandes
Dominick Cristillo
Nick Gillick
Adam Hollinger *
Zach Wilk
Bobby Schaffer
Jesse Myers
Sam Adams
Jordan Bowman
Jake Roesch
Daylin Russo
Eric Anderson
Justin Matzoni
Codie Zimmerman

2009

Lewis Correale
Matt Heilig
Ryan Nielsen
Shawn Smith *
Donald Stahlnecker
Richard Anderson
Jordan Fletcher
Chris Gigliotti
Artie Rowell
Jon Schnaars
Sam Adams
Nick Gillick

2012

Daylin Russo
Spencer Chisholm
Brian Hoyle
Nolan Pharris
Jake Roesch
Troy Slaughter
Drew Scales *
Arthur Lewis
Jordan Bowman
Ben Mosey
Malachi Holmes
Gianni Palanzo
Dan Jordan
Codie Zimmerman

2010

Scott Benkovic
Joe Boyd
Jordan Fletcher
Rich Anderson
Chris Gigliotti
Seidu Issah
Matt Kirchner *
Artie Rowell
Jeremy Seaman
Nick Gillick
Adam Hollinger

Vinit Patel
Justin Matzoni
Elijah Robinson
Justin Salak
Steven McNeal
Sergei Jagodin
Chimdi Okpara

* WorkHorse of the Year



CD Rams Football Banquet

[CD Football Banquet Footage Part 1](#)

[CD Football Banquet Footage Part 2](#)



CD Rams Football Awards

Junior Varsity Ram Award

- Joey Kingston

Team Leaders

- Brandon LaVia
- Zayd Issah
- Drew Scales
- Daylin Russo
- Nate Garland

All-Conference Defense

- Zayd Issah
- Drew Scales
- Arthur Lewis
- Spencer Chisholm
- Daylin Russo
- Codie Zimmerman
- Jordan Bowman



CD Rams Football Awards

All-Conference Offense

- Brandon LaVia
- Jordan Bowman
- Zayd Issah
- Dalton Brill
- Drew Scales
- Malyk Harris
- Nate Garland

All-Conference Special Teams

- Casey Hartzell
- Drew Scales

All-Conference Offensive MVP

- Drew Scales

All-Conference Defensive MVP

- Zayd Issah

All-State Offense

- Drew Scales



CD Rams Football Awards

All-State Defense

- Zayd Issah

Lineman of the Year

- Arthur Lewis

Offensive Scout Team Player of the Year

- Dalton Brill

Defensive Scout Team Player of the Year

- David Laudermilch

Special Teams Player of the Year

- Casey Hartzell
- Drew Scales

Hammer Award

- Zayd Issah



CD Rams Football Awards

Workhorse Club

- Daylin Russo
- Spencer Chisholm
- Brian Hoyle
- Nolan Pharris
- Jake Roesch
- Troy Slaughter
- Drew Scales
- Arthur Lewis
- Jordan Bowman
- Ben Mosey
- Malachi Holmes
- Gianni Palanzo
- Dan Jordan
- Codie Zimmerman
- Vinit Patel
- Justin Matzoni
- Elijah Robinson
- Justin Salak
- Steven McNeal
- Sergei Jagodin
- Chimdi Okpara

Speed Ebersole Workhorse of the Year

- Drew Scales



CD Rams Football Awards

Speed Ebersole Academic Award

- Daylin Russo

Speed Ebersole Man of the Year Award

- Brandon LaVia

Most Improved Player of the Year Award

- Jordan Bowman
- Spencer Chisholm

Speed Ebersole RAM Award

- Brandon LaVia

Glen McNamee Scholarship Sophomore

- Steven McNeal

Glen McNamee Scholarship Junior

- Justin Matzoni

Glen McNamee Scholarship Senior

- Jacob Roesch



CD Football News

Congratulations to the Freshman Football Team for their decisive win over rival East High with a 28 point 2nd quarter, the Rams won 35-6 bringing their record to 8-3 on the season.

This was posted on 11-2-2012



CD Football News

Congratulations to the Freshman football team on their victory against Carlisle last night 48-14. This brings the Rams to a record of 7-3 on the year with 2 games to play.

This was posted on 10-25-2012



CD Football News

Congratulations to our Freshman football team for a convincing 21-8 victory over Mifflin County High last night. With a record of 5-2 they will play Harrisburg next Wed. at Landis field.

This was posted on 10-4-2012



CD Rams Football Academic Captains

CD vs State College - Chris Fegley
CD vs Southwestern - Spencer Chisholm
CD vs Chambersburg - Casey Hartzell

2012 CD RAMS FOOTBALL TEAM

Issah, Zayd
Lauscar, Dave
Hartzell, Casey
Harris, Malyk
Scales, Drew
Sirb, Raleigh
Burgwin, Andrew
Will, Joe
Zwigart, Bobby
Notestine, Jake
Bowman, Jordan
LaVia, Brandon
Frye, Malik
Dickey, Nate
Patel, Vinit
Weedon, Quannie
Salak, Josh
Joppy, Spencer
Cuthbertson, Isaiah
Hatcher, Jordan
Zuvich, Tyler
Gillespie, Shaki

Allen, Corey
Kelly, Chris
Holmes, Malachi
Maduka, Toby
Kingston, Joe
Whiteside, Lanthis
Mosey, Ben
Okpara, Chimdi
Pearsall, Terrance
Perry, Jacob
Nnokeji, Uchenna
Kerschner, Jacob
Whitcomb, Jeff
Laudermilch, David
McNeal, Steven
Fegley, Chris
Shearer, Colby
Sapp, Chazz
Russo, Daylin
Matzoni, Justin
Zimmerman, Codie
Gaston, Gary

Hoyle, Brian
Salinger, Josh
Jordan, Dan
Collins, Sevie
Garland, Nate
Pharris, Nolan
Kougn, Vincent
Armas, Enrique
Kane, Vinny
Chisholm, Spencer
Slaughter, Troy
Kolakowski, Jeff
Stewart, Coty
Kelley, Conor
Lewis, Arthur
Wolfgang, Aaron
Daniels, Tyler
Johnson, Rashawn
McCorale, Mason
Hobbs, Dylan
Robinson, Elijah
Evans, Sam

Turns, Jimmy
Ford, Tanner
Tinkham, Matt
Palanzo, Gianni
Brill, Dalton
Roesch, Jacob
Jagodin, Sergei
Smith, Gary
Mellot, Jake
Salak, Justin
Brown, Gaige
Cooney, Brett
Gabriel, Rashaun
Partenheimer, Matt
Perez, AJ
Wilk, Joey



2012 - 2013 CD Football Videos

- [CD Football Season](#)
- [Senior Baby Video](#)
- [CD Rams Seniors](#)
- [CD vs H Highlights \(L\) 21-27](#)
- [CD vs MT Highlights \(W\) 38-30](#)
- [CD vs MT Districts Special Report](#)
- [CD vs. McCaskey Highlights \(W\) 37-20](#)
- [CD vs McCaskey Special Report](#)
- [CD vs East Game Highlights \(L\) 19-21](#)
- [CD vs East Special Report](#)
- [CD Freshman vs East Special Report](#)
- [CD vs C Game Highlights \(W\) 52-27](#)
- [CD vs C Special Report](#)
- [CD vs CV Game Highlights \(W\) 35-28](#)
- [CD vs CV Special Report](#)
- [CD vs HB Game Highlights \(W\) 24-21](#)
- [CD vs MC Game Highlights \(W\) 54-6](#)
- [CD vs SC Game Highlights \(W\) 32-7](#)
- [Homecoming CD vs SC Special Report](#)
- [Homecoming Court](#)



2012 - 2013 CD Football Videos

- [CD vs CB Game Highlights \(W\) 52-27](#)
- [CD vs SW Game Highlights \(W\) 63-7](#)
- [CD vs B McD Highlights \(L\) 7-24](#)
- [CD vs B McD Special Report](#)
- [CD vs MT Game Highlights \(W\) 21-7](#)
- [CD vs MT Game Highlights](#)