



2016 - 2017

## FEATURED VIDEO



# CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

Third Edition—May 2017

## Welcome to the Central Dauphin Football Newsletter Third Edition

At the start of 2017 we were 842 hours away from hitting the “10,000 Hours” milestone in community service. We are now only 359 hours away! Let’s get to the 10,000 hour mark!

Beyond community service, there are many other things happening with the Rams program, and as we inch closer to the season things are starting to heat up. Those of you who were able to attend the parent meeting on April 26<sup>th</sup> received a great deal of information related to schedules, fundraising, philosophy, the coaching staff, and more. The Annual Meet the Coaches Night/Parent Meeting is always an important way for us to help parents “get in the loop” so we want to thank all the parents who were able to be in attendance. We want to also thank everyone for being aware of our schedule and making the sacrifices necessary for our players to have rides to and from workouts and community service events. We know it is a sacrifice for sure!

These newsletters are yet another valuable way for us to disseminate information and news. With that, here’s the May Edition.

Enjoy!

## RAMS FOOTBALL MISSION

*Our Mission is to advance the great winning tradition at Central Dauphin through the character development, academic development and physical development of all players 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!”*

## RAMS CLUB

“First Rate” – that is what the Rams Club wants to be as an organization and, more importantly, that’s what they want our players’ football experience to be. This has driven them to accomplish so much over the years. If you didn’t get to read the “Rams Club News” segment of the March Newsletter, please do so. Not only have these accomplishments made our players’ experience first-rate, but they also serve as a reminder that our CD Football Community as a whole is also something special. When players, coaches, and parents are part of something that is first-rate, it elevates us all to be our best and to keep reaching for even better.

Please familiarize yourself with the many committees and positions within the Rams Club. It is a huge operation so chances are good that you can find something that is of interest to you. If other parents have already filled a particular need, maybe you can “shadow” them for a year and take over that job when those folks leave the program. It is a big machine and it needs lots of fuel – and well-intentioned, committed parents are that fuel.

# Volunteer

Parent’s Meeting—April 26, 2017





## ACADEMIC EXCELLENCE PROGRAM

In 2009, we created the Academic Excellence Program (AEP) to help our football players reach their potential as students. As we have indicated in past newsletters, this program is intended to help all our players go beyond merely "passing" or being eligible and to achieve their personal best, whatever that might be for each individual. Our faculty and staff are a very important component in the academic success of our players obviously. Therefore, we make several efforts to have a very positive connection with them. Here are some initiatives we have established over the years to help us strengthen the connection with the people in our building who have a significant impact on our players:

**"Academic Captains"** - for each game every year we name an Academic Captain based on nominations from teachers.

**"Guest Coaches"** - for each home game we have a Guest Coach join our team. A Guest Coach could be any teacher or staff member that would like to be part of the program and enjoy an "all-access pass" for the entire week. Every Guest Coach we have had in the past 10 years has loved it! They always come away with a deeper appreciation for the time commitment and sacrifice made by our players and coaches. Our players also love seeing their teachers become part of their lives in such a way.

**"Academic Coaches"** - each year we have three Academic Coaches who are faculty members. They are tasked with tracking our players' grades each week and communicating with coaches, parents, and teachers. They do their best to talk to the players individually during study hall or whenever possible.

**"Difference Makers"** - each year we ask our seniors, "Which teacher has gone above and beyond and has made the biggest difference?" We post the names of these teachers in our game program, and in most years we have announced their name on Senior Night as that particular senior is being recognized. I also email them to thank them and give them a gift of some kind as a token of our appreciation.

Through these efforts, our teachers know that we value them and value what they do for our kids. They know we also welcome any feedback they may have regarding our players because they are aware how much we emphasize academic success.

This past month we continued our off-season study halls which run after school in conjunction with our workouts. Coach Cloxton was the Academic Coach who oversaw this month's study halls. In May it will be Coach Fields who runs the study halls.

We would love for you to check out our "Academic Excellence" section of our website if you have not done so already to find out more about our philosophy, our Academic Coaches, and our achievements. Go to [www.cdramclub.com](http://www.cdramclub.com) and click on "Academic Excellence". We just added our "Road Map for Academic Excellence" which has been in our Academic Planners the last few years.

## 2nd Quarter Football Honor Roll

Brady Straub  
Joey Silvers  
Mitchell Talbott  
Alec Mosey  
Ethan Van Buskirk  
Gabe Bollinger  
Michael Green  
Tyler Leisher  
Carter LaPorte  
Adam Burkhart  
Quinn Ritter  
Noah Hoffman  
Jake Hicks  
Rance Russo  
Connor Flynn  
Anthony Bavlish

## ALUMNI

As mentioned in previous newsletters, we would love to see an Alumni Football Club come to fruition. It would be a "win-win" for everyone involved. So, if you or someone you know has any interest in helping to create this group, please contact Coach McNamee at (717)443-7976 or [gmcnamee@cdschools.org](mailto:gmcnamee@cdschools.org). Because this is such a high priority for us, we will do whatever we can to assist in this effort. And once the group is formed, we will lend our support and cooperation every step of the way.

On our website, we have a great deal of information, statistics, and records related to the history of Rams Football. Please check it out under "Legacy Room" at [www.cdramclub.com](http://www.cdramclub.com).

*"Tradition means giving everything you have for those who came before you, those who are with you and those who will come after you."*



## COMMUNITY CONNECTIONS PROGRAM

April was the most active month so far in the Community Connections Program. Here is a list of the events this past month:

Helping at the LifePoint food pantry – April 1  
 Visiting the Jewish Home – April 6  
 Children's Miracle Network egg hunt – April 8  
 LifePoint Eggstravaganza – April 8  
 Setup for the STEM event at CDHS – April 19  
 Annual Earth Day cleanup at CDHS – April 20  
 Visiting the Colonial Park Care Center – April 20  
 Reading at Paxtonia Elementary – April 21  
 Assisting at a Food Pantry at Calvary church – April 27  
 Reading at North Side Elementary – Friday April 28  
 Assisting at the Run For Rachel event – April 30

*Here is the feedback we received from our visit to the Jewish Home April 6th:*

*The Central Dauphin Football Team visited The Jewish Home Thursday evening. It is wonderful to see the team bond with each other and the residents! The evening activities included reminisce questions, chair yoga, balloon volleyball, occupational themed charades, and a performance of "You are My Sunshine". Everyone had a great evening!*

We also have a big month for Community Connections in May. As the month progresses, we may add to this list, but here is what we have planned so far:

*Here is the feedback from one of Paxtonia's teachers after a player read to her students:*

*WOW! I was very impressed with my reader. He was extremely patient with my students (especially my learning support kids). They asked him questions, which he answered very willingly. He was a VERY good role model for my kids to look up to!*

Helping at Life Point Food Pantry – May 6  
 Setting up for Inspired Recreation Day at CDHS – May 10  
 Helping at Inspired Recreation Day – May 11  
 Visiting the Jewish Home – May 11  
 Reading at Linglestown Elementary – May 12  
 Reading at Middle Paxton Elementary – May 19  
 Assisting at the West Hanover May Fair – May 20  
 Assisting at the Paxtonia May Fair – May 20  
 Assisting with the posting flags at Potter's Field – May 24



*Here is the feedback from one of North Side's parent's after a player read to her daughters' class:*

*Abby loved the 'Ram Reader'!!! She thought it was so cool that someone in HS came back to read to them and that he had her teacher too!!*



## “THE BIG” 5

This year we are streamlining our fundraising efforts as best we can. Although we have diversified our streams of revenue, we are focusing our major fundraising efforts – the efforts that require broad support – toward five events. Of the five, only one requires a player to sell something (poster sale) and even then the option exists to do a “buy-out”. We have worked hard to find and create events that have a very favorable ratio in terms of what we gain from them compared to the time and effort they require.

This is how we see it: considering the benefits received by all from the fundraising (outlined in the previous section) and the efforts made by the Rams Club in keeping to a limited number of reasonable fundraisers, we believe it is very understandable that we ask for the participation of players and families in these five events.

### So let's Go Big with “The Big 5”!

#### Ford-You-Drive Event – May 20<sup>th</sup> at CDHS

Hoffman Ford has graciously allowed us to benefit from this event this season so we want to make sure we capitalize to the fullest.

It is very simple: for EVERY FAMILY (We need at least 1 driver per family age 18 or older) who test-drives a vehicle that day, the Rams Club will receive \$20. That's all there is to it! There are no obligations. You simply fill out the form provided by Hoffman Ford and take your test drive. We are also planning on having some food vendors here to create a fun and family friendly atmosphere that day as well. So please encourage your family, friends, and co-workers to come out and support the event. THE GOAL IS TO HAVE AT LEAST 300 FAMILIES TAKE A TEST DRIVE!!

#### Speed Ebersole Golf Tourney – June 23<sup>rd</sup> at Manada

This has been our most productive fundraiser in the last couple years. How? We have a team of people led by Mark and Bobbie Van Buskirk who get people to golf and people to sponsor holes and prizes. They also are creative in finding ways for people to spend money while at the outing. Therefore, the success of this event depends on attracting golfers, sponsors, and volunteers to make it all happen. Please get involved in some way or find people who will.

#### Rams Football Night at the Sons of Italy – August 3<sup>rd</sup> 6-9 PM

At the Sons of Italy located at 4701 Fritchey Street.

Some things are almost too good to be true. This is one of them. For the past four years, the Sons of Italy has been kind enough to give us a \$2000 check on the spot just simply for having a good number of people show up and eat dinner. What kindness! Unfortunately, we are in jeopardy of losing this opportunity. In the past two years, we have not brought in much of a crowd. We need to show them that they can count on big numbers and big support when dealing with CD Rams Football. So mark your calendar and plan to come out mingle with friends, enjoy a nice buffet dinner, have a few drinks, and help the Rams Kick Off the 2017 Season.

Be There! We need your support to keep this going!!

#### Letter Writing Campaign (PDP) – Due August 11<sup>th</sup>

Each player will be given 10 pre-written letters from Coach McNamee which ask for donations to the program. All the player has to do is fill in names and addresses of 10 people who genuinely might contribute to our program and turn them in to the coaches. That's it. No calls, no selling, no mailing. We take care of the rest. All we need are the names and addresses. But for this to be successful we need players to provide “good” names, meaning names of actual people who have a realistic chance of giving money to the program.

#### Poster Sale – Due on July 18th for Varsity and JV and August 15th for Freshman

Each player is asked to sell 5 posters. The posters will be a picture of that player in uniform along with the game schedule for 2017. These are great for local businesses and family members. Each poster is \$20. All directions and forms will be given to each player in May to make it as easy and simple as possible. This is the only thing we ask players to sell. (But, as mentioned above, players could choose to do the “buy-out” instead.)

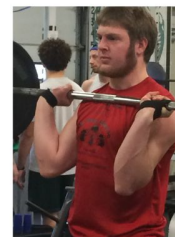
## CURRENT NEWS FROM SPEED'S PLACE

The attendance continues to be perfect or near perfect each day with the rising seniors and rising juniors. Our rising sophomores continue to have 20 players or so at each workout. The attitude has been great. For that reason, we are seeing continued gains in the most important areas.

On May 22, 23, and 24 we will be testing the players again in the bench, squat, clean, height, weight, and vertical. For as much as we strive toward standards such as "Iron Ram", the most important thing is improvement. We push our players to constantly work toward making gains—in their weight, their lifts, their speed, their agility, and their conditioning. One of our biggest definitions of success is "being better than your former self".

Also in May, we will be hitting the field for our annual spring practices on May 25, 30, 31, and June 2. The players are excited to have the chance to show the improvements they made in Speed's Place out on the field.

Once again, we strongly encourage all parents to check out the "Speed's Place" section of our website to learn more about our achievements, philosophies, coaches, and recommendations at [www.cdramsclub.com](http://www.cdramsclub.com). Then click on "Speed's Place". It will be worth your time, and it will most likely answer any questions you might have – and then some.



## YOUTH FOOTBALL

Over the years we have worked very closely with our youth football organization and feeder teams, especially our midget team (7<sup>th</sup> and 8<sup>th</sup> graders). For starters, they adopted our Mission Statement and our Core Values in 2013 making our common bond more than just an offensive or defensive system. We have also conducted coaching clinics, attended games and practices, and much, much more.

These efforts have certainly paid off for everyone involved as the connection has only strengthened over time. This journey led to a huge moment when our youth association voted on April 20<sup>th</sup> to change their name from the Colts to the Central Dauphin Youth Rams. Along with the name change they will also be purchasing new Green and White uniforms! We look forward to following OUR youth teams in the fall and cheering for the RAMS!

	7 years before (2003-2009)	7 years since (2010-2016)
# 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 Commonwealth 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 Commonwealth in the last 7 years

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



## OUR FOUNDATION

Any structure or organization must have a solid foundation or it will surely crumble when it faces a “storm”. For us, Our Foundation is rock solid. Since these principles were articulated and adopted in 2009, we have enjoyed great success and stability on and off the field despite facing inevitable adversity along the way. We believe this is not a coincidence but rather is to be attributed to the fact that all aspects of our program have been firmly rooted in Our Foundation.

Our Foundation is comprised of three key elements: Our Mission, Our Core Values, and Our Strategy for Winning. Our Mission is stated at the top of each newsletter. Our Core Values are: *Hard Work, Selflessness, Enthusiasm*. Our Strategy for Winning is: *Play Great Defense, Play Great Special Teams, Ball Security*.

In the last eight years, all of our time, money, and efforts have been geared toward achieving the Mission, instilling the Core Values, and executing the Strategy for Winning. This is WHO WE ARE.

## OUR MISSION

As stated at the beginning of each newsletter, Our Mission is to:

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

This is not our hope. It's not our wish. It's not our goal. It's our Mission. And we commit our resources to achieving this Mission each year.

With the Mission as the centerpiece, we would like to share with you our “big picture” perspective on how the CD Rams Football Program operates. We believe a successful football program must have three things:

1. **A destination** - one that answers the question, “Where are we trying to go as a program?” and one that all stakeholders can see the value in reaching.

Our destination IS our Mission. Our Mission IS our destination. To paraphrase the Mission, we endeavor to win by having our players reach their potential as people, as students, and as players in a way that will help them in their lives beyond football and beyond their time at CD. In other words, in order to win, we believe that we must first strive to become the best possible people, students, and players that we can. And by winning we will be creating an environment of excellence that gives us a greater chance of reaching our potential in those areas. Over time these concepts continuously reinforce one another. Our destination is one that we sincerely hope players and parents alike will want to reach.

2. **Maps to help us reach the destination** – for any of us to reach our destination in life we need reliable directions or maps.

In our program, we have a detailed map for each of the main elements in our Mission: “character development”, “academic development”, and “physical development”. These maps can be found on our website at [www.cdramsclub.com](http://www.cdramsclub.com). Over the years, we have carefully crafted these maps through personal experience, through research, and through professional development. For us, these maps are not guidelines or recommendations. They are our core beliefs. They are THE WAY to reach our destination and achieve the Mission.

3. **The conviction to follow the maps to the destination** – in order to follow any map or set of directions properly, we must first believe they are true.

We've all experienced it – someone gives us directions and we aren't really sure if they are reliable. In that case, we may or may not follow them. Sometimes in life, we receive information and we treat it more as a recommendation or a guideline because we only think it might be true. But when we KNOW that something is true, we treat that information differently. It fundamentally changes us and our behavior. We call this “conviction”. If we are absolutely certain that the directions or maps are guaranteed to get us to our destination, we will follow those directions no matter what lies in our path. This is what we strive relentlessly to do as coaches – to make our convictions, their convictions. If we successfully get our players (and their parents) to truly believe in our maps, we WILL reach our destination.

All three of our Mission Maps can be found on our website under “Our Foundation”. We strongly encourage you to take a look. Each Map provides specifics as to how we will achieve that particular aspect of the Mission. Together they represent the heart of our football program.

### Message from RAMS Club President

The Rams Club has been hard at work since the January banquet planning various events and Fundraisers for the upcoming Season. At this time I would like to Thank the out going Board and Committee Chairs for their Selflessness, Hard Work and Dedication in helping to make 2016 a successful campaign. I would also like to Thank everyone who helped on any of those committees in any way. Like Coach said at the Parents Meeting "It is the Parents who provide the Fuel to keep this well oiled machine running so that we can give and continue to give our Players a 1st Class Experience." My ask for 2017 is that you get involved, be part of our "Shadow a Committee Chair."

Now for 2017..We have several events coming up for May and we need your attendance at these to make them successful. First is the Ford U Drive Event. It will be held on Saturday May 20th at the Central Dauphin High School Back Parking from 9am to 4pm. We have worked hard to make it a fun outing so please plan on attending, taking a Test Drive and visiting the various booths and stands we will have.

- You will also be able to pick up your Flowers that day if you ordered any and hopefully you did.
- The Senators will have a booth as well where you will be able to purchase Vouchers that can be cashed in for any Regular Season Home game throughout the season. It's a Great opportunity for a fun day at the Park with Family and Friends.

Then we go to our 1st Rams Night Out Event on Wednesday May 24th at Panera Bread located on Jonestown Road from 4pm to 8pm..Again this is a 1st time event for us so lets be sure we show them the Rams can pack the house so they invite us to come back and do it again next season. Its a Great opportunity to grab some good food, mingle with fellow Rams and Rams Fans and also have Panera donate some money back to the Club.

Hope to see you all at the 2 upcoming Events!!

Go Rams!!

Sincerely

**Gary Matzoni**

CD Rams Football Booster Club, President



### Alumni Updates

Jordan Bowman

*Central Dauphin Class of 2013*

Congrats and Best of Luck with the

New York Jets

Evan Schwan

*Central Dauphin Class of 2012*

Congrats and Best of Luck with the

New York Giants

### 12<sup>TH</sup> ANNUAL YOUTH FOOTBALL CAMP

This year we will be continuing this great annual tradition from June 19<sup>th</sup> – June 21<sup>st</sup>. If you know anyone that is entering 2<sup>nd</sup> through 9<sup>th</sup> grade, please let them know about this camp. It has been a fun and productive way of connecting our high school program with the young, aspiring players in the Central Dauphin community. The camp is very well organized and has an excellent camper-to-coach ratio. Part of this ratio is due to the participation of many varsity football players who do a fabulous job of teaching the young players the correct fundamentals and making it fun in the process. The camp also breaks the participants into age appropriate groups to maximize productivity. In fact, the incoming freshmen will have the opportunity to run offensive and defensive plays together as a team during the camp. We also make sure to have lots of fun with games such as "Ultimate Football", something our varsity players love as well.

To find out more about our Youth Football Camp, please visit our website at [www.cdramclub.com](http://www.cdramclub.com). If you scroll down on the home page you will see the registration form and an informational write-up about the camp.



## Players Signing with the NFL

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The entire CD Rams Football Family would like to congratulate Evan Schwan and Jordan Bowman for signing with NFL teams this week immediately following the NFL draft. Jordan Bowman signed as an undrafted free agent with the New York Jets and Evan Schwan signed as an undrafted free agent with the New York Giants.

For Schwan, this next step comes after an outstanding season with the Penn State Nittany Lions in which he helped anchor a strong defensive line en route to an unforgettable Big 10 Championship run that landed them in the Rose Bowl.

Jordan Bowman arrives at this moment after a stellar four-year career as a safety at the University of California (PA). He posted great numbers throughout his career and capped it off with a fantastic senior year in which he helped lead the Vulcans to a PSAC Championship and a berth in the Division II National Championship playoffs.

Jordan graduated in 2013 from CD while Evan graduated in 2012. Both were starters on the Rams 2011 AAAA State Championship team.

Good luck to both!!







## National Letter of Intent Day

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The following students participated in the National Letter of Intent and Division III recognition today.

Trey Paul – Shippensburg/Football  
Terrell Gabriel – Slippery Rock/Football  
Dalton Oates – Shippensburg/Baseball  
Gabriel Avillion – University of California-San Diego/Volleyball  
Ethan Gardner – Lees-McRae College/Volleyball  
Zachary Wise – Slippery Rock/Track and Field  
Jacob Grove – Juniata College/Soccer  
Max Muller – Juniata College/Soccer  
Tyler Hohenshelt – Misericordia University/Lacrosse  
Evans Childs – Delaware Valley/Football  
Jordan Sellers – Franklin and Marshall/Football  
Biranna Polly – Gwynedd Mercy University/Softball

*This was posted on 4-13-2017*



## CD Football Speed Ebersole Golf Tournament

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The annual CD Football Speed Ebersole Golf Tournament is our traditional kickoff for the upcoming season. This year's tournament will be held on Friday, June 23, 2017, at Manada Golf Club. We would like to personally invite you to be a sponsor, play golf or donate a prize. The tournament will begin with registration starting at 7 am and a Shotgun Start at 8 am. We have multiple levels of sponsorship: RAM, GREEN, WHITE, and HOLE. Cash and Prize donations will also be greatly appreciated. All sponsors and donors will be acknowledged in a special section of the RAMS Friday Night Football Program.



# CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

Second Edition—April 2017

## Welcome to the Central Dauphin Football Newsletter Second Edition

In case you missed the first newsletter, you can find it on our website at [www.cdramsclub.com](http://www.cdramsclub.com). In general, we have an incredibly informative website. Please take a look at it – it's one of the best high school football websites around.

Again, the purpose of these newsletters is to let you know what is going on in our football family as we are very active on a year-round basis. Lots going on with the Rams for sure!

Another way for us to disseminate important information about our program and the events taking place is the **Annual "Meet the Coaches Night"/Parent Meeting**. This year, the meeting will be **Wednesday April 26<sup>th</sup> in the CDHS cafeteria at 6:30**. The meeting usually lasts one hour and then a Rams Club meeting will follow immediately thereafter.

Enjoy!

## RAMS FOOTBALL MISSION

*Our Mission is to advance the great winning tradition at Central Dauphin through the character development, academic development and physical development of all players 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!"*

## RAMS CLUB

In the process of striving to achieve our Mission, we hope to provide our players with a first-class high school football experience. In order to do so, we must have great resources. Obviously, fundraising is critical in acquiring one very important resource – money. The Rams Club has done more than just create and execute reliable fundraising efforts. Over the years the Rams Club has been able to create an environment which encourages us all to "think big" because it has shown that very little is beyond our reach if we set our minds to it and come together. There are several examples of this in the past eight years. Over that time, we have built "Speed's Place" and furnished it with all the equipment necessary in having a top-notch workout facility. Not many people at the time believed it could be done. We also purchased the best concussion-resistant helmets that were on the market so that ALL our players at all levels could play with the peace of mind in knowing they were protected to the greatest extent possible. We were also able to acquire three sets of beautiful new uniforms. In addition to all this, here are a few other highlights from this time period:

- State-of-the art video equipment and systems (including the ability to have coaches watch the game live and on replay from the sidelines and the press box!)
- Modern field equipment - including college-style chutes and the ShadowMan tackling system to teach proper and safe tackling
- Sound system and scoreboard for practice
- New pavilion built near the practice field
- Academic planners provided to each player
- New travel bags for each player

This doesn't even mention all the food that is provided to our boys on a year-round basis or the incredible end-of-season banquet each January which is hard to match at the high school level.

Continued .....

## RAMS CLUB—PARTNERS

Over the past four seasons we have averaged 20+ Business Partners. These Partners along with the Rams Club play an integral part in the success of our football program. We could not accomplish or do what we do for the players without their involvement and support.

Please remember to patronize and thank them when possible for the support they give to our players, coaches, and the program.

If you or someone you know might be interested in being a Business Partner in 2017, please contact Gary Matzoni, the Business Partner Coordinator. He can be reached at [gdmatzoni@comcast.net](mailto:gdmatzoni@comcast.net).

Here were our 2016 Business Partners:

- Bill Anderson Photography
- Buffalo Wild Wings
- CD Pizza
- Chick-Fil-A, at Lindle Road
- Chipotle Mexican Grill
- Christopher's Pizza & Subs
- Crown Trophy
- CVS Health
- Dr. Shirley & Ditty Dental
- Hoffman Ford
- Huntington Learning Center
- Italian Delight
- Mr. Bob's Subway
- New York Life Insurance
- NK Graphics
- Packer's Pizza & Subs
- Prime Care Medical
- R & K Subs
- Ritter Insurance
- Shield Driving
- Sports Paradise
- Ted's Bar & Grille
- Texas RoadHouse
- The Anderson Team at Remax
- The Hershey Company



**RAMS CLUB Continued** All this – and more – was accomplished thanks to the efforts and participation of a great number of people who did so for the greater good of the CD Rams Football Program. I can assure you that the coaching staff does not take it for granted. We are also very aware that our entire way of life would be devastated if the Rams Club did not continue doing the job they are doing.

One very key element in the success of the Rams Club is the Board.

At this time, I would like to introduce and congratulate the following on being elected at the March 6<sup>th</sup> meeting to the 2017 Rams Club Board.

President-Gary Matzoni  
Vice President-Bobbie Van Buskirk  
Secretary-Laura Minnich  
Treasurer-Lorraine LaPorte  
Advisor-Erika Frank

## ALUMNI

In 2015, we celebrated 60 years of Central Dauphin Football. In doing so, it brought to light the magnificent winning tradition we are proud to share. Along the way we have been blessed with many great players and many proud alumni. Speaking of "proud alumni", we believe that in order to become a complete football program **it's vital for the alumni to be a key component.** For this reason, one of our top priorities for 2017 is to assist with the creation of a Rams Football Alumni group. Once formed, this group would be able to organize events, send newsletters, or devise anything else that it feels would increase alumni activity. Having such a group will undoubtedly be a "win-win" for both the alumni and for the current program.

If you or someone you know has any interest in helping to create this group, please contact Coach McNamee at 717-443-7976 or [gmcnamee@cdschools.org](mailto:gmcnamee@cdschools.org). Because this is such a high priority for us, we will do whatever we can to assist in this effort. And once the group is formed, we will lend our support and cooperation every step of the way.

On our website, we have a great deal of information, statistics, and records related to the history of Rams Football. Please check it out under "Legacy Room" at [www.cdramsclub.com](http://www.cdramsclub.com).

*"Tradition means giving everything you have for those who came before you, those who are with you and those who will come after you."*

## COMMUNITY CONNECTIONS PROGRAM

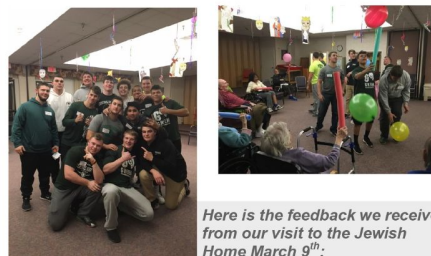
As mentioned in the previous newsletter, we are closing in on a huge milestone this year. At the start of 2017, we were 842 hours away from reaching 10,000 hours of community service since the inception of the program in 2006. As of the writing of this newsletter, we are now 588.5 hours away from the 10,000!

March was another busy month for the Community Connections Program, indeed. Here is a list of the events this past month:

Helping the Central Pennsylvania Food Bank – March 1  
 Visiting the Jewish Home (retirement home) – March 9  
 Reading at Mountain View Elementary – March 10 after school  
 Helping with the CDABA basketball tournament – March 12  
 Visiting the Jewish Home – March 23  
 Reading at West Hanover – March 24 after school

We also have some great Community Connections events planned for April. As the month progresses, we may add to this list, but here is what we have planned so far:

Helping at the LifePoint food pantry – April 1  
 Visiting the Jewish Home – April 6  
 Children's Miracle Network egg hunt – April 8  
 LifePoint Eggstravaganza – April 8  
 Reading at Paxtonia Elementary – Friday April 21  
 Reading at North Side Elementary – Friday April 28  
 Visiting the Colonial Park Care Center – April 20



Here is the feedback we received from our visit to the Jewish Home March 9<sup>th</sup>:

*"The team did an amazing job last night hosting activities for the residents of the Jewish Home. These young men were enthusiastic, polite, and compassionate towards all the people they met. I am highly impressed by the way they conducted themselves. It was evident that they are a team that enjoys being a team and supporting one another. The residents and staff had so much fun, they were all smiles!"*



## ACADEMIC EXCELLENCE PROGRAM

In 2009, we created the Academic Excellence Program (AEP) to help our football players reach their potential as students. This program is intended to help all our players go beyond merely "passing" or being eligible and to achieve their personal best, whatever that might be for each individual. One of the ways we promote academic excellence is through a variety of incentives and forms of recognition, including a weekly Academic Captain based on nominations from teachers.

This past fall was a record-breaking season in the classroom. This can only happen through a total team effort: the parents, coaches, teachers, Academic Coaches and, of course, the players. I'd like to thank everyone for the part they played in this record-breaking season academically. I'd also like to recognize our Academic Coaches:

Freshmen Academic Coach – Chris Cloxton (English)  
 JV/Varsity Academic Coach – Scott Fields (Science)  
 JV/Varsity Academic Coach – Bill Etsweiler (Tech Ed)

This past month we started our off-season study halls which run after school in conjunction with our workouts. Coach Etsweiler was the Academic Coach who oversaw this month's study halls. (In April it will be Coach Cloxton.).

Also, it is worth mentioning that the 3<sup>rd</sup> Marking period ended on March 30<sup>th</sup>. We are looking forward to checking their grades for this coming quarter as we always do. We are optimistic that the 4<sup>th</sup> marking period will start strong for our players. One thing is for sure: our Academic Coaches will continue to check their gradebooks regularly and provide feedback to the players, coaches and parents. They not only make us aware of their numeric grades but they also indicate whether low grades are due to poor test/quiz scores or not handing in assignments, something which is helpful to know.

To make the Football Honor Roll a player must have a 90% GPA or higher for the marking period or improve by at least 10% from the previous marking period. Keep up the good work!

We would love for you to check out our "Academic Excellence" section of our website if you have not done so already to find out more about our philosophy, our Academic Coaches, and our achievements. Go to [www.cdramsclub.com](http://www.cdramsclub.com) and click on "Academic Excellence". We just added our "Road Map for Academic Excellence" which has been in our Academic Planners the last few years.



## 2nd Quarter

### Football Honor Roll

Brady Straub  
 Joey Silvers  
 Mitchell Talbott  
 Alec Mosey  
 Ethan Van Buskirk  
 Gabe Bollinger  
 Michael Green  
 Tyler Leisher  
 Carter LaPorte  
 Adam Burkhart  
 Quinn Ritter  
 Noah Hoffman  
 Jake Hicks  
 Rance Russo  
 Connor Flynn  
 Anthony Bavlish



## “THE BIG” 5

As mentioned previously, we would not have reason to think big and dream big if it were not for the Rams Club and the participation of so many parents. For the benefit of the parents and players in 2017, we have streamlined our major fundraising efforts into FIVE events which we are calling “The Big 5”. Yes, we may have other smaller events scattered throughout the year and committees that need help, but we are committing our greatest energies to these particular events. Because we are not getting involved in a large number of fundraisers – as some booster clubs do – we are really counting on the players and parents to participate in “The Big 5” in a big way.

Of the five, only one requires a player to sell something (poster sale) and even then the option exists to do a “buy-out”. We have worked hard to find and create events that have a very favorable ratio in terms of what we gain from them compared to the time and effort they require.

This is how we see it: considering the benefits received by all from the fundraising (outlined in the previous section) and the efforts made by the Rams Club in keeping to a limited number of reasonable fundraisers, we believe it is very understandable that we ask for the participation of players and families in these five events.

**So let's Go Big with “The Big 5”!**

### **Ford-You-Drive Event – May 20<sup>th</sup> at CDHS**

Hoffman Ford has graciously allowed us to benefit from this event this season so we want to make sure we capitalize to the fullest.

It is very simple: for EVERY FAMILY (We need at least 1 driver per family age 18 or older) who test-drives a vehicle that day, the Rams Club will receive \$20. That's all there is to it! There are no obligations. You simply fill out the form provided by Hoffman Ford and take your test drive. We are also planning on having some food vendors here to create a fun and family friendly atmosphere that day as well. So please encourage your family, friends, and co-workers to come out and support the event. THE GOAL IS TO HAVE AT LEAST 300 FAMILIES TAKE A TEST DRIVE!!

### **Speed Ebersole Golf Tourney – June 23<sup>rd</sup> at Manada**

This has been our most productive fundraiser in the last couple years. How? We have a team of people led by Mark and Bobbie Van Buskirk who get people to golf and people to sponsor holes and prizes. They also are creative in finding ways for people to spend money while at the outing. Therefore, the success of this event depends on attracting golfers, sponsors, and volunteers to make it all happen. Please get involved in some way or find people who will.

### **Rams Football Night at the Sons of Italy – August 3<sup>rd</sup> 6-9 PM**

At the Sons of Italy located at 4701 Fritchey Street.

Some things are almost too good to be true. This is one of them. For the past four years, the Sons of Italy has been kind enough to give us a \$2000 check on the spot just simply for having a good number of people show up and eat dinner. What kindness! Unfortunately, we are in jeopardy of losing this opportunity. In the past two years, we have not brought in much of a crowd. We need to show them that they can count on big numbers and big support when dealing with CD Rams Football. So mark your calendar and plan to come out mingle with friends, enjoy a nice buffet dinner, have a few drinks, and help the Rams Kick Off the 2017 Season.

Be There! We need your support to keep this going!!

### **Letter Writing Campaign (PDP) – Due August 11<sup>th</sup>**

Each player will be given 10 pre-written letters from Coach McNamee which ask for donations to the program. All the player has to do is fill in names and addresses of 10 people who genuinely might contribute to our program and turn them in to the coaches. That's it. No calls, no selling, no mailing. We take care of the rest. All we need are the names and addresses. But for this to be successful we need players to provide “good” names, meaning names of actual people who have a realistic chance of giving money to the program.

### **Poster Sale – Due in July (exact date to be determined)**

Each player is asked to sell 5 posters. The posters will be a picture of that player in uniform along with the game schedule for 2017. These are great for local businesses and family members. Each poster is \$20. All directions and forms will be given to each player in May to make it as easy and simple as possible. This is the only thing we ask players to sell. (But, as mentioned above, players could choose to do the “buy-out” instead.)

## CURRENT NEWS FROM SPEED'S PLACE

Last month we were excited to share with you the amazing success that has been achieved in our weight room, on the field, and in the community ever since Speed's Place was built seven years ago. Our numbers in the bench press, squat, and clean have been truly fabulous and so have our numbers in community service and on the field of play as well.

We kicked off our official workout season on Monday, February 6<sup>th</sup>. Prior to that we had "open gyms" which started the Monday after our final game in 2016. Once again this year, we saw a large number of players that were not involved in winter sports take advantage of these workouts in December and January. Now that we are in full-swing with our official workout season, our attendance has been fabulous. In fact, there have been multiple days in which our rising senior and junior classes have had perfect or near perfect attendance! Our rising sophomores have also shown up in big numbers, averaging over 20 players per workout.

In the week of February 13<sup>th</sup>, we tested our players in our core lifts: bench press, squat, and clean. In order to earn "Iron Ram" status, a player must attain 300 lb. in the bench, 425 lb. in the squat and/or 275 lb. in the clean. In the last newsletter we omitted one of our players who "Iron Ram-ed" in the clean: Jake Yost cleaned 275 pounds!

We will again be testing in May. For as much as we strive toward standards such as "Iron Ram", the most important thing is improvement. We push our players to constantly work toward making gains—in their weight, their lifts, their speed, their agility, and their conditioning. One of our biggest definitions of success is "being better than your former self".

Once again, we strongly encourage all parents to check out the "Speed's Place" section of our website to learn more about our achievements, philosophies, coaches, and recommendations at [www.cdramclub.com](http://www.cdramclub.com). Then click on "Speed's Place".



## MARCH HIGHLIGHTS IN SPEED'S PLACE

Since we will not be testing in the bench, squat, clean, height, weight and vertical until the end of May, we randomly test players during this phase of our training cycle. This gives players an opportunity to "show off" their progress and it also hopefully creates a greater sense of urgency in workouts.

Through these random tests (which we just started at the very end of March), a few players showed real progress. Jake Yost increased 20 pounds in his bench press. Alec Mosey and Gabe Bollinger each gained 25 pounds in their bench press. In fact, Gabe is now an Iron Ram in the bench press as he put up 300 pounds during this test.



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</u> <u>(2003-2009)</u>	<u>7 years since</u> <u>(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 Commonwealth 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 Commonwealth in the last 7 years

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

## 2017 RAMS FOOTBALL SPRING AND SUMMER SCHEDULE FOR VARSITY AND JUNIOR VARSITY

PARENT MEETING – WEDNESDAY APRIL 26 AT 6:30 IN THE CDHS CAFETERIA

SPRING TESTING – MONDAY MAY 22, TUESDAY MAY 23, WEDNESDAY MAY 24

EQUIPMENT HANDOUT WILL TAKE PLACE THIS WEEK

SPRING BALL – THURSDAY MAY 25, TUESDAY MAY 30, WEDNESDAY MAY 31,  
FRIDAY JUNE 2

PRACTICES ARE FROM 2:45 PM TO 5:30 PM EACH NIGHT  
\* *HELMETS AND SHOULDER PADS*

PHYSICALS - THURSDAY JUNE 1 - AFTER SCHOOL IN THE AUDITORIUM

12<sup>TH</sup> ANNUAL YOUTH CAMP – MONDAY JUNE 19 – WEDNESDAY JUNE 21 AT CDHS

9AM TO NOON EACH DAY

WORKOUTS - MONDAY JUNE 12 – AUGUST 3 IN CD WEIGHT ROOM

EVERY MONDAY, TUESDAY, WEDNESDAY, AND THURSDAY  
EACH SESSION BEGINS AT 7 A.M. AND ENDS AT 9:15 A.M

- There will be NO workout Tuesday July 4<sup>th</sup>.
- The Weight room will also be open from 3-5pm  
Mondays, Tuesdays, Wednesdays, and Thursdays

### 7 ON 7'S

WEDNESDAY	JUNE 28	LOWER DAUPHIN (5:30pm)	AT LOWER DAUPHIN MS
WEDNESDAY	JULY 26	LOWER DAUPHIN (5:30pm)	AT LOWER DAUPHIN MS

*FIRST DAY OF PRACTICE – MONDAY AUGUST 7*

\* WE WANT ALL FOOTBALL PLAYERS TO HAVE THEIR PHYSICAL  
BEFORE THE FIRST SUMMER WORKOUT ON JUNE 12

\* BRING YOUR OWN WATER/DRINK TO EACH SUMMER WORKOUT!

## 2017 CENTRAL DAUPHIN RAMS FRESHMEN TEAM

	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
PARENT MEETING	WEDNESDAY APRIL 26	6:30 PM	CD HIGH CAFETERIA
SPRING WORKOUTS	MAY 16-18 (Tues. – Thurs.) MAY 23-25 (Tues. – Thurs.)	6:00 – 7:30 6:00 – 7:30	CD WEIGHTROOM CD WEIGHTROOM
IMPACT TEST PHYSICALS	MONDAY MAY 24 THURSDAY JUNE 1	After school After school	CDHS CD HIGH AUDITORIUM
CD RAMS YOUTH CAMP	MONDAY JUNE 19 – WEDNESDAY JUNE 21 (For 2 <sup>nd</sup> through 9 <sup>th</sup> graders) 9 AM TO NOON AT CDHS (LOWER PRACTICE FIELDS) * For more information go to <a href="http://www.cdramsclub.com">www.cdramsclub.com</a>		
SUMMER CONDITIONING	MONDAY JUNE 12 THURSDAY JUNE 15 MONDAY JUNE 26 THURSDAY JUNE 29 MONDAY JULY 3 THURSDAY JULY 6 MONDAY JULY 10 THURSDAY JULY 13 MONDAY JULY 17 THURSDAY JULY 20 MONDAY JULY 24 THURSDAY JULY 27	7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM 7:00 – 8:15 AM	CD WEIGHTROOM CD WEIGHTROOM CD WEIGHTROOM CD WEIGHTROOM CD WEIGHTROOM CD WEIGHTROOM CD WEIGHTROOM CD WEIGHTROOM CD WEIGHTROOM CD WEIGHTROOM CD WEIGHT ROOM
MINI-CAMP *	TUESDAY AUGUST 1 WEDNESDAY AUGUST 2 THURSDAY AUGUST 3	6 PM – 8 PM 6 PM – 8 PM 5 PM – 6:30 PM	CD High Upper Field CD High Upper Field CD High Upper Field
	* Please attend! It is no cost and is a great opportunity to work on many things as a team with the CD Freshmen coaching staff.		
PRE-SEASON	TUESDAY AUGUST 15 WEDNESDAY AUGUST 16 THURSDAY AUGUST 17	5 PM – 7 PM 5 PM – 7 PM 1 PM – 3 PM	CD High Lower Field CD High Upper Field CD High Lower Field
	<ul style="list-style-type: none"> <li>Due to the change in PIAA rules, freshmen are not permitted to practice until the week of August 21. Therefore, participation in these pre-season sessions are strongly encouraged for the sake of the individuals AND the team. Equipment handout will take place also.</li> </ul>		
PICTURE DAY	FRIDAY AUGUST 18	3PM	CD HIGH GYMNASIUM
SUMMER PRACTICE	MONDAY AUGUST 21 TUESDAY AUGUST 22 WEDNESDAY AUGUST 23 THURSDAY AUGUST 24 FRIDAY AUGUST 25	5 – 7:45 PM 5 – 7:45 PM 3 – 5:00 PM 5 – 7:45 PM 3 – 5:00 PM	CD High Upper Field CD High Upper Field CD High Upper Field CD High Upper Field CD High Upper Field
QUESTIONS???	PLEASE VISIT THE RAMS CLUB WEBSITE AT <a href="http://www.cdramsclub.com">www.cdramsclub.com</a> OR E-MAIL COACH MCNAMEE AT <a href="mailto:gmcnamee@cdschools.org">gmcnamee@cdschools.org</a>		





# Central Dauphin RAMS



## VARSITY FOOTBALL 2017

DATE	OPPONENT		TIME
AUGUST 19	LOWER DAUPHIN (SCRIM.)	AWAY	10:00AM
AUGUST 25	SUSQUEHANNA TOWNSHIP	AWAY	7:00PM
SEPTEMBER 1	MANHEIM TOWNSHIP	AWAY	7:00PM
SEPTEMBER 15	WILSON	AWAY	7:00PM
SEPTEMBER 22	CARLISLE (GOLD STAR MOM GAME)	HOME	7:00PM
SEPTEMBER 29	CUMBERLAND VALLEY (TOUCHDOWNS FOR DOWNS GAME)	HOME	7:00PM
OCTOBER 6	EAST	AWAY	7:00PM
OCTOBER 14	HARRISBURG (HOMECOMING)	HOME	2:00PM
OCTOBER 20	CHAMBERSBURG	AWAY	7:00PM
OCTOBER 27	RED LAND	AWAY	7:00PM
NOVEMBER 3	STATE COLLEGE (SENIOR NIGHT)	HOME	7:00PM



Summer Youth Camp



# CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

March 2017

## Welcome to the Central Dauphin Football Newsletter First Edition

We are sending this newsletter as part of an effort to provide more information and news about our football program throughout the year. As many of you know, we are very active on a year-round basis. We believe that the more you know about what is going on, the stronger our football family will be.

In addition to the newsletters that we intend to email you on a monthly basis, we strongly encourage you to visit our website at [www.cdramsclub.com](http://www.cdramsclub.com). It is regularly updated with all kind of information, news, photos, and videos related to a wide variety of topics. We are very proud of our website and believe it is one of the best high school football websites around. Of course, if you ever have any questions, please email the head coach, Glen McNamee at [gmcnamee@cdschools.org](mailto:gmcnamee@cdschools.org).



## RAMS FOOTBALL MISSION

*Our Mission is to advance the great winning tradition at Central Dauphin through the character development, academic development and physical development of all players 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!"*

## RAMS CLUB

We are incredibly fortunate to have such a supportive booster club that is committed to achieving our shared Mission. The success of the coaches, players, and managers hinges on the degree of assistance we receive from the Rams Club. Our entire way of life would be decimated if the Rams Club was no longer able to function at its current high level. Even if you are the parent of a freshman, we encourage you to get involved so we can keep this train steaming down the tracks! There are so many different committees and ways to contribute that most likely there is at least one that matches your interest or expertise. To find out more about Rams Club committees and activities please check out our website at [www.cdramsclub.com](http://www.cdramsclub.com).



2016 Team

## RAMS CLUB BOOSTER CLUB PRESIDENT MESSAGE

Just like our Football Program the Rams Club never takes time off. Since the Banquet in January the Club has been hard at work already preparing for the 2017 season.

First and Foremost, I would like to Thank all those Parents and Businesses that helped to make 2016 a Successful Year. We could not have done or accomplished what we did with your help and dedication to the Program.

Now for 2017

At the January meeting they nominated a new slate of officers and Committee Chairs for the upcoming 2017 Season. Board Nominations were as follows, President-Gary Matzoni, Vice President-Bobbie Van Buskirk, Secretary-Laura Minnich, Treasurer-Lorraine LaPorte, Advisor-Erika Frank.

Some of the key Positions after that meeting still missing nominations were for Freshman Class Advisor, Poster Sales Fundraiser, and Concessions Stand Manager.

On March 6<sup>th</sup>, at our monthly meeting, we will hold our final nominations calls for any Board or Chair Position and then Vote to elect the 2017 Officers.

For 2017 the Rams Club would also like to implement a Shadowing program for all Board Positions as well as the Committee Chair Positions, the reason behind this is that as with any good organization you are only as good as the people involved and with graduating 30+ Seniors the past few years we have also graduated many involved parents and we will be losing some key parents again following this season. The Goal is to keep the train running down the right track and the only way to do this is with PARENT INVOLVEMENT. AS I mentioned at the Banquet in January, for those who attended, all the good work we have done for the program over the past 4 years can go away instantly if no one wants to be involved. So please consider helping out with a Board or Chair Position for the 2017 Season.

In closing please watch your emails and pay attention to the dates and events that are being lined up. We, THE RAMS CLUB, needs your involvement and attendance at the events to make them successful and hopefully they will be offered to us again in 2018

## ALUMNI

In 2015, we celebrated 60 years of Central Dauphin Football. In doing so, it brought to light the magnificent winning tradition we are proud to share. Not only was the Green and White considered to be one of the top teams in the state in the 1950's and early '60's, but, more recently, in the last 21 years CD has not had a losing season. We have made the playoffs in 19 of those 21 seasons and currently we are amidst a streak of 13 consecutive years of making the district 3 playoffs – something no one else has ever done in District 3 in the big school classification. Also, in the last 21 years, the Rams have won the Mid-Penn Commonwealth a league-best 11 times!

Along the way we have been blessed with many great players and many proud alumni. Speaking of "proud alumni", we believe that in order to become a complete football program **it's vital for the alumni to be a key component.** For this reason, one of our top priorities for 2017 is to assist with the creation of a Rams Football Alumni group. Once formed, this group would be able to organize events, send newsletters, or devise anything else that it feels would increase alumni activity. Having such a group will undoubtedly be a "win-win" for both the alumni and for the current program.

If you or someone you know has any interest in helping to create this group, please contact Coach McNamee at (717) 443-7976 or [gmcnamee@cdschools.org](mailto:gmcnamee@cdschools.org). Because this is such a high priority for us, we will do whatever we can to assist in this effort. And once the group is formed, we will lend our support and cooperation every step of the way.

On our website, we have a great deal of information, statistics, and records related to the history of Rams Football. Please check it out under "Legacy Room" at [www.cdramsclub.com](http://www.cdramsclub.com).

*"Tradition means giving everything you have for those who came before you, those who are with you and those who will come after you."*



## COMMUNITY CONNECTIONS PROGRAM

In 2006, we created the Community Connections Program, a program designed to encourage our football players to volunteer in community service. At the end of its first decade in 2016, this program led to participation in 400 Community Connections events!! The 400<sup>th</sup> event occurred in December at Fort Indiantown Gap as players took part in the annual Wreaths Across America event, laying wreaths at the gravesites of veterans. In 2017, we are on the verge of another milestone – 10,000 total hours! At the start of the 2017 Community Connections season, we had a total of 9,158 hours.

The 2016 team contributed a record number of hours to this total. When 2016 ended, the team had amassed 1,238 hours of community service by participating in a record number of events – 54. They read to elementary students, brightened the day of many older folks through several retirement home visits, and helped worthy causes like the special Olympics, Children's Miracle Network, 4 Diamonds, and the Big 33....and much, much more.

In January and February of this year, we helped with:  
Wreaths Across America cleanup  
ChocolateFest  
LifePoint Food Bank  
Parking for the IndooRAMa at CDHS (band competition)  
Set up at the 4 Diamonds Mini-Thon

In March, we will be:  
Helping the Central Pennsylvania Food Bank – March 1  
Helping at LifePoint Food Bank – March 4  
Visiting the Jewish Home (retirement home) – March 9  
Reading at Mountain View - March 10 after school  
Helping with the CDABA basketball tournament—March 12  
Visiting Colonial Park Care Center—March 23  
Reading at West Hanover – March 24 after school

## GOLD STAR MOM GAME

On September 22 in our home opener against Carlisle, we will proudly take part in our 3<sup>rd</sup> Annual Gold Star Mom game. In that game, we will be honoring all those who served in the military and who lost their lives. We will also have several Rams taking the field to honor a fallen hero with the Gold Star Moms and family members of those heroes cheering for them in the stands. In fact, those particular players will be announced not as themselves but as the hero they are playing for.

Prior to the game, a reception will be held for the Gold Star Moms and their family members. Then at halftime, each Gold Star Mom in attendance that evening will be honored at midfield. We will also continue the tradition of having a team meal the night before at which the Gold Star Moms and families will have the chance to meet the players that will be playing for their fallen heroes.

On our website [www.cdramclub.com](http://www.cdramclub.com) we have a list of the players who have played for fallen heroes. Soon, we will also have photos from last year's Gold Star Mom game vs. Wilson on the site as well.



## ACADEMIC EXCELLENCE PROGRAM

In 2009, we created the Academic Excellence Program (AEP) to help our football players reach their potential as students. In many cases, efforts are focused only on helping kids to "pass" or to remain eligible. This program is intended to help all our players go beyond merely "passing" or being eligible and to achieve their personal best, whatever that might be for each individual. At the heart of this program are three Academic Coaches (two for the varsity/JV team and one for the freshmen team) who work hard at monitoring the players' progress, communicating with parents and coaches, and working directly with the players to be the best students they can be. We also have a mandatory study hall each week of the season for all levels of our program. In the offseason, we also have study halls in conjunction with our workouts. Additionally, we have a variety of incentives and forms of recognition, including a weekly Academic Captain based on nominations from teachers.

This past fall was a record-breaking season in the classroom. We had 31 varsity players on the Football Honor Roll (90% GPA for the marking period OR 10% improvement from the previous marking period). This constituted half of the players who suited up on Friday nights. We also saw several other players make improvements from the previous year.

We would love for you to check out our "Academic Excellence" section of our website at [www.cdramclub.com](http://www.cdramclub.com) to find out more about our philosophy, our Academic Coaches, and our achievements.

## CURRENT NEWS FROM SPEED'S PLACE

We kicked off our official workout season on Monday, February 6<sup>th</sup>. Prior to that we had "open gyms" which started the Monday after our final game in 2016. Once again this year, we saw a large number of players that were not involved in winter sports take advantage of these workouts in December and January. Now that we are in full-swing with our official workout season, our attendance has been fabulous. So far we are seeing an average of 83% of our expected team members in attendance on a given day.

In the week of February 13<sup>th</sup>, we tested our players in our core lifts: bench press, squat, and clean. As mentioned above, in order to earn "Iron Ram" status, a player must attain 300 lb. in the bench, 425 lb. in the squat and/or 275 lb. in the clean. Here are the players that achieved Iron Ram status during this month's testing:

Bo Heshler	bench (315)
Joey Silvers	squat (475), clean (300)
Mike Wise	squat (445)
Adam Burkhart	bench (315), squat (500)
Harrison Fenstermaker	bench (315), squat (450)
Gabe Bollinger	squat (455), clean (275)

We will again be testing in May. For as much as we strive toward standards such as "Iron Ram", the most important thing is improvement. We push our players to constantly work toward making gains—in their weight, their lifts, their speed, their agility, and their conditioning.

We strongly encourage all parents to check out the "Speed's Place" section of our website to learn more about our achievements, philosophies, coaches, and recommendations at [www.cdramscub.com](http://www.cdramscub.com)

## RAMS Club Contacts

Gary Matzoni

Bobbie Van Buskirk  
blvb20@gmail.com

Lorraine LaPorte

Laura Minnich

Erika Frank

Coach Glen McNamee  
gmcmnamee@cdschools.org

## SPEED'S PLACE NEWS FROM OUR WEIGHT ROOM

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, Speed's Place has transformed our football program and has enabled us to ascend to new heights. The attendance and achievement in our off-season program has been absolutely incredible. Because of the dedication and knowledge of the coaches, the facilities and equipment, the program, and the commitment of the players, our off-season program is the best around.

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</u> <u>(2003-2009)</u>	<u>7 years since</u> <u>(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 Commonwealth 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 Commonwealth in the last 7 years

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



## Key Fund Raising Events for the Season

The Rams Club has already begun their 2017 campaign and has lined up some key fund raising events for the season. Please check out the website periodically to see what is happening and get more information on the following Events. Share this information with Family, Friends, Coworkers, etc..

1. Ford U Drive Event---Is slated for Saturday May 20th. It is currently planned to be held at the Central Dauphin High School back parking lot (lots closes to cafeteria entrance). The time of the event has not been scheduled as of yet. Eligible drivers will be those 18 years of age and older with a Valid Driver's License and proof of Insurance. Please watch your emails and this website for more information in the coming weeks.
2. Golf Outing--This year's golf outing will once again be held at Manada Golf Course in Grantville. It is scheduled for Friday June 23rd. Please start working on gathering your foursomes and plan to attend this event, as it's always a good time and you never know what cool and new hole events Mark VanBuskirk and his golf committee will come up with. Also we are always looking for sponsorships so if you would like to be a sponsor or know of someone or some business that would like to donate prizes please let Mark know.



## Key Fund Raising Events for the Season

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3. Panera Bread Night Out--Similar to the Chipotle night out, this will be a new event for the Rams Club this season. This is always a fun time. Since we all need to eat, what a better way to give support to the program and get a good meal at the same time. Please watch your emails and this website for the date, time and location as that is all still being worked on.

4. Sons of Italy--This is always a good time out as this is usually our kickoff event for the season. At this time, the date and time have not been set but it is usually held the last Thursday of July or 1st Thursday of August. Again everyone is invited to attend, Family, Friends, Players, Co-Workers, etc. You get to stop in the Sons of Italy, located on Fritchey Street, enjoy a reasonably priced buffet meal, gather and mingle with family and friends, partake in some raffles and a silent auction which all benefit the program and at the end of the evening hopefully the Sons of Italy will present our Football Program with check. This event will only be successful if we get the turnout so please plan on attending this season.

5. Chipotle Night Out--Same as it has been the past 2 seasons. The Club will once again plan to hold this event. Date and time has not been set so please watch your emails and this website for more information

Thanks and we hope to see you at this year's events!!





## Academic Captains

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Manheim Twp - Cole Veliky  
Susquehanna Twp - Trey Paul  
Wilson - Mitchell Talbott  
Carlisle - AJ Noel  
CV - Joey Silvers  
East - Terrell Gabriel  
Harrisburg - Adam Burkhart  
Chambersburg - Evan Childs  
Red Land - Dylan O'Neil  
State College - Josh Fitz  
Manheim Twp - Jordan Sellers  
CV - Brady Straub

# COMMUNITY CONNECTIONS IN 2016

**What a year!**

**It didn't seem likely that any team would break the record of 1,184 hours of community service set in 2015. But the 2016 squad didn't want to hear about what they couldn't accomplish. They set their sights high and set the bar even higher. When it was all said and done, 78 Rams participated in a record 54 Community Connections events for a record 1,236 hours! These staggering numbers included several visits to elementary schools to read to the students as well as helping at "May Fairs" for West Hanover, Mountain View and Paxtonia Elementary Schools. They also brightened many days for some elderly folks by making multiple visits to retirement homes in the area. The Rams also pitched in to help several worthy causes such as Children's Miracle Network, Special Olympics, and the Big 33.**

**The young men of 2016 also hit a huge milestone in the history of the Community Connections program. On Saturday, December 17, several players helped lay wreaths at Fort Indiantown Gap gravesites as part of the annual Wreaths Across America tradition. This marked the 400<sup>th</sup> Community Connections event since the program's inception in 2006. (The young men of 2017 have the opportunity to hit an even bigger milestone. If the 2017 Rams can reach 842 hours, it will bring the total number of hours to 10,000!)**

**The seniors on the 2016 team will go down as arguably the best senior class ever in terms of volunteer hours. In fact, six of the seniors finished their careers in the all-time top 25: Jordan Sellers (7<sup>th</sup>), Sam Tillman (9<sup>th</sup>), Dylan O'Neil (16<sup>th</sup>), Terrell Gabriel (17<sup>th</sup>), Cole Veliky (20<sup>th</sup>), and Josh Fitz (22<sup>nd</sup>). It's worth mentioning that three underclassmen on the 2016 team are also on the top 25 already: Ethan Van Buskirk (5<sup>th</sup>), Adam Burkhart (10<sup>th</sup>), and Bo Heshler (17<sup>th</sup>).**

**Congratulations to the 2016 team for a record breaking year, and more importantly, for making a huge difference in the world around you!**



## Community Connections

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[Community Connections Photos](#)



## THE QUEST FOR 10,000!

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The Community Connections Program, established in 2006, is nearing a huge milestone. In the past 11 years, the Rams have compiled 9,158 hours of community service. That means we are only 842 hours away from hitting 10,000. Let's Hit 10,000!

On December 17, 2016, the Rams did achieve an important milestone. As players put wreaths down at the gravesites of veterans at Ft. Indiantown Gap, we hit our 400th Community Connections event. Congratulations to all the Rams past and present who made this milestone possible.





## CD Rams Football Banquet

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### Videos

[CD Rams Football Banquet](#)

[Varsity Season Highlights](#)

[Senior Baby Video](#)

[Glen McNamee Scholarship](#)

[Community Connections](#)

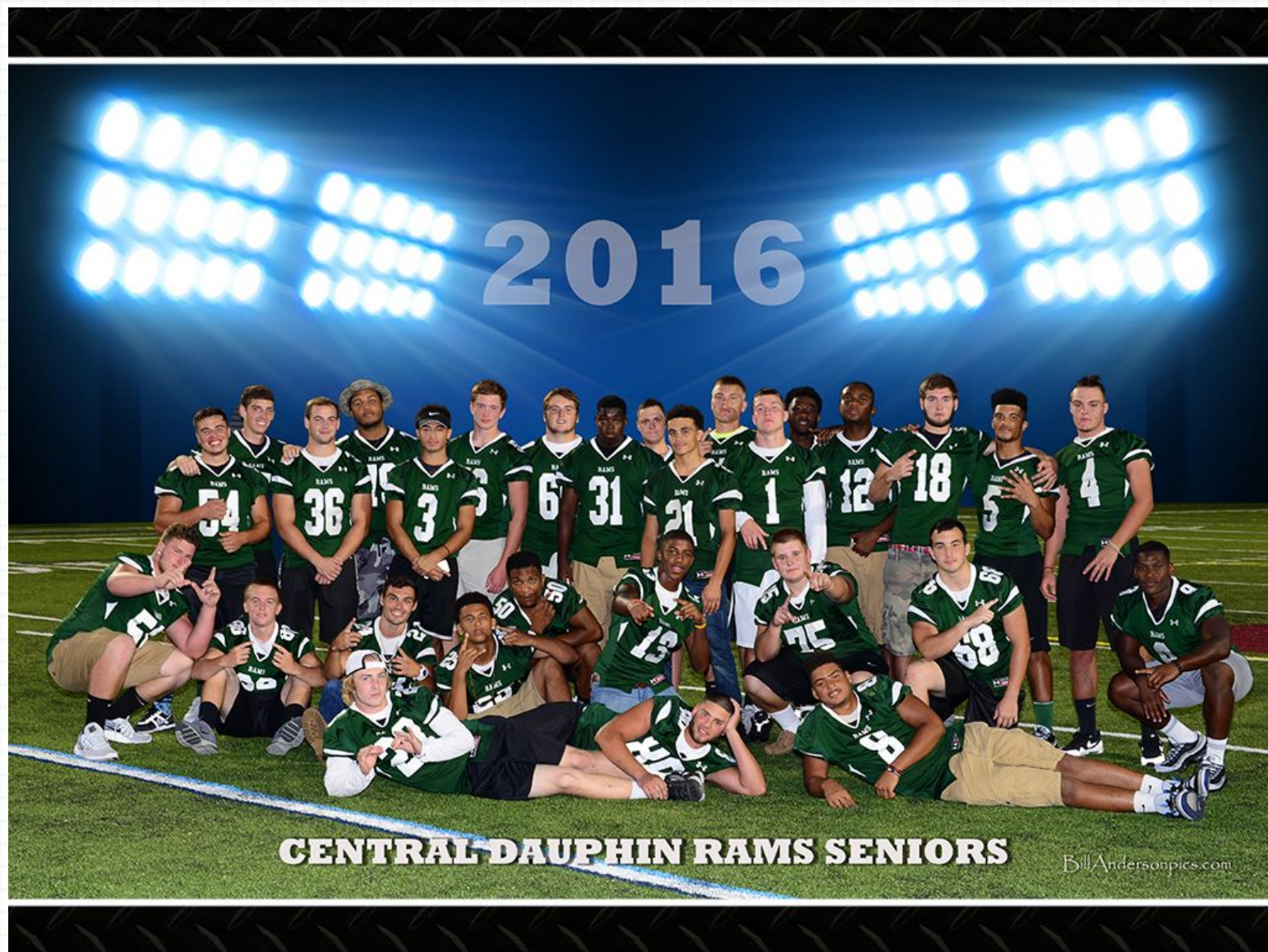
1236 Community Service Hours This Year

54 Community Service Events This Year

20 Players Completed at Least 20 Hours of Community Service

13 Players Completed at Least 30 Hours of Community Service

30 Varsity Players Achieved Football Honor Roll Marking Period One



**CENTRAL DAUPHIN RAMS SENIORS**

BillAndersonpics.com



# CD Rams





**Without your  
involvement,  
this could all  
go away.**

**Academic Program**

**This Type of Banquet**

**Charter Buses for the Varsity**

**Equipment for the Weight Room**

-Weights & Belts

-Cable Cross System

**Equipment for the Practice Field and Game Day**

-Shadowman Tackling System

-Audio System

-Lineman Chutes

-Lights for Post Season Play

-Video & Filming Equipment

-Replay Systems and I pad

**Meals and Food**

-2 a Day Lunches

-Food provided before and after the game

-Food provided prior to practice during season

-Food provided for Team Mtgs (ie Special Teams)

**Events for Players provided by Coaches**

**T-shirts**

**Game Day Equipment**

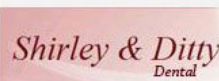
-Socks

-Equipment Bags

**Senior Banners**

# CENTRAL DAUPHIN RAMS CLUB

## A SPECIAL THANKS TO OUR 2016 BUSINESS PARTNERS



Thank You, CD Rams Club Partners





**The CD  
CLUB  
Needs YOU!  
Committee's**

Game Program,  
Concessions Manager  
Poster Sales  
Partnerships  
2 a Days  
Banquet  
50/50 Sales  
and More!

CD Rams Club Need You





**2016-2017**

# **Special Guest**

**Westin Gayman**

Special Guest, Westin Gayman

**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!”**





Academic Development





## CD Rams Football Banquet

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### Awards

Freshman Ram Award: Jackson Talbott  
Junior Varsity Ram Award: Brady Straub  
Midget Ram Award: Blaise Heshler  
Speed Ebersole Man of the Year: Terrell Gabriel  
Speed Ebersole Academic Award: Cole Veliky  
Speed Ebersole Most Improved Player: Trey Paul  
Hammer Award: Manus Frank

Glen McNamee Scholarship

Adam Burkhart (Sophomore)  
Ethan VanBuskirk (Junior)  
Jordan Sellers (Senior)

Gold Star Mom MVP Scholarships

2015: Dylan O'Neil  
2016: Terrell Gabriel

5000.00 Dollars in Scholarships was Awarded this Year

Special Teams Players of the Year: Dylan Weaver and Ethan VanBuskirk  
Relentlessness Award: Terrell Gabriel  
Speed Ebersole Workhorse of the Year: Manus Frank  
Lineman of the Year: Jordan Sellers  
Scout Team Players of the Year: Evan Childs and Mitchell Talbott  
Speed Ebersole Ram Award: Josh Fitz



## 2016 CD Sports Fall Season Recap

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[Click here to view the video](#)



## Come Support Fall Sports

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[Click here to view the video](#)



## CD Football vs Susquehanna

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[Click here to view the video](#)

# CD RAM BUZZ

## YOUR CD RAMS SPORTS UPDATE

Week of 10/17—Edition 4

### CD FOOTBALL

This past week the Rams tangled with the very gifted Harrisburg Cougars. Both teams were 5-1 heading into play. With at 3-0 score at halftime, Central Dauphin took control by scoring the game's first touchdown in the third quarter. Harrisburg eventually ended up taking the lead in the fourth quarter by converting an impracticable 2-pt conversion. This score left the Rams to drive down the field with just 2 minutes left to play. AJ Millar led the Central Dauphin's offense down the field and into perfect field goal range. This led to kicker Ethan Van Buskirk to put the Rams up by two points with a phenomenal big-time field goal with under a minute to play. The Cougars end up missing wide left and the Rams survive in a nail-bitter. The Trojans of Chambersburg will be the Rams next opponent at home Friday at 7:00 at Landis Field.

### CD FIELD HOCKEY

The girls field hockey team took on the East Pennsboro Panthers in the semi finals of the Mid-Penn Championships on Tuesday night. The Panthers scored twice in the first quarter, but thanks to a goal by Olivia Topp, the Rams started to make a comeback. The girls fell just short of tying the game and ended with an unfortunate loss of 2-1. The girls field hockey team will be back in action in the District Playoffs when they face Dallastown on Wednesday

### CD BOYS SOCCER

Last Tuesday the boys soccer team beat the Red Land Patriots 6-2. Later in the week on Thursday the Rams fell to State College 2-0. In a hard fought game on Saturday the Rams came on top to catch the win against the East Panthers 3-2 to end the regular season.

This Tuesday against Camp Hill the Rams caught the win in double overtime to advance to the Mid Penn conference championship. Dax Hoffman scored the overtime goal to win it for the Rams. The boys will play this Thursday at 7 PM against the Lower Dauphin Falcons at Milton Hershey for the Mid-Penn Championship.

### CD CROSS COUNTRY

The Rams had a strong showing at Mid-Penn's this weekend at Big Spring HS. On Saturday, Sydney Myers and Nate Kaplon earned All Mid-Penn Conference honors. Sydney finished 6<sup>th</sup> in 19:17 and Nate Finished 11<sup>th</sup> in 16:26. At the Tim Cook Race, Raechel Bonner took first place for freshman girls and Drew Reeser took 2<sup>nd</sup> for freshman boys. Other ram runners finishing in the top 10 of their age groups were Allie Summerville, Jacob Myers, Aubree Bullers, Julia Wert, Trey Nissley, Ethan Hutchinson, and Mary Grace Redmond. Congrats on a great season Rams!

### CD FOUR DIAMONDS

The Homecoming Tailgate has been **postponed** to this Friday October 21 at 5:45! Students can buy tickets at lunch or at the gate for \$6 which includes the tailgate and admission to the game. Any student who previously bought a tailgate ticket will need to see Mrs. Burger in 164 for a NEW ticket for this Friday's game and tailgate. Also The Four Diamonds T-Shirt contest is running from now until Oct. 28th. The requirements are posted outside the showcase by the library. Remember the slogan is, "fighting hard is the answer; together we will knock out cancer." Also be here this Saturday as Four Diamonds will be hosting a yard sale in the cafeteria! Doors open at 8am and will run till around 1pm.

### CD GIRLS SOCCER

Last week, the girls finished the regular season undefeated with a record of 17-0-1 defeating both Red Land and State College.

In the Mid-Penn Conference Semi-Final match on Tuesday, the girls defeated an also undefeated East Pennsboro 5-2. Jenna Shoop and Chloe Adler both scored two goals to lead the team to another victory. The Rams advance to the Mid-Penn Conference Championship on Thursday at 5 pm at the Milton Hershey Stadium.

### CD GIRLS VOLLEYBALL

Last week the girls volleyball team began wrapping up there season with 3 wins against Red Land, Cedar Cliff, and Carlisle. On Tuesday, the girls got the sweep against Mifflin 3-0 on senior night. The teams next match will be in the District 3 Championship playoffs. The girls are currently sitting at the 7<sup>th</sup> seed and will begin the first round on October 29<sup>th</sup>.

### CD GIRLS TENNIS

The girls tennis team won big at Mid-Penns this past week. Second doubles, Summer Yu and Skyler Oken earned a gold medal, and went undefeated all season. Alexa Schwab also received a silver medal in second singles.

In the first round of districts against L-S, Autumn Burns and Alex Volkov opened the match with a 6-0, 6-0 win. Skyler and Summer followed with another win, 6-4, 6-1. With the match at a deadlock, 2-2, Alexa Schwab clinched the win for the team winning 7-5, 6-2. This past Tuesday the girls played in the second round of the District 3 championships and lost to Dallastown 2-3.

### CD GOLF

On Monday, Timmy Cooper played in the Eastern Regional championship at Golden Oaks. Cooper shot a two-over par 74 to finish in 16<sup>th</sup> place, earning him a spot in the PIAA State Championship next week at Heritage Hills. Good luck Timmy!

CD Ram Buzz  
Sports Update  
Edition 4



# CD RAM BUZZ

## YOUR CD RAMS SPORTS UPDATE

Week of 10/10—Edition 3

### CD ATHLETE OF THE WEEK

Freshman soccer player Chloe Adler is this week's athlete of the week. Chloe leads the team in assists this season with 6 assists and has scored a total of 12 goals this season, which is the second most on the team. Chloe has had three goals and an assist in the past three games.

This week's boys athlete of the week is senior soccer player Brady Zeiders. Brady made a huge contribution to the Rams in their win two weeks ago against our huge rivals, the Cumberland Valley eagles, also scoring both goals in their win against Cedar Cliff last week.

### CD GIRLS VOLLEYBALL

Tuesday night the girls volleyball team swept the Chambersburg Trojans 3-0. Allison Stubblefield led the team with 9 kills, and Anna Wickenheisser followed at close second with 8 kills. The girls suffered a tough loss to Cumberland Valley on Thursday, but are back in action Thursday vs Carlisle.

### CD FIELD HOCKEY

The girls field hockey team battled a tough game against the Hershey Trojans on Saturday, but lost 4-0. The Rams celebrated their senior night on Monday taking on the Carlisle Thundering Herd with a goal by Olivia Artz and 3 saves by Lydia Smeltz, but falling 1-2. On Thursday they challenged the Chambersburg Trojans and even though they were unable to score, the girls managed to keep them at only one goal. The field hockey team, determined to end the week in a win, beat State College 2-1.

### CD BOYS SOCCER

Boys soccer beat Cedar Cliff 2-0 with both goals scored by senior Brady Zeiders. In game two of the week, the Rams caught another win with goal scored by Nate Smithers. The boys will be back in action this week Thursday at State College.

### CD CROSS COUNTRY

On Saturday the XC teams had a banner day at the 100 team Carlisle Race of Champions with Nate Kaplan running the 8th fastest time, ALL-TIME for CD at 16:23 and Sydney Myers running the fastest ALL-TIME time at 19:00.

On October 4<sup>th</sup> the Rams hosted their last home meet and senior night against Chambersburg. The boys were led once again by seniors Nate Kaplan and Dylan Leto. The girls team won their meet and were led by a second place finish from Sydney Myers. The Rams will be back in action on the 15<sup>th</sup> for Mid Penns!

### CD FOUR DIAMONDS

**TAILGATE POSTPONED:** Tailgate has been postponed to Friday, October 21. See Mrs. Burger to exchange your old Tailgate ticket for a new one. Tickets will be sold at all lunches next week and also at the football game.

### CD GIRLS SOCCER

After this week, the girls soccer team remained undefeated with a record of 14-0-1. Last Tuesday the girls beat Cedar Cliff for the second time this season with the final score being 4-1. The team also took down Carlisle with a score of 2-1. Freshman goalie Cassy Baker continues to lead the team to victory with a total of 18 saves this week. The girls play Red Land and State College next week to end the regular season. Playoffs will start the following week.

### CD FOOTBALL

Last week, the Central Dauphin Rams football team faced off against, bitter rival, Cumberland Valley. Leading up to this game the two teams' bad blood continued to get heated. The game was a hard nose fought battle with both teams barely letting up. CD's defense only held the Eagles to one controversial offensive touchdown late in the game. The defense only allowed 211 total yards of CV's offense. However, CD's offense had the upper hand with 23 first downs and 392 yards total offense. Micah Parsons was running the ball like a freight train picking up 100 yards on just 15 carries. AJ Millar finished with 135 yards and a touchdown. CD will face Harrisburg away this Saturday the at 1:00.

### CD GOLF

This week, the Rams golf team competed in the District III Championship in York, PA. The boys team finished 3rd place, shooting a 329. Timmy Cooper shot 81, and Jarret Brightbill & Richie Kass shot 82 to lead the Rams on Tuesday. It was a great season for the golf team, as they were just one step away from the state championship. Timmy Cooper, Jake Aaron, and Richie Kass played Friday in the individual district championship. Timmy was the only one to qualify to the Eastern Regionals Monday.

### CD GIRLS TENNIS

In the final week of regular season for girls tennis, the Mid-Penn Champions took on Carlisle Thundering Herd this past Tuesday. Maddie Schwab, being the only single to win for CD, beat Carlisle's Meg Ulrich 6-2, 6-4. First and second doubles came out on top as well. Alex and Autumn won their sets 6-3, 6-3. While Skyler and Summer had a tougher match winning 6-0, 7-6, 9-7. The girls are playing for Mid-Penn Individuals and then onto Districts.

CD Ram Buzz  
Sports Update  
Edition 3

# CD RAM BUZZ

## YOUR CD RAMS SPORTS UPDATE

Week of 10/4—Edition 2

### CD ATHLETE OF THE WEEK

Two weeks ago the boys' athlete of the week was senior soccer captain Jake Grove. During the week Grove had 2 goals and 3 assists going into the mid-point in the season.

Two weeks ago the girls' athlete of the week was sophomore tennis player Alexa Schwab. Alexa remains a strong #2 player for the Rams with a 12-1 record this season.

This week's girl athlete of the week is soccer player Haley Luckenbill. At the LDC Tournament last weekend, Haley lead the team to two victories, including the championship, scoring a total of five goals in two games. As one of the captains of the team, Haley continues to lead the team in goals scored this season with 11.

Timmy Cooper's week was nothing less than historic. In the last three regular season matches, Cooper shot a 70, 69, and 68 making him 9 under par for the week. At the Mid-Penn championship, he shot a -7, 65 to win the individual championship. His score also led the golf team to its first Mid-Penn title since 2005.

### CD GIRLS VOLLEYBALL

On Monday, the girls volleyball team swept Cumberland Valley 3-0 in one of their biggest games of the season. Anna Wickenheiser led the team with a total of 10 kills, followed by Natalie Hillman with 9. Lindsey Dunn had 20 assists and Alyssa Kimmel dug 14 balls for the Rams. On Tuesday they followed up with another win against Red Land. The volleyball team will be back in action on Tuesday, October 4<sup>th</sup> when they play Chambersburg at home.

### CD FIELD HOCKEY

The girls Field Hockey team suffered a loss of 4-1 early on this week against Exeter Township on Saturday. Though it was a tough loss, the girls managed to regroup by Monday to defeat the Cedar Cliff Colts 4-0. Goals were scored by Carlee Williams, Micki Butler, and 2 by Olivia Artz. On Thursday, the Rams celebrated a major victory against the Cumberland Valley Eagle, winning 4-2. Kailey Smith, Micki Butler, and Sydney Breen racked up Central Dauphin's 4 goals.

### CD BOYS SOCCER

Last Tuesday the boys soccer team battled through 100 minutes of regulation and overtime to tie Chambersburg 3-3. Later in the week, the boys outplayed the heavily favored Cumberland Valley Eagle's to win 1-0. The lone goal was scored by senior Brady Zeiders. The boys will be taking on Carlisle's Thundering Herd on Tuesday October 4<sup>th</sup> at 5:30 in a double header with the girls.

### CD CROSS COUNTRY

The cross country teams had a successful senior night on Tuesday, September 27<sup>th</sup> at a tri meet vs. State College and Mifflin County. Sydney Myers broke the girls school record with a time of 19:46 for a first place finish. Top runner for the boys was Nate Kaplon who finished in 2<sup>nd</sup> place, Nate ran the 8<sup>th</sup> fastest time ALL TIME for CD runner, finishing his 5K in 16:23.

### CD FOUR DIAMONDS

Come to the Homecoming Tailgate on Saturday, October 8 at 12:45 before the football game. There will be food and drinks there as well as your favorite tailgate games. The price will be \$6 dollars which includes admission to the game. Long sleeve homecoming t-shirts will also be sold for \$15. Tickets & t-shirts will be sold at all lunches. Come and show your support! Proceeds benefit the Four Diamonds Club!

### CD GIRLS SOCCER

The girls soccer team remained undefeated with a record of 11-0-1 at week's end. Last weekend the team defeated Greencastle-Atrim and Lower Dauphin to bring home the 1<sup>st</sup> place trophy in the Falcon Bash Tournament. Tuesday the girls traveled to Chambersburg and brought home a 4-1 victory. With their 1-0 upset against Cumberland Valley on Thursday, the girls secured the number one spot in the Mid-Penn Commonwealth. Come out and support the boys and girls teams double header Tuesday October 4<sup>th</sup> at Landis Field for breast cancer night. The boys game starts at 5:30 followed by the girls at 7:00. The girls are back in action at Landis on Thursday October 6<sup>th</sup> against Carlisle for senior night.

### CD FOOTBALL

Last week, the Central Dauphin Rams football team faced off against, West Shore opponent, Carlisle Thundering Herd. CD scored early with a 66-yard touchdown catch by Syllas Pope, and a 20-yard run by Mike Wise. The Rams regained momentum, after a Carlisle TD, by scoring on a 53-yard touchdown pass to Dylan Weaver. CD led at halftime 41-14 and finished the game winning 55-21. Central Dauphin's defense dominated, limiting Carlisle to a total of 5 yards rushing. Carlisle QB Eric Harris was also picked off three times by Harry Padilla, Andrew Johnson, and Trey Paul.

### CD GOLF

This week, the Central Dauphin boys golf team captured the 2016 Mid-Penn championship at Dauphin Highlands, shooting a 307 to hold off Mechanicsburg and Cumberland Valley. In addition to Timmy Cooper's 75, Richie Kass shot 78 and Jake Aaron shot 79. The Rams team advances to the District III Championship on Tuesday at Briarwood.

CD girls golf competed this past week at Mid-Penn Championships. Anna McCormick finished with an 85 to place fifth and Bella Reece shot a 100. McCormick and Reece will travel to Briarwood Friday, October 7 to compete in individual District III Championship.

### CD GIRLS TENNIS

The girls tennis team took on their rival Cumberland Valley this past Tuesday. Alexa Schwab won a pivotal match for the Rams against CV's Valerie Motter. Both sets of doubles, Alex Volkov and Autumn Burns, and Skyler Oken and Summer Yu, won as well. The girls take on the Carlisle Thundering Herd next Tuesday and then move into the Mid-Penn Championships.

CD Ram Buzz  
Sports Update  
Edition 2



# CD RAM BUZZ

SEPTEMBER: SPORTS UPDATE

## CD ATHLETE OF THE WEEK

This week's male athlete of the week is football tight-end Grant Smith. He caught 3 catches for 128 yards against the Susquehanna Indians and scored a touchdown.

This week's female athlete of the week is girls soccer goalie Cassidy Baker. Against Cumberland Valley, Carlisle, and Cedar Cliff she had a total of 19 saves. In addition, she helped her team win 3 shutouts.

## CD FOOTBALL

Last week, the football team faced off against the Susquehanna Township Indians. After the first half ending at 17-9 in the Rams favor, the Rams picked up their game coming out of the half with a momentum changing 84 yard touchdown catch by Grant Smith. Grant finished the game with 3 catches for 128 yards. Quarterback AJ Millar also had a good game with 239 total yards. The Rams beat the Indians 31-9 and are 2-0 heading into division play.

## CD FIELD HOCKEY

After a rough start, the Rams made up for it with a 3 game win streak. They stole the game from the Huskies and ended with a 3-1 win thanks to goals scored by Olivia Artz, Kailey Smith, and Sydney Breen. Next the girls took on the Thundering Herd at Carlisle, and Micki Butler scored the only goal of the game winning 1-0. The Rams finished off the week with their third win in a row, a 3-1 victory against the Chambersburg Trojans.

## CD BOYS SOCCER

This past weekend the boys soccer team fell to Cumberland Valley 7-2. CD goals were scored by Lukas Kuehne and Shane Marolf. This past Tuesday, the boys turned it around beating Cedar Cliff 1-0. The lone CD goal was scored by Jake Grove. Later in the week the boys dominated their match against Carlisle winning 3-0. All the scoring came from senior captains Dax Hoffman, Nate Smithers, and Jake Grove. The boys are back in action Tuesday when they travel to Red Land at 3:45.

## CD CROSS COUNTRY

The boys and girls cross country teams ran in the Lebanon Valley College Invitational on 9/9. Both teams finished second out of 18 teams. For the boys side, Nate Kaplon took first with an incredible time of 16:49. For the girls, Sydney Myers finished 3rd with a time of 20:05. On Tuesday, 9/13, both teams took on Cumberland Valley n Ranked Carlisle. Nate Kaplon finished 4th out of 89 runners. The girls lost to Carlisle but upset Cumberland Valley with help from a Sydney Myers 1st place finish. The teams are back in action on 9/27 against Mifflin County.

## CD GIRLS SOCCER

This past Saturday the girls soccer traveled to Cumberland Valley and battled them to a 0-0 draw. Cassidy Baker had 9 saves in the match. On Tuesday, the Lady Rams traveled to Cedar Cliff and won 3-0. Scoring for the Rams were Haley Luckenbill (2 goals) and Chloe Adler. Cassidy Baker had 6 saves for another shutout. On Thursday, The girls soccer team traveled to Carlisle and won 2-0. Haley Luckenbill scored both of the goals during the contest. The girls are back in action tomorrow morning at CD High School vs Waynesboro at 11:30.

## CD GIRLS VOLLEYBALL

This week the Girls Volleyball team faced Cedar Cliff in their first home game of the season. Lindsey Dunn had 17 assists, Carson Sniegocki and Natalie Hilman both led the team with 6 kills, helping boost the Rams to a 3-0 victory over the Colts. Come support the girls next Monday at home as they take on the Waynesboro Indians.

## CD GOLF

This week, the Rams Boys golf team played two matches at Mountain View CC and The Country Club of Harrisburg. At Mountain View the boys finished third, led by Jake Aaron's 79. At Harrisburg, it was a tough 2nd place finish for the Rams, losing by one shot to Lower Dauphin. Timmy Cooper finished first with a 76 and Jake Aaron tied for 3rd shooting 80. The ram golfers are back on the course next Monday at Colonial Country Club.

The girls golf team had a strong showing at Valley Green Golf Course this Wednesday, coming in 2nd place to State College and bringing in 3 top ten finishers - Bella Recce (90), Anna McCormick(92), & Brooke Frey (93). The girls golf team is back at it next Tuesday when they travel to Mayapple to take on Boiling Springs.

## CD GIRLS TENNIS

The girls tennis team traveled to Mechanicsburg this past Monday, defeating the Wildcats 5-0. On Wednesday, they took on Cedar Cliff winning yet again, 4-1. Alexa Schwab fought a hard three hour battle to get the win in her match. The girls take on Palmyra, Mifflin, and Red Land next week. Come out to the home match against Mifflin for senior night next Wednesday!

## CD TWITTER

Follow the following CD affiliated Twitter accounts:

- @CDAthletics—Official updates on CD Sports
- @CDHSRams—Official Twitter account of CDHS
- @Rams\_ATC—Rams athletic training account
- @CDHS4Diamonds—CD 4 Diamonds Updates
- @CDRamMob—Official account of the CD Student Section
- @CDActionNews—Account for the morning news

CD Ram Buzz  
Sports Update  
Edition 1





## Gold Star Mothers Game

This Friday's football game vs. Wilson is also our 2nd Annual American Gold Star Mothers Game. The Gold Star Moms are a national organization for those who lost a child in service to our country.

Our team will be playing to honor this organization on Friday night and to honor all those that gave the ultimate sacrifice for our country. Beyond this, 11 of our seniors will be playing in honor of 11 fallen heroes. In fact, the moms of those 11 heroes will be in attendance and will be recognized at halftime.

The players were chosen mainly by their voluntary participation in many of our community service events that we do each year. In fact these 11 all volunteered anywhere between 27 hours and 65 hours in the off-season.

Terrell Gabriel  
Trey Paul  
Dylan O'Neil  
Cole Veliky  
Josh Fitz  
Jordan Sellers  
Sam Tillman  
Chase Flythe  
Harry Padilla  
Clay Tinkham  
Ethan Van Buskirk

*This was posted on 9-12-2016*

# RAM FOOTBALL



MANUS FRANK (1) SENIOR  
AJ BLAIR (2) JUNIOR  
JORDAN BANKS (3) SENIOR  
CAVYN HOFFMAN (4) SENIOR  
SYLAS POPE (5) SENIOR  
MIKE WISE (6) JUNIOR  
BRADY STRAUB (7) JUNIOR  
CHASE FLYTHE (8) SENIOR  
TERRELL GABRIEL (9) SENIOR  
GRANT SMITH (10) JUNIOR  
MICHAEL PEYTON (11) JUNIOR  
DA'RON JENNINGS (12) SENIOR  
TREY PAUL (13) SENIOR  
NOAH HOFFMAN (14) SOPHOMORE  
SAVILLE POPE (16) JUNIOR  
JOSH FITZ (17) SENIOR  
AJ MILLAR (18) SENIOR  
KOLLIN MCCOLLOUGH (19) SOPHOMORE  
ETHAN VAN BUSKIRK (20) JUNIOR  
ANDREW JOHNSON (21) SENIOR  
JOEY STOK (22) JUNIOR  
MASON GRIFFITHS (23) SOPHOMORE  
DYLAN WEAVER (24) SENIOR  
TARRELL JOHNSON (25) SENIOR  
TYLER LEISHER (26) SOPHOMORE  
WESLY HOUSE (27) JUNIOR  
ALEC CASILLI (28) SENIOR  
GOBIND AULAKH (30) SOPHOMORE  
AJ NOEL (31) SENIOR  
ALEC MOSEY (32) JUNIOR  
WILLY SHULLER (33) SOPHOMORE  
MONTEZ NEWSOME (34) SOPHOMORE  
COLLIN WITMER (35) SOPHOMORE  
COLE VELIKY (36) SENIOR  
MARQUES HOLTON (37) FRESHMEN  
MITCHELL TALBOTT (38) JUNIOR  
TYSEN SPRIGGS (42) SOPHOMORE

KYLE MINNICH (43) SOPHOMORE  
SAM SCHMIDT (44) SOPHOMORE  
MARVEN METELLUS (45) SENIOR  
ADAM BURKHART (46) SOPHOMORE  
LAMARCUS GENTRY (50) SENIOR  
CLAYTON TINKHAM (51) SENIOR  
ZACH SCHMIDT (52) JUNIOR  
BOOTH HESHLER (53) JUNIOR  
SAL GARCIA (54) SENIOR  
COLTON NYDES (55) SENIOR  
PATRICK HOWARD (56) SENIOR  
MICHAEL GREEN (57) SOPHOMORE  
QUINN RITTER (58) SOPHOMORE  
JORDAN SELLERS (60) SENIOR  
HARRISON FENSTEMAKER (62) SOPHOMORE  
JOEY SILVERS (67) JUNIOR  
SAM TILLMAN (68) SENIOR  
CABE BOLLINGER (70) SOPHOMORE  
JADEN BAYLOR (73) SOPHOMORE  
JACOB YOST (74) JUNIOR  
DYLAN O'NEIL (75) SENIOR  
DUSTIN WEVODAU (77) SENIOR  
TRAVIS PAYNE (78) JUNIOR  
EVAN CHILDS (79) SENIOR  
HARRY PADILLA (80) SENIOR  
RYAN PATEL (82) JUNIOR  
JORDAN CLARK (83) SOPHOMORE  
JARED COLLIER (84) SOPHOMORE  
JUSTIN ROSADO (85) SOPHOMORE  
ANDREW GROSS (86) SENIOR  
LOGAN GABRIELSON (87) SENIOR  
CARTER LAPORTE (88) SOPHOMORE  
SHAWN CAHAGAN (89) JUNIOR  
MICAH PARSONS (90) JUNIOR



# FRESHMEN

Behruz Anvarov  
Anthony Bavlish  
Malachi Bowman  
Caleb Bricker  
Myron Brooks  
Joshua Buzulak  
Myahl Chapman  
Nicholas Chimienti  
Jacob Cunkle  
Ian Davis  
Kyle Eagle  
Chase Eckenrode  
Emanuel Feliciano  
Jackson Flood  
Connor Flynn  
Tyrese Fuller  
Darby Glusceovich  
Trent Greninger  
Jacob Hicks

Ryan Hohenshelt  
Vincent Keller  
Wyatt Keller  
Joshua Krasevic  
Chad Layton  
Thomas Mesec  
John Mitchem  
Matthew Ritterpusch  
Rance Russo  
Cameron Sansoni  
Eric Schrock  
Nyeem Sims  
Kasper Sipe  
Jackson Talbott  
Bryce Thoman  
Elijah Vargas  
Donovan Wertz

# FOOTBALL



**PRESEASON SCHEDULE 2016  
VARSITY AND JV FOOTBALL**

	Players Report	First Practice	Second Practice
<b><u>WEEK 1</u></b>			
Monday August 8	3:30 pm	5:00 – 7:00 pm	N/A
Tuesday August 9	3:30 pm	4:00 – 5:00 pm	5 – 7 pm (testing)
Wednesday August 10	9:30 am	11:00 am	4:30 – 6:40 pm
Thursday August 11	1:00 pm	4:30 – 6:35 pm	N/A
Friday August 12	8:15 am	9:30 am	3:10 pm – 5:15pm
<b><u>WEEK 2</u></b>			
Monday August 15	8:45 am	10:20 am	4:40 pm –6:50pm
Tuesday August 16	9:30 am	10:30 am	4:35 pm – 6:45pm
Wednesday August 17	2:15 pm	4:30 – 6:30 pm	N/A
Thursday August 18	1:45 pm	5:00 – 7:00 pm	N/A
Friday August 19	8:00 am	8:30	N/A (picture day)
Saturday August 20	7:30 am	10am Scrimmage vs. LD at CDHS NOT Landis	
<b><u>WEEK 3</u></b>			
Monday August 22	9:15 am	10:30 am	4:30 – 6:40 pm
Tuesday August 23	1:15 pm	4:45 – 7:00 pm	N/A
Wednesday August 24	2:30 pm	4:30 – 7:30 pm	N/A
Thursday August 25	3:30 pm	Scrimmage vs Exeter at Exeter (6pm)	
Friday August 26	2:30 pm	2:30 – 3:30	3:30 – 5:00 (film)
Sunday August 27	1:00 pm – 3:15 pm <ul style="list-style-type: none"><li>JV's will be 2-3pm on all Sundays throughout the season</li></ul>		

## FOOTBALL

### BOYS VARSITY

			Place	Time
<b>S Saturday</b>	<b>08/20/16</b>	<b>LOWER DAUPHIN</b>	<b>Home</b>	<b>10:00AM</b>
S Thursday	08/25/16	EXETER TWP.	Away	6:30 PM
Friday	09/02/16	MANHEIM TOWNSHIP	Away	7:00 PM
<b>Friday</b>	<b>09/09/16</b>	<b>SUSQUEHANNA TOWNSHIP (Gold Stars Mom Game)</b>	<b>Home</b>	<b>7:00 PM</b>
<b>Friday</b>	<b>09/16/16</b>	<b>WILSON</b>	<b>Home</b>	<b>7:00PM</b>
Friday	09/23/16	*CARLISLE	Away	7:00 PM
Friday	09/30/16	*CUMBERLAND VALLEY	Away	7:00 PM
<b>Friday</b>	<b>10/07/16</b>	<b>*CENTRAL DAUPHIN EAST</b>	<b>Home</b>	<b>7:00 PM</b>
Saturday	10/15/16	*HARRISBURG	Away	1:00 PM
<b>Friday</b>	<b>10/21/16</b>	<b>*CHAMBERSBURG</b>	<b>Home</b>	<b>7:00 PM</b>
<b>Friday</b>	<b>10/28/16</b>	<b>*RED LAND</b>	<b>Home</b>	<b>7:00 PM</b>
Friday	11/04/16	*STATE COLLEGE	Away	7:00 PM



## 2016 Game Partners

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### GOLD PARTNERS

Hoffman Ford  
Huntington Learning Center  
Mr. Bob's Subway  
Prime Care Medical  
R and K Subs  
Ritter Insurance

### SILVER PARTNERS

Bill Anderson Photography  
Buffalo Wild Wings  
CD Pizza and Subs  
Chick-Fil-A  
Chipotle Mexican Grill  
Christopher's Pizza and Subs  
Crown Trophy  
CVS Health  
Dr. Shirley and Ditty Dental  
Italian Delight  
New York Life Insurance  
NK Graphics  
Packer's Pizza and subs  
Re/Max 1st Advantage  
Shield Driving  
Sports Paradise  
Ted's Bar and Grille  
Texas Roadhouse





## CD Football Games: Listen Live

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## CD Football Pictures

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## 2016 - 2017 CD Football Videos

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- 2016 CD Football Season
- CD vs CV Highlights
- CD vs CV Commercial
- CD vs Manheim Twp Highlights
- CD vs Manheim Twp Commercial
- CD vs State College Highlights
- CD vs State College Commercial
- Senior Night
- CD vs Chambersburg Highlights
- CD vs Chambersburg Commercial
- CD vs Harrisburg Highlights
- CD vs Harrisburg Commercial
- CD vs East Highlights
- CD vs East Commercial
- Homecoming Court
- CD vs CV Highlights
- CD vs CV Commercial
- CD vs Carlisle Highlights
- CD vs Carlisle Commercial
- CD vs Wilson Highlights
- CD vs Wilson Commercial
- CD vs Wilson Pull-Ups Competition
- CD vs ST Highlights
- CD vs ST Commercial
- CD vs Manheim Twp Highlights