

2017 CD RAMS FOOTBALL



2017 - 2018

FEATURED VIDEO



**PRESEASON SCHEDULE 2018
VARSITY AND JV FOOTBALL**

	Players Report	First Practice	Second Practice
<u>WEEK 1</u>			
Monday August 6	1:00/2:30pm	N/A	4:45 – 7:25pm
Tuesday August 7	2:15pm	N/A	4:45 – 6:20pm
Wednesday August 8	9:15am	11:00am – 1:00pm	4:30 – 6:40pm
Thursday August 9	12:00pm	N/A (Picture Day)	4:30 – 6:30pm
Friday August 10	8:15am	9:25 – 11:50am	3:10 – 5:15pm
<u>WEEK 2</u>			
Monday August 13	8:45am	10:20am – 12:45pm	4:40 – 6:50pm
Tuesday August 14	9:30am	10:30am – 12:45pm	4:35 – 6:45pm
Wednesday August 15	1:00pm	N/A	4:30 – 6:30pm
Thursday August 16	9:30am	11:00am – 12:30pm	5:00 – 7:05pm
Friday August 17	8:00am	8:30 – 10:40am	N/A (picture day)
Saturday August 18	7:30am	10am Scrimmage at Dallastown <ul style="list-style-type: none">• 3-way with Dallastown, East	
<u>WEEK 3</u>			
Monday August 20	8:30am	10:35am – 12:25pm	4:25 – 6:40pm
Tuesday August 21	9:15am	10:35am – 12:25pm	4:30 – 6:40pm
Wednesday August 22	2:30pm	N/A	3:55 – 6:10pm
Thursday August 23	3:30pm	N/A	4:30 – 5:45pm
Friday August 24	VARSITY GAME VS WILSON – 7PM (HOME)		
Sunday August 26	2:00 – 4:15 pm in weight room <ul style="list-style-type: none">• JV's will be 3:00 - 4:00 pm in locker room		
Monday August 27	First Day of School		



Central Dauphin Football Speed Ebersole Golf Tournament

The annual Central Dauphin Football Speed Ebersole Golf Tournament is our traditional kickoff for the upcoming season. This year's tournament will be held on Friday, June 22, 2018, at Manada Golf Club just outside of Grantville.

This was posted on 5-3-2018



Let Buffalo Wild Wings Give You The Home Team Advantage

Our team has been selected to participate in the Home Team Advantage Program for the upcoming season! Each teammate has received via email, a "Teammate Card" and every time they show this card at the sponsoring Buffalo Wild Wings restaurant, they will donate 10% of the total bill (less promotional discounts and unless otherwise specified) back to our program.

This was posted on 5-3-2018

CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

Third Edition— May 2018

Welcome to the Central Dauphin Football — 2018 Third Edition!

At the start of 2018 we were 42 events away from hitting the

"500 Events" milestone in community service. We are now only 9 events away! Let's get 500!

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 25th 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 3rd 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!"

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.

“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 newsletter) 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”!

So, one down and four to go

Ford-You-Drive Event – April 28 at CDHS

Is a Wrap for 2018—Did you Test Drive a Ford?

Speed Ebersole Golf Tourney – June 22nd 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 2nd—6:00 pm—9:00 pm

At the Sons of Italy located on Fritchey Street. Some things are almost too good to be true. This is one of them. For the past five 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! Last year, we reminded them of the power of CD Football by having a great, enthusiastic turnout. Let's do it again! 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 2018 Season. Be There! We need your support to keep this going!!

Letter Writing Campaign – Due August 10th.

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 20th

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 2018. 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.)

13th Annual Youth Football Camp

This year we will be continuing this great annual tradition from June 18th – June 20th. If you know anyone that is entering 2nd through 9th 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.cdramsclub.com. If you scroll down on the home page you will see the registration form and an informational write-up about the camp.

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:

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.

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. 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.

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.

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 achievement and 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 11 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.

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 and click on “Academic Excellence”. We now have our “Road Map for Academic Excellence” which has been in our Academic Planners the last few years.

Here is the list of returning players from 2017 who had a 90% GPA or higher for the 3rd Marking Period:

Third Marking Period HONOR ROLL:

Gobind Aulakh
Gabe Bollinger
Adam Burkhardt
Mike Green
Carter LaPorte
Tyler Leisher
Quinn Ritter
Nick Chimienti
Jake Hicks
Xavier Barner
Ryan Brennan
Marco Frattaroli
Jordan Mazza
Nick Miller

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 last 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.



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:

Visiting the Colonial Care Center – April 5
Reading at Paxtonia Elementary – April 6
Helping at the LifePoint food pantry – April 9
Assisting at a Food Pantry at Calvary church – April 12
Setup for the STEM event at CDHS – April 18
Visiting the Jewish Home – April 19
Annual Earth Day cleanup at CDHS – April 24
Paxton Ministry cleanup – April 28
Car Wash for Gold Star Mom/Ford Event – April 28
Assisting at the Run For Rachel event (City Island) – April 29
Assisting with Youth Flag Football – April/May

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:

Helping at Life Point Food Pantry
Visiting Colonial Park Care Center
Setting up for Inspired Recreation Day at CDHS
Helping at Inspired Recreation Day
Visiting the Jewish Home
Reading at Linglestown Elementary
Reading at Middle Paxton Elementary
Assisting at the West Hanover May Fair

YOUTH FOOTBALL

Over the years we have worked very closely with our youth football organization and feeder teams, especially our midget team (7th and 8th graders). We are very proud to report that this past season they donned their new Green and White uniforms and played for the first time as the CD Youth Rams at all levels. So now they not only share our Mission and our Core Values but they also share our name and colors!

We are already looking forward to cheering on our Youth Rams this coming season. Go Rams (at ALL levels)!



Rams Club President Message

The Rams Club was busy in the month of April, especially this past week! The parent meeting was well attended by freshman, sophomore, junior and senior parents. We put out a ton of information in the green folders. Please open these folders frequently and become familiar with the things inside. Coach Mac and the coaching staff made it clear to all, that our program is "More than just football" and that we are all on the same team, working together to provide our players with the best possible experience, on and off of the field. The car wash and bake sale was a huge success in raising funds for one of our Gold Star Moms to offset some of her medical expenses. I am so proud of the hard work that was put in by our players working the car wash, our parents and our booster club for their work at the bake sale. Hoffman Ford was happy with our turnout for the Ford Drive 4ur school event. While we didn't reach our goal of 300 drivers, we did raise money for The Club with just over 100 drivers participating in the event. Thank you to everyone that gave of your time and came out to support our efforts! Please continue to get involved in Club activities. The month of May looks pretty slow for Club events, so rest up, because June will be another BUSY month. Any parents looking for volunteer opportunities, please don't be shy, reach out to any of the Rams Club board members and we will help direct your efforts.

Thank you,
Doug Schmidt

ALUMNI and RAMS FOOTBALL HISTORY

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. 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.

BUSINESS PARTNERS

Over the past five seasons we have averaged 20+ Business Partners. In 2017 we had over 30 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 2018, please contact Gary Matzoni, the Business Partner Coordinator. He can be reached at gdmatzoni@comcast.net.

Here were our 2017 Business Partners:

A SPECIAL THANKS TO OUR 2017 BUSINESS PARTNERS



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

CURRENT NEWS FROM SPEED'S PLACE

The attendance continues to be record breaking and the overall attitude has been very good. For that reason, we are seeing continued gains in the most important areas.

On May 21, 22, and 23 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 24, 29, 30, 31. 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.cdramclub.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.



Note: Physicals will be on Friday, June 1 right after school in the auditorium. We want ALL players to have a physical done before workouts on June 11th. Whether a player gets their physical at the high school on June 1st or through their own doctor, it has to be dated on or after June 1st.

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, the equipment, the program, and the commitment of the players, our off-season program is the best around.

Here are some statistics to support this claim:

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

	7 years before (2003-2009)	8 years since (2010-2017)
# of Iron Rams	15 recorded	113
# of 1,000 pound club members	1 recorded	61
# of Iron Ram bench press	2 recorded	74
# of 350 lb. bench press	0 recorded	17
# of Iron Ram squat	7 recorded	94
# of 500 lb. squat	0 recorded	24
# of Iron RAM clean	1 recorded	62
# of 300 lb. clean	0 recorded	26
Overall Win-Loss Record	56-24 (70%)	82-22 (79%)*
Regular season Win-Loss Record	52-18 (74%)	65-15 (81%)*
Record in the Mid-Penn Comm	35-14 (71%)	42-10 (81%)*
Record on the Road	20-17 (54%)	35-7 (83%)*
Mid-Penn Commonwealth Titles	2	6*
Record in Playoffs	4-6	17-7 (71%)**
District Finals Appearances	0	3
District Semi-Finals Appearances	1	6**
State Championships	0	1**
# of Players playing in College	44	63
Community Service hours / year	518 (06-09)	1,047

* Best in the Mid-Penn Commonwealth in the last 8 years

** Best in District 3 6A in the last 8 years





CD Rams Club Parents Meeting

[Click here to view the video](#)



Central Dauphin RAMS



VARSITY FOOTBALL 2018

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
AUGUST 18	SCRIMMAGE TBD	TBD	TBD
AUGUST 24	WILSON	HOME	7:00PM
AUGUST 31	BERKS CATHOLIC	AWAY	7:00PM
SEPTEMBER 7	MANHEIM TOWNSHIP	HOME	7:00PM
SEPTEMBER 14	CUMBERLAND VALLEY (GOLD STAR MOM GAME)	HOME	7:00PM
SEPTEMBER 21	CARLISLE	AWAY	7:00PM
SEPTEMBER 28	HARRISBURG (HOMECOMING)	HOME	7:00PM
OCTOBER 5	ALTOONA	AWAY	7:00PM
OCTOBER 12	STATE COLLEGE (SENIOR NIGHT)	HOME	7:00PM
OCTOBER 19	CHAMBERSBURG	AWAY	7:00PM
OCTOBER 26	EAST	AWAY	7:00PM

FOOTBALL
BOYS JV

			Place	Time
Monday	08/27/18	WILSON	Away	4:00 PM
Saturday	09/01/18	BERKS CATHOLIC	Home	11:00 AM
Saturday	09/08/18	MANHEIM TOWNSHIP	Home	11:00 AM
Monday	09/17/18	CUMBERLAND VALLEY	Away	4:00 PM
Monday	09/24/18	CARLISLE	Home	4:00 PM
Monday	10/01/18	HARRISBURG	Away	4:00 PM
Saturday	10/06/18	ALTOONA AREA	Home	11:00 AM
Monday	10/15/18	STATE COLLEGE	Away	4:00 PM
Monday	10/22/18	CHAMBERSBURG	Home	4:00 PM
Monday	10/29/18	CENTRAL DAUPHIN EAST	Home	4:00 PM

FOOTBALL

BOYS FRESHMAN

			Place	Time
Wednesday	09/12/18	CUMBERLAND VALLEY	Home	4:00 PM
Wednesday	09/19/18	CARLISLE	Away	4:00 PM
Wednesday	09/26/18	HARRISBURG	Home	4:00 PM
Wednesday	10/03/18	ALTOONA AREA	Away	4:00 PM
Wednesday	10/10/18	STATE COLLEGE	Home	4:00 PM
Wednesday	10/17/18	CHAMBERSBURG	Away	4:00 PM
Wednesday	10/24/18	CENTRAL DAUPHIN EAST	Away	4:00 PM

CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

First Edition— February 2018

Welcome to the Central Dauphin Football — 2018 First Edition!

This newsletter is part of a larger 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 until August, we strongly encourage you to visit our website at www.cdramclub.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 gmc-namee@cdschools.org.

Enjoy the newsletter!



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!"

Message from RAMS Club President

As I said my farewell as your President after 5 seasons at this years banquet I told you Parent Involvement was the key to Dreaming Big and Making Big Things Happen for the Football Program here at Central Dauphin. I am hopeful and Confident that this will continue as we move in to 2018 and beyond, but it can only Happen with Parent Involvement.

I would like to Thank Everyone (Parents & Businesses) for supporting The Rams Club and Central Dauphin Rams Football Program for the Past 5 Seasons. We could not have done or accomplished what we did without your help, support and dedication to the program.

At our January meeting a new slate of Officers and Committee Chairs were nominated for the 2018 Season. On February 21st the final call for nominations will be held and the new Board will be elected.

Continued on Page Two

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 the past six years, we also have had 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 another great season in the classroom. We had 22 varsity players on the Football Honor Roll (90% GPA for the marking period OR 10% improvement from the previous marking period). This constituted almost half of the players who suited up on Friday nights (46% of them). We also saw several other players make improvements from the previous year. In fact, 88% of our JV/Varsity roster either improved from the 4th marking period last year or had an “A” average.

We would love for you to check out our “Academic Excellence” section of our website at www.cdramscub.com to find out more about our philosophy, our Academic Coaches, and our achievements.

Continued from Page One—

Board Elections for 2018 are as follows:

- President-Doug Schmidt
- Vice President-Laura Minnich
- Secretary-Tracey Ficca
- Treasurer-Lorraine LaPorte
- Advisor-Bobbie Van Buskirk

For 2018 the Rams Club will once again hope to implement a Shadowing program for all Board Positions as well as Committee Chair Positions. With graduating many Seniors the past few years and some of our long time Board Members and Committee Chairs moving on it is important we keep the train running down the right track and the only way to do this is with parent involvement, especially from our incoming Freshman, Sophomore and Junior Classes.

So Parent's please come out and join us at a Rams Club Meeting and plan to get involved in some way for the 2018 Season.

Thanks
Gary Matzoni

Second Marking Period HONOR ROLL:

Gobind Aulakh
Gabe Bollinger
Adam Burkhart
Mike Green
Carter LaPorte
Tyler Leisher
Jacob Hicks
Jackson Talbott
Bryce Thoman
Xavier Barner
Ryan Brennan
Marco Frattaroli
Jordan Mazza
Nick Miller



COMMUNITY CONNECTIONS PROGRAM

In 2006, we created the Community Connections Program, a program designed to encourage our football players to volunteer in community service. Last year we hit a major milestone in June when we eclipsed the 10,000 hours mark! As we embark on 2018, we are on the precipice of another great milestone. We are a little over 30 events away from hitting 500 Community Connections events!!

The 2017 team contributed a record number of hours to this total. When the year ended, the team had amassed 1,288 hours of community service by participating in a record number of events – 57. 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
- Assisting the family of US Marshall Chris Hill
- LifePoint Food Bank
- Reading at Mountain View Elementary
- LLS Clothing Drive

In March, we will be:

- Parking for the IndooraMa at CDHS (band competition) – March 3
- Reading at West Hanover - March 16
- North Side Elementary Bingo Night – March 16
- Helping with the CDABA basketball tournament – March 18
- LifePoint Eggstravaganza – March 24



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.



ALUMNI and RAMS FOOTBALL HISTORY

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 22 years CD has not had a losing season. We have made the playoffs in 20 of those 22 seasons and currently we are amidst a streak of 14 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 22 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 2018 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. 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.

GOLD STAR GAMES

On September 14th of this season when we square off against Cumberland Valley, we will proudly take part in our 4th 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 particular fallen hero. Many of the Moms and family members of those heroes will be cheering for them in the stands. In fact, those chosen players will be announced not as themselves but as the hero they are playing for that night.

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.

Thanks to the enthusiastic involvement of some of the Gold Star Moms along with some CD football parents, the game continues to get better and better and bigger and bigger. This game now requires a great deal of communication and preparation throughout the offseason in order to carry out all the wonderful details that make it an even more special event.

On our website www.cdramsclub.com we have a list of the players who have played for fallen heroes. Soon, we hope to have photos from last year's Gold Star Mom game vs. Carlisle on the site as well.



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

CURRENT NEWS FROM SPEED'S PLACE

We kicked off our official workout season on Tuesday, February 6th. Prior to that we had "open gyms" which started the Monday after our final game in 2017. Once again this year, we saw a large number of players who were not involved in winter sports take advantage of these workouts in November, 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 82% of our expected team members in attendance on a given day.

In the week of February 12th, 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:

Adam Burkhart	bench (355), squat (565), clean (275)
Harrison Fenstermaker	bench (345), squat (500)
Gabe Bollinger	bench (335), squat (585), clean (320)
Mason Griffiths	clean (275)
Carter LaPorte	squat (425), clean (275)
Kyle Minnich	squat (425), clean (275)
Quinn Ritter	squat (435), clean (275)
Sam Schmidt	bench (320), squat (515), clean (280)
Willy Shuller	clean (275)
Myahl Chapman	squat (430)
Amir Walton	squat (425)



Congratulations to all of these guys! We want to give a special shout out to Gabe Bollinger who broke the all-time squat record with a 585 lb. squat!

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.cdramclub.com.

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, the equipment, the program, and the commitment of the players, our off-season program is the best around.

Here are some statistics to support this claim:

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>8 years since</u> <u>(2010-2017)</u>
# of Iron Rams	15 recorded	113
# of 1,000 pound club members	1 recorded	61
# of Iron Ram bench press	2 recorded	74
# of 350 lb. bench press	0 recorded	17
# of Iron Ram squat	7 recorded	94
# of 500 lb. squat	0 recorded	24
# of Iron RAM clean	1 recorded	62
# of 300 lb. clean	0 recorded	26
Overall Win-Loss Record	56-24 (70%)	82-22 (79%)*
Regular season Win-Loss Record	52-18 (74%)	65-15 (81%)*
Record in the Mid-Penn Comm	35-14 (71%)	42-10 (81%)*
Record on the Road	20-17 (54%)	35-7 (83%)*
Mid-Penn Commonwealth Titles	2	6*
Record in Playoffs	4-6	17-7 (71%)**
District Finals Appearances	0	3
District Semi-Finals Appearances	1	6**
State Championships	0	1**
# of Players playing in College	44	63
Community Service hours / year	518 (06-09)	1,047

* Best in the Mid-Penn Commonwealth in the last 8 years

** Best in District 3 6A in the last 8 years

2018 RAMS FOOTBALL SPRING AND SUMMER SCHEDULE FOR VARSITY AND JUNIOR VARSITY

PARENT MEETING – WEDNESDAY APRIL 25 AT 6:30 IN THE CDHS CAFETERIA

SPRING TESTING – MONDAY MAY 21, TUESDAY MAY 22, WEDNESDAY MAY 23

EQUIPMENT HANDOUT WILL TAKE PLACE THIS WEEK

SPRING BALL – THURSDAY MAY 24, TUESDAY MAY 29, WEDNESDAY MAY 30,
THURSDAY MAY 31, FRIDAY JUNE 1

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

PHYSICALS - TBA

13TH ANNUAL YOUTH CAMP – MONDAY JUNE 18 – WEDNESDAY JUNE 20 AT CDHS

9AM TO NOON EACH DAY

WORKOUTS - MONDAY JUNE 11 – AUGUST 2 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 4th.
- The Weight room will also be open from 3-5pm
Mondays, Tuesdays, Wednesdays, and Thursdays

7 ON 7'S

WEDNESDAY JULY 25 LOWER DAUPHIN (5:30pm) AT LOWER DAUPHIN MS

FIRST DAY OF PRACTICE – MONDAY AUGUST 6

*** WE WANT ALL FOOTBALL PLAYERS TO HAVE THEIR PHYSICAL
BEFORE THE FIRST SUMMER WORKOUT ON JUNE 11**

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

2018 CENTRAL DAUPHIN RAMS FRESHMEN TEAM

	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
PARENT MEETING	WEDNESDAY APRIL 25	6:30 PM	CD HIGH CAFETERIA
SPRING WORKOUTS	MAY 15-17 (Tues. – Thurs.) MAY 22-24 (Tues. – Thurs.)	6:00 – 7:30 6:00 – 7:30	CD WEIGHTROOM CD WEIGHTROOM
IMPACT TEST PHYSICALS	TBA TBA	After school After school	CDHS CD HIGH AUDITORIUM
CD RAMS YOUTH CAMP	MONDAY JUNE 18 – WEDNESDAY JUNE 20 (For 2 nd through 9 th graders) 9 AM TO NOON AT CDHS (LOWER PRACTICE FIELDS) * For more information go to www.cdramclub.com		
SUMMER CONDITIONING	MONDAY JUNE 11 THURSDAY JUNE 14 MONDAY JUNE 25 THURSDAY JUNE 28 MONDAY JULY 2 THURSDAY JULY 5 MONDAY JULY 9 THURSDAY JULY 12 MONDAY JULY 16 THURSDAY JULY 19 MONDAY JULY 23 THURSDAY JULY 26	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 WEIGHTROOM CD WEIGHT ROOM
MINI-CAMP *	TUESDAY AUGUST 7 WEDNESDAY AUGUST 8 THURSDAY AUGUST 9	6 PM – 8 PM 6 PM – 8 PM 6 PM - 8 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 14 WEDNESDAY AUGUST 15 THURSDAY AUGUST 16	5 PM – 7 PM 5 PM – 7 PM 1 PM – 3 PM	CD High Lower Field CD High Upper Field CD High Lower Field
	• Due to the change in PIAA rules, freshmen are not permitted to practice until the week of August 20. 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.		
PICTURE DAY	FRIDAY AUGUST 17	3PM	CD HIGH GYMNASIUM
SUMMER PRACTICE	MONDAY AUGUST 20 TUESDAY AUGUST 21 WEDNESDAY AUGUST 22 THURSDAY AUGUST 23 FRIDAY AUGUST 24	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 www.cdramclub.com OR E-MAIL COACH MCNAMEE AT gmcnamee@cdschools.org		



CD Football News

Congratulations Grant Smith and Ethan Van Buskirk. Named to East / West All Star Game. Great Job Guy!

[Click here for more information](#)

This was posted on 2-8-2018



CD Football News

Congratulations Ethan Van Buskirk- 1st Team Class 6A All-State Team and Adam Burkhardt – Honorable Mention. Great Job Guys!

This was posted on 1-16-2018



CD Football News



Congratulations to Kicker / Punter E. Van Buskirk.
Maxwell Football Award Recipient. Great Job Ethan!

This was posted on 1-12-2018



CD Rams Football Banquet

Videos

[CD Rams Football Banquet](#)

[CD Rams Football Seniors](#)

[Varsity Season Highlights](#)

[Senior Baby Video](#)

[Glen McNamee Scholarship](#)

[Community Connections](#)

1288 Community Service Hours This Year

80 Players Participated in at Least 1 Event.

57 Community Service Events This Year

467 Community Service Events Since the Program Started

[Gold Star Moms](#)



CD Rams Football Seniors

CENTRAL RAMS DAUPHIN CLUB

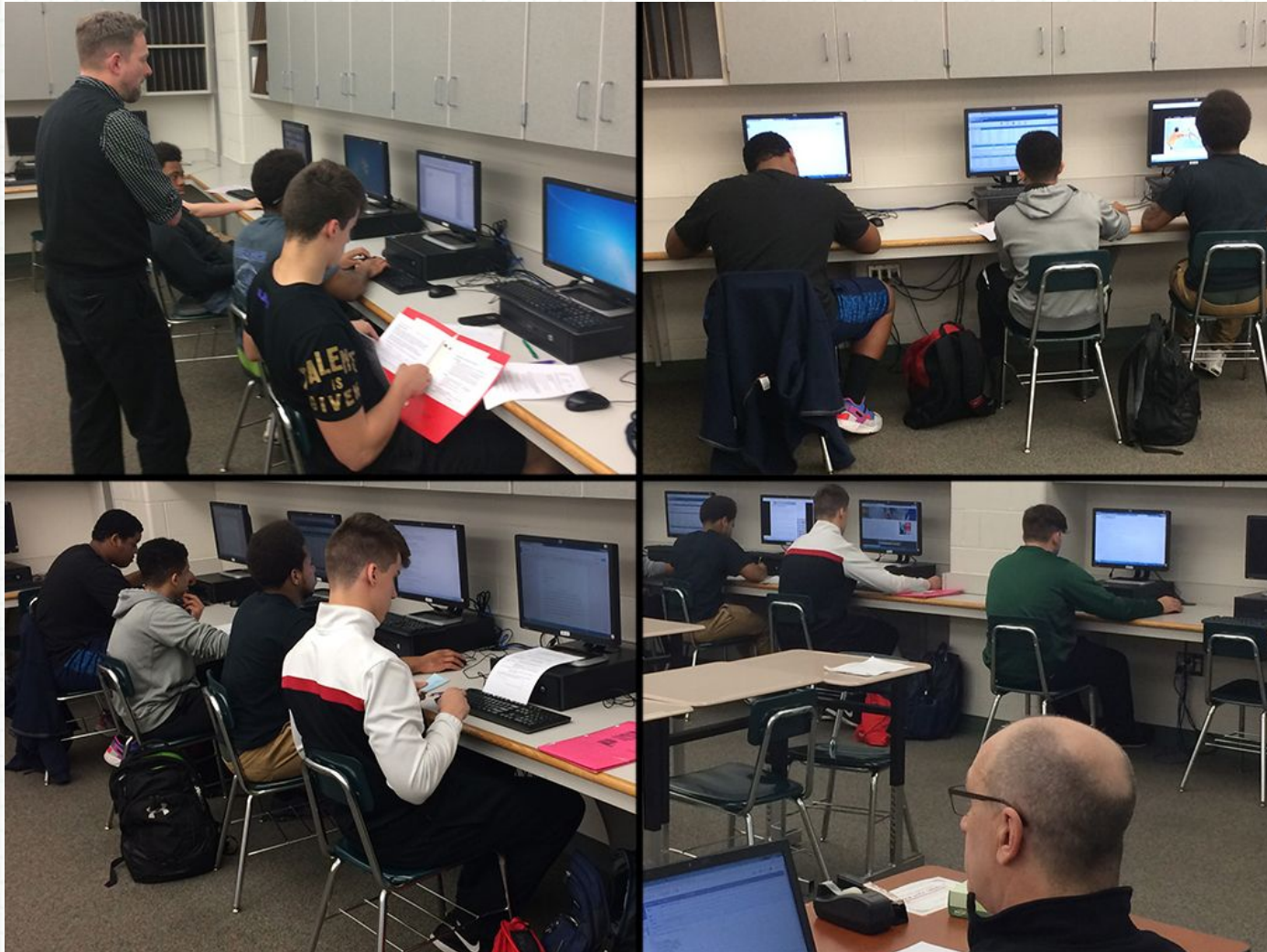
A SPECIAL THANKS TO OUR 2017 BUSINESS PARTNERS



Thank You, CD Rams Club Partners

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



10,000 Hours of Community Service

2017 - 2018

CD RAMS FOOTBALL



SENIORS



Marissa Nice

Managers and Trainers

2017 - 2018

CD RAMS FOOTBALL



Trevor Omslaer

Managers and Trainers

2017 - 2018

CD RAMS FOOTBALL



Vanessa Temple

Managers and Trainers



CD Rams Football Banquet

Awards

Freshman Ram Award: Marco Frattaroli

Midget Ram Award: Andrew Renaldi

Speed Ebersole Man of the Year: Adam Burkhart

Speed Ebersole Academic Award: Brady Straub

Speed Ebersole Most Improved Player: Grant Smith

Hammer Award: Adam Burkhart

Glen McNamee Scholarship

(Sophomore) - Jacob Hicks

(Junior) - Adam Burhart

(Senior) - Ethan Van Buskirk

Gold Star Moms Player of the Year - Ethan Van Buskirk

Special Teams Players of the Year: Ethan Van Buskirk and Mitchell Talbott

Speed Ebersole Work Horse of the Year: Gabe Bollinger

Lineman of the Year: Joey Silvers

Scout Team Players of the Year: Myahl Chapman

Speed Ebersole Ram Award: Noah Hoffman



CD Football News



CD Football players were honored to spend their morning and afternoon with Wreaths Across America at Fort Indiantown Gap.

This was posted on 12-18-2017



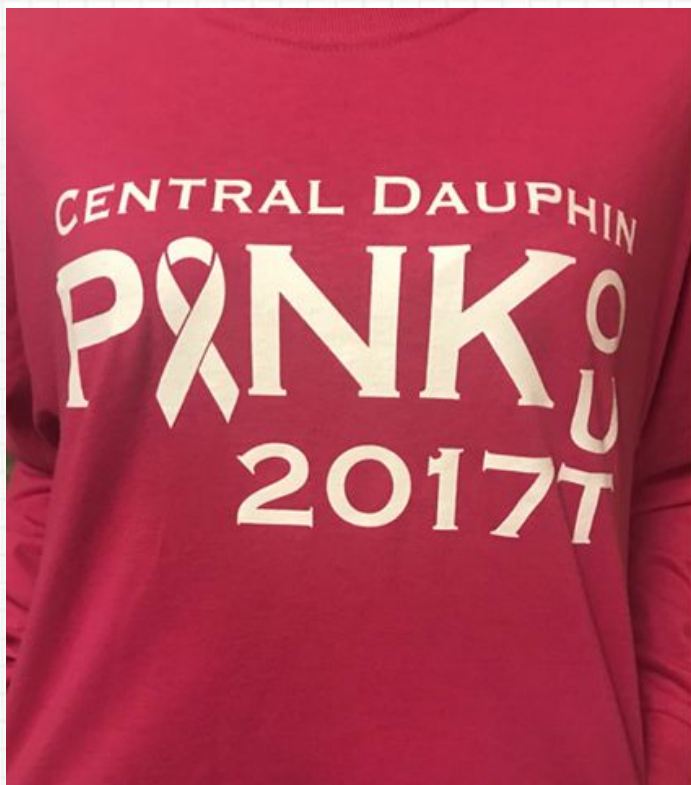
2017 CD Football Results

CD Rams vs Susquehanna Township (W) 30-7
CD Rams vs Manheim Township (L) 14-17
CD Rams vs Wilson (W) 28-20
CD Rams vs Carlisle (W) 65-14
CD Rams vs Cumberland Valley (W) 20-14
CD Rams vs East (L) 31-35
CD Rams vs Harrisburg (L) 48-10
CD Rams vs Chambersburg (W) 44-7
CD Rams vs Red Land (W) 42-6
CD Rams vs State College (L) 31-10
CD Rams vs Manheim Township (L) 28-0



2017 CD Football Academic Captains

Gabe Bollinger
Carter LaPorte
Adam Burkhart
Quinn Ritter
Mitchell Talbott



It's Breast Cancer Month CD!

It's breast cancer month CD!!! Support Rams for the Cure, and purchase a Pink Out T-shirt at the cost of \$15, for this Saturday's game CD vs Harrisburg. 100% of sales will be donated to the American Cancer Society! I would like to thank our sponsor CJ Pony Parts for making this possible! Shirts will be sold before and after school and during lunches this Thursday, Friday, Homecoming dance and the football game on Saturday! Go Rams!



Gold Star Moms Game News Coverage

[Click here to view News Coverage](#)

[Click here to view News Coverage](#)

CENTRAL DAUPHIN

2017 FOOTBALL 2017

ALTADONNA, JEREMIAH SENIOR
 AULAKH, GOBIND JUNIOR
 BAYLISH, ANTHONY SOPHOMORE
 BAYLOR, JADEN JUNIOR
 BLAIR, ALEXANDER SENIOR
 BOLLINGER, GABRIEL JUNIOR
 BROOKS, MYRON SOPHOMORE
 BURKHART, ADAM JUNIOR
 CHAPMAN, MYAHL SOPHOMORE
 CHIMIENTI, NICHOLAS SOPHOMORE
 DANIELS, COREY SENIOR
 DICECCO, ADAM SOPHOMORE
 EAGLE, KYLE SOPHOMORE
 ECKENRODE, CHASE SOPHOMORE
 FELICIANO, EMANUEL SOPHOMORE
 FENSTENMAKER, HARRISON JUNIOR
 FLEIG, JUSTIN SOPHOMORE
 FLOOD, JACKSON SOPHOMORE
 FLYNN, CONNOR SOPHOMORE
 FULLER, TYRESE SOPHOMORE
 GREEN, MICHAEL JUNIOR
 GRIFFITHS, MASON JUNIOR
 HESHLER, BOOTH SENIOR
 HICKS, JACOB SOPHOMORE
 HOFFMAN, NOAH JUNIOR
 HOHENSHELT, RYAN SOPHOMORE
 KRASEVIC, JOSHUA SOPHOMORE
 LAPORTE, CARTER JUNIOR
 LAYTON, CHAD SOPHOMORE
 LEISHER, TYLER JUNIOR
 McCULLOUGH, KOLLIN JUNIOR
 MESEC, THOMAS SOPHOMORE
 MINNICH, KYLE JUNIOR
 MOSEY, ALEC SENIOR

NEWSOM, MONTEZ JUNIOR
 PAYNE, TRAVIS SENIOR
 PAYTON, MICHAEL SENIOR
 POPE, SAVILLE SENIOR
 RITTER, QUINN JUNIOR
 SANSONI, CAMERON SOPHOMORE
 SCHMIDT, SAMUEL JUNIOR
 SCHMIDT, ZACHARY SENIOR
 SHULLER, WILLIAM JUNIOR
 SILVERS, JOEY SENIOR
 SIMS, NYEEM SOPHOMORE
 SIPE, KASPER SOPHOMORE
 SMITH, GRANT SENIOR
 SPRIGGS, TYSEN JUNIOR
 STRAUB, BRADY SENIOR
 TALBOTT, JACKSON SOPHOMORE
 TALBOTT, MITCHELL SENIOR
 THOMAN, BRYCE SOPHOMORE
 VAN BUSKIRK, ETHAN SENIOR
 VARGAS, ELIJAH SOPHOMORE
 WALTON, AMIR SOPHOMORE
 WEST, NAHMIR SOPHOMORE
 WINTERS, COLBY JUNIOR
 WISE-BELLE, MICHAEL SENIOR
 WITMER, COLIN JUNIOR
 YOST, JACOB SENIOR

MANAGERS

McMINN, ALEXIS
 NICE, MARISSA
 OMSLAER, TREVOR
 REYNOSO, LILLIAN
 TEMPLE, COURTNEY
 TEMPLE, VANESSA

CENTRAL DAUPHIN FRESHMAN FOOTBALL

ANDERSON, GORDON
BANKS, SKYLER
BARNER, XAVIER
BELLAMY, JAMAAL
BISHOP, MICHAEL
BISHOP, PARRISH
BOWMAN, MALACHI
BRENNAN, RYAN
CLARK, PAUL
DAO, TIMOTHY
FICCA, DANIEL
FISIC, TREVOR
FOYE, JOSEPH
FRATTAROLI, MARCO
FRITZ, CHARLES
GREEN, JEREMIAH
GREEN, JONATHAN
HATCHER, QUENTIN
HESHLER, BLAISE
HOWER, KYLE
HUGHES, MARKEYCE
JOHNSON, DEANDRAE
JOPPY, SHAMARR
JOPPY, SHAMILYN
KELLER, DAVID
KELLER, WYATT

KELLOG, MALCOLM
KELLY, JACOB
KLINGER, JOSHUA
MAZZA, JORDAN
MESEC, TERRY
METELLUS, STEVEN
MILLER, NICHOLAS
MOSEY, NATHANIEL
NIELSEN, NOAH
PAE, ETHAN
RILEY, JOHN
ROCK, BRODY
RUDISILL, KYLE
SELBY, DANTE
SHAW, RYAN
SMITH, CALEB
SMITH, DAWSON
SMITH, TIMOTHY
SPROUT, SEAN
WAKE, TERRY
WINTERS, ALEXANDER

Managers

JILLEAN, GRAY
JILLIAN, LINN



Gold Star Players and The Hero They Play For

Ethan Van Buskirk - Petty Officer Billy Trapnell
Bo Heshler - Sergeant First Class Brent Adams
Adam Burkhart - Sergeant Jon Bubek
Sam Schmidt - Marine Bruce Palmer
Noah Hoffman - Specialist Martin Kondor
Willy Shuller - Airman First Class Trent Grove
Carter LaPorte - Corporal Luke Runyon
Brady Straub - Private First Class Myles Straub
Grant Smith - Specialist Zach Clouser
Mitchell Talbott - Corporal Eric Torbert
Joey Silvers - First Lieutenant Robert Seidel
AJ Blair - Gunnery Sergeant Justin Schmalsteig
Mike Green - Specialist Tocarra Green
Mason Griffiths - Lance Corporal Nick Morrison
Zach Schmidt - Staff Sergeant Brian Mowery



Support CD Fall Sports Special Report

[Click here to view the video](#)



Support the National Down Syndrome Society

On Saturday, September 23rd, please head out to Ted's Bar and Grill on route 22 (7300 Allentown Blvd, Harrisburg) to support a local cause. A percentage of your bill will be donated to the Touchdowns for Down Syndrome event. This will be held during the Central Dauphin vs Cumberland Valley game on September 29th @ 7:00 at Landis Field.

Themed T-shirts will be on sale. (Pre-order shirts now \$10.00) We are also encouraging any child (K-12th grade) that has Down Syndrome to join in with the cheerleaders on the sideline. If you have questions, want to buy a shirt, or know of a child that would like to participate, please email td4downsyndrome@gmail.com

This was posted on 9-4-2017



10,000 hours of Community Service

Aug 18th is Officially Glen McNamee / CD Community Connections Day in Dauphin County! We are celebrating 10,000 hours of community service with some of the top 10!

This was posted on 8-22-2017





CD Football Games: Listen Live

[Click here for more information](#)

On tunein app search for WMSS



CD Football Pictures

[Click here for more information](#)



Thank You 2017 Rams Club Partners

Bill Anderson Photography, Buffalo Wild Wings, CD Pizza, Chick Fil A at Lindle Road, Chipotle Mexican Grill, Christopher's Pizza and Subs, Crown Trophy, C and J Catering, CVS Health, Dr. Shirley and Ditty Dental, Hoffman Ford, Huntington Learning Center, Italian Delight, Mr Bob's Subway, New York Life Insurance Group, NK Graphics, Prime Care Medical, R and K subs, Red Robin of Hershey, Ritter Insurance, Silvers Family Dental Care, Sports Paradise, Ted's Bar and Grille, Texas Roadhouse, The Anderson Team at Remax, The Hershey Company, and Visual Cleaning Service



2017 - 2018 CD Football Videos

- [CD vs Manheim Highlights](#)
- [CD vs State College Highlights](#)
- [CD Football Senior Night](#)
- [CD vs Red Land Highlights](#)
- [CD vs Chambersburg Highlights](#)
- [CD vs Harrisburg Highlights](#)
- [Homecoming Game](#)
- [2017 Homecoming Court](#)
- [CD vs East Highlights](#)
- [CD vs East Commercial](#)
- [CD vs CV Highlights](#)
- [CDHS School Spirit: CD vs CV](#)
- [Riding With Rams: Tailgate Edition](#)
- [CD vs Carlisle Highlights](#)
- [Gold Star Moms Game](#)
- [CD vs Wilson Highlights](#)
- [CD vs Manheim Highlights](#)
- [CD vs Susquehanna Highlights](#)