

**CD RAMS**



**FOOTBALL**



**2018 - 2019**

## FEATURED VIDEO



## Players on College Rosters Since 2006

- We have had 130 Rams join college football rosters since 2006 (counting the 2022 seniors)

Name	School	Senior Season
Todd Gilcrist	Duquesne/Pitt	2006
Vince Browning	Bloomsburg	2006
Sean Boran	Bloomsburg	2006
Trent Tolene	Kutztown	2006
Andrew Packer	Lycoming	2006
Tim Hook	Lycoming	2006
Derek Day	Penn State	2007
Ricky Cirilo	Shippensburg	2007
Tom Norman	Rochester	2007
Matt Egenreider	Millersville	2007
Jack Lippert	Pitt	2008
Justin Shirk	Bloomsburg	2008
Dan Fisher	Bloomsburg	2008
Kyle Jackson	Bloomsburg	2008
Rees Judge	Millersville/Moravian	2008
Chas Evans	Widener	2008
Tyler Thompson	Moravian	2008
Anthony Rozzi	Thiel	2008
Dan Mummau	Kutztown	2008
Ian Isaac	Geneva	2008
Robert Brooks	Cheyney	2009
Jarrett Brooks	Lock Haven	2009
Paul Coleman	Lafayette	2009
Lewis Correale	Duquesne/Naval Academy	2009
Sean Fakete	Lebanon Valley	2009
Matt Heilig	UMass/Bloomsburg	2009
Marcus Simpson	East Stroudsburg	2009
Shawn Smith	Bloomsburg	2009
Kyle Wolfe	Millersville	2009

Ryan Nielsen	Millersville	2009
Jordan Bair	East Stroudsburg	2010
Scott Benkovic	Lock Haven	2010
Jordan Fletcher	Lebanon Valley	2010
Seidu Issah	Bloomsburg	2010
Matt Kirchner	Lock Haven	2010
Brian Morris	Millersville	2010
Adam Obaya	Lebanon Valley	2010
Artie Rowell	Pitt	2010
Jon Schnaars	East Stroudsburg	2010
Jeremy Seaman	California (Pa)	2010
AJ Sweigard	Lebanon Valley	2010
Zach Wierman	Lebanon Valley	2010
TJ Zimmerman	Widener	2010
Andrew Zwally	Susquehanna	2010
Trei Gilcrist	Cheyney	2010
Evan Brandes	Millersville/Geneva	2011
Tyler Cooke	Lock Haven	2011
Nate Hamilton	Lackawanna	2011
Adam Hollinger	Shippensburg	2011
Jesse Myers	Lebanon Valley	2011
Evan Schwan	Penn State	2011
Zach Wilk	Cornell	2011
Drew Scales	Slippery Rock	2012
Zayd Issah	Temple/Garden City CC	2012
Spencer Chisholm	Duquesne/Shaw/Cal	2012
Jordan Bowman	California (PA)	2012
Brandon LaVia	East Stroudsburg	2012
Daylin Russo	Carnegie Mellon	2012
Malyk Harris	Albright/Lock Haven	2012
Troy Slaughter	Kings College	2012
Coty Stewart	Thaddeus Stevens	2012
Chris Fegley	Shippensburg	2012
Dalton Brill	Shippensburg	2013
Josh Salak	Bloomsburg	2013

Spencer Joppy	Lackawanna	2013
Joe Wilk	East Stroudsburg	2013
Ben Mosey	Kutztown	2013
Jake Perry	Kutztown	2013
Jake Notestine	Juniata	2013
Shaki Gillispie	Lackawanna	2013
Codie Zimmerman	Lock Haven	2013
Vinit Patel	Juniata	2013
Malachi Holmes	Lackawanna	2013
Steven McNeal	Lebanon Valley	2014
Raleigh Sirb	St. Francis/Ship	2015
Steven Veronikis	Bloomsburg	2015
Rashaun Gabriel	Morgan State/Temple	2015
Paul Wakefield	Dickenson	2015
David Payton	Slippery Rock	2015
Phil Petrina	Dickenson	2015
Adam Thornton	Albright	2015
Joe Williams	Lackawanna	2015
Matt Bonish	Lackawanna/Seton Hill	2015
AJ Perez	Jireh Prep/Temple/WCU	2015
Jordan Sellers	Franklin and Marshall	2016
Marven Metellus	Thaddeus Stevens	2016
Trey Paul	Shippensburg	2016
Terrell Gabriel	Slippery Rock	2016
Sam Tillman	Mansfield	2016
Manus Frank	West Chester	2016
Gavyn Hoffman	Shippensburg	2016
Bo Heshler	East Stroudsburg	2017
Grant Smith	IUP	2017
Saville Pope	Mansfield	2017
Ethan Van Buskirk	Pitt	2017
Mason Griffiths	West Chester	2018
Derek Krug	West Chester	2018
Adam Burkhart	Bloomsburg	2018
Carter LaPorte	Stevenson	2018

Tysen Spriggs	Albright	2018
Gabe Bollinger	Michigan Tech	2018
Bryce Thoman	Temple	2019
Nick Chimienti	Stonybrook	2019
Chad Layton	IUP	2019
Amir Walton	Edinboro	2019
Ryan Hohenshelt	Thaddeus Stevens	2019
Marques Holton	Steel City	2019
Zach Pomeroy	St. Vincent	2019
Myron Brooks	Steel City	2019
Blaise Heshler	Sacred Heart	2020
Timmy Smith	Millersville	2020
Malachi Bowman	East Stroudsburg	2020
Paul Clark	John Carroll (OH)	2020
Dan Ficca	Widener	2020
Nick Miller	Thaddeus Stevens	2020
Jamaal Bellamy	Hudson Valley	2020
Shamilyn Joppy	Lackawanna	2020
Shamarr Joppy	Lackawanna	2020
Kyle Yeager	Sacred Heart	2021
Max Mosey	Holy Cross	2021
Ahren Stauffer	Lafayette	2021
Ben Stewart	Millersville	2021
Darrion Thomas	Millersville	2021
Myles Wallace	Edinboro	2021
Mason Carmichael	Wilkes	2021

**2022 Seniors who have accepted offers to play:**

David Chase	Lincoln
Devin Shepherd	Wheeling (WV)
Luke Zlogar	Dickinson
Mason Liartis	Washington and Jefferson
Brayden Snyder	Wilkes

**2019 RAMS FOOTBALL SPRING AND SUMMER SCHEDULE FOR VARSITY  
AND JUNIOR VARSITY**

**PARENT MEETING** – WEDNESDAY APRIL 24 AT 6:30PM IN THE CDHS CAFETERIA

**SPRING TESTING** – MONDAY MAY 20, TUESDAY MAY 21, WEDNESDAY MAY 22

EQUIPMENT HANDOUT WILL TAKE PLACE THIS WEEK

**SPRING BALL** – THURSDAY MAY 23, TUESDAY MAY 28, WEDNESDAY MAY 29,  
THURSDAY MAY 30, FRIDAY MAY 31

PRACTICES ARE FROM 2:45 PM TO 5:45 PM EACH NIGHT  
\* *HELMETS ONLY*

**PHYSICALS** - TBA

**14<sup>TH</sup> ANNUAL YOUTH CAMP** – MONDAY JUNE 17 – WEDNESDAY JUNE 19 AT CDHS  
9AM TO NOON EACH DAY

**WORKOUTS** - MONDAY JUNE 10 – THURSDAY AUGUST 1 IN CD WEIGHT ROOM

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

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

**“BONUS TIME”** MONDAY JUNE 10 FROM 4:45-5:45 BEHIND THE WEIGHTROOM  
MONDAY JUNE 24 FROM 4:45-5:45 BEHIND THE WEIGHTROOM

**CD VS. CD AT LANDIS FIELD** – MONDAY JULY 22 AND TUESDAY JULY 23  
5:30 – 7:15 PM EACH NIGHT

<b><u>7 ON 7'S</u></b>	VS. LD	WEDNESDAY	JULY 10	AT LD MIDDLE SCHOOL	5:15PM
	VS EAST	MONDAY	JULY 15	AT LANDIS FIELD	5:15PM
	VS SUSQ.	TUESDAY	JULY 16	AT SUSQUEHANNA TWP. HS	5:15PM

***FIRST DAY OF PRACTICE – MONDAY AUGUST 5***

\* WE WANT ALL FOOTBALL PLAYERS TO HAVE THEIR PHYSICAL  
BEFORE THE END OF THE FIRST WEEK OF WORKOUTS

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

## 2019 CENTRAL DAUPHIN RAMS FRESHMEN TEAM

	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
PARENT MEETING	WEDNESDAY APRIL 24	6:30 PM	CD HIGH CAFETERIA
SPRING WORKOUTS	May 13, 16	6:00 – 7:30	CD Weight room
	May 20, 23	6:00 – 7:30	CD Weight room
IMPACT TEST PHYSICALS	To Be Announced	After school	CDHS
	To Be Announced	After school	CDHS
CD RAMS YOUTH CAMP	Monday June 17 – Wednesday June 19 ( <i>For 2<sup>nd</sup> through 9<sup>th</sup> graders</i> ) 9 AM TO NOON AT CDHS (LOWER PRACTICE FIELDS) * For more information go to <a href="http://www.cdramclub.com">www.cdramclub.com</a> click on “info”		
SUMMER WORKOUTS AND FOOTBALL INSTRUCTION	Monday June 10	7:00 – 8:15 AM	CD Weight room
	Thursday June 13	7:00 – 8:15 AM	CD Weight room
	Monday June 24	7:00 – 8:15 AM	CD Weight room
	Thursday June 27	7:00 – 8:15 AM	CD Weight room
	Monday July 1	7:00 – 8:15 AM	CD Weight room
	Monday July 8	7:00 – 8:15 AM	CD Weight room
	Wednesday July 10	6:00 – 7:30 PM	CD Weight room
	Thursday July 11	7:00 – 8:15 AM	CD Weight room
	Monday July 15	7:00 – 8:15 AM	CD Weight room
	Wednesday July 17	6:00 – 7:30 PM	CD Weight room
	Thursday July 18	7:00 – 8:15 AM	CD Weight room
	Monday July 22	7:00 – 8:15 AM	CD Weight room
	Wednesday July 24	6:00 – 7:30 PM	CD Weight room
	Thursday July 25	7:00 – 8:15 AM	CD Weight room
	Monday July 29	7:00 – 8:15 AM	CD Weight room
	Wednesday July 31	6:00 – 7:30 PM	CD Weight room
MINI-CAMP *	Tuesday August 6	6:00 – 8:00 PM	CDHS Upper Field
	Wednesday August 7	6:00 – 8:00 PM	CDHS Upper Field
	Thursday August 8	6:00 – 8:00 PM	CDHS 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 13	5:00 – 7:00 PM	CDHS Upper Field
	Wednesday August 14	5:00 – 7:00 PM	CDHS Upper Field
	Thursday August 15	1:00 – 3:00 PM	Equipment room
	• Equipment handout will take place on Thursday.		
PICTURE DAY	Friday August 16	3PM	CDHS Main Gym
SUMMER PRACTICE	Monday August 19	5:00 – 7:45 PM	CDHS Upper Field
	Tuesday August 20	5:00 – 7:45 PM	CDHS Upper Field
	Wednesday August 21	3:00 – 5:00 PM	CDHS Upper Field
	Thursday August 22	5:00 – 7:45 PM	CDHS Upper Field
	Friday August 23	3:00 – 5:00 PM	CDHS Upper Field
QUESTIONS???	PLEASE VISIT THE RAMS CLUB WEBSITE AT <a href="http://www.cdramclub.com">www.cdramclub.com</a> OR E-MAIL COACH MCNAMEE AT <a href="mailto:gmcnamee@cdschools.org">gmcnamee@cdschools.org</a>		



# Central Dauphin RAMS



## VARSITY FOOTBALL 2019

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
AUGUST 17	NORTH PENN (SCRIMMAGE)	CDHS	10:00 AM
AUGUST 23	WILSON	AWAY	7:00PM
AUGUST 30	BERKS CATHOLIC (GOLD STAR MOM GAME)	HOME	7:00PM
SEPTEMBER 6	MANHEIM TOWNSHIP	AWAY	7:00PM
SEPTEMBER 13	CUMBERLAND VALLEY	AWAY	7:00PM
SEPTEMBER 20	CARLISLE	HOME	7:00PM
SEPTEMBER 28	HARRISBURG	AWAY	1:00PM
OCTOBER 4	ALTOONA (THIN BLUE LINE GAME)	HOME	7:00PM
OCTOBER 11	STATE COLLEGE	AWAY	7:00PM
OCTOBER 18	CHAMBERSBURG (HOMECOMING)	HOME	7:00PM
OCTOBER 25	EAST (SENIOR NIGHT)	HOME	7:00PM



## **29th Annual Speed Ebersole Golf Outing**

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We are happy to announce the date and location of the 29th Annual Speed Ebersole Golf Outing - Friday, June 21st at Manada. This has been our biggest fundraising effort in the past few years and we hope to continue that success in 2019.

*This was posted on 1-30-2019*



## 2018 - 2019 Senior Football Players



Good luck to our Senior Football Players. Wherever life may take them.

*This was posted on 1-7-2019*



## **CD Rams Football Banquet**

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### **Videos**

[CD Rams Football Banquet](#)

[CD Rams Football Seniors](#)

[Varsity Season Highlights](#)

[Senior Baby Video](#)

[Community Connections](#)

[In Loving Memory of Harrison Fenstermaker](#)

### **Community Connections**

- 60 Events This Year
- 1684 Hours This Year



CD Rams Football Seniors

# CENTRAL RAMS DAUPHIN CLUB

## A SPECIAL THANKS TO OUR 2018 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!”**



Coach Rosler: 20th Year Coaching

# 2018 - 2019

## CD RAMS FOOTBALL



**Lilly Reynoso**

Managers and Trainers

# 2018 - 2019

## CD RAMS FOOTBALL



**Anna Lapkowiec**

Managers and Trainers



## CD Rams Football Banquet

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### Awards

Freshman Ram Award: Ryley Kennedy  
Youth Ram Award: Sam Sauers  
Speed Ebersole Man of the Year: Noah Hoffman  
Speed Ebersole Academic Award: Gabe Bollinger  
Speed Ebersole Most Improved Player: Mason Griffiths  
Hammer Award: Adam Burkhart

Gold Star Mom Scholarship  
- Senior: Adam Burkhart

Glen McNamee Scholarship  
- Senior: Sam Schmidt  
- Junior: Jacob Hicks  
- Sophomore: Tim Dao

Influence Team  
- Adam Burkhart  
- Noah Hoffman  
- Mason Griffiths  
- Kyle Minnich

Special Teams Players of the Year: Derek Krug and Nick Chimienti  
Speed Ebersole Work Horse of the Year: Sam Schmidt  
Lineman of the Year: Gabe Bollinger  
Scout Team Players of the Year: Elijah Vargas and Dante Selby  
Speed Ebersole Ram Award: Harrison Fenstemaker  
Harrison Fenstemaker Scholarship: Noah Hoffman



## Meet PennLive's 2018 All-Star Football Team - Defense

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[Click here for more information](#)

*This was posted on 12-29-2018*



## 405 Wins ...and counting

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CD vs Wilson - 23-7 (W)  
CD vs Berks Catholic - 7-0 (W)  
CD vs Manheim Twp - 22-12 (L)  
CD vs Cumberland Valley - 37-7 (W)  
CD vs Carlisle - 35-17 (W)  
CD vs Harrisburg - 14-5 (L)  
CD vs Altoona - 49-7 (W)  
CD vs State College - 35-28 (L)  
CD vs Chambersburg - 34-14 (W)  
CD vs East - 37-12 (W)  
CD vs Central York - 49-12 (W)  
CD vs Manheim Twp - 27-0 (W)  
CD vs Harrisburg - 16-6 (L)



## CD Football News



What a night! Congratulations Coach Mac and the CD Rams on the 400th Victory! #62

*This was posted on 9-22-2018*



## CD Football News

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The Central Dauphin School District extend our deepest condolences to the family of the CDHS student who passed away this past weekend. We are shocked and saddened by this untimely loss. Our thoughts and prayers are with the family and our entire CD Rams community. The amount of sympathy and support we received during this difficult time is staggering. Reading through the texts, emails, and tweets would bring tears to anyone's eyes. Thanks for the prayers to the family and strength to the CD Nation. We truly appreciate all of the support we have received during this most difficult time! #together #62

*This was posted on 9-17-2018*



## CD Football News

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Tonight's CD vs CV football game is our annual Gold Star Moms game. It's a tribute to fallen military soldiers. The game is also tabbed as part of the Great American Rivalry Series, a nationwide collection of great high School rivalries. Come out and support our RAMS and our Troops at 7pm.

*This was posted on 9-14-2018*



## 2018 CD Football Academic Captains

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Jacob Hicks, 11th Grade  
Carter LaPorte, 12th Grade  
Gabe Bollinger, 12th Grade

*This was posted on 9-27-2018*



## **2018 CENTRAL DAUPHIN RAMS FOOTBALL**

### **BUSINESS PARTNERS**

The Central Dauphin Rams Booster Club would like to recognize and Thank the following local businesses for their Partnership and Support of the Rams Players and Coaching Staff.

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1. Bill Anderson Photography   | 16. Mission BBQ                 |
| 2. Buffalo Wild Wings          | 17. Mosey Landscapes            |
| 3. CD Pizza                    | 18. Mr. Bob's Subway            |
| 4. Chick Fil A at Lindle Road  | 19. NK Graphics                 |
| 5. Chipotle Mexican Grill      | 20. PrimeCare Medical           |
| 6. Christopher's Pizza & Subs  | 21. R & K Subs                  |
| 7. CJ Pony Parts               | 22. Renaldi Photography         |
| 8. Cleveland Brother's         | 23. Red Robin of Hershey        |
| 9. Crown Trophy                | 24. Ritter Insurance            |
| 10. CVS Health                 | 25. Sports Paradise             |
| 11. Dr. Shirley & Ditty Dental | 26. Ted's Bar & Grille          |
| 12. G2 Diesel Products         | 27. Texas Roadhouse             |
| 13. Hoffman Ford               | 28. The Anderson Team at Re/Max |
| 14. Huntington Learning Center | 29. The Hershey Company         |
| 15. LaPorte Painting           | 30. Visual Cleaning Services    |

**THANK YOU FOR ALL THAT YOU DO TO SUPPORT CD FOOTBALL!!**

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*You can find more information on the following business's by clicking on their logo on our website*

[www.cdramsclub.com](http://www.cdramsclub.com)

# CENTRAL DAUPHIN RAMS

## 2018 VARSITY FOOTBALL ROSTER

#	NAME	POSITIONS	GR.	HT	WT	#	NAME	POSITIONS	GR.	HT	WT
1	Tyrese Fuller	QB, DB	Jr.	6-3	150	46	Adam Burkhart	RB, LB	Sr.	5-11	215
2	Myron Brooks	RB, DB	Jr.	5-5	112	48	Timothy Dao	RB, LB	So.	5-9	189
3	Nick Chimienti	CB, WR	Jr.	6-0	180	51	Josh Krasevic	OL, DL	Jr.	6-3	241
4	Elijah Vargas	RB, LB	Jr.	5-8	170	52	Mike Green	OL, DL	Sr.	5-11	213
5	Marques Holton	DE	Jr.	5-11	230	53	Blaise Heshler	OL, DL	So.	6-3	249
6	John Mitchem	RB, DB	Jr.	5-10		54	Jacob Kelly	OL, DL	So.	6-2	236
7	Nyeem Sims	WR, DB	Jr.	5-9	159	55	Ryan Hohenshelt	OL, DL	Jr.	6-5	252
8	Myahl Chapman	RB, DB	Jr.	5-5		56	Carter Laporte	OL, DL	Sr.	6-2	238
9	Willy Shuller	TE, DE	Sr.	6-3	210	57	Marco Frattaroli	OL, DL	So.	5-11	190
10	Shamilyn Joppy	WR, DB	So.	6-1	165	58	Tysen Spriggs	OL, DL	Sr.	5-9	220
11	Gobind Aulakh	WR, DB	Sr.	5-11	172	59	Cameron Sansoni	OL, DL	Jr.	6-0	230
12	Jonathan Green	WR, DB	So.	5-9	149	60	Colin Wittmer	OL, DL	Sr.	5-10	189
13	Noah Hoffman	QB, LB	Sr.	6-1	190	61	Adam Dicecco	OL, DL	Jr.	5-8	171
14	Malachi Bowman	WR, DB	So.	5-10	158	62	Harrison Fenstemaker	OL, DL	Sr.	6-0	250
16	Max Mosey	QB	Fr.	5-11	148	63	Nathaniel Mosey	OL, DL	So.	5-10	216
18	Kasper Sipe	WR, DB	Jr.	6-0	171	64	Jamaal Bellamy	OL, DL	So.	6-1	260
19	Thomas Mesic	WR, DB	Jr.	5-6	143	65	David Keller	OL, DL	So.	5-10	230
20	Shamarr Joppy	RB, DB	So.	5-11	167	67	Quinn Ritter	OL, DL	Sr.	5-11	221
21	Amir Walton	FB, DE	Jr.	6-0	213	68	Josh Wick		Sr.		
22	Dante Selby	WR, DB	So.	5-7	155	69	Jordan Mazza	OL, DL	So.	5-9	183
23	Mason Griffiths	RB, LB	Sr.	6-0	222	70	Gabe Bollinger	OL, DL	Sr.	6-3	290
24	Joseph Foye	WR, DB	So.	5-7	144	72	Bryce Thoman	OL, DL	Jr.	6-5	246
25	Tyler Leisher	WR, DB	Sr.	5-11	173	73	Jaden Baylor	OL, DL	Sr.	6-3	308
26	Brody Rock	WR, DB	So.	5-10	145	74	Kyle Hower	OL, DL	So.	6-2	306
27	Tyrell English	RB, DB	Fr.	5-11	168	75	Chad Layton	OL, DL	Jr.	6-0	260
31	Kyle Eagle	RB, LB	Jr.	5-9	179	76	Ian Davis	OL, DL	Jr.	5-11	167
33	Jacob Hicks	RB, LB	Jr.	5-9	200	77	Brennan Ryan	OL, DL	So.	5-11	177
34	Timmy Smith	RB, LB	So.	5-11	181	78	Kyle Yeager		Fr.		
35	Manny Feliciano	RB, LB	Jr.	5-8	145	79	Quentin Hatcher	OL, DL	So.	5-11	225
36	Connor Flynn	RB, LB	Jr.	5-9	184	80	Jackson Talbott	TE, DE	Jr.	6-2	201
37	Daniel Ficca	RB, LB	So.	5-9	195	81	Darby Gluscevich-kepner	WR, DB	Jr.	6-3	165
40	Paul Clark	RB, LB	So.	5-8	178	82	Nick Miller	TE, DE	So.	5-0	181
40	Colby Winters	FB, OLB	Sr.		163	83	Will Fritz	TE, DE	So.	6-0	171
41	Michael Bishop	RB, DL	So.	5-8	156	84	Zach Pomeroy	K	Jr.	6-2	194
42	Justin Fleig	K	Jr.	5-7	140	85	Xavier Barner	WR, DB	So.	5-10	139
43	Kyle Minnich	TE, LB	Sr.	6-0	200	88	Caleb Smith	TE, DE	So.	6-1	176
44	Sam Schmidt	DL	Sr.	5-9	220	92	Derek Krug	K	Sr.	6-0	
45	Myles Wallace	TE, DL	Fr.	5-10	190						

# CENTRAL DAUPHIN RAMS

## 2018 JV FOOTBALL ROSTER

<b>NAME</b>	<b>GRADE</b>	<b>NAME</b>	<b>GRADE</b>
Xavier Barner	Sophomore	Shamarr Joppy	Sophomore
Jamaal Bellemy	Sophomore	Shamilyn Joppy	Sophomore
Michael Bishop	Sophomore	David Keller	Sophomore
Ryan Brennan	Sophomore	Jacob Kelly	Sophomore
Myron Brooks	Junior	Jordan Mazza	Sophomore
Timothy Dao	Sophomore	Thomas Mesec	Junior
Ian Davis	Junior	Nicholas Miller	Sophomore
Adam DiCecco	Junior	Maxwell Mosey	Freshman
Tyrell English	Freshman	Nathaniel Mosey	Sophomore
Joseph Foye	Sophomore	Zachary Pomeroy	Junior
Marco Frattaroli	Sophomore	Brody Rock	Sophomore
Charles Fritz	Sophomore	Dante Selby	Sophomore
Jonathon Green	Sophomore	Caleb Smith	Sophomore
Quentin Hatcher	Sophomore	Timothy Smith	Sophomore
Blaise Heshler	Sophomore	Myles Wallace	Freshman
Kyle Hower	Sophomore	Kyle Yeager	Freshman



## CD Football News



Congratulations to our Football program. 500 community service events and counting. Great job guys!

*This was posted on 6-13-2018*



## CD Football News

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HUGE Congrats to Grant Smith for being selected to play in the PA Big 33 Football game. There's but a handful of CD football players who have made the Big 33 and Grant Smith can say he's one. One last game on Landis Field!

*This was posted on 6-11-2018*

# CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

Fourth Edition— June 2018

## Welcome to the Central Dauphin Football Newsletter

### 10,000 STRONG

In the spring of 2006, we started the Community Connections Program with the intention of encouraging our players to get involved in community service and to learn the value of helping others along the way. In the process, we hoped it would become a life-long habit for them and even make the world around us a better place. That year, we set out on this journey modestly with just a few events. And now, almost exactly 12 years later, we are proud to announce that in June we will take part in our 500<sup>th</sup> event - Incredible! We are so proud of all the players, parents, and coaches who helped to make this milestone possible over the last 12 years. Together, we have shown very clearly to the community what the CD Rams Football Family is all about. Most importantly, along the way we have, indeed, made the world around us a better place.

The month of June also signifies the end of another school year. We look forward to seeing the final grades as they come in. We have no doubt there will be much to celebrate. The end of the year also means that our 2017 senior football players will be crossing the stage at the Giant Center for graduation and moving on to the next chapter of their lives. We will always remember them and their contribution to the great CD Rams Football tradition. We certainly wish them the very best.

An end to the school year also means we are transitioning to the next phase of our off-season, too – summer workouts. The 2018 team can't wait!

As we head into this final phase of our off-season, we want to keep you fully informed as to what is going on with our program. It's going to be a busy summer and a great springboard into the 2018 season.

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!"*

## Important Notes:

**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 11<sup>th</sup>. Whether a player gets their physical at the high school on June 1<sup>st</sup> or through their own doctor, it has to be dated on or after June 1<sup>st</sup>.**

**THE COLOR RUN—HERSHEY, PA  
WE JUST FOUND OUT ABOUT ANOTHER  
INCREDIBLE OPPORTUNITY.  
FOR EACH VOLUNTEER THAT HELPS AT THIS  
YEAR'S "COLOR RUN",  
\$40 WILL GO TO THE CD RAMS FOOTBALL  
PROGRAM. LET'S GET AS MANY VOLUNTEERS  
THERE ON JUNE 9<sup>TH</sup> AS POSSIBLE!**

## “THE BIG” 5

This year we have once again streamlined 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 April 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.

In April we had our first of “The Big 5” events. The Ford U Drive Event brought in some much needed revenue – roughly \$2,000. Thank you to those of you who participated! Now we need to make sure we go big on the remaining 4 events. Remember, these events will only be as big as we make them. We can never be complacent and assume that the money will “roll in” just because we are CD Football.

### So let's Go Big with “The Big 5”!

So, one down and four to go ....

#### Speed Ebersole Golf Tourney – June 22<sup>nd</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 2<sup>nd</sup> 6-9 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 10<sup>th</sup>.

Each player will be given 10 pre-written letters from Coach McNamee on August 8<sup>th</sup> 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 July 20<sup>th</sup>.

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. (Although a “buy-out” option exists)

#### VERY IMPORTANT NOTE:

**WE JUST FOUND OUT ABOUT ANOTHER INCREDIBLE OPPORTUNITY. FOR EACH VOLUNTEER THAT HELPS AT THIS YEAR'S “COLOR RUN”, \$40 WILL GO TO THE CD RAMS FOOTBALL PROGRAM. LET'S GET AS MANY VOLUNTEERS THERE ON JUNE 9<sup>TH</sup> AS POSSIBLE!**

### 13<sup>th</sup> Annual Youth Football Camp

This year we will be continuing this great annual tradition from June 18<sup>th</sup> – June 20<sup>th</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.cdramsclub.com](http://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.

### THE NEXT LEVEL PROGRAM

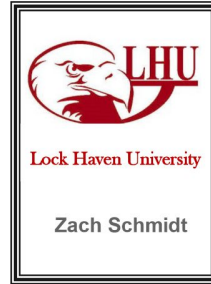
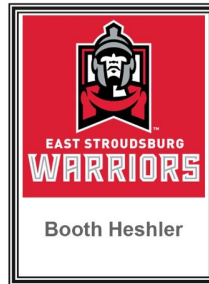
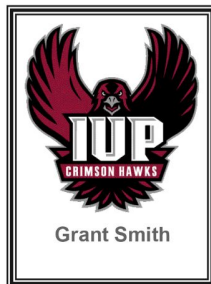
The Next Level Program is an initiative we launched in 2008 to help players and parents who were interested in continuing their playing careers in college. Prior to 2008, we did not see many players go on to play in college football. Since the inception of this program, we have seen over 80 players accept offers to join college football ranks! In fact, we had a stretch of multiple years where over 30 former players were on college football rosters. This coming fall we will have approximately 20 of our former players in college football.

Of course, success in the CD Rams Football program is not defined entirely by whether a player participates in college football. Success is defined mainly by the degree of improvement made in the on-going journey toward achieving the Mission. That being said, we have multiple things in place to help players live out their dream if, in fact, that is what they aspire to do.

One of the things we offer as a way to help players and parents is a document which includes a great deal of information about the process. This document was emailed to all the senior and junior parents. If you did not receive the document and you'd be interested in reading it, you can find it on our website at [www.cdramsclub.com](http://www.cdramsclub.com) under “Next Level”. Of course, you could always email Glen McNamee at [gmcnamee@cdschools.org](mailto:gmcnamee@cdschools.org).

In general, we prefer to view this not as the “recruiting process” but rather as the “college selection process”. The term “recruiting process” implies that players and families take a passive approach and wait for opportunities to come to them, thus putting all the control in the hands of the college coaches. Whereas by viewing it as the “college selection process”, the players and families will take a much more active approach in finding the best possible fit for the student-athlete and thereby exercising more control over the outcome.

We also want to wish the very best to our graduating seniors who will be continuing their playing careers in the fall. Good luck!



## 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 - something that is a key component in our Mission.

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". Included is our "Road Map for Academic Excellence" which has been in our Academic Planners the last few years.

## 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.

Then, this past season, our youth association took on the Rams name and bought beautiful, new green and white uniforms! So, now they not only share our Mission and our Core Values, they also share our name and colors!

## Third

### Marking Period HONOR ROLL:

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

## Rams Club President Message

May had a slow start but finished with an exciting end to the month with spring ball. Can you smell it? 2018 football season is right around the corner. With that being said June is shaping up to be a busy month:

- The boys had a great showing at Lauren's First and Goal this past weekend.
- Next week is a big opportunity for the football team "The Color Run" organization is donating \$40 per person that volunteers back to our football club. Please see prior emails to register and sign up to help next Saturday June 9th.
- Big 33 game is June 16th, CD and CD East football booster programs are once again running the concession stands. We need a lot of help to make this event successful once again-please see the time to sign up sheets you were emailed to sign up for your time slot.
- June 22nd is our annual Golf tournament at Manada Golf Course. This event is our top fundraising event of the entire year. Golfers and sponsors are still needed. On behalf of the entire booster club I would like to thank Mark Van Buskirk for his tireless work and his unwavering commitment to this event. This will be Mark's last year to be the chair of the golf event -we desperately need a volunteer to follow in his footsteps to ensure this event continues year after year to help fund our program.
- June 7th will be a date in history for our football program-the 500th Community Connections event will be at the Colonial Park Care Center. I can't begin to express how proud I am of our players and our programs history. This speaks volumes of who we are and what this program is about.

Looking forward to seeing many old faces and meeting new ones at any of our upcoming events. The next Rams Club meeting is June 27th hosted by the Bollinger's.

Thanks,  
Doug Schmidt

## COMMUNITY CONNECTIONS PROGRAM

May was another really active month in the Community Connections Program. Here is a list of the events this past month:

Setting up for the Pan-Ram Day at CDHS  
Helping at the Pan-Ram Day  
Visiting the Jewish Home  
Visiting the Colonial Park Care Center  
Reading at Linglestown Elementary  
Assisting at the West Hanover May Fair

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

Helping at the Food Pantry –  
LifePoint Church June 2  
Lauren's First and Goal – June 3  
Visiting the Colonial Park Care Center – June 7  
Helping at the Color Run – June 9  
PLEASE SEE MORE INFO UNDER "BIG 5"  
Helping at the Big 33 Game – June 16  
Visiting the Jewish Home – June 21

## 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 April 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.



## A SPECIAL THANKS TO OUR 2017 BUSINESS PARTNERS



## 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](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).

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

*“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

In previous newsletters we have proudly reported that our attendance this year has been record-breaking. That level of dedication is paying off in a big way! On May 21, 22, and 23 we tested our players in the bench, squat, clean, and weight. The degree of improvement from the winter and May testing was outstanding. Of course, the tests told us what was already obvious to people who have seen our players transform their bodies over the past few months.

"Be better than your former self" – that's what we push consistently. So many of them have done just that. We are proud to report that in the bench we saw 27 players improve by at least 30 pounds or more! In the squat, we had 21 players improve by at least 50 pounds! In the clean, we saw 26 players improve by at least 25 pounds!

Below are the players who made "Iron Ram". An "Iron Ram" is someone who benches 300, squats 425, or cleans 275 lbs. We are proud to say that 27 of our players achieved "Iron Ram" in at least one lift which is a Congratulations!

### 10 Iron Rams in the Bench

Jaden Baylor	315
Gabe Bollinger	345
Adam Burkhart	350
Harrison Fenstemaker	375
Mason Griffiths	300
Carter LaPorte	300
Kyle Minnich	315
Sam Schmidt	345
Tysen Spriggs	315
Josh Krasevic	300



### 23 Iron Rams in Squat

Gobind Aulakh	435
Gabe Bollinger	585
Adam Burkhart	495
Harrison Fenstemaker	515
Mike Green	425
Noah Hoffman	435
Carter LaPorte	475
Tyler Leisher	425
Kyle Minnich	475
Quinn Ritter	475
Sam Schmidt	545
Tysen Spriggs	425
Myahl Chapman	445
Connor Flynn	425
Chad Layton	500
JJ Mitchem	435
Jackson Talbott	425
Bryce Thoman	485
Mason Griffiths	445
Amir Walton	455
Tim Dao	485
Dan Ficca	455
Kyle Eagle	425

### 10 Iron Rams in the Clean

Adam Burkhart	280
Harrison Fenstemaker	295
Mason Griffiths	305
Gabe Bollinger	330
Carter LaPorte	290
Quinn Ritter	290
Sam Schmidt	305
Willy Shuller	275
Bryce Thoman	295
Mike Green	275



We know this level of achievement could not have happened without sacrifices made by the parents especially when it comes to rides from the weight room and food – lots and lots of food. We know that gains in the weight room are very difficult without the proper diet and nutrition. So thank you!

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". It will be worth your time, and it will most likely answer any questions you might have – and then some.



**HERSHEY, PA**

**Saturday, JUNE 9 | GIANT CENTER**

Presenting: The Color Run Hero Tour 2018! Soar to new heights in the Hero Zone, confront double the [color](#) in two brand-new SUPER Zones, and suit up in our limited edition

Use the Link Below to Volunteer and help raise money for the CD Football Program:

<https://www.eventbrite.com/e/the-color-run-volunteer-hershey-2018-registration-44388229389?aff=CDFootball>

**\*\*When you reach the part of registration that asks, "What organization are you volunteering on behalf of?", please choose "CD RAMS Football" . \*\***

Please direct questions to Christy Hicks [chicks97@aol.com](mailto:chicks97@aol.com).

**VOLUNTEER**





### GETTING A “KICK” OUT OF HELPING OTHERS

As a student at North Side Elementary, Ethan Van Buskirk literally grew up around Central Dauphin Football. Even back in those elementary school days, he had visions of being a Ram himself and playing under the Friday Night Lights at Landis Field.

Of course, many kids have similar hopes and ambitions but not everyone is able to live out their childhood dream the way Ethan did. Not only did Ethan play for the Rams, but when it was all said and done he started for three years and earned all-state honors as a kicker not to mention many other awards and accolades. It was a truly impressive career that was noticed by teammates, coaches, fans, media, AND college scouts. His prowess on the field led to an offer to play for the University of Pittsburgh which is where he will be taking his talents this fall. Pitt just so happens to be the other team Ethan rooted for ever since he was a youngster which means he will soon be living out yet another of his childhood dreams. This all makes him a very lucky young man, although luck has very little to do with his success. It is much more a result of a very strong work ethic driven by high expectations.

For all his accomplishments on the field, Ethan Van Buskirk has been arguably even more impressive in what he has done in the community. As part of our Community Connections Program, Ethan participated in 66 community service events for a total of 186.5 volunteer hours in his career. Both of these are all-time records at Central Dauphin! This shows that his childhood aspirations were not limited to the playing field only. As a student at North Side, he saw CD Rams helping at his Field Day each year and visiting his classroom to read to the students. In fact, his experience with CD Football helping in the community goes way back. He was present for the first-ever community service event performed in the Community Connections Program in 2006 when we helped build Possibilities Place, a playground designed for *all* children. His older brother, Damian, helped that weekend along with several of his teammates from the 2006 squad. His mom, Bobbie, was one of the organizers of the event.

This is why his childhood visions of playing at CD always included helping others because that's exactly what he had always seen growing up. So when he took part in the final Community Connections event of his distinguished career recently, it was only fitting that it all came full circle. Yes, his final event was going back to North Side to help with their annual Field Day which was on the very same playground he experienced Field Day with CD Rams Football players many years ago. This time, though, he was not a participant but rather a CD Ram himself and one who can feel proud to have accomplished exactly what he had envisioned – making a difference on the field as well as in peoples' lives.





**PRESEASON SCHEDULE 2018  
VARSITY AND JV FOOTBALL**

	Players Report	First Practice	Second Practice
<b><u>WEEK 1</u></b>			
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
<b><u>WEEK 2</u></b>			
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"><li>• 3-way with Dallastown, East</li></ul>	
<b><u>WEEK 3</u></b>			
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"><li>• JV's will be 3:00 - 4:00 pm in locker room</li></ul>		
Monday August 27	First Day of School		



## Central Dauphin Football Speed Ebersole Golf Tournament

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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

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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 25<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 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 22<sup>nd</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 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 10<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 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.)

## 13<sup>th</sup> Annual Youth Football Camp

This year we will be continuing this great annual tradition from June 18<sup>th</sup> – June 20<sup>th</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.

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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](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.

**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](http://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 3<sup>rd</sup> 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 (7<sup>th</sup> and 8<sup>th</sup> 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](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).

## 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](mailto: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](http://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 11<sup>th</sup>. Whether a player gets their physical at the high school on June 1<sup>st</sup> or through their own doctor, it has to be dated on or after June 1<sup>st</sup>.**

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



Saturday April 23, 2016





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

## FOOTBALL

### *BOYS FRESHMAN*

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

## **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

**13<sup>TH</sup> 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 4<sup>th</sup>.
- 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 <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.cdramclub.com">www.cdramclub.com</a>		
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 <a href="http://www.cdramclub.com">www.cdramclub.com</a> OR E-MAIL COACH MCNAMEE AT <a href="mailto:gmcnamee@cdschools.org">gmcnamee@cdschools.org</a>		



## CD Football Games: Listen Live

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[Click here for more information](#)

On tunein app search for WMSS



## CD Football Pictures

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[Click here for more information](#)



## 2018 - 2019 CD Football Videos

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- [CD vs Harrisburg Highlights](#)
- [District Finals Commercial](#)
- [CD vs Manheim Twp Highlights](#)
- [CD vs Central York Highlights](#)
- [CD vs Central York Commercial](#)
- [CD vs East Highlights](#)
- [CD vs East Commercial](#)
- [CD vs Chambersburg Highlights](#)
- [CD vs State College Highlights](#)
- [Senior Night Commercial](#)
- [CD vs Altoona Highlights](#)
- [CD vs Harrisburg Highlights](#)
- [Homecoming Football Commercial](#)
- [Homecoming Court 2018](#)
- [CD vs Carlisle Highlights](#)
- [CD vs CV Highlights](#)
- [CD vs CV Commercial](#)
- [CD vs Manheim Twp Highlights](#)
- [CD vs MT Commercial](#)
- [Touchdowns for Down Syndrome](#)
- [CD vs Berks Catholic Highlights](#)
- [CD vs Wilson Highlights](#)