



2019 - 2020

FEATURED VIDEO





CD Football News

CD Rams go "Rocky IV" in training methods

[Click here for more information](#)

This was posted on 5-2-2020



CD Football News

Ryan Hohenshelt - Thaddeus Stevens Football

Congratulations and Good Luck!



CD Football News

Amir Walton - Edinboro University Football

Congratulations and Good Luck!



CD Football News

Chad Layton – IUP Football

Congratulations and Good Luck!



CD Football News

Marques Holton - Steel City Prep Football / Wrestling

Congratulations and Good Luck

CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

First Edition— Winter 2020

Welcome to the Central Dauphin Football Newsletter

We first want to thank all the parents who attended the February 26th parents meeting. It was most likely a record-breaking crowd! If we can keep that momentum going, we WILL reach the top of Mount Everest.

To help keep this momentum going, communication will be key. This newsletter is just one 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 every month this offseason (or every other month), we strongly encourage you to:

- ⇒ get the TEAM APP! It has been a great way to disseminate important and timely information. Our goal in 2020 is for all CD football players and parents to have the TEAM APP
- ⇒ visit our website at www.cdramsclub.com. It is regularly updated with all kind of information, news, photos, and videos related to a wide variety of topics. We are very proud of our website and believe it is one of the best high school football websites around. (It is linked on the TEAM APP)
- ⇒ check out our facebook page (It is also linked on the TEAM APP)
- ⇒ read emails that are sent

We have developed a
comprehensive communications system.
Please take advantage of it.

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!"

Important Dates:

March 11th @ 7:00 pm
Rams Club Meeting @ West Hanover Rec Center

April 8th
Parents Meet the Coaches Meeting with Rams Club
Meeting Following

May 13th
Rams Club Meeting

May 16th
Ford U Drive Event
Linglestown Rams Pancake Breakfast @ CDHS

May 19th
Rams Night out @ Chipotle 5—9 pm

RAMS' CLUB NEWS

As we stated at the February parents meeting, the way of life that was established in our program this past decade was uncommon and extraordinary. The parents are the main reason for this. Through the support they have given to the program and through the qualities they have instilled in their sons, the CD Football parents played a starring role in the last ten years. Unfortunately, as we discussed in February, we are concerned with some of the very common problems and issues that have arisen in the last few years and especially in 2019.

For starters, we have really struggled finding enough parents to do the many jobs and tasks our organization requires. We have also recently experienced behaviors and incidents among the players that were not associated with our program in the past.

It's this simple: where we end up this decade will mainly depend on YOU, the parents. We could slide back down the mountain, we could stay where we are currently, or we could ascend to the peak. The willingness of the parents to assist the Rams Club and the program will be the key determining factor in where we ultimately find ourselves on the mountain. We have a big and powerful engine that's been created, but it needs A LOT of fuel. YOU are the fuel. The qualities you instill in your sons, the messages you reinforce, and the degree to which you support the program are all key ingredients in that fuel. We proudly and humbly acknowledge that the parents collectively are what make our engine go.

We have a worthy Mission, one that all parents would want for their kids. (it is stated at the beginning of each newsletter). We have a strong plan on how to achieve the Mission. We have an outstanding group of assistant coaches and Rams Club leaders who can help execute that plan. When we ask for specific help or needs, please know that it's well-thought out and it's something that will help us to achieve our Mission. Your help will not be squandered and it won't go unappreciated. So, if there's a request for help that is communicated and you believe it's something you can realistically do, please do it. It WILL help your son either directly or indirectly. And it WILL help us get to the top of the mountain!

RAMS CLUB President Message

As we begin our Journey into the 2020 Season and the start of a new decade, I first want to take the opportunity and thank Doug Schmidt for his service the past 2 seasons as Rams Club President. I also want to thank our current board members for their work this past season and the countless hours they put in, providing for our Players and Coaches.

As Coach McNamee stated at the February 26th meeting (thanks to those who attended), the Rams Club over the past decade, has become a small company (a big engine if you will) that requires a lot of fuel to keep it moving up the mountain. You, the parents, must be that fuel that keeps us moving forward.

The 2020 season is going to be one of Dreams, Big Dreams and with everyone's help-- ***WE WILL MAKE THOSE DREAMS BECOME A REALITY!!***

The Rams Club meets on the 2nd Wednesday of each month so please plan on attending a meeting and learning all the cool stuff that's planned for the 2020 Season.

At this month's meeting, which will be held on Wednesday, March 11th we will be electing our 2020 Board and Committee Chairs.

In closing I would like to encourage everyone to get the Team App, if you haven't already, read the emails that are sent, and check out our Facebook Page and CD Rams Club Website. Communication and information shared in 2020 and beyond will be keys to getting us to the top of the mountain.

Sincerely,
Rams Club President Elect
Gary Matzoni

SPEED'S PLACE IMPACT — A DECADE OF DOMINANCE



Just as Speed Ebersole impacted the lives of countless CD football players and CD football itself, so has Speed's Place. Since it was dedicated in the summer of 2009, the CD football program has ascended to new heights mainly due to the unparalleled level of dedication and achievement in Speed's Place.

Here are some statistics to support this claim:

	"The Decade of Speed's Place" (2010-2019)
# of Iron Rams	143
# of 1,000 pound club members	83
# of Iron Ram bench press	87
# of 350 lb. bench press	21
# of Iron Ram squat	123
# of 500 lb. squat	35
# of Iron Ram clean	77
# of 300 lb. clean	28
Overall win-loss record	103-29 (78%) *
Regular season win-loss record	80-20 (80%) *
Record in the Mid-Penn Comm.	54-12 (82%) *
Record on the road	45-10 (82%)
Mid-Penn Comm. Titles	7 *
Record in playoffs	23-9 (72%) **
District finals appearances	5 **
District championships	2
District semi-finals appearances	8 **
State championship appearances	2 **
State championships	1 **
# of All-conference players	105
# of All-State selections	14
# of players on college rosters	75
# of Community service hours/year	1,151



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

* Best or tied for the best in the Mid-Penn Commonwealth in the last 10 years

** Best or tied for the best in District 3 6A in the last 10 years

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, however, 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 all year, not just during the season. We also have a mandatory study hall each week of the season for all levels of our program. 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 27 JV/Varsity players on the Football Honor Roll (90% GPA for the marking period OR 10% improvement from the previous marking period). We also saw nearly $\frac{3}{4}$ of our JV/Varsity players earn an “A” or “B” average for the first marking period. In addition, we saw several other players make improvements from the previous year. Our freshmen also did a great job in the classroom with over 90% of them earning an “A” or “B” average.

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

First

Marking Period

HONOR ROLL:

Xavier Barner
Ryan Brennan
Paul Clark
Daniel Ficca
Marco Frattaroli
Brody Rock
Thomas McGovern
Andre Noel
Randy Rudy
Ryan Russo
Micah Sheaffer
Ben Stewart
Darrion Thomas
AJ Wenrich
Aiden Bilder
Peter Engle
Jakob Frownfelter
Travis Linn
Reese Matincheck
Sameer Patel
Jeremy Yingling
Luke Zlogar

GOLD STAR MOM GAME



On September 25th of this season when we square off against Chambersburg, we will proudly take part in our 6th 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 few particular fallen heroes. 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. There is so much communication and preparation throughout the offseason in order to carry out all the wonderful details that make it an even more special event.

COMMUNITY CONNECTIONS PROGRAM

In 2006, we created the Community Connections Program which is a program designed to encourage our football players to volunteer in community service. Last year was another banner year. The 2019 team contributed 1,451 hours to our grand total of 13,581 hours by participating in 59 events! 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 much, much more.

The work done in 2019 sets the stage for two big potential milestones in 2020: we started the year only 24 events away from **600** total events and 1,419 hours away from **15,000** total hours. In 2020, let's get to **600** and **15,000**!

In December, January and February, we helped with:

- West Hanover Breakfast with Santa
- Wreaths Across America
- Life Point Food Bank in January and February
- Wreaths Across America Clean-Up
- Weight Room Reorganization
- Reading at Mountain View Elementary
- American Legion twice

In March, we will be:

- Visiting Colonial Park Care Center – March 5
- Reading at North Side Elementary – March 6
- Lifepoint food pantry – March 7
- Visiting the Jewish Home – March 19

More events will likely be added in March

Gold Star Mom continued

On our website www.cdramsclub.com we have a list of the players who have played for fallen heroes. We also have photos from last year on our website. What a special night that was. It is worth mentioning also that we are 5-0 in our Gold Star Mom games with a combined score of 207-39. Our starting defense has posted 3 shutouts and has only given up 13 points total in all 5 games. Amazing!



To ensure the program and players have all the benefits available the families need to get and stay involved.

The CD Football program is one of the best in the area because of the commitment of our FAMILIES!

Contact the RAMS Club Board today and Get Involved!

Mark your Calendar for the
30th Anniversary of the Speed Ebersole Golf Outing
Benefiting the Central Dauphin Rams Football Program



Friday, June 19th

For Sponsorship Information contact
speedebersolegolf@gmail.com

ALUMNI and RAMS FOOTBALL HISTORY

In 2020, we will be celebrating 65 years of Central Dauphin Football. In doing so, it will be another opportunity to bring 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 24 years CD has not had a losing season! We have made the playoffs in 22 of those 24 seasons and currently we are amidst a streak of 16 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 24 years, the Rams have won the Mid-Penn Commonwealth a league-best 12 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 2020 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 have read these newsletters in past years, you will recall seeing this plea for help to create an alumni football club. Unfortunately, we have had no luck thus far. We REALLY want to achieve this goal. It will make CD Football an even better program and it's the right thing to do. 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. Once the group is formed, we will lend our support and cooperation every step of the way.

*“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 Monday, February 10th. Prior to that we had "open gyms" which started Monday, December 9th, two days after our state championship game. Once again this year we saw a very large number of players who were not involved in winter sports take advantage of these workouts in December and January. Now that we are in full-swing with our official workout season, our attendance has been fabulous. So far we are seeing the vast majority of our expected team members in attendance on a given day and that's despite missing some winter sports athletes.

In the week of February 17th, 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. Congratulations to the players who achieved Iron Ram status during February testing:

Jamaal Bellamy	squat (425)
Paul Clark	squat (430)
Tim Dao	bench (330), squat (550), clean (275)
Dan Ficca	bench (330), squat (535)
Marco Frattaroli	squat (455)
Quentin Hatcher	bench (335), squat (475), clean (285)
Dante Selby	bench (310), squat (425), clean (275)
Tyrell English	squat (445)
Darrion Thomas	squat (465)
Myles Wallace	squat (465)
Kyle Yeager	squat (475)



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



Congratulations

Suzanne Sheaffer

**Champion of Gold Star Mothers,
and adopted RAM Football Mom,
Nominated as a Finalist of
Nexstar Media Group
Woman of the Year!**



CD Football News



Central Dauphin Football, Chad Layton, Bryce Thoman and Nick Chimienti representing at the 2020 Mr. Pa Football Awards last night. Great Job Guys!

This was posted on 3-9-2020





30th Annual Speed Ebersole Golf Outing

We are pleased to invite you to the 30th Annual Speed Ebersole Golf Outing - Friday, June 19th at Manada. We are expecting to fill the tournament rather quickly, so please reserve your spot as soon as possible. We are also pleased to announce an online registration component. PLEASE SUPPORT YOUR 2020 CD RAMS!!!

This was posted on 2-28-2020



CD Football News

On February 15th, Zach Wilk was in a severe snowmobile accident in upstate New York. The seriousness of Zach's injuries necessitated to be life flighted to the University of Vermont Medical Center. Below is a link to the Go fund Me page set up to help take care of his mounting medical bills.

[Click here for more information](#)

This was posted on 2-27-2020



Summer Camp

[Click Here to View the Summer Camp Video](#)

This was posted on 2-20-2020

**2020 RAMS FOOTBALL SPRING AND SUMMER SCHEDULE FOR VARSITY
AND JUNIOR VARSITY**

SPRING TESTING – MONDAY MAY 18, TUESDAY MAY 19, WEDNESDAY MAY 20

EQUIPMENT HANDOUT WILL TAKE PLACE THIS WEEK

SPRING BALL – THURSDAY MAY 21, TUESDAY MAY 26, WEDNESDAY MAY 27,
THURSDAY MAY 28, FRIDAY MAY 29

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

PHYSICALS - TO BE ANNOUNCED

LAUREN'S FIRST AND GOAL - SUNDAY JUNE 7 AT LAFAYETTE COLLEGE

15TH ANNUAL YOUTH CAMP – MONDAY JUNE 15 – WEDNESDAY JUNE 17 AT CDHS
9AM TO NOON EACH DAY

WORKOUTS - MONDAY JUNE 8 – THURSDAY AUGUST 6 AT 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 3-4:30pm
Mondays, Tuesdays, Wednesdays, and Thursdays.

"BONUS TIME" - MONDAY JUNE 22 FROM 4:45-5:45 BEHIND THE WEIGHTROOM

<u>"7 ON 7'S"</u>	VS. LD	WEDNESDAY	JULY 8	AT LD MIDDLE SCHOOL	5:15PM
	VS SUSQ.	TUESDAY	JULY 14	AT SUSQUEHANNA TWP. HS	5:15PM
				• VARSITY LINEMEN WILL BE PARTICIPATING AS WELL	

"CD VS. CD" AT LANDIS FIELD – MONDAY JULY 27 AND TUESDAY JULY 28
5:30 – 7:15 PM EACH NIGHT

FIRST DAY OF PRACTICE – MONDAY AUGUST 10

* WE WANT ALL FOOTBALL PLAYERS TO HAVE THEIR PHYSICAL
BEFORE THE FIRST SUMMER WORKOUT ON JUNE 8

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

2020 CENTRAL DAUPHIN RAMS FRESHMEN

	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
OPEN HOUSE	TBD		
SPRING WORKOUTS	May 11, 14 May 18, 21	6:00 – 7:30 6:00 – 7:30	CD Weight room CD Weight room
IMPACT TEST PHYSICALS	TBD		
CD RAMS YOUTH CAMP	Monday June 15 – Wednesday June 17 (<i>For 2nd through 9th graders</i>) 9 AM TO NOON AT CDHS (LOWER PRACTICE FIELDS) * For more information go to www.cdramsclub.com click on “info”		
SUMMER WORKOUTS AND FOOTBALL INSTRUCTION	Monday June 8 Thursday June 11 Monday June 22 Thursday June 25 Monday June 29 Monday July 6 Wednesday July 8 Thursday July 9 Monday July 13 Wednesday July 15 Thursday July 16 Monday July 20 Wednesday July 22 Thursday July 23 Monday July 27 Wednesday July 29	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 6:00 – 7:30 PM 7:00 – 8:15 AM 7:00 – 8:15 AM 6:00 – 7:30 PM 7:00 – 8:15 AM 7:00 – 8:15 AM 6:00 – 7:30 PM 7:00 – 8:15 AM 7:00 – 8:15 AM 6:00 – 7:30 PM	CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room CD Weight room
MINI-CAMP *	Tuesday August 4 Wednesday August 5 Thursday August 6	6:00 – 8:00 PM 6:00 – 8:00 PM 6:00 – 8:00 PM	CDHS Upper Field CDHS Upper Field 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 11 Wednesday August 12 Thursday August 13	5:00 – 7:00 PM 5:00 – 7:00 PM 1:00 – 3:00 PM	CDHS Upper Field CDHS Upper Field Equipment room
	• Equipment handout will take place on Thursday.		
PICTURE DAY	TBD		
SUMMER PRACTICE	Monday August 17 Tuesday August 18 Wednesday August 19 Thursday August 20 Friday August 21	5:00 – 7:45 PM 5:00 – 7:45 PM 3:00 – 5:00 PM 5:00 – 7:45 PM 3:00 – 5:00 PM	CDHS Upper Field CDHS Upper Field CDHS Upper Field CDHS Upper Field CDHS Upper Field
QUESTIONS???	PLEASE VISIT THE RAMS CLUB WEBSITE AT www.cdramsclub.com OR E-MAIL COACH MCNAMEE AT gmcnamee@cdschools.org		



Big 33 Selections

Congratulations Nick Chimienti and Bryce Thoman for the Big 33 selections. Great Job Guys!

This was posted on 2-13-2020



15th Annual Youth Football Camp in 2020

The coaching staff at Central Dauphin High School is looking forward to the 15th Annual Youth Football Camp in 2020! Thanks to the enthusiastic participation of nearly 100 campers last year, the 2019 youth camp was a big success. We look forward to building on that success for an even better camp this year. One reason we commit so much time and energy to this camp is because it provides a great opportunity for the current Rams football program to connect with the young players in this area. Whenever these two groups have the chance to work together, it's not only beneficial but lots of fun, too.

[Click here to view the video](#)

This was posted on 2-11-2020



Central Dauphin RAMS



VARSITY FOOTBALL 2020

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
AUGUST 22	NORTH PENN (SCRIMMAGE)	AWAY	10:00 AM
AUGUST 28	WILSON (Touchdowns for Downs)	HOME	7:00PM
SEPTEMBER 3 (Thursday)	BERKS CATHOLIC	AWAY	7:00PM
SEPTEMBER 11	MANHEIM TOWNSHIP	AWAY	7:00PM
SEPTEMBER 19 (Saturday)	HARRISBURG	AWAY	1:00PM
SEPTEMBER 25	CHAMBERSBURG (Gold Star Mom Game)	HOME	7:00PM
OCTOBER 2	STATE COLLEGE (Thin Blue Line Game)	HOME	7:00PM
OCTOBER 9	CARLISLE	AWAY	7:00PM
OCTOBER 16	ALTOONA (Homecoming)	HOME	7:00PM
OCTOBER 23	EAST	AWAY	7:00PM
OCTOBER 30	CUMBERLAND VALLEY (Senior Night)	HOME	7:00PM



EasterPAFootball.com 2019 Class 6A First Team

Nick Chimienti - Wide Receiver
Bryce Thoman - Offensive Line
Chad Layton - Offensive Line
Timmy Smith - Linebacker

Great Job Guys!

This was posted on 1-9-2020



CD Rams Football Banquet

Videos

[CD Rams Football Banquet](#)

[CD Rams Football Seniors](#)

[Varsity Season Highlights](#)

[Senior Baby Video](#)

[Community Connections](#)

[Coach Glen McNamee - Coach of the Decade](#)

Awards

Freshman Ram Award - Andrew Heyeh

JV Ram Award - Sam Sauers

Youth Ram Award - Anthony Robsock

Speed Ebersole Man of the Year - Jacob Hicks

Speed Ebersole Academic Award - Jacob Hicks

Speed Ebersole Most Improved - Nyeem Sims

Hammer Award—Elijah Vargas and Bryce Thoman

Speed Ebersole Work Horse of the Year - Bryce Thoman

Scout Team Player of the Year - Manny Feliciano

Speed Ebersole RAM Award - Kyle Eagle

Harrison Fenstermaker Award - Bryce Thoman

This was posted on 1-6-2020

CENTRAL RAMS DAUPHIN CLUB

A SPECIAL THANKS TO OUR 2019 BUSINESS PARTNERS



Thank You, CD Rams Club Partners

2019-2020
CD RAMS FOOTBALL



Alexis McMinn



Senior Managers

2019-2020
CD RAMS FOOTBALL



Danielle Poling

Senior Managers



CD Rams Football Banquet

Gold Star Mom Scholarship

- Chad Layton

Glen McNamee Scholarship

- Senior: Jacob Hicks
- Junior: Tim Dao
- Sophomore - Randy Rudy

Community Connections

- 59 Events This Year
- 1459 Hours This Year

This was posted on 1-6-2020



2019 Class 6A All-State

Timmy Smith - Linebacker2019
Nick Chimienti - Defensive Back
Bryce Thoman - Offensive Line

Great Job Guys!

This was posted on 1-2-2020



CD Football News

The Rams finish the year 6A State Runner Ups, District 3 Champs, and Commonwealth Champs.
Great season guys. Lot to be proud of!

This was posted on 12-9-2019



2019 District III Champs



417 Wins ...and counting

CD vs St. Joseph's Prep 35-13 (L)
CD vs Downingtown West 65-44 (W)
CD vs Harrisburg 27-20 (W)
CD vs Manheim Twp. 35-34 (W)
CD vs Cedar Crest 36-6 (W)
CD vs CD East 36-6 (W)
CD vs Chambersburg 28-23 (W)
CD vs State College 34-13 (W)
CD vs Altoona 62-0 (W)
CD vs Harrisburg 15-14 (W)
CD vs Carlisle 62-7 (W)
CD vs Cumberland Valley 13-7 (W)
CD vs Manheim Twp. 10-7 (L)
CD vs Berks Catholic 31-6 (W)
CD vs Wilson - 21-13 (L)



2019 Mid Penn Commonwealth Champions



CD Football News

Congratulations to the CD Rams Football team for winning the Mid-Penn Commonwealth Championship after defeating East this Friday. It is the Rams 8th league title in the last 11 seasons. Great Job Guys!

This was posted on 10-28-2019



CD Football News

Congratulations Freshman Football for defeating East 31-13 to finish their season. Great Job Guys!

This was posted on 10-24-2019



CD Football News

Congratulations Freshman Football for defeating Waynesboro 7-6. Great Job Guys!

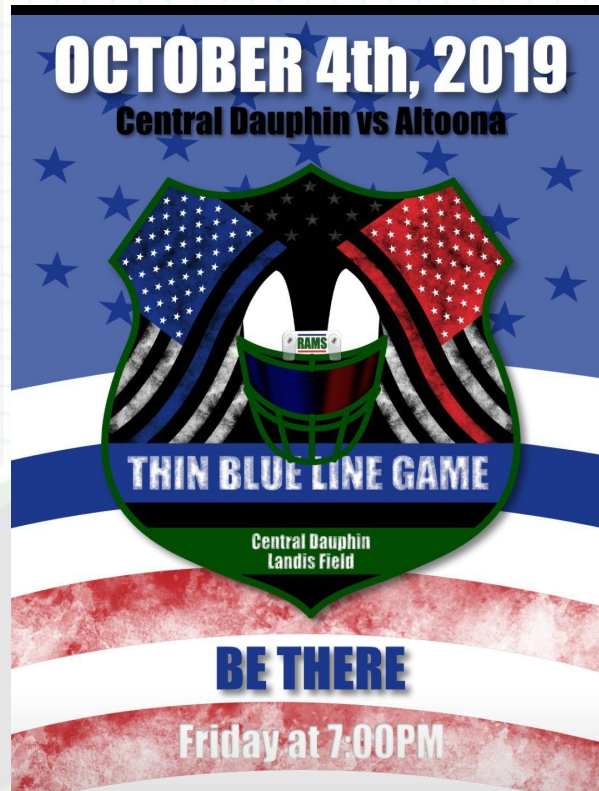
This was posted on 10-17-2019



CD Football News

Congratulations JV Football for defeating State College 40-13. Great Job Guys!

This was posted on 9-17-2019



Thin Blue Line Game

October 4th, 2019
CD vs Altoona
Landis Field

This was posted on 9-25-2019



CD Fall Sports Preview Special Report

[Click here to view the special report](#)



CD Football News

Congratulations JV Football for defeating Cumberland Valley 13-0. Great Job Guys!

This was posted on 9-17-2019



CD Football News

Congratulations CD Football for defeating Cumberland Valley 13-7. Great Job Guys!

This was posted on 9-16-2019



CD Football News

Congratulations CD Football for defeating Berks Catholic 31-6. Also, congratulations JV Football for defeating Berks Catholic 20-18. Great Job Guys!

This was posted on 9-3-2019

CENTRAL DAUPHIN

FOOTBALL



ZION ALLEN
DOUGLAS BARTO
JAMAAL BELLAMY
MALACHI BOWMAN
RYAN BRENNAN
MYRON BROOKS
MASON CARMICHAEL
MYAHL CHAPMAN
NICHOLAS CHIMIENTI
AARON CLARK
PAUL CLARK
TIMOTHY DAO
ADAM DICECCO
XAVIER DRUMMOND
KYLE EAGLE
TYRELL ENGLISH
EMANUEL FELICIANO

DANIEL FICCA
CONNOR FLYNN
MARCO FRATTAROLI
CHARLES FRITZ
TYRESE FULLER
JONATHAN GREEN
QUENTIN HATCHER
BLAISE HESHLER
NATHANIEL HEYEH
JACOB HICKS
RYAN HOHENSHELT
MARQUES HOLTON
SHAMARR JOPPY
SHAMILYN JOPPY
VINCENT KELLER
RYLEY KENNEDY
CHAD LAYTON

THOMAS MCGOVERN
THOMAS MESEC
JOHN MITCHEM
MAXWELL MOSEY
NATHANIEL MOSEY
EVANS MWANGI
ANDRE NOEL
ZACHARY POMEROY
BRODY ROCK
RANDY RUDY
RYAN RUSSO
CAMERON SANSONI
SAMUEL SAUERS
DANTE SELBY
ISHMIL SELBY
MICAH SHEAFFER
DEVIN SHEPHERD

NYEEM SIMS
SAIGE SMITH
TIMOTHY SMITH
AHREN STAUFFER
BENJAMIN STEWART
JACKSON TALBOTT
BRYCE THOMAN
DARRION THOMAS
WILLIAM THOMPSON
LANCE TURNER
ELIJAH VARGAS
MYLES WALLACE
AMIR WALTON
DREW WELDON
ANDREW WENRICH
KYLE YEAGER

CENTRAL DAUPHIN

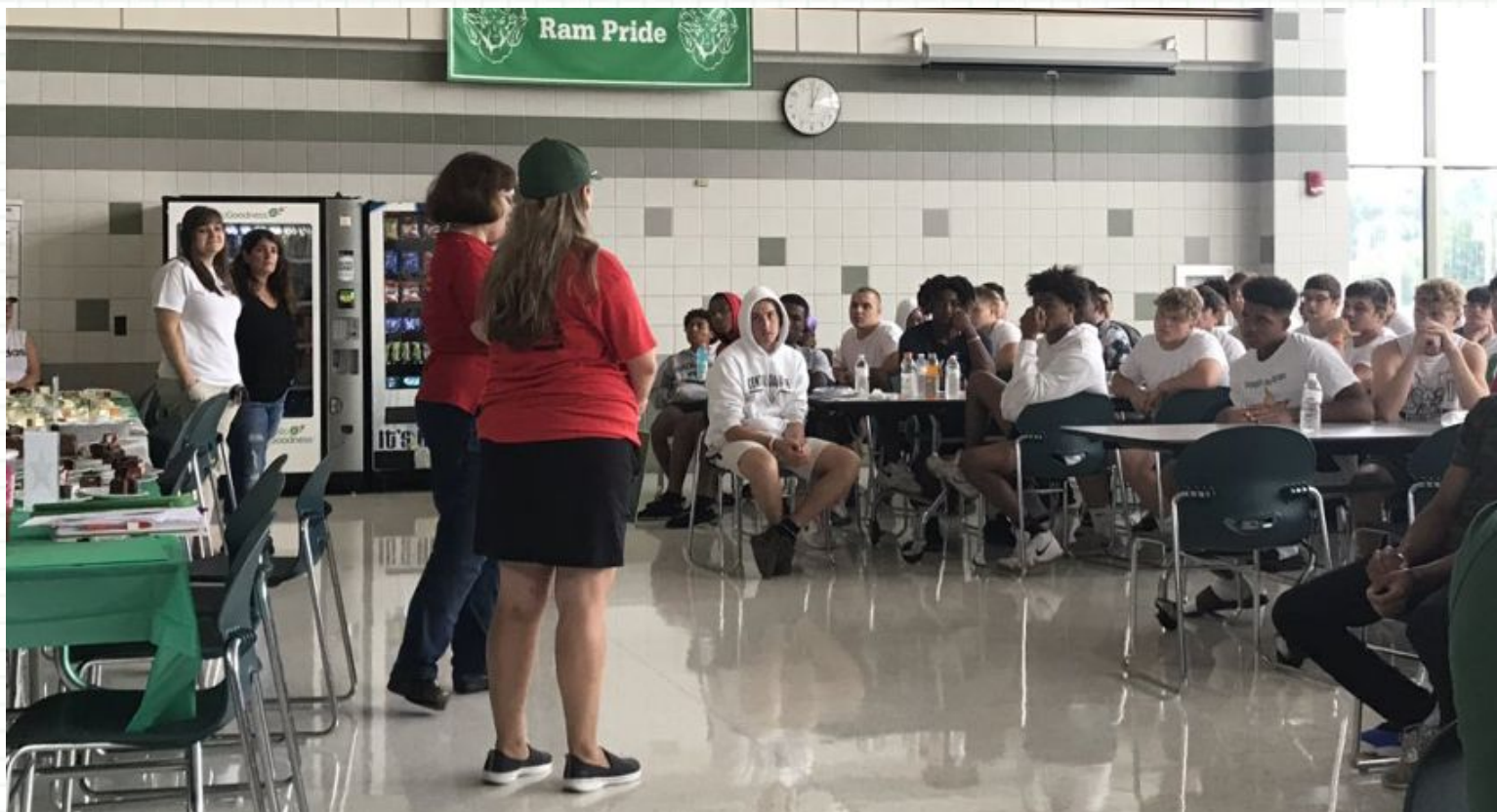


FRESHMAN FOOTBALL



LEVI ALICEA
AIDAN BILDER
SETH BOWMAN
WILLIAM CASAS
CARSON CASSELL
DAVID CHASE
JONATHAN DULANEY
PETER ENGLE
EMILIANO FRANCO
JAKOB FROWNFEILER
GIDEON GRASSMYER
ANDREW HEYCH
LUKE HOLLER
KILLIAN HOLLISTER
DALLAS HUSSON
JOAQUAN JOHNSON

NICK KELLOGG
MASON LIARTIS
TRAVIS LINN
REESE MATINCHECK
SAMEER PATEL
KEDRYN PEPER
ELIJAH POYER
IAN RANKER
NATHANIEL ROSA
ARTHUR RUUD
ETHAN STRAINING
TAYLOR WEATHERSBY
CAMERON WHITE
JEREMY YINGLING
SAM ZERANCE
LUKE ZLOGAR



CD Football News



Gold Star Mom's luncheon today to recognize the service hours our football players give back to the community. Great job coaches and players.

This was posted on 8-16-2019



Simply The Best

On Friday, August 24th, 13 seniors (and one junior) spent the day at North Side Elementary to help make their annual Field Day a fun and memorable one.

This was posted on 5-29-2019



SIMPLY THE BEST

When most high school seniors reach the end of May, their minds are usually on their own life: graduation, get-togethers, senior week, summer plans, and college. But the seniors on the CD football team still have their mind on something that has always meant so much to them. It's something that has defined them partly because no one has done it better than them.

Helping others.

On Friday, May 24th, 13 seniors (and one junior) spent the day at North Side Elementary to help make their annual Field Day a fun and memorable one. By all accounts, they did just that. In the process, the hours accumulated pushed the seniors' total community service hours to over 1,900 in their career at Central Dauphin High School! This is even more impressive considering they are part of one of the smallest senior classes in recent years (16).

Among those at North Side were Adam Burkhart and Sam Schmidt. For Adam, this event happened to mark quite a milestone as it was his 100th community service event! This is not only an incredible number but it's also the all-time record since 2006, the year our Community Connections Program began. Helping others has become as much a part of Adam's life as going to

school, lifting weights, and playing football. This has also been the case for another record-breaking senior, Sam Schmidt. His time spent helping the youngsters at North Side pushed his total hours of community service to nearly 250 hours! Sam will be leaving CD Football as the all-time leader in volunteer hours.

Sam and Adam and their senior classmates will be graduating on June 4th, but they will be leaving behind more than just wins on the field, bench press numbers in the weight room, and cumulative GPA's in school. They will be leaving behind a great example of what it means to be about "more than just football". They will be leaving behind a great legacy of helping other people. They will also be leaving CD with more than just a diploma on that night, too. They will be taking with them the distinction of being the greatest class of football players ever when it comes to helping others. They are simply the best.

Volunteers at North Side Field Day:

- Hours are listed for the players who are in the top 30 all-time

Colin Witmer	
Derek Krug	
Jaden Baylor	
Gobind Aulakh	81 career hours
Tyler Leisher	86.5 career hours
Kyle Minnich	90.75 career hours
Quinn Ritter	89.25 career hours
Gabe Bollinger	99.5 career hours
Mason Griffiths	118.5 career hours
Carter LaPorte	135.5 career hours
Noah Hoffman	163 career hours
Jake Hicks (junior)	220 career hours
Adam Burkhart	244.5 career hours
Sam Schmidt	246 career hours



CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

First Edition— March 2019

Welcome to the Central Dauphin Football Newsletter

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 every month or every other month until August, we strongly encourage you to visit our website at www.cdramsclub.com. It is regularly updated with all kind of information, news, photos, and videos related to a wide variety of topics. We are very proud of our website and believe it is one of the best high school football websites around. Of course, you can always email the head football coach, Glen McNamee at gmcnamee@cdschools.org if you have any questions.

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!"

Important Dates:

FORD U DRIVE EVENT

Saturday, APRIL 13th
Central Dauphin High School
Front Parking Lot

9:00 am to 2:00 pm



Saturday, April 13, 2019
9:00 am - 2:00 pm

WHERE
Central Dauphin High School
Front Parking Lot
437 Piketown Road, Harrisburg, PA

We ask you to simply come out and test drive a car for us. That's all it takes! There is NO sales speech, no pressure to buy, no bombardment of sales propaganda. For each household that participates the club receives \$ 20 from Ford. To help motivate the players to get participates we are hosting an inner team challenge. The position group that gets the most drivers to the event will receive work out incentives and/or food for their efforts. Simply come out, do a 10 minute test drive and you've helped the team raise money for the upcoming season. When you sign up to drive please let us know what player you are their for, so they get credit for their position group.

HOW CAN YOU HELP

**Take a Test Drive
&
FORD will donate
\$20 per
household**



BENEFITING

**Central Dauphin HS
RAMS Football
effort to raise
money for new
uniforms and
practice equipment**



SPEED'S PLACE IMPACT AFTER 9 YEARS

Just as Speed Ebersole impacted the lives of countless CD football players and CD football itself, so has Speed's Place. Since it was dedicated in the summer of 2009, the CD football program has ascended to new heights mainly because the level of dedication and achievement by the individual players in Speed's Place has been unparalleled.

	9 years of Speed's Place (2010-2018)
# of Iron Rams	134
# of 1,000 pound club members	73
# of Iron Ram bench press	81
# of 350 lb. bench press	19
# of Iron Ram squat	115
# of 500 lb. squat	26
# of Iron RAM clean	70
# of 300 lb. clean	26
Overall Win-Loss Record	91-26 (78%)*
Regular season Win-Loss Record	72-18 (80%)*
Record in the Mid-Penn Comm	47-12 (80%)*
Record on the Road	40-7 (85%)*
Mid-Penn Commonwealth Titles	6*
Record in Playoffs	19-8 (70%)**
District Finals Appearances	4
District Semi-Finals Appearances	7**
State Championships	1**
# of Players playing in College	97
# of players on college rosters	69
Community Service hours / year	1,118

* Best in the Mid-Penn Commonwealth in the last 9 years
** Best in District 3 6A in the last 9 years



George "Speed" Ebersole grew up in Lower Paxton. He played Football for famous high school coaches Roscoe Warner and Dick Gracie. As a high school student Speed remembers wrapping and taping ankles for his fellow athletes. This was an interest that he pursued and promoted through his whole life although not his vocation. He graduated Lower Paxton High School 1942 and immediately enlisted in the Navy. He was trained as a Pharmacist mate and served in the Pacific Theater. He is a combat veteran of five beachheads in the south pacific, serving with Company C, 1st Marine Division. He left active duty in 1946 and returned to Harrisburg, Pennsylvania.

He returned to Lower Paxton High School now known as Central Dauphin High School as their athletic trainer. He served Central Dauphin athletes and athletes from many of the surrounding schools of the Central Pennsylvania area for 54 years. Speed retired from Central Dauphin High School in 2000.

Speed will tell you that he did start getting paid \$500.00 after a while. Speed was grandfathered into the NATA. He used his military training as well as learning from such friends as Bruce Vogel song, Dick Burkholder and Otho Davis to remain current in the athletic training field. His concern for his athletes and the way he treated them has inspired many of his students to become athletic trainers and physicians. Speed has worked with athletes at all levels, but fondly recalls being brought to a New York Jet's game by one of his ex-athletes, Mickey Schuler. Speed certainly paved the way for us that were to follow.

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. 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 24 JV/Varsity players on the Football Honor Roll (90% GPA for the marking period OR 10% improvement from the previous marking period). We also had 59% of our varsity players earn Honor Roll status in the first marking period. In addition, we saw several other players make improvements from the previous year. Our freshmen also did a great job in the classroom with 40% of them earning Honor Roll status as well.

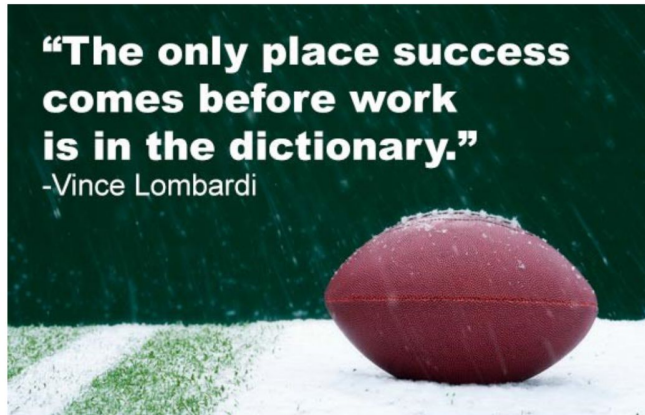
We would love for you to check out our “Academic Excellence” section of our website at www.cdramscub.com to find out more about our philosophy, our Academic Coaches, and our achievements.

Second Marking Period HONOR ROLL:

Connor Flynn
Darby Gluscevich
Jacob Hicks
Chad Layton
Bryce Thoman
Xavier Barner
Ryan Brennan
Marco Frattaroli
Tregan Layton
Tommy McGovern
Max Mosey
Evans Mwangi
Andre Noel
Andrew Renaldi
Ryan Rudy
Ryan Russo
Juice Selby
Ahren Stauffer
Darrion Thomas
AJ Wenrich

**“The only place success
comes before work
is in the dictionary.”**

-Vince Lombardi



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 participated in our 500th event! We now have done almost 530 events and over 12,000 hours of community service!

The 2018 team contributed a record number of hours to this total and the graduating seniors were quite simply the best community service class of all time. When the year ended, the team had amassed a whopping 1,684 hours of community service by participating in a record number of events – 60. 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 much, much more.

In December, January and February, we helped with:

Paxtonia Elementary School Secret Santa Set-Up
Paxtonia Elementary School Secret Santa
West Hanover Breakfast with Santa
Wreaths Across America
Life Point Food Bank
Wrestling Duals Tournament
Wreaths Across America Clean-Up
Life Point Food Bank
Weight Room Reorganization
CDHS Ram Band Indoor-Ram-a
Reading at Linglestown Elementary
Weight Room Clean up

In March, we will be:

Reading at Mountain View Elementary – March 8
North Side Elementary Bingo Night – March 8
.... With more events will likely be added in March



GOLD STAR MOM GAME

On August 30th of this season when we square off against Berks Catholic for our home opener, we will proudly take part in our 5th 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 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. Cumberland Valley. What a special night that was.

RAMS CLUB NEWS

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 were 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.cdramclub.com.



To ensure the program and players have all the benefits available the families need to get and stay involved.

The CD Football program is one of the best in the area because of the commitment of our FAMILIES!

Contract the RAMS Club Board today and Get Involved!

ALUMNI and RAMS FOOTBALL HISTORY

In 2015, we celebrated 60 years of Central Dauphin Football. In doing so, it was an opportunity to bring 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 23 years CD has not had a losing season. We have made the playoffs in 21 of those 23 seasons and currently we are amidst a streak of 15 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 23 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 2019 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. Once the group is formed, we will lend our support and cooperation every step of the way.

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

"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 Monday, February 4th. Prior to that we had “open gyms” which started the Monday after our district championship appearance in November. 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 73% of our expected team members in attendance on a given day and that’s despite missing some winter sports athletes.

In the week of February 11th, 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. Congratulations to the players who achieved Iron Ram status during February testing:

Myahl Chapman	squat (445)
Kyle Eagle	bench (300), squat (520)
Jacob Hicks	squat (435), clean (275)
Chad Layton	squat (570), clean (285)
JJ Mitchem	squat (500), clean (285)
Bryce Thoman	bench (315), squat (525), clean (315)
Amir Walton	squat (455)
Paul Clark	squat (425)
Tim Dao	squat (500)
Dan Ficca	bench (320), squat (535)
Dante Selby	squat (515)



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.cdramsclub.com



CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

Second Edition— April 2019

Welcome to the Central Dauphin Football Newsletter

In case you missed the first newsletter, you can find it on our website at www.cdramclub.com. We have an incredibly informative website, and we would love for you to take a look at it – it's one of the best high school football websites around. Our objective is for parents and the community to be as informed as possible when it comes to our football program.

To that end, these newsletters are another way to let you know what is going on in our football family as we are very active on a year-round basis. There's lots going on with the Rams for sure!

Another way for us to disseminate important information about our program and the events taking place is the **Annual "Meet the Coaches Night"/Parent Meeting**. This year, the meeting will be **Wednesday April 24th in the CDHS cafeteria at 6:30**. The meeting usually lasts one hour and then a Rams Club meeting will follow immediately thereafter.

Enjoy!

Rams Club President's Message:

Hello and welcome to another year of Central Dauphin Rams Football. My name is Doug Schmidt and I am serving my second year as The Rams Club President. The primary function of The Rams Club is to provide support to the football program, both financially and support behind the scenes.

As I said at this year's banquet, "We need You"! This couldn't be truer than right here and now! The Rams Club has been incredibly busy both scheduling this year's event and finding people to execute and manage these events. What do I mean by that you ask? The Rams Club currently has 21 separate committees and each of them has a committee chairperson. Sometimes, a chair is all that is required and



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 Dates:

FORD U DRIVE EVENT

Saturday, APRIL 13th

CDHS

Front Parking Lot

9:00 am to 2:00 pm

PARENTS MEETING

Wednesday, April 24th

CDHS—Cafeteria

6:30 pm

Continued

“THE BIG”

5

As mentioned in the above section, we would not have reason to think big and dream big if it were not for the Rams Club and the participation of so many parents. For the benefit of the parents and players in 2018, we have streamlined our major fundraising efforts once again into five events which we are calling “The Big 5”. Yes, we may have other smaller events scattered throughout the year and committees that need help, but we are committing our greatest energies to these particular events. Because we are not getting involved in a large number of fundraisers – as some booster clubs do – we are really counting on the players and parents to participate in “The Big 5” in a big way.

Of the five, only one involves selling something (poster sale) and even then the option exists to provide a donation. We have worked hard to find and create events that have a very favorable ratio in terms of what we gain from them compared to the time and effort they require.

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

So let’s Go Big with “The Big 5”!

Here they are:

Ford-You-Drive Event – April 13th at CDHS

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

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

Speed Ebersole Golf Tourney – June 21st at Manada.

This has been our most productive fundraiser in the last couple years. How? We have a team of people 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 – TBA

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 six 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! In the last two years, 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 dinner, have a few drinks, and help the Rams kick off the 2019 Season.

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

Letter Writing Campaign – Due August 9th.

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. For this to be successful, however, we need players to provide “good” names, meaning names of actual people who have a realistic chance of giving money to the program.

Poster sale – Due in July (exact date to be determined)

Each player is asked to sell 5 posters. The posters will be a picture of that player in uniform along with the game schedule for 2019. 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 would like for players to sell. (As mentioned above, players could choose to provide a donation instead.)

RAMS CLUB NEWS

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

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

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

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

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

At this time, I would like to introduce and congratulate the following on being elected at the February 21st meeting.

President – Doug Schmidt
Vice President – Christy Hicks
Secretary – Tracy Ficca
Treasurer – Nicole Smith
Advisors – Lorraine LaPorte and Laura Minnich



*To ensure the program and players have all the benefits available
our families need to get and stay involved.*

ACADEMIC EXCELLENCE PROGRAM

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

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

Freshmen Academic Coach – Sandy Canning (Science) – 1st year
JV/Varsity Academic Coach – Scott Fields (Science) – 3rd year
JV/Varsity Academic Coach – Chris Cloxton (English) – 4th year

Also, it is worth mentioning that the 3rd Marking period ended on March 27th. We are looking forward to checking their grades for this coming quarter as we always do. We are also optimistic that the 4th marking period will start strong for our players. One thing is for sure: our Academic Coaches will continue to check their gradebooks regularly and provide feedback to the players, coaches, and parents. They not only make us aware of their numeric grades but they also indicate whether low grades are due to poor test/quiz scores or not handing in assignments, something which is helpful to know.

Our returning players from the 2018 squad who made the Football Honor Roll for the 2nd Marking Period is listed here. To make the Football Honor Roll a player must have a 90% GPA or higher for the marking period or improve by at least 10% from the previous marking period. Keep up the good work!

We would love for you to check out our "Academic Excellence" section of our website if you have not done so already to find out more about our philosophy, our Academic Coaches, and our achievements. Go to www.cdramsclub.com and click on "Academic Excellence". We now have also included our "Road Map for Academic Excellence" which has been in our Academic Planners the last few years.

Second

Marking Period

HONOR ROLL:

Connor Flynn
Darby Glusceovich
Jacob Hicks
Chad Layton
Bryce Thoman
Xavier Barner
Ryan Brennan
Marco Frattaroli
Tregan Layton
Tommy McGovern
Max Mosey
Evans Mwangi
Andre Noel
Andrew Renaldi
Ryan Rudy
Ryan Russo
Juice Selby
Ahren Stauffer
Darrion Thomas
AJ Wenrich

Rams Club President Message con't

they are simply a point person, but most of these committees require several volunteers.

A great example of this is the Speed Ebersole Golf Outing. Tim Wenrich and Dave Smith (with the help of veteran Mark VanBuskirk) co-chair the golf committee. Volunteers are needed to solicit golfers and sponsors prior to the event. On the day of the golf outing, many, many volunteers are needed to prepare the course and prepare snacks, drinks etc. No previous experience is necessary, just willing to work a little.

This thing called Central Dauphin Rams Football is a huge well-oiled machine providing and experience that is second to NONE. To make this happen, we need lots of help from the parents. For you senior parents, believe me you want to be involved with your players experience because with a blink of an eye, high school football will be over. Wouldn't you like to be a part of those memories?

How does one get involved? The Rams Club typically meets on the third Wednesday of every month in a conference room in the high school. April 24th, the club will meet immediately following "Meet the Coaches/Parent meeting in the cafeteria. I promise you, you will meet and work with some really great people! If you want to get involved but can't attend a meeting, please reach out to me at dougms721@verizon.net

COMMUNITY CONNECTIONS PROGRAM

We are well on our way to having another banner year. So far we have seen 43 players participate in at least one event for a total of 423.5 hours. March alone was another busy month for the Community Connections Program. Here is a list of the events this past month:

Visiting Colonial Park Care Center
Reading at North Side Elementary
Reading at Middle Paxton Elementary
Reading at Mountain View Elementary
Helping at North Side's Bingo Night
Helping with the CDABA basketball tournament
Helping at the LifePoint Food Bank
Helping at the CD Youth Rams Pancake Breakfast



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

Reading at Paxtonia Elementary – April 5
Helping at Paxtonia's May Fair – April 6
Helping at the LifePoint food bank – April 6
Helping at a food pantry (Calvary church) – April 11
Children's Miracle Network Egg Hunt – April 13
Lifepoint Egg Hunt – April 13
Visiting the Jewish Home – April 16
Visiting Colonial Park Care Center – April 23
Reading at West Hanover - TBD



CURRENT NEWS FROM SPEED'S PLACE

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

We kicked off our official workout season on Monday, February 4th. Prior to that we had "open gyms" which started the Monday after the district championship game in November. Once again this year, we saw a large number of players that were not involved in winter sports take advantage of these workouts in December and January. Now that we are in full-swing with our official workout season, our attendance has been fabulous. Overall we are seeing 60+ and sometimes 65+ players in the weight room just about every day!

In the week of February 11th, we tested our players in our core lifts: bench press, squat, and clean. In order to earn "Iron Ram" status, a player must attain 300 lb. in the bench, 425 lb. in the squat and/or 275 lb. in the clean. We will again be testing in May. For as much as we strive toward standards such as "Iron Ram", the most important thing is improvement. We push our players to constantly work toward making gains—in their weight, their lifts, their speed, their agility, and their conditioning. One of our biggest definitions of success is "being better than your former self".

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

Speed's Place Celebration



On Saturday, August 3rd, we will celebrate the 10th anniversary of our Speed's Place dedication ceremony which occurred in August of 2009. This will take place in conjunction with our annual Kickoff Picnic and will be held – of course – behind Speed's Place. We will be inviting back all the key people who made Speed's Place a reality a decade ago to thank them and honor them. It will also give us all an opportunity to reflect on the many great opportunities and successes that Speed's Place has opened.

* Best in the Mid-Penn Commonwealth in the last 9 years

** Best in District 3 6A in the last 9 years

9 years of Speed's Place (2010-2018)	
# of Iron Rams	134
# of 1,000 pound club members	73
# of Iron Ram bench press	81
# of 350 lb. bench press	19
# of Iron Ram squat	115
# of 500 lb. squat	26
# of Iron RAM clean	70
# of 300 lb. clean	26
Overall Win-Loss Record	91-26 (78%)*
Regular season Win-Loss Record	72-18 (80%)*
Record in the Mid-Penn Comm	47-12 (80%)*
Record on the Road	40-7 (85%)*
Mid-Penn Commonwealth Titles	6*
Record in Playoffs	19-8 (70%)**
District Finals Appearances	4
District Semi-Finals Appearances	7**
State Championships	1**
# of Players playing in College	97
# of players on college rosters	69
Community Service hours / year	1,118

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. 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 2019 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 gmcmamee@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.

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

BUSINESS PARTNERS

Over the past six seasons we have averaged 20+ Business Partners. In 2018 we had 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.



2018 CENTRAL DAUPHIN RAMS FOOTBALL

BUSINESS PARTNERS

1. Bill Anderson Photography
2. Buffalo Wild Wings
3. CD Pizza
4. Chick Fil A at Lindle Road
5. Chipotle Mexican Grill
6. Christopher's Pizza & Subs
7. CJ Pony Parts
8. Cleveland Brother's
9. Crown Trophy
10. CVS Health
11. Dr. Shirley & Ditty Dental
12. G2 Diesel Products
13. Hoffman Ford
14. Huntington Learning Center
15. LaPorte Painting



16. Mission BBQ
17. Mosey Landscapes
18. Mr. Bob's Subway
19. NK Graphics
20. PrimeCare Medical
21. R & K Subs
22. Renaldi Photography
23. Red Robin of Hershey
24. Ritter Insurance
25. Sports Paradise
26. Ted's Bar & Grille
27. Texas Roadhouse
28. The Anderson Team at Re/Max
29. The Hershey Company
30. Visual Cleaning Services

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

CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

Third Edition— May 2019

Welcome to the Central Dauphin Football Newsletter

Even though it's only spring, we have already accomplished much this year, especially in the community. In the week of April 22nd alone, we took part in 6 community service events! For the year, we have seen 62 players participate in at least one event. Our goal is for every member of the 2019 squad to be part of the Community Connections Program.



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 24th 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. In particular, we want to thank those parents who have stepped up since the meeting by volunteering to help in some way. We really, really need it this year. 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!

**Annual Speed Ebersole
Golf Tournament
Friday, June 21st**

Contact:

**Tim Wenrich - 717.648.7490
speedebersolegolf@gmail.com**

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 Dates:

Spring Testing

May 20th - 22nd

Spring Ball

May 23rd, 28th thru 31st

Lauren's First and Goal

June 2nd

Ram's Youth Camp

June 17th - 19th

Golf Tournament

June 21st

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.cdramsclubb.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.

“THE BIG” 5

A huge source of revenue for many sports teams comes through selling things. Let's be honest: by this stage of the game, everyone is tired of selling. For that reason, we only ask players and families to participate in one “sell”. Amazingly, the Rams Club has found several other creative ways to raise money throughout the year. When these other opportunities occur, it is imperative that we maximize those revenue sources.

While it's true that we have more than five ways to raise money, we have boiled down our major fundraising efforts to just five. We call them the “Big 5” because we need to go BIG on each one in order to sustain our operations.

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”!

Here they are:

Ford-You-Drive Event – The Ford-You-Drive Event is already in the books. Unfortunately, we left several thousand dollars on the table. Thank you to everyone who did contribute in one way or another. That being said, it's vital that we go extra big on the remaining four.

Speed Ebersole Golf Tourney – June 21st at Manada.

This has been our most productive fundraiser in the last couple years. How? We have a team of people 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 – TBA

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 six 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! In the last two years, 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 dinner, have a few drinks, and help the Rams kick off the 2019 Season.

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

Letter Writing Campaign – Due August 9th.

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. For this to be successful, however, 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 19th for JV and Varsity and August 9th for Freshman

Each player is asked to sell 5 posters. The posters will be a picture of that player in uniform along with the game schedule for 2019. 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 would like for players to sell. (As mentioned above, players could choose to provide a donation instead.)

RAMS' CLUB PRESIDENT'S MESSAGE

The off season is a busy time for the Rams Club. I'd like to thank all those that took the time to come out to support the Ford Drive Event last month. This month will be busy as well and we will need participation from everyone.

On May 14, from 5:00-9:00 we will be at Chipotle on Jonestown Rd for a fundraiser that will generate 33% of the proceeds for the Rams Club. Please come out and show your support.

On May 27, the Big 33 game will be played at Landis Field with a 2:00 kickoff. The Rams Club along with CDEast booster club will be working together to provide concessions for that event. We will need lots of help for this to be a successful event. This is also a great opportunity to get to know other parents and folks involved with our booster club. Who knows, you may meet some really great people. Please watch your email for the link for the Time To Sign Up.

Still going on is the planning and preparation for the Speed Ebersole Golf Tournament on June 21. If you are able to help with anything related to this event like hole sponsorships or players or helping the day of the tournament, please reach out to Tim Wenrich tim.wenrich@hcnycoco.com.

It hard to believe that the 2019 season is almost upon us. Our players have an opportunity to participate in the Lauren's First and Goal football camp on June, 2. Register now.

Our next Rams Club meeting will be on May 22 at CDHS in conference rooms 1 and 2 at 7:00. Please come out and get involved in your players experience. If you have any questions please do not hesitate to reach out to me at dougms721@verizon.net

Thank you,
Doug Schmidt
Rams Club President



RAMS CLUB NEWS

"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.

Unfortunately, we are in danger of taking steps backward because we are short on help and participation in fundraising efforts. Quite honestly, we will not be able sustain our impressive operation without more parent help. Even more than that, we will no longer be a program that is special and unique and one that thinks big and dreams big as we always have in the past. We refuse to believe that our best days are behind us in CD Football. On the contrary, the coaching staff shares the optimistic belief that our best days lie ahead.

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. It doesn't matter if you are the parent of a senior or a younger player. All help is welcomed.

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 12 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.cdramclub.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 2018 who had a 90% GPA or higher for the 3rd Marking Period:

Third

Marking Period

HONOR ROLL :

Jake Hicks

Ryan Brennan

Max Mosey

Marco Frattaroli

Xavier Barner

Bryce Thoman

Chad Layton

Thomas MCGovern

Evans Mwangi

Andre Noel

Andrew Renaldi

Randy Rudy

Ryan Russo

Juice Selby

Ahren Stauffer

Darrion Thomas

Andrew Wenrich

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:

Reading at Paxtonia Elementary – April 5
Assisting at the Paxtonia May Fair – April 6
Assisting at a Food Pantry at Calvary church – April 11
Assisting at LifePoint's Eggstravaganza – April 13
Assisting at Children's Miracle Network Egg Hunt – April 13
Visiting the Jewish Home – April 16
Assisting at the West Hanover Township Egg Hunt – April 20
Setup and tear down for the STEM event at CDHS – April 22 and 24
Visiting the Colonial Park Care Center – April 25
Reading at West Hanover Elementary – April 26
Assisting at the MJS Turnaround Scholarship 5K – April 27
Assisting at the Run For Rachel event (City Island) – April 28

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 – May 4
Visiting Colonial Park Care Center – May 9
Assisting in the DUI Memorial Walk – May 11
Visiting the Jewish Home - May 14
Assisting at the West Hanover May Fair – May 18
Assisting at the North Side Field Day – May 24
Big 33 setup – TBD
Big 33 game – May 27



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 a decade ago 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 ten 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.

Speed's Place Celebration



On Saturday, August 3rd, we will celebrate the 10th anniversary of our Speed's Place dedication ceremony which occurred in August of 2009. This will take place in conjunction with our annual Kickoff Picnic and will be held – of course – behind Speed's Place. We will be inviting back all the key people who made Speed's Place a reality a decade ago to thank them and honor them. It will also give us all an opportunity to reflect on the many great opportunities and successes that Speed's Place has opened.

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*"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 outstanding and the overall attitude has been very good. For that reason, we are seeing continued gains in the most important areas.

On May 20, 21, and 22 we will be testing the players again in the bench, squat, clean, height and weight. 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 23, 28, 29, 30, and 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.cdramsclub.com. Then click on "Speed's Place". It will be worth your time, and it will most likely answer any questions you might have – and then some.

Note: Physicals at CDHS will be held on Monday, June 3 after school. The Impact Test – which is required for all incoming freshmen and anyone new to the football program – will be after school on Wednesday, May 29. The students will be bussed from each middle school and the test will be completed before the late bus leaves CDHS at 4:45.

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



14th Annual Youth Football Camp

This year we will be continuing this great annual tradition from June 17th – June 19th. 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.

**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

14TH 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 4th.

“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

<u>7 ON 7'S</u>	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 2nd through 9th graders</i>) 9 AM TO NOON AT CDHS (LOWER PRACTICE FIELDS) * For more information go to www.cdramsclub.com 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 www.cdramsclub.com OR E-MAIL COACH MCNAMEE AT gmcnamee@cdschools.org		



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

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



CD Football Games: Listen Live

[Click here for more information](#)

On tunein app search for WMSS



CD Football Pictures

[Click here for more information](#)



2019 - 2020 CD Football Videos

- Varsity Season Highlights
- CD Rams Football Seniors
- Senior Baby Video
- Community Connections
- Coach Mac - Coach of the Decade
- CD Football Thank You
- CD Football vs St. Joseph's Prep Highlights
- CD Football State Championship
- CD Football States
- CD Football vs Downingtown West Highlights
- CD Football State Semifinals
- CD vs Harrisburg Highlights
- District III Champs
- CD vs Harrisburg District Championship
- Ram Mob
- CD Football vs Manheim Township Highlights
- CD Football Districts Round 2
- CD Football vs Cedar Crest Highlights
- CD vs CD East Highlights
- CD Football Senior Night
- CD vs Chambersburg Highlights
- Homecoming Court



2019 - 2020 CD Football Videos

- [CD vs State College Highlights](#)
- [CD Football vs Altoona](#)
- [Thin Blue Line Game](#)
- [CD vs Harrisburg Highlights](#)
- [CD vs Carlisle Highlights](#)
- [CD Football vs Carlisle Commercial](#)
- [Fall Sports Preview](#)
- [CD vs Cumberland Valley Highlights](#)
- [CD vs Manheim Township Highlights](#)
- [CD vs Berks Catholic Highlights](#)
- [CD vs Wilson Highlights](#)