

2020 CENTRAL DAUPHIN FOOTBALL



2020 - 2021

FEATURED VIDEO





CD Rams Football Banquet

Videos

[CD Rams Football Seniors](#)

[Varsity Season Highlights](#)

[Senior Baby Video](#)

[Central Dauphin Rams Football - Miss You](#)

[Coach Denny Duttenhoffer - 20 Years](#)

Awards

- JV Ram Award - Mason Carmichael
- Speed Ebersole Man of the Year - Nathaniel Mosey
- Speed Ebersole Academic Award - Ryan Brennan
- Speed Ebersole Most Improved Player - Quentin Hatcher
- Hammer Award - Dan Ficca
- Special Teams Player of the Year - Malachi Bowman
- Speed Ebersole Work Horse of the Year - Tim Dao
- Lineman of the Year - Jamaal Bellamy
- Scout Team Player of the Year - Xander Toland
- Speed Ebersole RAM Award - Blaise Heshler
- Harrison Fenstermaker Award - Paul Clark

Gold Star Mom Scholarship

- Timmy Smith

Glen McNamee Scholarship

- Tim Dao

This was posted on 5-3-2021



2020 - 2021 CD Rams Football Team



CD Rams Football Seniors

CENTRAL RAMS DAUPHIN CLUB

A SPECIAL THANKS TO OUR 2020 BUSINESS PARTNERS



Neil Renaldi Photography



Cleveland Brothers



Thank You, CD Rams Club Partners



CENTRAL DAUPHIN HIGH SCHOOL

FENSTEMAKER FIELD

RAMS

21



12:33

GUEST

14

2

TOL

DOWN

3

OES

TO GO

2

BALL ON

18

QTR

4

1

TOL

DEDICATED IN MEMORY OF
HARRISON FENSTEMAKER #62 (2000 - 2018)



Fenstemaker Field Scoreboard

2020 - 2021
CD RAMS FOOTBALL



Jilleann Gray

Senior Managers

2020 - 2021
CD RAMS FOOTBALL



Jillian Linn

Senior Managers



COMMUNITY CONNECTIONS

CDHS Spring Cleanup



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

Yesterday, we celebrated our 600th Community Connections event. Also, we celebrated 14k hours of service. Our program builds amazing young men, athletes, students, and humble community servants. Great Job Guys!

This was posted on 4-29-2021



15th Annual Youth Football Camp in 2021

The coaching staff at Central Dauphin High School is looking forward to the 15th Annual Youth Football Camp in 2021, especially after missing this annual tradition in 2020! In 2019, we had nearly 100 campers and it was a huge success. We look forward to building on that success for an even better camp this year.

Any Boy Entering 2nd Grade - 9th Grade
Monday June 14th - Wednesday June 16th

This was posted on 3-29-2021

CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

First Edition— Spring 2021

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 truly are a “year ‘round program”. We believe that the more you know about what’s going on, the stronger our football family will be.

In addition to the newsletters that we intend to distribute periodically this off-season, we strongly encourage you to visit our website at www.cdramclub.com. It is regularly updated with all kind of information, news, photos, and videos related to a wide variety of topics. We are very proud of our website and believe it is one of the best high school football websites around. Of course, you can always email the head football coach, Glen McNamee at gmcnamee@cdschools.org if you have any questions.

We also hope that every person associated with our program will follow us on **Twitter** and **Facebook**. In the past year, we have established social media platforms and have posted a lot of fun, exciting, and informative things. Like we have done with every other aspect of our program, we fully intend to grow our social media presence in the coming year and to also make it the best around. Please help us with that endeavor and share with others!! In the long run, it will help the players and the program in many ways.

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!”



RAMS CLUB NEWS

We are incredibly fortunate to have such a supportive booster club that is committed to achieving our shared Mission. This was never more on display than in 2020. The Rams Club amazingly found a way to rise above the myriad of challenges we faced and somehow found a way to accomplish so much of what is done in a “normal year”. For starters, they purchased beautiful, new white uniforms – both jerseys and pants. In addition, they also purchased a new scoreboard for the upper field which is our Freshman and JV game field. The scoreboard is scheduled to be installed this spring or summer and will be dedicated to Harrison Fenstemaker. They also continued to feed our players regularly during the season along with many other examples of support.

The truth is this: 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 there is likely 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.

SOCIAL MEDIA

We are on a roll. No doubt you've checked out the Facebook page(s) for the team, where we have virtually doubled in size of followers / shares in the last 9 months! Our Twitter following has grown as well since being reenergized and refocused as an outward communication tool. The more we get our name out there, the more opportunities our players and our family will have, so SHARE / FOLLOW / Pass along to family and friends and let's keep growing!

Facebook: <https://www.facebook.com/CDRamsFootball/>
Twitter: <https://twitter.com/CDRamsFootball>
Instagram: <https://www.instagram.com/cdramsfootball/>
Website: [CD Football News \(cdschools.info\)](http://CDFootballNews(cdschools.info))



Going forward we'll be rechartering our Media Team so look for even more Ram news on each of our Social Media platforms. If you have ideas, questions, or would like to provide input, please visit the sites and send a message, or send an email to CDRamsFootball@yahoo.com.

And, last but not least: we'll soon be having a BIG announcement on a NEW Social Media adventure. Keep your eyes (and ears) open!

MESSAGE FROM THE RAMS CLUB PRESIDENT

As we put 2020 and hopefully this COVID Pandemic behind us and begin our journey into the 2021 Season I first want to take the opportunity to Thank our current Board Members and Committee Chairs for their work, diligence and flexibility this past season.

This group battled and fought through every obstacle and roadblock that was thrown at them. They found a way to keep things moving forward and in the end provided our Players, Coaches, and program with the tools and resources needed to have a successful 2020 campaign.

In true Rams Club Fashion, even thru the Pandemic we were able to provide the program with weights and Items for the Weightroom, Brand New White Uniforms (which were purchased by the Rams Club), pre-game meals for all the games played, even JV and Freshman got meals for certain games this year. There were Plans to have a scoreboard installed at the upper High School Field, but the Pandemic slowed that, however that will occur for this season.

The Rams Club meets the 2nd Wednesday of each month so if you are Parent and have a child in the program please plan on attending a meeting

The 2021 season is going to be one of Hopes and Dreams and if ALL parents and families help out WE CAN MAKE THOSE HOPES AND DREAMS BECOME A REALITY!!

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 2021 and beyond will be keys to getting us to the top of the mountain.

Sincerely,

Rams Club President Elect

Gary Matzoni

THANK YOU!

2020 saw the Covid Pandemic hit our program hard and pretty much destroy many of our original plans for the season. It also took its toll on many of the local Businesses, as many of our surrounding schools ended up not being as fortunate as us and saw many of their sponsors take the season off.

So to kick off this First Newsletter I thought it only fitting that we as a Program should Thank the following Business's for their continued support of the Central Dauphin Rams. Please get out, visit and patronize these businesses when you can!!

- | | |
|---------------------------------|------------------------------|
| 1. CD Pizza | 12. Mosey Landscaping |
| 2. Chick Fil A at Lindle Road | 13. Mr. bob's Subway |
| 3. Christopher's Pizza and Subs | 14. NK Graphics |
| 4. CJ Pony Parts | 15. R & K Subs |
| 5. Cleveland Brother's | 16. Renaldi Photography |
| 6. Crown Trophy | 17. Red Robin of Hershey |
| 7. G2 Diesel | 18. Sports Paradise |
| 8. Hoffman Ford | 19. Ted's Bar & Grille |
| 9. Huntington Learning Center | 20. The Hershey Company |
| 10. LaPorte Painting | 21. Visual Cleaning Services |
| 11. Mission BBQ | 22. West Hanover Recreation |

Without this dedicated group we could not have accomplished what we did this past season, so again from all of us at CD FOOTBALL, **THANK YOU FOR ALL THAT YOU DO TO SUPPORT OUR PROGRAM!!**

Sincerely,
THE CD RAMS Club & Football Program

GOLD STAR MOM GAME

On September 3rd of this season when we square off against Berks Catholic for our home opener, we will proudly take part in our 7th Annual Gold Star Mom game. In that game, we will be honoring all those who served in the military and who lost their lives. We will also have several Rams taking the field to honor a particular fallen hero. Many of the Moms and family members of those heroes will be cheering for them in the stands. In fact, those chosen players will be announced not as themselves but as the hero they are playing for that night.

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

Thanks to the enthusiastic involvement of some of the Gold Star Moms along with some CD football parents, the game continues to get better and better. The level of communication and preparation that's needed throughout the offseason in order to carry out all the wonderful details associated with this game is incredible.

On our website www.cdramsclub.com we have a list of the players who have played for fallen heroes and many great pictures. What a special night and special tradition!

And, oh by the way, we are 6-0 in Gold Star Mom games with wins over Harrisburg, Wilson, Cumberland Valley, Carlisle, Berks Catholic, and Chambersburg by a combined score of 269-49!



ACADEMIC EXCELLENCE PROGRAM

In 2009, we created the Academic Excellence Program (AEP) to help our football players reach their potential as students. Too often, 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. In “normal” years, 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 along with scholarship awards at the end of each season.

This past fall was another great season in the classroom despite the enormous challenges and obstacles we faced. In the first marking period 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). In addition, we had several other players come very close to meeting the criteria for Football Honor Roll.

Based on this, we want to give a special shout-out to our Academic Coaches who somehow found a way to track our players’ grades despite their own increased – and sometimes overwhelming – workload as teachers. Thank you Coach Cloxton, Coach Fields, and Coach Canning!

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

COMMUNITY CONNECTIONS PROGRAM

In 2006, we created the Community Connections Program, a program designed to encourage our football players to volunteer in community service. This has grown immensely and has become a huge part of our culture. We are approaching 15,000 hours of community service and 600 events since the inception of the program! Sadly, the pandemic has made it very difficult for us to participate in volunteer efforts like we have in the past. That being said, some parents have come together to provide some opportunities to our players. This is huge because in 2021 all community service efforts must be parent-led and not coach-led. We want to give a special shout-out to our Community Connections Coordinator, Jennifer Clark. Since the Community Connections program is parent-led this year, she has even more responsibility. She will be posting events on the Team App. (If you don’t have the Team App, please get it. We communicate a lot of information, schedules, etc... through the Team App).

So far this year we have helped at LifePoint church’s monthly food pantry and with clean-up at Fort Indiantown Gap for Wreaths Across America. **If you know of any possible community service events our boys could do, please contact Mrs. Clark at jenclark591@gmail.com.** We would love to get back on the community service train this year!

First

Marking Period

HONOR ROLL:

Xavier Barner

Ryan Brennan

Dan Ficca

Alex Hanna

Shamilyn Joppy

Nathaniel Mosey

Saige Smith

Aaron Clark

Tommy McGovern

Max Mosey

Andre Noel

Randy Rudy

Micah Sheaffer

Ahren Stauffer

Ben Stewart

Darrion Thomas

Lance Turner

Carson Cassell

Jakob Frownfelter

Sameer Patel

Evan Bushong

Grady Curry

Thomas Mills

Kaiden Palmer



SPEED'S PLACE NEWS FROM OUR WEIGHT ROOM



SPEED'S PLACE IMPACT AFTER 10 YEARS

Just as Speed Ebersole impacted the lives of countless CD football players and CD football itself, so has Speed's Place. Since the first workouts of 2010, the CD football program has ascended to new heights. In this time period, we are the winningest team in the Mid-Penn in all categories and one of the winningest programs in the state at the highest level of competition. This is no coincidence. Speed's Place has changed the trajectory of CD Football.

Bottom line: THERE'S NO PLACE LIKE SPEED'S PLACE!

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 11 years*

*** Best or tied for the best in District 3 6A in the last 11 years*

	"The Decade of Speed's Place" (2010-2020)
# of Iron Rams	146
# of 1,000 pound club members	86
# of Iron Ram bench press	87
# of 350 lb. bench press	21
# of Iron Ram squat	126
# of 500 lb. squat	35
# of Iron Ram clean	77
# of 300 lb. clean	28
Overall win-loss record	108-30 (78%) *
Regular season win-loss record	85-20 (81%) *
Record in the Mid-Penn Comm.	59-12 (83%) *
Record on the road	46-10 (82%)
Mid-Penn Comm. Titles	8 *
Record in playoffs	23-10 (70%) **
District finals appearances	5 **
District championships	2
District semi-finals appearances	9 **
State championship appearances	2 **
State championships	1 **
# of All-conference players	105 (no voting in 2020)
# of All-State selections	16
# of players on college rosters	79
# of Community service hours/year	1,068

CD RAMS FOOTBALL NOW HAS ITS OWN APP



Download our awesome new app now and stay up to date with all the latest information!

Install the CD Rams Football App on your smartphone or tablet now!

Need help?
Contact: Heather Zlogar
Email:
ramsfb2023@gmail.com
Call or Text: 717-215-8401

Follow these steps:

1. Download Team App from the Apple or Google Play app store.
2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "CD Rams Football".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to cdramfootball.teamapp.com to sign up and view this App online.



ALUMNI AND RAMS FOOTBALL HISTORY

In 2020, we celebrated 65 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 25 years CD has not had a losing season! We have made the playoffs in 23 of those 25 seasons and currently we are amidst a streak of 17 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 quarter century, the Rams have won the Mid-Penn Commonwealth a league-best 13 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 2021 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."

FORMER RAMS IN COLLEGE



This month we'd like to spotlight Bryce Thoman.

Bryce is gearing up for spring football practice at Temple University where he saw action this past fall on the offensive line. Bryce enjoyed an outstanding career at Central Dauphin where he started 3 years on the offensive line and helped lead the Rams to a District III 6A title and a trip to Hersheypark stadium for the 6A championship game in 2019.

Best of luck, Bryce!

CURRENT NEWS FROM SPEED'S PLACE

We kicked off our official workout season on Monday, February 8th. Prior to that we had "open gyms" which started immediately following the end of the 2020 season. It is a source of pride that we always hit the weight room as soon as the season ends, thus making CD Football a true year-round program. 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 80% of our expected team members in attendance on a given day, despite missing some winter sports athletes.

In the week of February 8th, 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:

Myles Wallace	bench (335), squat (545), clean (285)
Kyle Yeager	bench (330), squat (545)
Max Mosey	squat (425), clean (295)
Zion Allen	squat (500)
Darrion Thomas	squat (545)
Nate Heyeh	squat (475)
Mason Carmichael	squat (475)
AJ Wenrich	squat (425)
David Chase	squat (425)



A special shout-out to the following players for entering the "1,000 POUND CLUB" (all 3 lifts = 1000 lbs. or more):

Myles Wallace	1,165 lbs.
Kyle Yeager	1,140 lbs.
Darrion Thomas	1,095 lbs.
Max Mosey	1,005 lbs.

We will be testing again this off-season two or three more times. 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. To that end, we'd like to recognize the following players for making some impressive gains in all 3 lifts since November testing:

Luke Zlogar	bench (+60), squat (+80), clean (+60)
Seth Bowman	bench (+60), squat (+100), clean (+35)
Anthony Robsock	bench (+50), squat (+70), clean (+50)
Max Mosey	bench (+45), squat (+60), clean (+55)
David Chase	bench (+50), squat (+90), clean (+25)

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

**2021 RAMS FOOTBALL SPRING AND SUMMER SCHEDULE FOR VARSITY
AND JUNIOR VARSITY**

<u>SPRING TESTING</u>	MONDAY MAY 10, TUESDAY MAY 11, WEDNESDAY MAY 12
<u>SPRING BALL</u>	WEEK 1: MONDAY MAY 17 – THURSDAY MAY 20 WEEK 2: MONDAY MAY 24 – THURSDAY MAY 27 * WEEK 1 SESSIONS ARE FROM 2:45 PM TO 5:00 PM (THURSDAY WILL BE 2:45PM TO 5:45PM) * WEEK 2 SESSIONS ARE FROM 2:45 PM TO 5:30 PM (<i>HELMETS ONLY IN WEEK 2</i>)
<u>PHYSICALS</u>	TO BE ANNOUNCED
<u>YOUTH CAMP</u>	MONDAY JUNE 14 – WEDNESDAY JUNE 16 AT KOONS PARK 9AM TO NOON EACH DAY
<u>PM WORKOUTS</u>	MONDAY JUNE 7 – THURSDAY AUGUST 5 (WEIGHT ROOM) EVERY MONDAY-THURSDAY ALL SUMMER
<u>AM WORKOUTS (JUNE)</u>	JUNE 22, 23, 24, 29, 30, AND JULY 1 7:30AM – 8:15AM - EACH SESSION ON LOWER FIELD
<u>AM WORKOUTS (JULY)</u>	MONDAYS – THURSDAYS EVERY WEEK 7:30 – 8:45AM EACH - SESSION ON LOWER FIELD <ul style="list-style-type: none">• THIS INCLUDES THE FIRST WEEK OF AUGUST• NO WORKOUT MONDAY JULY 5
<u>“7 ON 7’S”</u>	JULY 15 AT SUSQUEHANNA HS 6PM JULY 22 AT CEDAR CLIFF HS 6PM <ul style="list-style-type: none">• OTHER 7 ON 7’S MAY BE ADDED

FIRST DAY OF PRACTICE – MONDAY AUGUST 9

*** WE WANT ALL FOOTBALL PLAYERS TO HAVE THEIR PHYSICAL
BEFORE THE FIRST SUMMER WORKOUT ON JUNE 7**

*** MUST BRING YOUR OWN WATER/DRINK TO EACH SUMMER WORKOUT IN ORDER
TO PARTICIPATE!**



Presents:
THE NEXT LEVEL



Ryan Hohenshelt
Class of 2020

**Ryan is in his first year at
Thaddeus Stevens.**

**We wish Ryan the best of
luck heading into the spring!**

Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



Next Level

Good Day Ram Fans, welcome to THE NEXT LEVEL! Incredible the number of players playing Saturday afternoons. Let's highlight some of these amazing young men, students and athletes.



Presents:
THE NEXT LEVEL



Zach Pomeroy
Class of 2020

**Zach is in his freshman year
as a kicker at St Vincent
College.**

**We wish him the best of luck
as he competes for the
starting job this spring.**

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Presents:
THE NEXT LEVEL

**Tysen Spriggs
Class of 2019**

**Tysen is in his 2nd year at
Albright College.**

**He is competing for time as a
Defensive Tackle. We wish
Tysen the very best of luck.
We will be rooting for you!**

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Presents:
THE NEXT LEVEL



Marques Holten
Class of 2020

Marques played this fall at Steel City Prep. He's currently looking to move onto the next chapter of his career at a 4-year school. We wish him the very best in that next chapter. We will be rooting for you, Marque

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Presents:
THE NEXT LEVEL

AJ Perez
Class of 2016



After a stint playing for Temple University, AJ transferred to West Chester University for the 2019 season where he played Defensive Tackle for the Golden Rams.

We wish AJ the best of luck and will be cheering him on when they hit the field again!

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Presents:
THE NEXT LEVEL



Raleigh Sirb
Class of 2016

Raleigh is in his 4th year at Shippensburg University where he earned a starting role at Running Back. We wish Raleigh the very best and will be rooting for him when they get the chance to hit the field again!

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Presents:
THE NEXT LEVEL



Myron Brooks
Class of 2020

**Myron attended Steel City
Prep this fall where he played
Defensive Back.**

**We wish Myron the best of
luck in the next chapter of
his career!**

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Presents:
THE NEXT LEVEL



Carter LaPorte
Class of 2019

Carter is in his second year at Stevenson University (MD). As a true freshman in 2019, Carter was the backup center. Now, in his second year he will be competing for the starting job once they hit the field again. We wish him the very best of luck and will be cheering him on!

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Presents:
THE NEXT LEVEL

Adam Burkhardt
Class of 2019

Adam is in his second year at Bloomsburg University. He will be competing for a starting Linebacker spot when they hit the field again.

We wish him the best of luck and will be cheering him on!



Next Level

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Presents:
THE NEXT LEVEL



**Bo Heshler #53
Class of 2018**

Bo is in his 3rd year at East Stroudsburg University. He will be competing for a starting position as an offensive tackle when they hit the field again. Good luck, Bo! CD Ram Nation will be cheering for you.

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Presents:

THE NEXT LEVEL

Chad Layton
Class of 2020

After originally committing to play for the Air Force Academy, Chad decided to attend IUP where he is currently in his freshmen year as an offensive lineman. We wish Chad all the best and look forward to cheering for him and his Hawks teammates when they hit the field again.

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Presents:
THE NEXT LEVEL

**Amir Walton
Class of 2020.**

Amir is a freshman Defensive Lineman at Edinboro University. We wish him all the best and look forward to cheering him on when they hit the field again.



Next Level

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Presents:
THE NEXT LEVEL



Matt Bonish class of 2016

Matt enjoyed a great career as a long snapper at Seton Hill University where he's been the starter since 2018.

Congratulations Matt! Best of luck in your future.

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Presents:
THE NEXT LEVEL

Derek Krug
Class of 2019

Derek is in his second year at West Chester University and has a chance to be the Golden Rams starting kicker for the coming season.

Good luck Derek.
We will all be cheering for you!

#MoreThanJustFootball



Next Level

Good Day Ram Fans, welcome to THE NEXT LEVEL! Incredible the number of players playing Saturday afternoons. Let's highlight some of these amazing young men, students and athletes.



Home of CENTRAL DAUPHIN RAMS FOOTBALL

Presents:

THE NEXT LEVEL

Mason Griffiths
class of 2019

Mason is in his second year as a member of the West Chester University squad. He is now back on the offensive side of the ball where he will be competing for a starting spot. Congratulations, Mason, and best of luck. We will be cheering for you!

#MoreThanJustFootball



Next Level

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Presents:
THE NEXT LEVEL

Sam Tillman, Class of 2017

Sam is a 4 year starter at Mansfield University and was voted team captain for 2019 and 2020. He was named to the all league team in 2019. And, Sam helped lead the way for the league's leading rusher in 2019 as well.



Congratulations, Sam. Keep it going. The CD Rams are proud of you and wish you the very best in your future!

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Next Level

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Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball

Presents: **THE NEXT LEVEL**

**Grant Smith
class of 2018**

Grant is in year 3 of a stellar career at IUP. In 2018, Grant played in all 12 games as a true freshman at Tight End. In 2019 Grant became a starter and a key factor in the Hawks offense.

Congratulations and keep it going, Grant! We are proud of you and we wish you the very best in the future.



Next Level

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Presents:
THE NEXT LEVEL

Gabe Bollinger.
2019 Grad

Gabe is in his second year at Michigan Tech, a Division II team in northern Michigan. He is currently an engineering student and is competing for the starting Left Tackle spot. We wish Gabe the very best and will be cheering him on!

Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



Next Level

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Presents:
THE NEXT LEVEL



**Nick Chimienti class of 2020
Stonybrook University**

**Nick has ascended to #2 on the
depth chart at safety as a true
freshman.**

**Keep up the good work, Nick. We
are proud of you and look forward
to cheering you on when you get
the chance to hit the field vs other
teams!**

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Next Level

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Home of CENTRAL DAUPHIN RAMS FOOTBALL

Presents:

THE NEXT LEVEL

Terrell Gabriel
class of 2017

Terrell is in his 4th year as a linebacker at Slippery Rock University. He was named a team leader in 2019 and was a member of The Rock's 2019 PSAC championship team.

He also earned PSAC Scholar Athlete 3 times in his career.

From his time on defense and special teams, he's racked up 43 tackles, 1 sack, a 36 yard INT for a TD and a 57 yard fumble recovery for a TD.

Congratulations, "T Gab". We are proud of you and we wish you the very best in the future.

#MoreThanJustFootball



Next Level

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Presents:
THE NEXT LEVEL



Jordan Sellers
Franklin and Marshall.
Jordan is a 2017 graduate of CD. and was voted team captain at F&M in 2020. He started as a sophomore and junior and was a member of the 2017 Centennial League championship team. He also helped anchor the 2019 Offensive Line that helped win the Centennial Conference rushing title. Congratulations Jordan! The CD Ram Football Family is proud of you and is rooting for you.

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Next Level

Good Day Ram Fans, welcome to THE NEXT LEVEL! Incredible the number of players playing Saturday afternoons. Let's highlight some of these amazing young men, students and athletes.



Presents:
THE NEXT LEVEL



Bryce Thoman - class of 2020
Bryce helped CD to the 6A title game as a senior and is now helping the Temple Owls. He made the travel squad as a true freshman and was named scout team player of the week earlier this year.

Congratulations Bryce!
The CD Ram Football Family is proud of you and is rooting for you.

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Next Level

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Presents:
THE NEXT LEVEL

Trey Paul. 2017 grad.
Shippensburg University.
Trey was named team captain
for 2020 as a junior!
In his first two seasons with the
Raiders, Trey has racked up
100 tackles,
to go along with 8 pass
deflections and 3 tackles for
loss.
Congratulations, Trey. We are
proud of you and look forward
to rooting you on.



Next Level

Good Day Ram Fans, welcome to THE NEXT LEVEL! Incredible the number of players playing Saturday afternoons. Let's highlight some of these amazing young men, students and athletes.



WORK HARD PLAY HARD



Happy Birthday to Darrion Thomas!

We celebrated as a team in the first of our "Random Surprise Birthdays" in Speeds Place. All February and March birthdays were thrown in a hat at the kickoff meeting in January. Darrion was the lucky winner.

Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

Our first "Random Surprise Birthday"

This was posted on 3-17-2021



Academic Excellence

Congrats to these 15 Varsity Rams from the 2020 squad who made the All-Academic Team for PaFootballNews as a result of their achievement in the 1st marking period:

Xavier Barner

Ryan Brennan

Max Mosey

Nathaniel Mosey

Ahren Stauffer

Paul Clark

Dan Ficca

Alex Hanna

Tyrell English

Randy Rudy

Darrion Thomas

Malachi Bowman

Shamilyn Joppy

Blaise Heshler

Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



Academic Excellence

Congrats to the 15 varsity Rams from the 2020 team who made the All-Academic Team for PaFootballNews as a result of their achievement in the 1st marking period.

This was posted on 2-22-2021



**SPEED'S
PLACE**

The Golden Era of SPEED'S PLACE

After last week's testing and since
SPEED'S PLACE was opened in 2010:

- 90 members of the 1,000 LB. CLUB
- 39 players squatted 500 lbs. or more
- 28 players cleaned 300 lbs. or more
- 21 players benched 350 lbs. or more
- over 150 IRON RAMS!

And we've got several players who are
knocking on the door to add to
these numbers in 2021.

No one does it like the Rams in
SPEED'S PLACE.
NO ONE.



Speed's Place Testing: MILESTONES

Congratulations to these RAMS for earning IRON RAM status:
(IRON RAM = bench 300, or squat 425, or clean 275)

Myles Wallace - bench 335 lbs., squat 545 lbs., clean 285 lbs.

Kyle Yeager - bench 330 lbs., squat 545 lbs.

Max Mosey - squat 425 lbs., clean 295 lbs.

Darrion Thomas - squat 545 lbs.

Zion Allen - squat 500 lbs.

Nate Heyeh - squat 475 lbs.

Mason Carmichael - squat 455 lbs.

David Chase - squat 425 lbs.

AJ Wenrich - squat 425 lbs.

Special shout out to Myles Wallace, Kyle Yeager, Darrion Thomas, and Max Mosey for entering the "1,000 POUND CLUB"



**SPEED'S
PLACE**

Speed's Place Testing: Clean
Here are some more impressive numbers from our clean test last week:

10 players improved by 20 lbs. or more since November which is not easy for this particular lift.

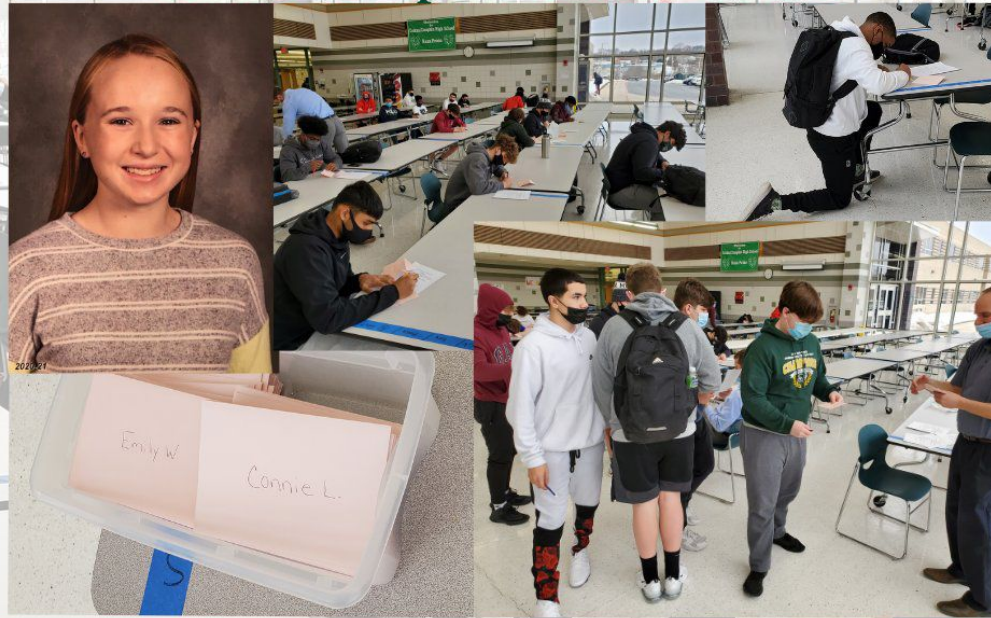
Shout out to Anthony Robsock for going up by 50 lbs and to Luke Zlogar and Mason Liartis who both went up by 60 lbs. each since November!

Congrats to Max Mosey and Myles Wallace who achieved Iron Ram status -
Max: 295 lbs. and Myles: 285 lbs.



Valentine's Day Cards

Central Dauphin RAMS Football



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

Thank you to Madison McNamee for creating a Community Connections opportunity. Valentine's Day Cards! Great Job!

This was posted on 2-16-2021

Central Dauphin RAMS

VARSITY FOOTBALL 2021

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
AUGUST 21 (Saturday)	SCRIMMAGE – TBD	TBD	TBD
AUGUST 27	WILSON	AWAY	7:00PM
SEPTEMBER 3	BERKS CATHOLIC (Gold Star Mom Game)	HOME	7:00PM
SEPTEMBER 11 (Saturday)	MANHEIM TOWNSHIP (Touchdowns for Downs Game)	HOME	6:00PM
SEPTEMBER 17	HARRISBURG	HOME	7:00PM
SEPTEMBER 24	CHAMBERSBURG	AWAY	7:00PM
OCTOBER 1	STATE COLLEGE	AWAY	7:00PM
OCTOBER 8	CARLISLE (Homecoming)	HOME	7:00PM
OCTOBER 15	ALTOONA	AWAY	7:00PM
OCTOBER 22	EAST (Senior Night)	HOME	7:00PM
OCTOBER 29	CUMBERLAND VALLEY	AWAY	7:00PM



COMMUNITY CONNECTIONS

Central Dauphin RAMS Football Wreaths Across America



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

This week the Rams participated in Wreaths Across America, joining others to collect the wreaths placed at Fort Indiantown Gap. Our first official Community Connections event this year.

This was posted on 2-5-2021



National Signing Day

Central Dauphin RAMS Football



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

The Rams Celebrate 5 Commitments! Paul Clarke, Malachi Bowman, Timmy Smith, Dan Ficca, and Blaise Heshler. Great Job Guys!

This was posted on 2-5-2021



CD Football News

Rams Family: We recently presented a donation to Joe Allegrini Children's Hero Fund from the RAMS Club, and all our Thin Blue Line partners. Great Job Everyone!

This was posted on 12-22-2020



CD Football News

The CD Rams Family would like to congratulate Blaise Heshler who signed with Division I Sacred Heart University December 16, 2020. And he did so on our youth field – the place where it all started. Surrounded by family, friends, teammates both past and present, and coaches. Great Job!

This was posted on 12-17-2020



First Marking Period HONOR ROLL

Xavier Barner
Ryan Brennan
Dan Ficca
Alex Hanna
Nathaniel Mosey
Aaron Clark
Tommy McGovern
Max Mosey

Andre Noel
Randy Rudy
Micah Sheaffer
Ahren Stauffer
Ben Stewart
Darrion Thomas
Lance Turner
Carson Cassell

Jakob Frownfelter
Sameer Patel
Shamilyn Joppy
Evan Bushong
Grady Curry
Thomas Mills
Kaiden Palmer



422 Wins ...and counting

CD vs Central York 42-15 (L)
CD vs East 41-0 (W)
CD vs Altoona 49-20 (W)
CD vs Carlisle 35-0 (W)
CD vs State College 35-13 (W)
CD vs Chambersburg 62-10 (W)



Ford U Drive Event

At the beginning of the year we had planned to do the Ford U Drive event but then COVID hit and took it away. Recently Ford decided they would reinstate the event but to be safe would do it virtually so here are the details. Our Event date is Saturday October 24th.

This was posted on 10-21-2020

Good Day Ram Nation,

At the beginning of the year we had planned to do the Ford U Drive event but then COVID hit and took it away. Recently Ford decided they would reinstate the event but to be safe would do it virtually so here are the details. **Our Event date is Saturday October 24th.**

Just as with the live event 300 drivers is what we are looking for. We are given credit for 1 driver per household address.

Here's the criteria you'll need to provide.:

You have to certify you are 18 years of age or older with a valid driver's license, you will have to provide your name, address, email address and phone # as the criteria to be counted. (Please do not put in misleading or false info as your drive may not count if you do).

Unlike the live event there will be no bonus car with this drive and 2 other key difference is you have all day (to 11:59pm) to complete your test-drive and do the survey and out of area and out of state people are eligible to participate in the event.

Here's the Flow of what the event will look like:

EVENT DATE IS SATURDAY OCTOBER 24TH, BUT PLEASE PRE-REGISTER NOW!!!!

Pre-Event:

- Event notification with pre-drive survey link is sent out to prospective participants..(I suggest pre registering)
- Participant completes pre-drive survey
- Participant receives automated email to look out for event day
- HERE IS THE PRE-DRIVE LINK SO PLEASE GO REGISTER TODAY!!!**
<https://d4ur.com/#/pre/BYYM>

Event Day:

- Participant either receives automated e-mail with virtual test-drive link (if pre registered) or completes pre-drive survey and is presented the virtual test-drive link at that time.
- Participant takes virtual test-drive
- Participant is provided an opportunity within the experience to immediately take their post-drive survey..(It is suggested to complete at that time. An automated sms and /or email is also sent with a link to complete the post-drive survey.
- Participant Completes Post-drive Survey

Post Event:

- If Participant completed post-drive survey, they are sent a thank you email and/or SMS text

-If Participant did not complete the post-drive survey, they are sent a reminder message after 4 hours to complete the survey. If the survey is not completed, we do not receive a donation for your test-drive.

******ALL VIRTUAL TEST-DRIVES MUST BE COMPLETED BY 11:59PM, DAY OF THE EVENT******

Thanks in advance to everyone who helped to support CD Football

Gary Matzoni
CD Rams Football
Booster Club President
#morethanjustfootball



CD Football Senior Spotlight

Jillian Linn. CD Football Manager for 4 years. She enjoys shopping and hanging out with friends. Grad Goals: Go to college and study to become an elementary teacher. Best memory while managing the Rams: Going to Hershey for the State Championship in 2019.

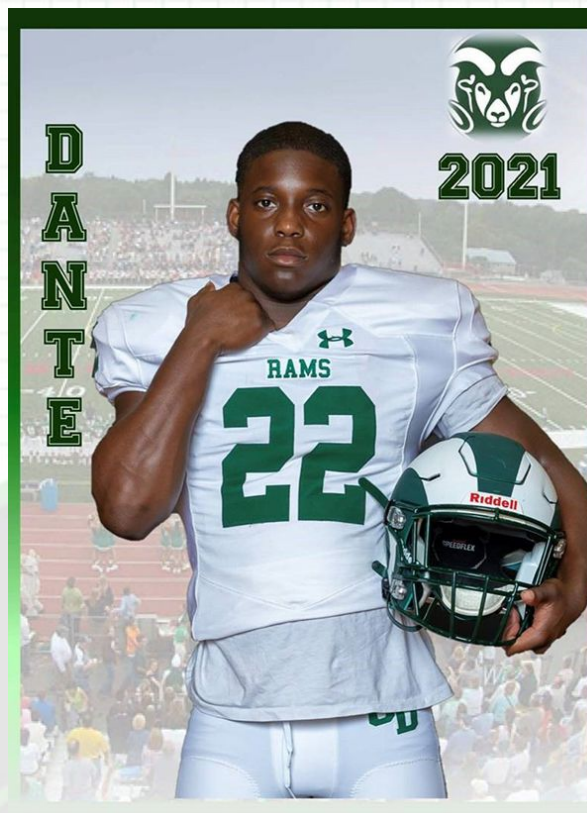
This was posted on 10-21-2020



CD Football Senior Spotlight

Jilleann Gray. CD Football Manager for 4 years. Played softball for 12 years. Enjoys working with special needs children and spending time with friends. Grad Goals: Attend college and study nursing. Best memory with CD Rams: going to State Championship so season would be longer.

This was posted on 10-21-2020



CD Football Senior Spotlight

Dante Selby #22. Defensive End and Linebacker. Takes part in Indoor and Outdoor Track and Field. Grad Goals: Still deciding his future plans. Best memory while playing CD Football: Winning the Mid-Penn District Championship after losing it to Harrisburg the year before.

This was posted on 10-20-2020



CD Football Senior Spotlight

Nick Miller #88. Tight End and Defensive End. Likes to hike, swim and golf. Grad Goals: Attend trade school and complete internship to become an electrician. Favorite CD Football Memories: Winning with his brothers and all of the hard work put in the whole season to get there.

This was posted on 10-20-2020



CD Football Senior Spotlight

Jon Green #12. Wide Receiver and Defensive Back. Plays baseball. Grad goals: Travel across the US before entering mechanical trade industry. Best memories while playing for CD Rams are visits from local ice cream truck and intercepting the ball from opponent's foot.

This was posted on 10-19-2020



CD Football Senior Spotlight

Saige Smith #25. Kicker. Also plays Lacrosse for CDHS. Grad Goals: Study criminal justice in college in hopes of becoming a PA State Trooper. Enjoys time with friends and family at the beach. Best CD Football Memories: Times spent together during two-a-days.

This was posted on 10-19-2020



CD Football Senior Spotlight

Noah Nielsen #57. Offensive Tackle and Defensive End. Enjoys watching pro sports and Xbox. Grad Goals: Attend college to study sports management. Noah's best memories of CD Football include being a team manager, the amazing State Championship run, and returning after surgery.

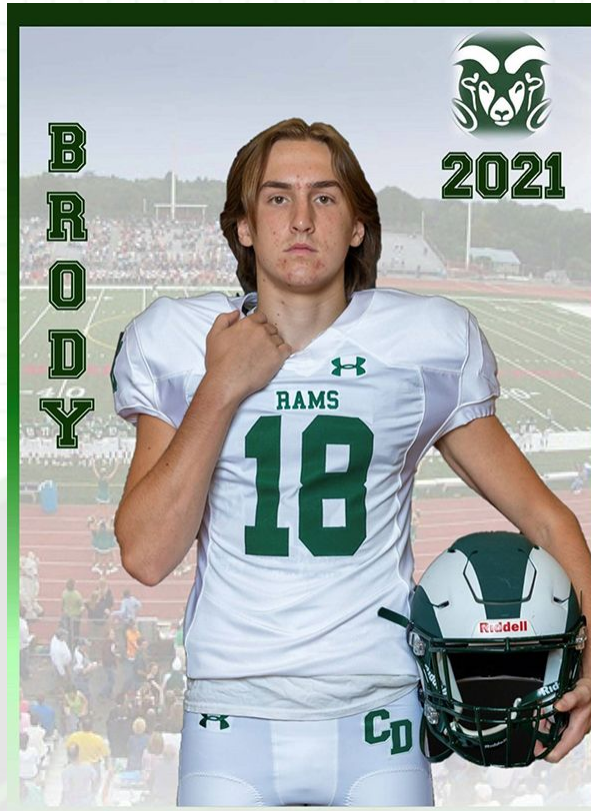
This was posted on 10-16-2020



CD Football Senior Spotlight

Sean Robinson #79. Defensive Tackle. Track and Field and Choir. Grad Goals: Attend college at Penn State University. Best memory while playing CD Football for the Rams is getting his jersey for the very first time.

This was posted on 10-16-2020



CD Football Senior Spotlight



Brody Rock #18. Safety and Wide Receiver. Also, plays Lacrosse for CD. Grad Goals: Attend college to major in media technology and cyber security. Greatest memory while playing CD Football: Watching the dance battles in the locker room his junior year.

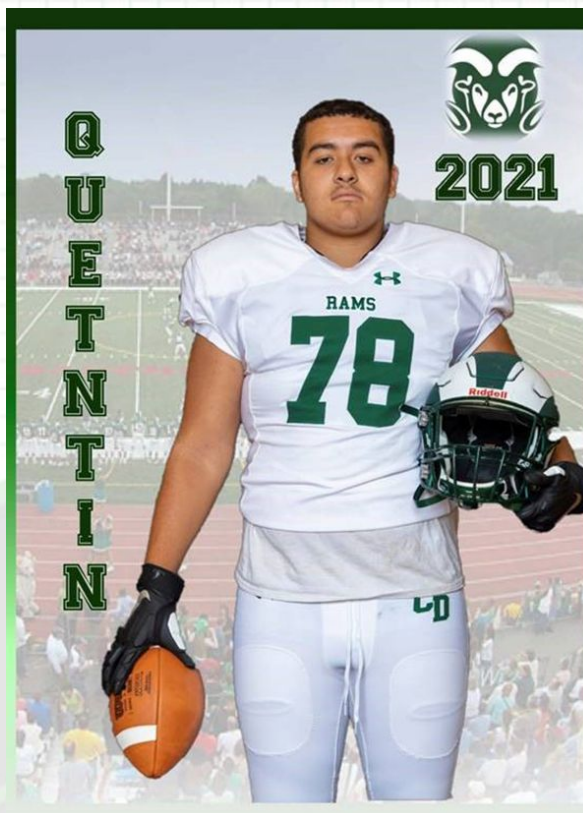
This was posted on 10-16-2020



CD Football Senior Spotlight

Ryan Brennan #56. Offensive Lineman. Grad Goals: Attend college to seek a degree in engineering or a computer related field. Enjoys camping and online videogames, weightlifting and has a blackbelt in Taekwondo.

This was posted on 10-16-2020



CD Football Senior Spotlight

Quentin Hatcher #78. Nose Tackle. Grad Goals: Own and run a unique food truck business. Enjoys pick-up basketball games and playing Madden. Greatest memory while playing CD Football: Stepping onto the field at Hershey Park Stadium for the State Chip Game last year.

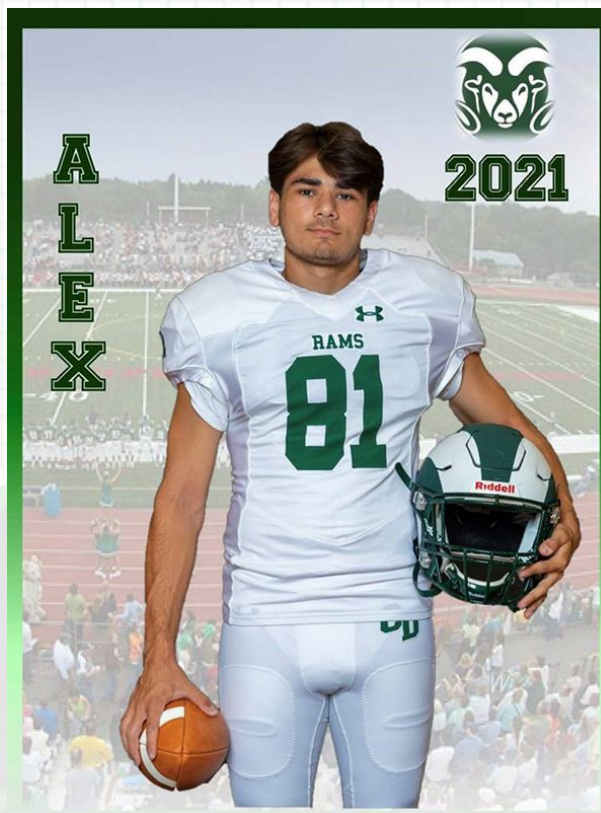
This was posted on 10-14-2020



CD Football Senior Spotlight

Xavier Barner #6. WR/DB. Grad Goals: Attend college for Arch/Mech Engr. Greatest memory playing CD Football: The journey to the 2019 State Championship game. The whole team was dialed in during the run, and everyone had nothing but confidence in each other.

This was posted on 10-14-2020



CD Football Senior Spotlight



Alex Hanna #81. Kicker. Plays soccer. Grad Goals: Attend a 4-year college. Best memory of CD Football: Being able to play and get that "Friday night football feeling" and being welcomed on the team as if he has been playing for years even though it is his first.

This was posted on 10-13-2020



CD Football Senior Spotlight

Will Fritz #82. Tight End and Defensive End. Plays Rec Basketball. Grad Goals: Attend community college and work. Enjoys playing Xbox, hanging with friends, and sleeping. Best CD Football Memories: All of the bus rides home after game wins.

This was posted on 10-13-2020



CD Football Senior Spotlight



Jamaal Bellamy #55. Offensive and Defensive Lineman. Grad Goals: Attend 4-year college. Greatest memory while playing CD Football: When he and his team won 2019 Mid-Penn Commonwealth Championship.

This was posted on 10-13-2020



CD Football Senior Spotlight

Shamilyn Joppy #3. Wide Receiver and Safety. Grad Goals: Study criminal justice while playing college football. Greatest memory while playing CD Football: Whole journey taken to the 2019 State Championship with guys he considers to be his brothers.

This was posted on 10-13-2020



CD Football Senior Spotlight

Shamarr Joppy #2. Running Back and Linebacker. Grad Goals: Attend college for business and management while continuing his athletic career. Favorite memory in CD Football: Playing in State Championship and the whole experience getting there.

This was posted on 10-9-2020



CD Football Senior Spotlight

Daniel Ficca #23. Fullback and Linebacker. Varsity Team Influencer. Track and Field. Grad Goals: Play college football and study political science. Top CD Football memory: Playing at Hershey Park Stadium with same guys I have played football with my whole life.

This was posted on 10-9-2020

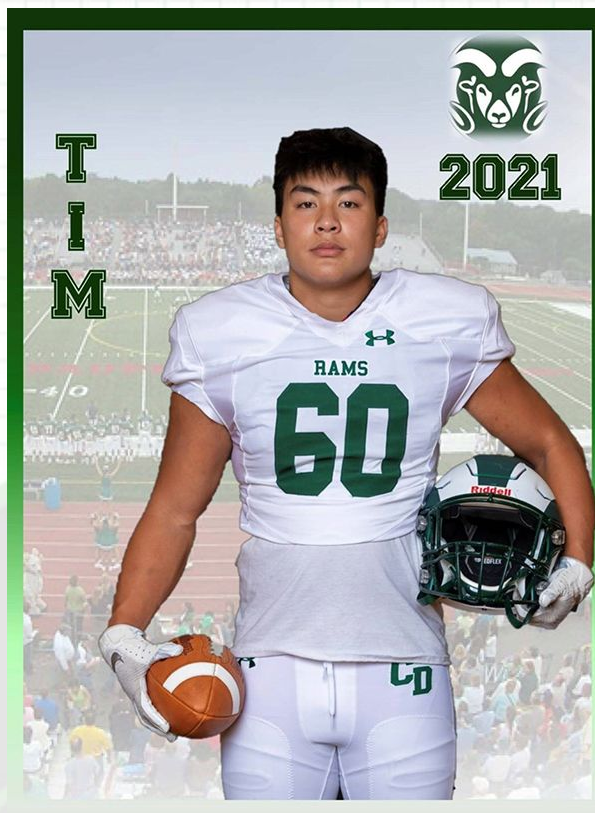


CD Football Senior Spotlight



Paul Clark #1. Linebacker and Running Back. Varsity Team Influencer. Grad Goals: Attend college to further his academic and athletic career. Paul's favorite memory in CD Football: Winning the 2019 District Championship.

This was posted on 10-9-2020



CD Football Senior Spotlight

Tim Dao #60. Offensive Guard and Defensive Lineman. Varsity Team Influencer. Grad Goals: Valencia Comm College/Univ of Central Florida to study Comp Sci. Tim is a proud Vietnamese man. Best football memory: Chilling during 2-a-days with guys I consider my family!

This was posted on 10-9-2020



CD Football Senior Spotlight

Nathaniel Mosey #50. Center and Long Snapper. He also wrestles for CD and works for Mosey Landscaping. Grad Goals: Attend college to further his academic and athletic career. Best moment in CD Football: Winning the 2019 District Championship.

This was posted on 10-7-2020



CD Football Senior Spotlight



Malachi Bowman #11. Wide Receiver and Defensive Back for the Rams. Grad Goals: Play football while attending a 4-year college. Best memory of CD Football: Road to the 2019 State Championship and experiencing it with teammates that became one big family.

This was posted on 10-7-2020



CD Football Senior Spotlight

Blaise Heshler #53. Left tackle. Varsity Team Influencer. Grad Goals: Attend Sacred Heart Univ. to play football and study Communications/Journalism. Best Moment in CD Football: Thursday night pasta parties full of camaraderie and letting off steam before games.

This was posted on 10-7-2020



CD Football Senior Spotlight

Timmy Smith #34. Running Back & Outside Linebacker. Varsity Team Influencer. Grad Goals: Criminal Justice and continuing athletic career. Best Moment in CD Football: 2019 District Champs against team that beat us year before. Doing it with my brothers was the best.

This was posted on 10-7-2020

20



Football

ZION ALLEN
XAVIER BARNER
JAMAAL BELLAMY
MALACHI BOWMAN
RYAN BRENNAN
PAUL CLARK
TIMOTHY DAO
TYRELL ENGLISH
DANIEL FICCA
CHARLES FRITZ
JONATHAN GREEN
ALEXANDER HANNA
QUENTIN HATCHER
BLAISE HESHLER
SHAMARR JOPPY
SHAMILYN JOPPY
NICHOLAS MILLER
MAXWELL MOSEY
NATHANIEL MOSEY
NOAH NIELSEN
SEAN ROBINSON
BRODY ROCK
RANDY RUDY
DANTE SELBY
ISHMIL SELBY
CALEB SMITH
SAIGE SMITH
TIMOTHY SMITH
AHREN STAUFFER
BENJAMIN STEWART
DARRION THOMAS
MYLES WALLACE
KYLE YEAGER

CEDRICE BENNETT
SETH BOWMAN
MASON CARMICHAEL
WILLIAM CASAS
CARSON CASSELL
DAVID CHASE
AARON CLARK
PETER ENGLE
JETT FRANZ
JAKOB FROWNELTER
GIDEON GRASSMYER
ANDREW HEYCH
NATHANIEL HEYEH
LUKE HOLLER
NICK KELLOGG
MASON LIARTIS
TRAVIS LINN
THOMAS McGOVERN
ANDRE NOEL
OLAWASI OLADIPO
DANTE PAGANO
SAMEER PATEL
ANTHONY ROB SOCK
NATHANIEL ROSA
SAMUEL SAUERS
MICAH SHEAFFER
BRAYDEN SNYDER
XANDER TOLAND
LANCE TURNER
LUKE ZLOGAR


2022

DION BACKUS
BROOKS BAIR
JOSEPH BASS
MASON BOOB
KEVIN BRAXTON
ZACH BURKHOLDER
EVAN BUSHONG
JACOB CHEELEY
PARKER CLARK
ZAKI CROWELLE
MATEO CRUMMEL
GRADY CURRY
NATHANIEL FORD
JACOB FRITZ
RYAN GARVIC
PAYTON HARPER
JOHN HARRIS
KYLE MCCULLOUGH
THOMAS MILLS
IZHOIR MOON
KAIDEN PALMER
KEY'RON PLUMMER
DION PRICE
STANLEY SAINTIS
AYDEN SMITH
ESAN ST LOUIS
BODEN STATELER
ZACK TEMPLE
JAYDEN TORRES
ISIAH WEEMS
LUKE ZEIDERS



Freshman Football



RAMS



SCHOLAR ATHLETE

RYAN BRENNAN

DL | CENTRAL DAUPHIN HS | HARRISBURG, PA



MARINES
THE FEW. THE PROUD.



CD Football Senior Spotlight

Congratulations to DL Ryan Brennan on being selected as a 2020 Great American Rivalry Series Scholar Athlete. Great Job!

This was posted on 10-16-2020



CD Football News

Congratulations CD Freshman Football for defeating Waynesboro 30-12. Great Job Guys!

This was posted on 10-15-2020



CD Rams Football Photos by Neil Renaldi

[Click here to view the photos](#)

This was posted on 10-4-2020



CD Football News

Congratulations CD Freshman Football for defeating State College 24-22. Great Job Guys!

This was posted on 10-2-2020



2020 - 2021 CD Football Team



2020 - 2021 CD Football Team



Gold Star Mom Game

P Clark playing in memory of Harrison Fenstemaker carries in the 2-point conversion to put 62 points on the board for CD. Great Job Guys!

[Click here to view the video](#)

This was posted on 9-25-2020



Gold Star Mom Game

Tonight, will be our annual Gold Star Mom football game at Landis Field vs. Chambersburg. Kickoff is at 7pm and it's on CBS21 Friday Night Rivals (Comcast channel 19). This is truly one of the best traditions we have. It is such an honor to play for these fallen heroes and to have the opportunity to meet and know such special families.

In this game we will have 17 players who play for a specific fallen hero. These players will not be announced by their own names during the game tonight but by the names of the fallen heroes they are playing for.

Below is a list of each player and who he is playing for. We also have one other player, Paul Clark, who will be playing for Harrison Fenstemaker - the senior lineman we lost tragically in 2018 the night after our Gold Star Mom game that year.

This was posted on 9-25-2020

2020 CDHS Sixth Annual Gold Star Football Game

PFC Samuel Lee McDonald - Army
#55 Jamaal Bellamy

2nd Lt. Frederick "Fritz" Fromm - Army
#60 Tim Dao

Sgt 1st Class Brent Adams - Army National Guard
#23 Dan Ficca

SP4 Reuben Louis Garnett - Army
78 Quentin Hatcher

Sergeant Terry Lee Price - Pa. National Guard
#53 Blaise Heshler

Lance Corporal Nicholas B. Morrison - Marine
#11 Malachi Bowman

Staff Sgt. Christopher Slutman - Marine
56 Ryan Brennan

Capt. Bryan D. Willard - Marine
50 Nathaniel Mosey

OS2 William "Billy" Trapnell, IV - USCG
#34 Timmy Smith

SPC Donald Wade Woodward - Army
#16 Max Mosey

Airmen First Class Trent A. Grove - Air Force
#75 Kyle Yeager

Sergerant Adam Clayton Schoellar - Marine
#63 Ben Stewart

Sergeant John Thomas Bubeck - Army
#9 Darrion Thomas

Lance Corporal Jesse Ryan Tracey - Marine
#5 Tyrell English

First Lt. Robert Seidel, III - Army
#7 Randy Rudy

Gunnery Sergeant Justin E. Schmalstieg - Marine
#90 Ahren Stauffer

Specialist Martin Wilson Kondor - Army
#6 Xavier Barner

Harrison Fenstamaker - CDHS FB
#1 Paul Clark



2020 CENTRAL DAUPHIN RAMS FOOTBALL

BUSINESS PARTNERS

While this has been a different, difficult and trying year for everyone the Central Dauphin Rams Booster Club and Football Program is grateful for the generosity and continued Partnership and support they received this season from the following local business.

We ask that you visit, patronize and Thank them for their support whenever possible as we would not be where we are today without their support.

- | | |
|-------------------------------|------------------------------|
| 1. CD Pizza | 12. Mosey Landscaping |
| 2. Chick Fil A at Lindle Road | 13. Mr. Bob's Subway |
| 3. Christopher's Pizza & Subs | 14. NK Graphics |
| 4. CJ Pony Parts | 15. R & K Subs |
| 5. Cleveland Brother's | 16. Renaldi Photography |
| 6. Crown Trophy | 17. Red Robin of Hershey |
| 7. G2 Diesel | 18. Sports Paradise |
| 8. Hoffman Ford | 19. Ted's Bar & Grille |
| 9. Huntington Learning Center | 20. The Hershey Company |
| 10. LaPorte Painting | 21. Visual Cleaning Services |
| 11. Mission BBQ | 22. West Hanover Recreation |

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

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

www.cdschools.info/cdramsclub



Central Dauphin RAMS



VARSITY FOOTBALL 2020

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
SEPTEMBER 19 (Saturday)	MIDDLETOWN (SCRIMMAGE)	CDHS	10:00 AM
SEPTEMBER 25	CHAMBERSBURG (Gold Star Mom Game)	HOME	7:00PM
OCTOBER 2	STATE COLLEGE	HOME	7:00PM
OCTOBER 9	CARLISLE	AWAY	7:00PM
OCTOBER 16	ALTOONA	HOME	7:00PM
OCTOBER 23	EAST	AWAY	7:00PM

Junior Varsity Football (Boys)

2020-2021

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Dismiss</u>	<u>Depart</u>	<u>Time</u>
Monday	Aug. 31	@ Cancelled- WILSON	WILSON HIGH SCHOOL		TBA	4:00PM
Saturday	Sep. 12	@ Cancelled- MANHEIM TOWNSHIP	MANHEIM TOWNSHIP		7:45AM	10:00AM
Monday	Sep. 21	Postponed to 11/9/2020- HARRISBURG	CENTRAL DAUPHIN HS			4:00PM
Monday	Sep. 28	@ CHAMBERSBURG	CHAMBERSBURG TROJAN STADIUM		3:00PM	6:00PM
Monday	Oct. 05	@ STATE COLLEGE	STATE COLLEGE HS	12:40PM	1:00PM	4:00PM
Monday	Oct. 12	CARLISLE	CENTRAL DAUPHIN HS			4:00PM
Monday	Oct. 19	@ ALTOONA AREA	ALTOONA (MANSION PARK STADIUM)	12:30PM	12:45PM	5:00PM
Monday	Oct. 26	CENTRAL DAUPHIN EAST	CENTRAL DAUPHIN HS			4:00PM
Monday	Nov. 02	@ CUMBERLAND VALLEY	CUMBERLAND VALLEY HS	2:20PM	2:45PM	4:30PM
Monday	Nov. 09	Cancelled- Rescheduled from 2020-09-21 HARRISBURG	CENTRAL DAUPHIN HS			4:00PM

Freshman Football (Boys)

2020-2021

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Dismiss</u>	<u>Depart</u>	<u>Time</u>
Thursday	Sep. 10	Cancelled- NORTHEASTERN	CENTRAL DAUPHIN HS			4:00PM
Wednesday	Sep. 16	Postponed to 11/4/2020- HARRISBURG	CENTRAL DAUPHIN HS			4:00PM
Wednesday	Sep. 23	@ CHAMBERSBURG	CHAMBERSBURG TROJAN STADIUM		3:30PM	6:00PM
Wednesday	Sep. 30	@ STATE COLLEGE	STATE COLLEGE HS	12:45PM	1:00PM	4:00PM
Wednesday	Oct. 07	CARLISLE	CENTRAL DAUPHIN HS			4:00PM
Wednesday	Oct. 14	@ Cancelled- ALTOONA AREA	ALTOONA (MANSION PARK STADIUM)			5:00PM
Wednesday	Oct. 21	CENTRAL DAUPHIN EAST	CENTRAL DAUPHIN HS			4:00PM
Wednesday	Oct. 28	@ CUMBERLAND VALLEY	CUMBERLAND VALLEY HS	1:45PM	2:00PM	4:30PM
Wednesday	Nov. 04	Cancelled- Rescheduled from 2020-09-16 HARRISBURG	CENTRAL DAUPHIN HS			4:00PM



30th Annual Speed Ebersole Golf Outing

We are pleased to invite you to the 30th Annual Speed Ebersole Golf Outing - Friday, July 17th at Manada. We hope to fill the tournament, 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



UPDATED: 15th Annual Youth Football Camp in 2020

The 15th annual Central Dauphin Rams Youth Camp will not be held on June 15-17 as scheduled due to the school closure. We are hopeful to reschedule the camp later in the summer. If that happens we will do our best to get the word out.

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

**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		



Summer Schedules

[Click here to view the summer camp video](#)

This was posted on 2-20-2020



2020 - 2021 CD Football Videos

- [Varsity Season Highlights](#)
- [CD Rams Football Seniors](#)
- [Senior Baby Video](#)
- [Central Dauphin Rams Football - Miss You](#)
- [Coach Denny Duttenhoffer - 20 Years](#)
- [CD Football vs Central York Highlights](#)
- [Districts 1st Round Commercial](#)
- [CD Football vs East Highlights](#)
- [CD Football vs Altoona Highlights](#)
- [Homecoming Court 2020](#)
- [CD Football vs Carlisle Highlights](#)
- [CD Football vs State College Highlights](#)
- [CD Football vs Chambersburg Highlights](#)
- [Gold Star Mom Football Game](#)