

2021  
CENTRAL DAUPHIN HIGH SCHOOL



FOOTBALL

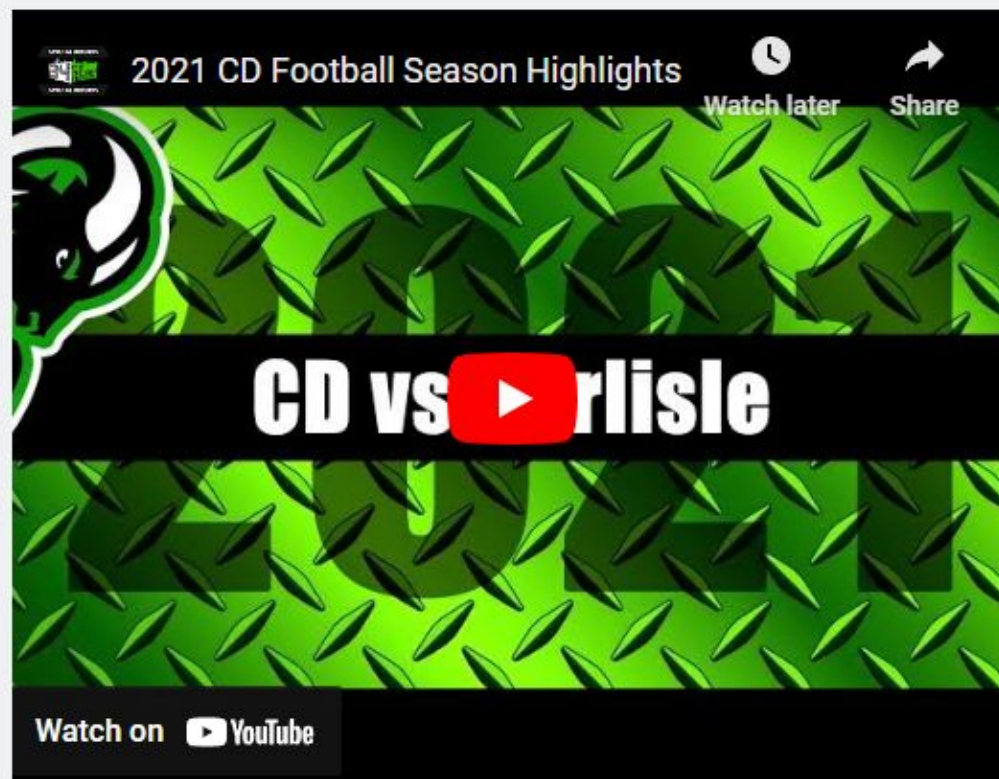


2021 - 2022

## FEATURED VIDEO



## FEATURED VIDEO







## CD Football News



Shout out to the Rams who volunteered to coach in the 4 Diamonds Powder Puff game at Landis Field. Great Night, Great Cause, Absolute Blast. So nice to see this annual tradition make a comeback. Great Job!

*This was posted on 5-27-2022*





## CD Football News



Spring Ball Day 1 was awesome. Fresh grass, new lines, and sun. Ram Alumna Jon Schnaars (Great Career at CD, All-American East Stroudsburg, and Now a Lawyer) visited. He shared how being a RAM helped him in his success.

*This was posted on 5-26-2022*



## CD Football News

Busy weekend of community service. Shout out to the players who helped at the West Hanover and Middle Paxton May Fairs. Shout out to the Gold Star Mom Car Show. Great help/great causes.

*This was posted on 5-24-2022*





# Recruiting

This week, we were proud to share the incredible numbers our players posted in the weight room. It's no wonder so many college coaches visit Central Dauphin and recruit our players year after year. In the last two weeks alone, we had 25 college coaches visit CENTRAL DAUPHIN HIGH SCHOOL. Plus, there were 24 college coaches at the Spring Fling on Wednesday to watch our kids in action.

Who wouldn't want players that work hard, put up big numbers, volunteer in the community, care about their grades, and play for one of the winningest big  school programs in the state?





## CD Football News



Spring Fling 2022 was a great night for the Rams. With 6 local teams competing, fans, referees, and college coaches, it felt like football season in May.

*This was posted on 5-20-2022*



## TESTING WEEK

What a great week of testing in Speed's Place! The numbers are almost too good to believe. Here are some highlights:

22 players have earned "Iron Ram" status in at least one lift.

12 players in the "1,000 lb. Club"  
(all 3 lifts = 1,000+)

11 players squatted 500 lbs.+

Record % of our JV/Varsity players have earned Iron Ram status

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Speed's Place - Testing Week





## Clean Lift

SHOUT OUT to the 8 players who have cleaned 275lbs. or more to earn "Iron Ram" status.

Nick Kellogg 285  
Joey Bass 285  
Xander Toland 285  
Seth Bowman 285  
David Chase 275  
Andrew Heyeh 275  
Mason Liartis 275  
Luke Zlogar 275

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8 players have cleaned 275 lbs or more and achieved "Iron Ram" status. Great Job!





## Squat Lift

SHOUT OUT to the 20 players who have squatted 425lbs or more to reach "Iron Ram" status.

A BIG SHOUT OUT to the 11 players who squatted 500lbs!

Andrew Heyeh 565

David Chase 550

Jett Franz 550

Xander Toland 550

Carson Cassell 520

Devin Shepherd 515

Luke Zlogar 500

I'Zhior Moon 500

Mason Liartis 500

Joey Bass 500

Kyle McCullough 500

Travis Linn 475

Nick Kellogg 455

Kaiden Palmer 455

Stanley Saintill 455

Jayden Torres 435

Chris Thompson 430

E'San St. Louis 425

Evan Bushong 425

Mason Boob 425

Anthony Robsock 425

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21 players have squatted +425 lbs and achieved "Iron Ram" status. Great Job!



## Bench Press

6 players who benched 300 lbs.  
or more for "Iron Ram" status:

Sam Sauers (360)  
Joey Bass (350)  
I'Zhior Moon (335)  
Xander Toland (305)  
Nick Kellogg (300)  
Stanley Saintill (300)

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Speed's Place - May Testing Results for Bench





## CD Football News



The CD Football team participated in more community service, Wonders Found non-profit. They carried, organized, folded, and hung-up clothes. Great Job Guys!

*This was posted on 5-9-2022*





# Wonders Found



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#Community  
Connections



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## CD Football News

The CD Rams Football team reached a huge milestone. They crossed the 15K hour mark for community connections. Great Job Guys!

*This was posted on 5-2-2022*





## #Community Connections



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## Busy Weekend of Service and Practice



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### CD Football News

Busy weekend of service and practice. Great Job Guys!

*This was posted on 4-26-2022*





## Busy Weekend of Service and Practice



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## Pan-Ram Invitational

Shout out to the 18 Rams and 2 coaches who helped Saturday at the 33rd Annual Pan-Ram Invitational track meet at Landis Field. Their assistance was key to making it a successful day. By all accounts they did a fantastic job.



CD Athletics @CDAthletics · Apr 9

Thanks 2 our Fball players putting in community service today helping run events.



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## CD Football News

Shout out to the 18 Rams and 2 coaches who helped Saturday at the 33rd Annual Pan-Ram Invitational track meet at Landis Field. Their assistance was key to making it a successful day. By all accounts they did a fantastic job.

*This was posted on 4-12-2022*



## Another Birthday ICE CREAM!



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### CD Football News

Seems like this happening often, like just about every person, once a year? Another birthday celebration in Speed's Place on Thursday. Thank you parents, Happy Birthday, Tommy!

*This was posted on 4-9-2022*





## Middle Paxton Elementary Reading Day



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### CD Football News

Community Connections lands this time at Middle Paxton Elementary School. 10 Rams make the journey and spend some quality time in the classroom. Another great day!

*This was posted on 4-4-2022*





## Middle Paxton Elementary Reading Day



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## March Birthdays Team Pizza



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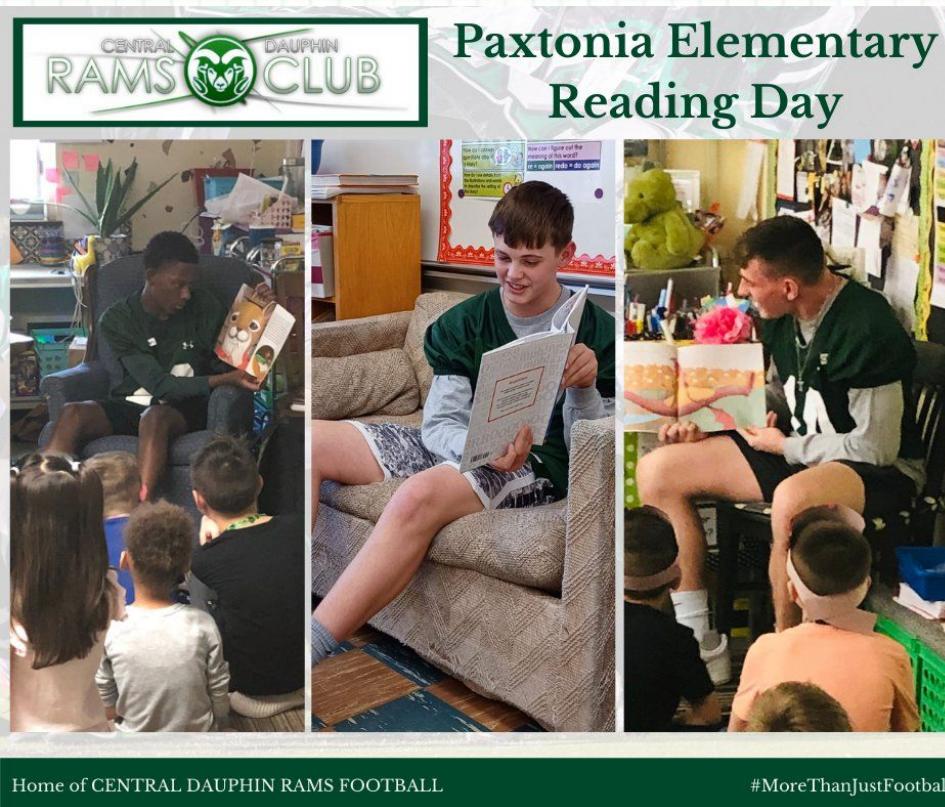
#MoreThanJustFootball



### CD Football News

It was a great time in Speeds Place during a surprise birthday for Nick Kellogg, who was picked in the birthday drawing in January. We enjoyed pizza, Gatorade, and time together.

*This was posted on 3-25-2022*



## CD Football News



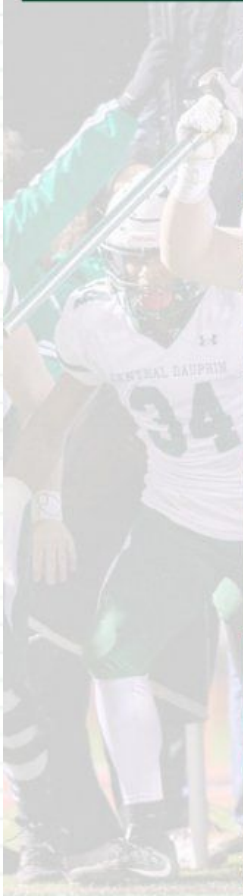
One of the best Community Connections events the players support - Elementary School Reading. Shout Out to 22 Rams players who visited Paxtonia Elementary and read to the students. Everyone had a blast!

*This was posted on 3-21-2022*





# Paxtonia Elementary Reading Day



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# CENTRAL DAUPHIN FOOTBALL RAMS NEWSLETTER

RAMS FOOTBALL

First Edition— Spring 2022

## 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 around 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.cdschools.info/cdramsclub](http://www.cdschools.info/cdramsclub). 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. Also, if you have not joined our TEAM APP, please do so. This has become our number one method of disseminating information to our players and families. Of course, you can always email the head football coach, Glen McNamee at [gmcnamee@cdschools.org](mailto:gmcnamee@cdschools.org) if you have any questions.

We also hope that every person associated with our program will follow us on **Twitter**, **Instagram** and **Facebook**. In the last two years, we established these 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 and to 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. (This newsletter actually includes a section on how to join the TEAM APP and how to access our social media posts.)

**Enjoy the newsletter!**

## 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 during the pandemic. The Rams Club amazingly rose above the myriad of challenges we faced and somehow found a way to grow our program when so many others were trying to just keep their heads above water. For starters, they purchased beautiful, new white uniforms – both jerseys and pants. In addition, they also purchased a new scoreboard for our Freshman and JV game field in honor of Harrison Fenstemaker. They also had a giant film tower built for that field as well. Additionally, they provided a new scoreboard for our practice field along with a new “camera pole” for filming purposes. The Rams Club also enhanced our strategic abilities on Friday nights with new headsets. Wait, there’s more: they also continued to feed our players regularly in and out of season, provided charter buses, purchased lots of weight room equipment, and much more.

## 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!”***



Continued on Page 4



## SOCIAL MEDIA



We are on a roll. No doubt you've checked out the Facebook page(s) for the team, where we have vastly increased the number of followers / shares in the past two years! 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!

## GOLD STAR GAME

On September 16<sup>th</sup> of this season when we square off against Chambersburg, we will proudly take part in our 8<sup>th</sup> Annual Gold Star Mom game. In that game, we will be honoring all those who served in the military and who lost their lives. We will also have several Rams taking the field to honor a 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 at [www.cdschools.info/cdramsclub](http://www.cdschools.info/cdramsclub) 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 if you haven't seen "Full Circle", a documentary about the game created by Matt Stambaugh ('06), YOU NEED TO WATCH IT. There are no words to describe it. That, too, can be found on our website's home page.

And, oh by the way, we are 7-0 in Gold Star Mom games with wins over Harrisburg, Wilson, Cumberland Valley, Carlisle, Berks Catholic (twice), and Chambersburg by a combined score of 310-71!



## 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 a record-breaker in the classroom. We had 37 JV/Varsity players on the Football Honor Roll (90% GPA for the marking period OR 10% improvement from the previous marking period). This constituted over 60% of our team!. We also saw several other players make improvements from the previous year. It was truly a banner season academically. This is even more impressive considering our players' academic experience in the previous 18 months due to the pandemic. We are proud of the way they have chosen to bounce back from such adversity.

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

### FIRST MARKING PERIOD HONOR ROLL

Doug Bardo  
Mason Carmichael  
Leo Freedman  
Tommy McGovern  
Max Mosey  
Andre Noel  
Micah Sheaffer  
Ahren Stauffer  
Ben Stewart  
Darrion Thomas  
Lance Turner  
Myles Wallace  
AJ Wenrich  
Carson Cassell  
David Chase  
Nick Kellogg  
Mason Liartis  
Sameer Patel  
Luke Zlogar



Joey Bass  
Evan Bushong  
Mateo Crummel  
Grady Curry  
Jake Fritz  
Ryan Garvick  
Payton Harper  
Kyle McCullough  
Thomas Mills  
Kaiden Palmer  
Key'Ron Plummer  
Anthony Robsock  
Stanley Saintill  
Boden Stateler  
Esan St. Louis  
Zach Temple  
Xander Toland  
Gabe Scott



## COMMUNITY CONNECTIONS PROGRAM

### LET'S GET 15,000!

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 central part of our culture. In fact, we have now done over 600 events and are approaching 15,000 hours of community service since the inception of the program! It is unfortunate that the pandemic kept us from so many of our usual events. We have said it many times: Our Community Connections Program is the heart of CD Football. When the heart is not working properly, the body does not function the same. There is no doubt that having fewer volunteer opportunities hurt us the last two years. The lost events meant a loss of valuable team building opportunities along with lessons in selflessness, empathy, and humility. Most of all, we missed out on all the intrinsic rewards that come from helping others.

The good news is that 2022 has offered a bunch of opportunities for our players and we hope that continues! Our Community Connections Coordinator, Deb McCowan, has been doing a fantastic job and has several events already planned for the coming months. How will you know about them? We will be posting many of them on the TEAM APP along with details. Coach McNamee also announced many of them in the weight room before workouts.

So far this year we have done 20 events for almost 300 hours. We have read to the students at Mountain View, assisted our cheerleaders with one of their tournaments, helped with LifePoint food pantry and NutriPack and much more.

Let's make up for lost time and go big with community service this year. **And let's get 15,000!**



Continued from Page 1

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. **We need all hands on deck. Please join a committee.** Most likely there is one that matches your interest or background. Please contact our booster club president, Gary Matzoni at [gdmatzoni@comcast.net](mailto:gdmatzoni@comcast.net)

## MESSAGE FROM THE RAMS CLUB PRESIDENT

Just like our Football Program the Rams Club never takes time off. Since the Banquet in January the Club has been hard at work already having held several Fundraiser Events and are planning several more as we get into the season.

First, I would like to Thank all those Parents and Businesses that helped to make 2021 another successful year for the Rams. We could not have done or carried out what we did without your help and dedication to our Program.

Now for 2022



At the March meeting elections were held for Board and Committee positions (we still have several key Committee Chairs positions open-Concessions Manager, Business Partner Co-Ordinator, Time to Sign Up administrator). Board elections were as follows, President-Gary Matzoni, Vice President-Lynlee Sheeler, Secretary-Heather Zlogar, Treasurer-Angela Stateler, Advisor-Steve Straining

The 2022 Season will officially kick off with our Parent Meeting on March 30th. This will be the only parent meeting held this year, so if your son is playing you will want to attend this event. The Board is also looking at ways to get more parental involvement as we continually have parents who at some point move on. One discussion has been around having a tiered approach to committee's where there would be 1 point person but several different grade level parents involved to help so that way if a person leaves, we are not left with openings.

Right now, one of our Biggest Fund-Raising Events is coming up and that is our Annual Golf Tournament, which will be held on June 24th. We will need many Volunteers for this as well as Sponsors and Golfers, so if you know a Business out there that would be willing to do some type of Sponsorship, please have them reach out or pass their information on to us. Also please pass along the Registration form to anyone you may know. It can be found on our Facebook page as well as our Club Website, [www.cdschools.info/cdramsclub](http://www.cdschools.info/cdramsclub)

In closing, please watch your emails and/or Team App, as well as our other Social Media sites and pay attention to the dates and events that are being lined up. We, THE RAMS CLUB, needs your involvement and attendance at the events to make them successful and hopefully they will be offered to us again in future years. In the end remember everything we do is for our Players and the football program.

Sincerely,  
Gary Matzoni  
Rams Club President




### CD Rams Football

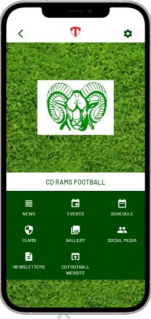
Join our app to stay up to date with our latest information - it's free!

**Follow these steps to join our app:**

1. Scan the QR code below & download Stack Team App or visit [www.teamapp.com](http://www.teamapp.com).
2. Sign up to Stack Team App and log in to your account.
3. Search for 'CD Rams Football' and request to join.



SCAN ME



**Contact:**  
Heather Zlogar  
717-215-8401  
[zlogar4@hotmail.com](mailto:zlogar4@hotmail.com)

stack team app

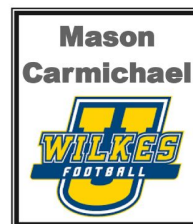
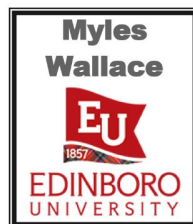
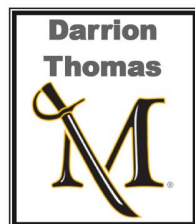
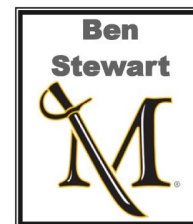
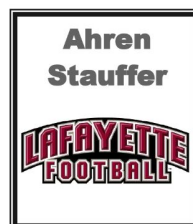
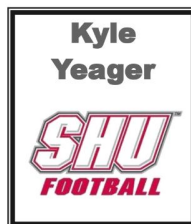
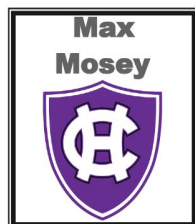
GET IT ON  
App Store

GET IT ON  
Google Play



## THE NEXT LEVEL PROGRAM

We would like to give a shout-out to the 2021 Rams who have committed to playing college football this fall.



This fall we are expected to have nearly 30 former Rams on college football rosters! This will push our total to over 120 players who went on to play college football since Coach McNamee has been head coach. This includes 22 who were offered by Division I schools.



*"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 15<sup>th</sup>. Prior to that we had "open gyms" which started immediately following the end of the 2021 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 over 90% of our returning JV/Varsity players in attendance on a given day, not including our winter sport athletes. Now we need to see more of our current freshmen become "regulars" in Speed's Place!

In the week of February 15<sup>th</sup>, we tested our players in our core lifts: bench press, squat, and clean. In order to earn "Iron Ram" status, a player must attain 300 lb. in the bench, 425 lb. in the squat and/or 275 lb. in the clean. We are proud of the huge gains that were made this winter. Truly amazing. And Congratulations to the 18 players who achieved Iron Ram status during February testing:

Nick Kellogg	bench (315), squat (465), clean (305)
Andrew Heyeh	squat (565), clean (275)
David Chase	squat (515), clean (275)
Sam Sauers	bench (335)
Mason Liartis	squat (475)
Luke Zlogar	squat (455)
Devin Shepherd	squat (455)
Joey Bass	bench (330), squat (475)
I'Zhior Moon	bench (315), squat (545)
Xander Toland	squat (515), clean (285)
Seth Bowman	clean (275)
Kaiden Palmer	squat (455)
Kyle McCullough	squat (455)
Mason Boob	squat (445)
Anthony Robsock	squat (425)
Stanley Saintill	squat (425)
Jayden Torres	squat (425)



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

Andrew Heyeh	1,115
I'Zhior Moon	1,105
David Chase	1,090
Nick Kellogg	1,085
Xander Toland	1,085
Joey Bass	1,030

We will be testing again this off-season two 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. We celebrate improvements!

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



## SPEED'S PLACE NEWS FROM OUR WEIGHT ROOM



### SPEED'S PLACE IMPACT AFTER 11 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!**

Here are some statistics to support this claim:

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

\* Best or tied for the best in the Mid-Penn Commonwealth since 2010

\*\* Best or tied for the best in District 3 6A since 2010

	<u>"Speed's Place— unmatched"</u>  (2010-2021)
# of Iron Rams	160
# of 1,000 pound club members	99
# of Iron Ram bench press	94
# of 350 lb. bench press	22
# of Iron Ram squat	140
# of 500 lb. squat	42
# of Iron Ram clean	84
# of 300 lb. clean	29
Overall win-loss record	113-33 (77%) *
Regular season win-loss record	90-23 (80%) *
Record in the Mid-Penn Comm.	63-14 (82%) *
Record on the road	49-12 (80%)
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	112 (no voting in 2020)
# of All-State selections	16
# of players on college rosters	86
# of Community service hours/year	1,023



## Hitting it HARD!

After a very productive winter, our guys are continuing "the grind" into the spring. Attendance has been outstanding and so has the work ethic. Great stuff!

Shout out to the 18 players who earned Iron Ram during testing. A big shout out to the 6 Rams who are in the "1,000 Pound Club": Andrew Heyeh, I'Zhior Moon, David Chase, Nick Kellogg, Xander Toland, Joey Bass

#keepitrolling  
#noplacelikespeedsplace  
#morethanjustfootball

Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



### CD Football News

After a very productive winter, our guys are continuing "the grind" into the spring. Attendance has been outstanding and so has the work ethic. Great Stuff!

*This was posted on 3-17-2022*





# Hitting it HARD!



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





# Reading Program



After missing out in 2021 and most of 2020, we were thrilled to be able to go back and read to our elementary students once again. This is something we started in 2007 and is one of our best annual traditions.

Shout out to all 16 Rams who took the time to read to the students at Mountain View and spend time with them. Thank you to the Mountain View principal, Mr. Roesch, and their reading specialist, Mrs. Hanna, for setting it up and welcoming our players into their school.

#morethanjustfootball #ramsreturntoread





## PA Football News All Academic Team

Ahren Stauffer  
Ben Stewart  
Andre Noel  
Evan Bushong  
Max Mosey  
Darrion Thomas

Thomas McGovern  
AJ Wenrich  
Carson Cassell  
David Chase  
Luke Zlogar

Jett Franz  
Anthony Robsock  
Mason Carmichael  
Randy Rudy  
Nick Kellogg  
Sam Sauers



## COMMUNITY CONNECTIONS 2022

Shout out to the Rams who helped load and unload supplies for the food pantry at LifePoint Church. Rams football has helped with this food pantry for many years. Thank you to these guys for continuing this work in 2022!



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



### CD Football News

Shout out to the Rams who helped load and unload supplies for the food pantry at LifePoint Church.

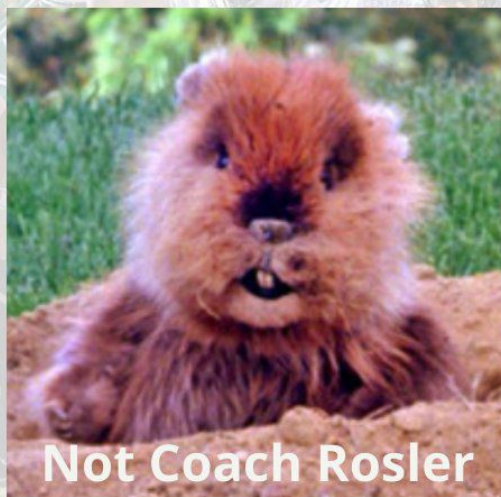
*This was posted on 3-4-2022*





## SAVE THE DATE!

# 32th Annual Speed Ebersole Golf Tournament



**Not Coach Rosler**

Please save the date for The CD Football 32ND Annual Speed Ebersole Golf Tournament. The Golf Outing is Friday June 24, 2022 and will be held at Manada Golf Club – 609 Golf Lane Grantville, PA 17028. Tee time is 8am with a shotgun start.

Watch for information regarding donations, sponsorships, golf team sign-ups, and volunteer opportunities to be sent within the next few weeks.

Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



### CD Football News

Save the Date! 32th Annual Speed Ebersole Golf Tournament

*This was posted on 3-4-2022*



## CD Football News



Congratulations to our Football players signing to continue their academic and athletic careers. Myles Wallace - Edinboro, Kyle Yeager - Sacred Heart, Max Mosey - Holy Cross, Ahren Stauffer - Lafayette, Darrion Thomas - Millersville, Ben Stewart - Millersville and Mason Carmichael - Wilkes. Great Job Guys!

*This was posted on 2-3-2022*





Presents:  
**Signing Day**



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





Presents:  
**Signing Day**



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CENTRAL DAUPHIN  
RAMS CLUB

Presents:  
**Signing Day**



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





Presents:  
**Signing Day**



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## CD Football News

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### Videos

[2021 - 2022 CD Football Banquet](#)

[CD Rams Football Seniors](#)

[Varsity Season Highlights](#)

[Senior Baby Video](#)

[Community Connections](#)

[Full Circle // Central Dauphin Rams Football \(Gold Star Mom Game\)](#)

### Photos

[Banquet Photos \(Neil Renaldi Photography\)](#)

*This was posted on 1-9-2022*



2021 - 2022 CD Rams Football Team





Coach Rosler - 200th Coaching Victories



## A SPECIAL THANKS TO OUR 2021 BUSINESS PARTNERS



Thank You, CD Rams Club Partners



**2021-2022**  
**CD RAMS FOOTBALL**



**Emma Betz**

**Senior Manager**

**2021-2022**  
**CD RAMS FOOTBALL**



**Raegan Fleig**

**Senior Manager**



**2021-2022**  
**CD RAMS FOOTBALL**



**Abbigail Hess**



**Senior Manager**



## **CD Football News**

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### **Awards**

JV Ram Award - Mason Liartis  
Speed Ebersole Man of the Year - Max Mosey  
Speed Ebersole Academic Award - Andre Noel  
Speed Ebersole Most Improved Player - David Chase  
Special Teams Player of the Year - Ahren Stauffer  
Speed Ebersole Work Horse of the Year - Kyle Yeager  
Speed Ebersole RAM Award - Darrion Thomas

### **Harrison Fenstermaker Scholarship**

- Kyle Yeager

### **Gold Star Mom Game Scholarship**

- Ben Stewart

### **Airman First Class Trent Grove Memorial Scholarship**

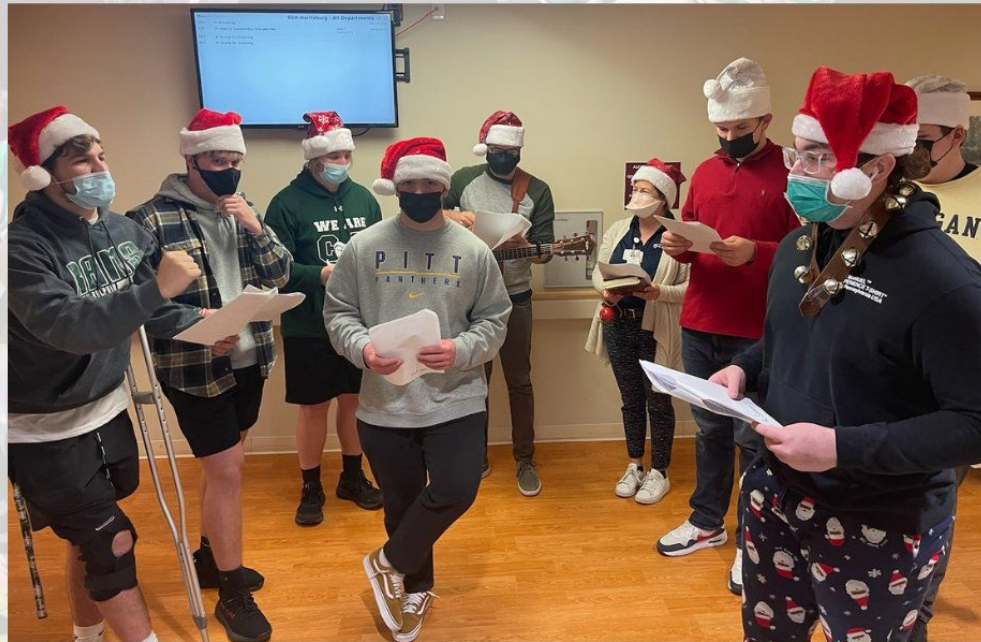
- Ahren Stauffer

*This was posted on 1-9-2022*





## Community Connections Christmas Caroling



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



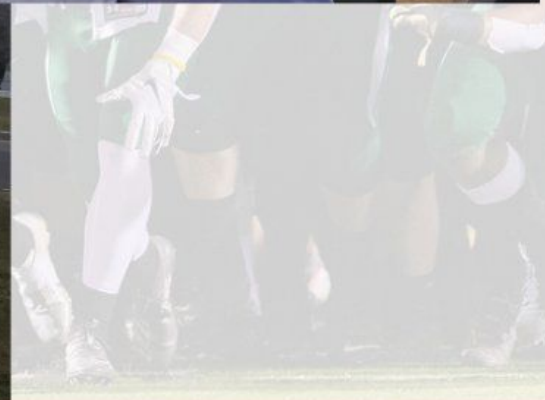
### CD Football News

Singing at Select Specialty Hospital and surprise stop at Gold Star Mom Suzanne's. Bringing love to those who need it most. No comfort zone here! MORE. THAN. JUST. FOOTBALL.

*This was posted on 12-23-2021*



## Community Connections Christmas Caroling



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





## Academic Excellence

Congrats to these 36 Rams from the 2021 squad who qualified for the Rams Football Honor Roll.

**60% of the Roster. 60% of the Roster.**

[90% GPA or 10% Improvement from last marking period.]

Doug Bardo	Carson Cassell	Payton Harper
Mason Carmichael	David Chase	Kyle McCullough
Tommy McGovern	Nick Kellogg	Thomas Mills
Max Mosey	Mason Liartis	Kaiden Palmer
Andre Noel	Sameer Patel	Key'Ron Plummer
Micah Sheaffer	Luke Zlogar	Anthony Robsock
Ahren Stauffer	Joey Bass	Stanley Saintill
Ben Stewart	Evan Bushong	Boden Stateler
Darrion Thomas	Mateo Crummel	Esan St. Louis
Lance Turner	Grady Curry	Zach Temple
Myles Wallace	Jake Fritz	Xander Toland
AJ Wenrich	Ryan Garvick	Gabe Scott

Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



## CD Football News

It is not easy to play at the level we expect and get great grades. Congratulations to our Fall 2021 Football Honor Roll. 90% GPA or 10% up from last marking period. DURING THE SEASON! 60% of the Roster. Great Job Guys!

*This was posted on 12-22-2021*



## Wreaths Across America



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#MoreThanJustFootball



### CD Football News

CD Football attended Wreaths across America at Indiantown Gap National Cemetery. We helped lay 42k wreaths including CD Gold Star SPC OS-2 "Billy" Trapnell, IV. It was a humbling day of reflection and honor.

*This was posted on 12-20-2021*





## PA State Championship 10 Years Ago!



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#MoreThanJustFootball



### 2011 State Championship Reunion

Friday, December 17th. Exactly 10 years to the day of that night on the snow at HP Stadium, dozens of players, coaches, parents, and support staff reunited at Ted's.

*This was posted on 12-20-2021*

# PA State Championship 10 Years Ago!



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





# PA State Championship 10 Years Ago!



## The Championship Belt "Story"

The Original Championship Belt was presented to Head Coach Glen McNamee on February 17, 2012 at the Football Recognition Evening.

This "Belt" is a 94% replica of the original that resides in Coach McNamee's office at Central Dauphin High School.

The idea behind the original Belt was to provide a creative, visual way to highlight the exciting championship Season the Team achieved in 2011. The Belt was given directly to Coach McNamee by Dale Schwan of the Rams Football Club.

The State AAAA Championship victory on December 17, 2011 over North Penn 14-7 on a beautiful snowy night at Hershey Park Stadium will forever be a great memory. The Coaches, Managers, Trainers, and Players will always have a special place in Central Dauphin Football History!

The belt you see before you was created again so that the Team, their families (now and in the future) and the great Central Dauphin fans could recall and enjoy that magical 2011 Season!

The Championship Belt  
Designer/Creator: Dale Schwan  
CNC Routing: Bill  
Imschweiler, Imschweiler  
Wood Workings.  
Belt Buckle Metal Work:  
Kelly-Tron



### THE PLAYERS

10 - ADAMS	56 - FEGLEY
29 - C. ANDERSON	54 - GARLAND
79 - E. ANDERSON	59 - GILLICK
8 - BURGWIN	67 - GREENE
11 - BOWMAN	60 - HAMILTON
3 - BRANDES	23 - HARRIS
77 - BRILL	37 - HARTZELL
9 - CHISHOLM	38 - HOLLINGER
52 - COOKE	27 - HOLMES
8 - CRISTILLO	50 - HOYLE
14 - DICKEY	1 - ISSAH
21 - ELLIOTT	20 - JOPPY
71 - EYNON	

### THE COACHES

GLENN McNAMEE	TOM LAPCOWICZ
MATT BUSHONG	NATE LINN
THOMAS CARMO	JON LINN
FOUR CHAPMAN	PAUL LINN
BEN COHICK	TIM McMINN
MIKE DOUGHERTY	SEAN ROSLER
DENNY DUTTENHOFFER	DYLAN SIMON
MARSHALL FISHER	STEVE STONER
JOHN KESLER	NATE STRAINING
GEORGE LANDIS	DERRICK ZIMMERMAN

### THE PLAYERS

35 - KOUGH	44 - RUSSO
13 - LAPKOWICZ	19 - SALAK
39 - LAUDERMILCH	5 - SCALES
12 - LaVIA	7 - SCHAFER
64 - LEWIS	74 - SCHWAN
31 - MOSEY	33 - SHANNON
88 - MYERS	61 - SLAUGHTER
16 - NOTESTINE	75 - SZABO
32 - OKPARA	4 - WADE
76 - PALANZO	28 - WEEDON
68 - R. PORTER	55 - WILK
2 - J. PORTER	46 - ZIMMERMAN
78 - ROESCH	

### THE MANAGERS

KIMMY BENKOVIC	ZOE FLETCHER
STEVE BRANDES	TYLER MANNING
BECCA CALLAHAN	PHIL PETRINA
STEVE DOODAN	MARISSA SCHAFER

### TRAINERS

CRAIG KEMMLEIN - ATC
BETH PARRISH - ATC



## CD Football News



Congratulations Kyle Yeager for committing to Sacred Heart. Great Job!

*This was posted on 12-16-2021*





### **2021 CD Rams Football Results (427 Wins ...and counting)**

---

10-29-2021 - CD vs Cumberland Valley 24-17 (L)  
10-22-2021 - CD vs East 31-14 (L)  
10-15-2021 - CD vs Altoona 52-48 (W)  
10-08-2021 - CD vs Carlisle 24-21 (W)  
10-01-2021 - CD vs State College 42-21 (W)  
09-24-2021 - CD vs Chambersburg 50-21 (W)  
09-03-2021 - CD vs Berks Catholic 41-22 (W)  
08-27-2021 - CD vs Wilson 27-21 (L)



Presents:

## THE NEXT LEVEL

Bryce Thoman - Class of 2020

Bryce helped CD to a District 3 title and a trip to the 6A state championship game in 2019. He has since taken his services to Temple University. As a redshirt freshman, Bryce is on the travel squad and has seen some live action this season for the Owls as their #2 center.

We wish Bryce and his teammates the best of luck the rest of the way!





Presents:

## THE NEXT LEVEL

Adam Burkhart - Class of 2019

After a stellar career at Central Dauphin where he amassed an incredible number of tackles and earned Defensive MVP in the league in 2018, Adam joined the squad at Bloomsburg University. This year, Adam started 8 games for the Huskies and registered 59 tackles.

We wish him and his Huskies teammates the best of luck the rest of the way.





Presents:  
**THE NEXT LEVEL**

Trey Paul Class of 2017

Trey is enjoying an outstanding career at Shippensburg University. In his junior season this year, he is team captain and has posted 4 INTs as the starting free safety. He also leads the team in total tackles. His efforts have helped the Raiders to an 8-2 record thus far.

We wish Trey and his teammates the best of luck the rest of the way.





Presents:

## THE NEXT LEVEL

Gabe Bollinger - Class of 2019

Gabe was an outstanding offensive lineman for CD and helped the Rams reach the district championship game in 2019. This year, Gabe has held down the starting job at right guard all season for Michigan Tech. The engineering major has helped the Huskies to a winning record in 2021.

Best of luck to Gabe and his teammates at Michigan Tech.





Presents:

## THE NEXT LEVEL

Grant Smith - Class of 2018

After a stellar senior year at CD in which he was selected to play in the Big 33 game, Grant joined the IUP squad as a Tight End in 2018. He made an immediate impact as a freshman that season, and since then he has continued to thrive as an all-conference player.

We wish Grant and his IUP teammates the best of luck.







Presents:

## THE NEXT LEVEL

Mason Griffiths - Class of 2019

Mason was one of our team leaders in 2018 and helped guide us to the District finals that year. He then took his services to West Chester University. This season, Mason started at fullback all year and also played some tight end for the Golden Rams.

We wish Mason and his West Chester teammates the best of luck in the future.





Presents:

## THE NEXT LEVEL

Nick Chimienti - Class of 2020

Nick was one of the stars who led us to the 6A state championship game in 2019 as wide receiver / defensive back. Nick is now at Stonybrook, a DI program in the Colonial Athletic Association. Unfortunately, he was unable to participate this fall due to an injury sustained in their spring season where he saw a lot of action at free safety. He did, however, get to travel with the team in their game at the University of Oregon in September. Pretty cool.

We wish Nick and his Stonybrook teammates the best of luck.





Presents:

## THE NEXT LEVEL

Timmy Smith - Class of 2021

After a stellar high school career where he earned all-state honors on defense and offense, Timmy enrolled at Millersville University. This season, Timmy played in 5 games at running back and scored his first collegiate touchdown for the Marauders as a true freshman.

We wish Timmy and his teammates the best of luck in the future.





Presents:

## THE NEXT LEVEL

AJ Perez - Class of 2016

After a stellar high school career, AJ landed at Temple University where he was part of the Owls offensive line unit. From there, he joined the West Chester University roster where he has seen action on the defensive line the past couple of seasons.

We wish AJ the best of luck in his future!





Presents:  
**THE NEXT LEVEL**

**Bo Heshler - Class of 2018**

After a senior year in which he earned first team all-conference honors for the Rams, Bo joined the East Stroudsburg University roster in 2018. This fall, he saw action at both guard and tackle for the Warriors. He plans to graduate this spring.

**Congratulations, Bo! We wish you the best in your future.**





Presents:  
**THE NEXT LEVEL**

**Ryan Hohenshelt - class of 2020**

**Ryan played center on the 2019 6A state-runner up team at Central Dauphin. This year he was the starting center at Thaddeus Stevens and played every offensive snap. He helped lead the team to a 7-2 record and a conference championship.**

**Congratulations to Ryan and his teammates.**





**WARRIORS**  
East Stroudsburg University



Presents:  
**THE NEXT LEVEL**

**Malachi Bowman - class of 2021**

After an all-state senior year at CD, Malachi joined the squad at East Stroudsburg University. He was named Student-Athlete of the week earlier this year during a redshirt season for the Warriors.

We wish Malachi and his teammates the best of luck in the future.



Presents:

## THE NEXT LEVEL

Tysen Spriggs - class of 2019

Tysen began playing in our CD program from a very young age. After his final season where he and his fellow seniors led the Rams to the district 3 championship game, Tysen joined the squad at Albright College where he just finished his 2nd season with the Lions.

We wish Tysen and his teammates the best of luck in the future.





Presents:  
**THE NEXT LEVEL**

**Jamaal Bellamy - class of 2021**

Jamaal enjoyed a very successful senior season in 2020 where the Rams were ranked in the nation by High School Football America. This season, he was the starting nose guard for the Hudson Valley Vikings.

We wish Jamaal and his teammates the best of luck in 2022.





Presents:

## THE NEXT LEVEL

Carter LaPorte - class of 2019

After having an all-conference senior season at center for the Rams in 2018, Carter joined team at Stevenson University in Maryland. This season, he played in every game for the Mustangs who earned an invitation to a Centennial-MAC bowl game this weekend against Franklin and Marshall.

We wish Carter and his teammates the best of luck in 2022.





Presents:

## THE NEXT LEVEL

Nick Miller - Class of 2021

After a successful senior campaign for the Rams, Nick decided to continue his playing career at Thaddeus Stevens. This year as a true freshman, Nick saw a good bit of action at the defensive end position for the Bulldogs and helped them win the conference championship.

We wish Nick and his teammates the best of luck in 2022.





Presents:  
**THE NEXT LEVEL**

Daniel Ficca - class of 2021

After an outstanding 3-year varsity career at CD, Daniel joined the squad at Widener University. This year as a true freshmen, he saw a lot of action at fullback and on special teams for the Pride who finished 7-4.

We wish Dan and his teammates the best of luck.





Presents:

## THE NEXT LEVEL

Chad Layton - class of 2020

Chad was a star offensive lineman on the Rams 2019 team who made it all the way to Hershey stadium for the 6A state championship.

He still holds the CD all-time squat record of 640 lbs! After turning down an offer from the Air Force Academy, Chad joined Indiana University (PA). The redshirt freshman played in about half of the Hawks games this season.

We wish Chad and his IUP team the best of luck in 2022.





Presents:

## THE NEXT LEVEL

Amir Walton - class of 2020

Amir was a two-year standout at defensive end for the Rams. He is now at Edinboro University helping the Fighting Scots defense. Among the freshman's contributions were a sack against West Chester and a forced fumble and TD against Millersville.

We wish Amir and his teammates the best of luck in 2022.





Presents:

## THE NEXT LEVEL

Blaise Heshler - Class of 2021

Blaise was an all-conference lineman for CD and a key player in the 2019 6A district championship team. His accomplishments led him to accept a full scholarship offer to Division I Sacred Heart University who won the Northeast Conference championship this season. Blaise did not see any action in his true freshman year due to a medical redshirt.

We wish Blaise and his Pioneer teammates the best of luck.





Presents:  
**THE NEXT LEVEL**

Gavyn Hoffman - Class of 2017

After taking a hiatus from football, Gavyn jumped back into the sport in 2021 when he enrolled at Shippensburg University and joined their squad. In the process of getting reacclimated to the sport this fall, he did a great job on the scout team for the Raiders.

We wish Gavyn and his teammates the best of luck in the future.





Presents:  
**THE NEXT LEVEL**

Paul Clark - class of 2021

After leading the district championship team in tackles in 2019 and enjoying an all-star 2020 season, Paul joined the squad at John Carroll University in Ohio. His season was unfortunately cut short due to injury and was unable to finish the year with the Blue Streaks.

We wish Paul the best of luck in the future!



## 2011 State Championship Reunion

---

Congratulation to Max Mosey for earning a spot on the Mid Penn Commonwealth Football Coaches' All-Star Picks. Max Mosey – Mid Penn Commonwealth Offensive Player of the Year. Great Job!

[Click here for more information](#)

*This was posted on 11-16-2021*





**SCHOLAR-ATHLETE**

**ANDRE NOEL | WR/DB**

CENTRAL DAUPHIN HIGH SCHOOL | HARRISBURG, PENNSYLVANIA



**MARINES**  
THE FEW. THE PROUD.



## CD Football News

Congratulations Andre Noel 2021 Great American Rivalry Series Scholar-Athlete. Great Job!

*This was posted on 11-14-2021*



## CD Football News

---

Congratulations CD Football for a great Season. Great Job Guys!

*This was posted on 10-31-2021*



## 2021 Academic Captains

---

Wilson Game - Ahren Stauffer  
Berks Catholic Game - Luke Zlogar  
Chambersburg Game - Ben Stewart  
State College Game - David Chase  
Carlisle Game - Carson Cassell  
Altoona Game - Darrion Thomas  
CD East Game - Leo Freedman



## CD Football News

---

Congratulations JV Football for defeating Chambersburg 20-7. Great Job Guys!

*This was posted on 9-28-2021*





## **2021 CENTRAL DAUPHIN RAMS FOOTBALL**

### **BUSINESS PARTNERS**

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

Please visit and patronize these local businesses when you can. Their generosity and support to the CD Football Program is greatly appreciated.

- |   |   |
|---|---|
| <b>1. BSN Sports</b>  | <b>14. Mission BBQ</b>                                      |
| <b>2. CD Pizza</b>  | <b>15. NK Graphics</b>                                      |
| <b>3. Chick Fil A at Lindle Road</b>                              | <b>16. R &amp; K Subs</b>                                   |
| <b>4. Christopher's Pizza &amp; Subs</b>                          | <b>17. Renaldi Photography</b>                              |
| <b>5. CJ Pony Parts</b>   | <b>18. Ritter Insurance</b>                                 |
| <b>6. Crown Trophy</b>  | <b>19. Sam Hartley Construction</b>                         |
| <b>7. Dr. Jennifer Epstein of<br/>Hershey Family Chiropractic</b> | <b>20. Scott L Currey Building Contractors</b>              |
| <b>8. Farm Show Milkshakes</b>                                    | <b>21. Shield Driving</b>                                   |
| <b>9. Hoffman Ford</b>  | <b>22. Sports Paradise</b>                                  |
| <b>10. Huntington Learning Center</b>                             | <b>23. Ted's Bar &amp; Grille</b>                           |
| <b>11. Innovative Coach</b>                                       | <b>24. The ReMax Team of<br/>Sherri &amp; Bill Anderson</b> |
| <b>12. Krystle Bobb, Realtor, of<br/>Iron Valley Real Estate</b>  | <b>25. The Hershey Company</b>                              |
| <b>13. LaPorte Painting</b>                                       | <b>26. Visual Cleaning Services</b>                         |
|   | <b>27. West Hanover Rec. Ctr.</b>                           |

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

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

[www.cdschools.info/cdramsclub](http://www.cdschools.info/cdramsclub)

# 2021-2022



Zion Allen  
Doug Bardo  
Mason Carmichael  
Tyrell English  
Leo Freedman  
Nathaniel Heyeh  
Tommy McGovern  
Max Mosey  
Andre Noel  
Olawasi Oladipo  
Randy Rudy  
Juice Selby  
Micah Sheaffer  
Ahren Stauffer  
Ben Stewart  
Darrion Thomas  
Lance Turner  
Myles Wallace  
Kyle Yeager  
AJ Wenrich  
Carson Cassell  
David Chase  
Andrew Heyeh  
Nick Kellogg  
Mason Liartus  
Travis Linn  
Sameer Patel  
Theo Phillips  
Elijah Poyer  
Sam Sauers

Braydon Snyder  
Luke Zlogar  
Joe Bass  
Mason Boob  
Seth Bowman  
Evan Bushong  
Parker Clark  
Matteo Crummel  
Grady Curry  
Jett Franz  
Jacob Fritz  
Ryan Garvick  
Payton Harper  
Kyle McCullough  
Thomas Mills  
I'Zhior Moon  
Kaiden Palmer  
Key'Ron Plummer  
Anthony Robsock  
Stanley Saintil  
Ayden Smith  
Esan St. Louis  
Boden Stateler  
Zachary Temple  
Xander Toland  
Jayden Torres  
Jay Harris  
Lucas Lawler  
Gabe Scott

## Varsity Football



# 2021-2022



Benny Bentz  
Zackary Coleman  
Evan Collins  
Anthony Goff  
Adrian Guzman  
Gavin Kirkpatrick  
Andrew Kurtz  
Julius Maldonado  
Ryan Mayberry  
Elijah McDonald  
Kannyon Miller  
Daniel Pritchard  
Solomon Prince  
Aiden Rivera  
Tag Salvaggio  
Colby Snyder  
Derek Summerville  
Isaiah Taylor  
Jayden Walker  
Saire Young  
Mohammed Ziadeh  
Collier Book  
Brandon Copper  
Jamison Crummel  
Jadyn Johnson  
Mark Lebo  
Logan Martin  
Storm Martin  
Kolton Sheeler  
Chris Thompson  
Dylan Toland

## Freshman Football





## CD Football News



HUGE SHOUT OUT for yet another Friday Night big deal. Our defensive coach SEAN ROSLER hit 200 WINS with CD RAMS! Truly amazing. Way to go, Coach Rosler!

*This was posted on 9-7-2021*





### CD Football News

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Congratulations JV Football for defeating Wilson 21-20. Great Job Guys!

*This was posted on 8-31-2021*



### CD Football News

---

WMSS radio 91.1 will carry all CD football games this season. Tune in to hear CD Alum Eric Thomas and his staff give you behind the scenes info on the Rams as well as all the live action you can handle.

*This was posted on 8-27-2021*



## Milkshake Research



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





## Milkshake Research



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





## Community Connections



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





## 2-A-Day REFUELING STOP



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





## Former players return to talk football and life



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



Good Day Ram Fans.

Here we go again! One of our best and most popular fundraisers is BACK.

Calling all YETI lovers, today is your day. We're doing another YETI raffle for these great coolers:

Yeti Tundra 75

Yeti Tundra 35

Yeti Hopper Flip 18

And YOU can be part it. The drawing will be September 3, 2021. Tickets were recently sold at our annual golf outing but in case you missed it or were not in attendance you can still purchase yours.

Tickets are just \$10 each and can be purchased by contacting our Yeti Fundraiser Master of Ceremonies, Doug Schmidt by email at:

[dougmis721@verizon.net](mailto:dougmis721@verizon.net)

Or phone at

717-599-4569



**CENTRAL DAUPHIN RAMS CLUB**

**YETI Cooler Raffle 2021**

**It Is BACK!**

**One of our most popular fundraising events: EVER.**

**Who doesn't need another YETI cooler?**

**Tickets available at the upcoming Golf Tournament.**

**Or, by contacting:**

**Doug Schmidt**

**[dougmis721@verizon.net](mailto:dougmis721@verizon.net) 717-599-4569**

Benefiting  
Central Dauphin High School Football Program

YETI Tundra 75 Cooler

YETI Tundra 35 Cooler

YETI Hopper Flip 18 Cooler

\$10.00 Per Ticket

Order of draw may choose

Drawing on September 3, 2021 - Winner need not be present

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



## Spring Practice



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



### CD Football News

The day we have been looking forward to for months finally arrived - the first Spring Ball practice! After a year like this, it was the best kind of medicine to be able to hit the field with such a great group of resilient and hard working young men. Proud of these guys for all they've done through such a challenging year. Today was a blast!

*This was posted on 5-21-2021*





# Hard Work



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





# Selflessness



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball





# Enthusiasm



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



## 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*



## 31st Annual Speed Ebersole Golf Outing

We are pleased to invite you to the 31st Annual Speed Ebersole Golf Outing - Friday, June 25th at Manada. We expect 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 2021 CD RAMS!!!

*This was posted on 3-4-2021*



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

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

***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!



2021 - 2022 CD Football Team





## CD Football News

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- [2021 - 2022 CD Football Banquet](#)
- [CD Rams Football Seniors](#)
- [Varsity Season Highlights](#)
- [Senior Baby Video](#)
- [Community Connections](#)
- [Full Circle // \(Gold Star Mom Game\)](#)
- [CD Football vs Cumberland Valley Highlights](#)
- [2021 CD Football vs CD East Highlights](#)
- [CD Football vs Altoona Highlights](#)
- [CD Football vs Carlisle Highlights](#)
- [CD Football vs State College Highlights](#)
- [CD Football vs Chambersburg Highlights](#)
- [CD Football vs Berks Catholic Highlights](#)
- [CD Football vs Wilson Highlights](#)