

CENTRAL DAUPHIN

FOOTBALL

2022



2022 - 2023



COMMUNITY CONNECTIONS- CURRENT TOP 12 IN COMMUNITY CONNECTIONS HOURS

These fellas are great examples of **SELFLESSNESS**.

The hours that they have accumulated so far is
47% of the total hours for this Community Connections season.



- | | |
|----------------------|-----------------------|
| 1. Kolton Sheeler | 7. Kellen Phillips |
| 2. Andrew Simpler | 8. Collier Book |
| 3. Matteo Pellegrini | 9. Elijah McDonald |
| 4. Kannyon Miller | 10. Mikal Shank |
| 5. Thomas Mills | 11. Izhior Moon |
| 6. Payton Harper | 12. Gavin Kirkpatrick |



GREAT JOB GUYS! WE ARE PROUD OF YOU!!



The Home of Central Dauphin Rams Football

www.cdschools.info/cdramsclub

@cdramstory





COMMUNITY CONNECTIONS-

WEST HANOVER PARKS & REC

EASTER EGG HUNT



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Presents:

COMMUNITY CONNECTIONS

ELEMENTARY SCHOOL READING

The more that you
READ
the more things
you will know.
The more you
LEARN
the more places
you'll go!
Dr. Seuss



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



Presents:

COMMUNITY CONNECTIONS



Home of CENTRAL DAUPHIN RAMS FOOTBALL

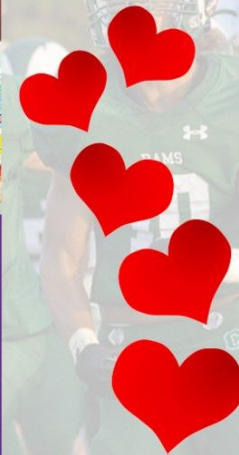
#MoreThanJustFootball



Presents:

COMMUNITY CONNECTIONS

CAITLIN'S SMILES— HAVE A HEART DAY



HAVE A HEART DAY is an opportunity to create bags of smile and cards to go to hospitalized children.

"A child's smile can brighten even the darkest moments."

UPCOMING EVENTS: Pan Ram Mini Golf Tourney 2/10 & 2/11; Grace Bible Church 2/11

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#MoreThanJustFootball



Presents:

COMMUNITY CONNECTIONS

WREATHS ACROSS AMERICA 2022



"All gave some, Some gave all.
Some stood through for the red, white, and blue,
And some had to fall. And if you ever think of me,
Think of all your liberties,
And recall, Some Gave All."

#SomeGaveAll

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#MoreThanJustFootball



Presents:

COMMUNITY CONNECTIONS

WREATHS ACROSS AMERICA 2022



"Our flag does not fly because the wind moves it.
It flies with the last breath of each soldier
who died protecting it."

#StarsAndStripes

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#MoreThanJustFootball



Presents:

DONUT DAY



As we transition from one
Community Connections Coordinator to the next,
today's introductions were
supported by donuts supplied by our
new Co-Coordinators,
Mrs. Sheeler and Mrs. Flowers.
#GoodStuff #DonutDay



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



SPRING TESTING– BIG NUMBERS

Annual Bench Press test at Speed's Place was off the charts!!

BIG Numbers, **BIG** Gains and a **GREAT** Atmosphere!!

Shout-out to our **IRON RAMS** with 300 + lb. bench.

BENCH PRESS

I'zhior Moon (Jr.) 365

Stanley Saintil (Jr.) 355

Evan Bushong (Jr.) 345

Joey Bass (Jr.) 335

Haroon Ahmad (Fr.) 315

Anthony Robsock (Jr.) 315

Kaiden Palmer (Jr.) 300

Xander Toland (Jr.) 300



The Home of Central Dauphin Rams Football

www.cdschools.info/cdramsclub

@cdramstory





SPRING TESTING– BIG NUMBERS

Annual Clean test at Speed's Place last week!! Once again–
BIG NUMBERS!! Shout-out to our **IRON RAMS** with 275 + lb.

CLEAN

Evan Bushong (Jr.) 335

Joey Bass (Jr.) 315

I'zhior Moon (Jr.) 300

Seth Bowman (Jr.) 300

Kaiden Palmer (Jr.) 300

Xander Toland (Jr.) 295

Anthony Robsock (Jr.) 295

Zack Coleman (So.) 285

Miles Copper (Jr.) 275

Jett Franz (Jr.) 275

Stanley Saintil (Jr.) 275





SQUAT

I'zhior Moon (Jr.) 620	Evan Bushong (Jr.) 620
Stanley Saintil (Jr.) 620	Xander Toland (Jr.) 555
Anthony Robsock (Jr.) 510	Miles Copper (Jr.) 500
Jett Franz (Jr.) 500	Joey Bass (Jr.) 500
Haroon Ahmad (Fr.) 500	Va'Zon Stewart (Fr.) 500
Zack Temple (Jr.) 455	Zack Coleman (So.) 455
Kannyon Miller (So.) 455	Andrew Simpler (Fr.) 455
Keyron Plummer (Jr.) 425	Kaiden Palmer (Jr.) 425
Gavin Bonanno (Fr.) 425	Kolton Sheeler (Fr.) 425
Teagan Westrick (Fr.) 425	

SPRING TESTING– BIG NUMBERS

Annual Squat test at Speed's Place last week!! Let's just say this: two college recruiters were there to witness it and they couldn't believe their eyes. Truly blown away by how much our kids can lift. Shout-out to our **IRON RAMS** with 425 + lb. squat and **Special Shout-out to our 600 + lb. guys.**





Speed Ebersole Golf Outing

33rd Annual Speed Ebersole Golf Outing

Friday June 23rd at Manada Golf Course located in Grantville, PA

Registration at 7am, Shotgun Start 8am.

Watch for Sign up and Sponsorship Opportunities in the coming days

This was posted on 3-21-2023

33rd Annual
Speed Ebersole
GOLF
TOURNAMENT
2023

JUNE 23 | **MANADA**
FRIDAY | **GOLF CLUB**

REGISTRATION	7:00AM
STAGING MEETING	7:45AM
SHOTGUN START	8:00AM

ONE PLAYER	FOURSOME
\$100	\$350

TOURNAMENT FORMAT:

- 18 holes of golf
- Free drinks during the round
(no glass bottles allowed on course)
- Scramble format (4 player teams)
- MULLIGAN BAG for sale during registration!
- Food served before & during round
- Catered luncheon immediately following play
- PRIZES awarded!
- Event held Rain or Shine
- Soft spikes, Bermuda length shorts,
collared shirts required

www.cdschools.info/cdramsclub

Central Dauphin



Rams Club
Presents



SCAN ME

IRS EIN 25-1799373

33RD ANNUAL SPEED EBERSOLE GOLF TOURNAMENT 06.23.2023

★ SPONSORSHIP OPPORTUNITIES ★

Call Angela Wydra at 717.571.6361 for information on how you can be a Sponsor or make other donations which will directly benefit the CD Rams Football Program!

HOLE SPONSORSHIP

\$100

- Hole Sponsorship Sign PLUS one Mulligan Bag!
- ★ • Listing in CD RAMS Friday Night Football Program
- One 33rd Annual Commemorative Speed Ebersole Golf T-Shirt

FRIEND SPONSORSHIP

\$300

- Hole Sponsorship Sign PLUS one Mulligan Bag!
- ★ • Eighth Page Ad in CD RAMS Friday Night Football Program
- ★ • Listing on RAMS Club Website
- Two 33rd Annual Commemorative Speed Ebersole Golf T-Shirts

WHITE SPONSORSHIP

\$500

- Hole Sponsorship Sign PLUS 2 Mulligan Bags!
- ★ • Quarter Page Ad in CD RAMS Friday Night Football Program
- ★ • Name & Hyperlink on RAMS Club Website
- Four 33rd Annual Commemorative Speed Ebersole Golf T-Shirts

GREEN SPONSORSHIP

\$750

- Hole Sponsorship Sign PLUS 2 Mulligan Bags!
- ★ • Half Page Ad in CD RAMS Friday Night Football Program
- ★ • Name & Hyperlink on RAMS Club Website
- ★ • Four 33rd Annual Commemorative Speed Ebersole Golf T-Shirts
- Logo on back of shirt (if approved artwork submitted by 06/01/23)
- Twosome in Golf Outing

RAM SPONSORSHIP

\$1,000

- Hole Sponsorship Sign PLUS 4 Mulligan Bags!
- ★ • Full Page Ad in CD RAMS Friday Night Football Program
- ★ • Name & Hyperlink on RAMS Club Website
- ★ • Four 33rd Annual Commemorative Speed Ebersole Golf T-Shirts
- Logo on back of shirt (if approved artwork submitted by 06/01/23)
- Foursome in Golf Outing

717.571.6361

WWW.CDSCHOOLS.INFO/CDRAMSCLUB

33rd Annual Speed Ebersole Golf Tournament

Friday, June 23, 2023

2023 REGISTRATION FORM

Golfers (registration open to non high school students ages 18 and older):

Company/Team Name
(if applicable)

Player Name	Email
1*	
2	
3	
4	

* Individual/Team Point of Contact:

Phone Number	
Address	

<input type="radio"/> Individual (\$100)	<input type="radio"/> Foursome (\$350)	TOTAL
TEAM registration (FREE as a RAM Sponsor or \$350)		
INDIVIDUAL registration (FREE as GREEN Sponsor or \$100)		
AFTER 5/21/23, ADD late fee: \$15 INDIVIDUAL \$40 TEAM		
SPONSORSHIP: ____ RAM (1,000) ____ GREEN (\$750)		
____ WHITE (\$500) ____ FRIEND (\$300) ____ HOLE (\$100)		
Mulligan Bag # <input type="text"/> x \$20		
Commemorative Golf Tournament T-Shirts # <input type="text"/> x \$10		
# ____ AS # ____ AM # ____ AL		
# ____ AXL # ____ 2XL # ____ 3XL		TOTAL:

PLEASE RETURN COMPLETED FORM WITH CHECK PAYABLE TO CD RAMS CLUB
(OR pay via VENMO: CDRamsClub-football - denote as "Ebersole golf donation")
Mail to: CD Rams Club, c/o Andrea Flowers, 416 Woodruff Way, Harrisburg, PA 17112
REGISTER & PAY ONLINE @ www.cdschools.info/cdramsclub

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Central Dauphin RAMS

VARSITY FOOTBALL 2023

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
AUGUST 19 (Saturday)	HEMPFIELD (SCRIMMAGE)	HOME	10:00AM
AUGUST 25	CENTRAL YORK	HOME	7:00PM
SEPTEMBER 1	WILSON	AWAY	7:00PM
SEPTEMBER 8	COATESVILLE (Gold Star Mom Game)	HOME	7:00PM
SEPTEMBER 15	CHAMBERSBURG	AWAY	7:00PM
SEPTEMBER 22	STATE COLLEGE	HOME	7:00PM
SEPTEMBER 29	CARLISLE (Homecoming)	HOME	7:00PM
OCTOBER 6	CUMBERLAND VALLEY	AWAY	7:00PM
OCTOBER 13	ALTOONA (Touchdowns for Downs Game)	HOME	7:00PM
OCTOBER 20	EAST	AWAY	7:00PM
OCTOBER 27	HARRISBURG (Senior Night)	HOME	7:00PM



17th Annual Youth Football Camp

Any Boy Entering 2nd Grade - 9th Grade
Monday June 12th - Wednesday June 14th

This was posted on 2-21-2023



Save the Date

33rd Annual Speed Ebersole Golf Outing
Friday June 23rd at Manada Golf Course located in Grantville, PA
Registration at 7am, Shotgun Start 8am.
Watch for Sign up and Sponsorship Opportunities in the coming days

This was posted on 2-16-2023



Save the Date

Congratulations to the football players who are playing at the next level. Great Job!

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

This was posted on 2-7-2023









Presents:

COMMUNITY CONNECTIONS

OPERATION CLEAN SWEEP



It is our continued honor to represent our partnership with Gold Star Families by participating in both the Wreaths Across America event in December and also Operation Clean Sweep in January. This group of young men spent a beautiful January morning working together to clean up wreaths at Ft. Indiantown Gap. #OperationCleanSweep #WreathsAcrossAmerica #GoldStar #Trapnell #Woodward

UPCOMING EVENTS: Cards for Cancer 2/3/23 & Caitlin's Smiles Have A Heart Day 2/4/23

Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

All hands-on deck to clean up the Wreaths Across America at Fort Indiantown Gap National Cemetery. It was great to see so many CD athletes giving back to the community.

This was posted on 1-31-2023



Save the Date

The 18th Annual Youth Football Camp will be Monday June 12 – Wednesday June 14 from 9am to noon each day. We are excited to continue this awesome yearly tradition.

This was posted on 1-27-2023



WORLD CHAMPION!

Congratulations to
Paul Linn,
the new Middleweight
World Champion in arm
wrestling! Coach Linn was
victorious on Saturday in
his title match in Istanbul,
Turkey, against a legend in
the sport.
What an incredible
accomplishment.



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



Save the Date

Congratulations to Paul Linn, the new Middleweight World Champion in Arm Wrestling.
Great Job!

This was posted on 1-23-2023



CD Rams Football Banquet

Videos

[Introduction](#)

[Managers and Varsity Players](#)

[Community Connections](#)

[2022 Principles and Gold Star Moms](#)

[Scholarships](#)

[Gold Star Moms](#)

[Senior Baby Video](#)

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

This was posted on 1-16-2023



CD Rams Football Team

CENTRAL DAUPHIN RAMS CLUB

A Special Thanks to our 2022 Partners



Thank You, CD Rams Club Partners



Rick Fox

The Man Behind the Microphone!

Congratulations on 25 years being behind the Mic for the Rams Football Games. Your voice on Friday evenings has made Friday Night Lights something special at Landis Field. Thanks for everything you do for the Fans, the Players and the Football Program here at Central Dauphin.

Rick Fox - The Man Behind the Microphone



Dr. Francis Brescia

CD Rams Team Physician

Success is not just what you accomplish
in your life, it's about what you Inspire
others to do!

Dr. Brescia, Congratulations on being
our Team Physician for the past 45
years and inspiring so many people
along the way.

Dr. Francis Brescia - CD Rams Team Physician

2022 - 2023
CD RAMS FOOTBALL

Aniston
Flowers



Seniors



Senior Manager

2022 - 2023
CD RAMS FOOTBALL

Ta'Miyea
Turner



Seniors



Senior Manager

2022 - 2023
CD RAMS FOOTBALL

Katelyn
Weber



Seniors



Senior Manager

2022 - 2023
CD RAMS FOOTBALL


Marissa
McNamee



Seniors



Senior Manager



Junior Varsity RAM AWARD

Gavin Kirkpatrick

CD Youth RAM AWARD

CJ Welch



SPEED EBERSOLE

Man Of The Year



David Chase III

SPEED EBERSOLE Academic Scholarship



Luke Zlogar

SPEED EBERSOLE

Most Improved Player



Mason Liartis

SPEED EBERSOLE

Work Horse of the Year



Nick Kellogg

SPEED EBERSOLE RAM AWARD



Travis Linn

Hammer Award



Jeff Franz
Devin Shepherd

Harrison Fenstermaker Scholarship



David Chase III

Gold Star Scholarship



Sam Sauers



Airman First Class Trent Grove Memorial Scholarship

David Chase III

Glen McNamee Scholarship



Luke Zlogar

Joseph Bass

Gavin Kirkpatrick



CD Football News



SSgt Nolan from the Army National Guard presented a special gift to CDHS. A camo jersey to commemorate our annual Gold Star Game and #62 Harrison Fenstemaker. This jersey was dedicated to his memory. What a great moment for the CD RAMS.

This was posted on 12-21-2022



The Next Level

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 CD and in their lives after graduation.



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

Be the best student, athlete, and person you can be. Hear this anywhere before? This is what Rams Football is all about. The Rams are represented in 25 college football programs.



Presents:
THE NEXT LEVEL

Bryce Thoman
Class of 2020

Bryce started 6 games thus far for Temple University. In the last 3 games the Owls defeated South Florida and had narrow losses to Houston and Navy.

Bryce helped CD to a District 3 title and a trip to the 6A state championship game in 2019.

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





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 Tight End, Fullback, and H-back for the 7-4 Golden Rams.

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





Presents:
THE NEXT LEVEL

Chad Layton
Class of 2020



Chad was a star offensive lineman on the Rams 2019 team that made it all the way to Hersheypark 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 the squad at Indiana University (PA). The redshirt sophomore played in every game this season, including the Crimson Hawks PSAC Championship Game victory over Shepherd University last week.

We wish Chad and his IUP teammates the best of luck in the NCAA playoffs!



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. As a senior this year, Grant has been a key contributor in the Crimson Hawks PSAC championship season. In the championship game vs highly ranked Shepherd University, Grant hauled in 4 passes for 44 yards.

We wish Grant and his IUP teammates the best of luck in the NCAA playoffs!



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 a wide receiver and defensive back. Nick is now at Stonybrook which is a Division I program in the Colonial Athletic Association. This season, Nick has played in all 9 games and has racked up several tackles and a few pass break ups from his defensive back position.

We wish Nick and his Stonybrook teammates the best of luck





Presents:
THE NEXT LEVEL

Gabe Bollinger
Class of 2018



Gabe was an outstanding offensive lineman for CD and helped the Rams reach the district championship game in 2018. For the second year in a row Gabe was a full time starter on the OL at Michigan Tech. The engineering major helped the Huskies put up some big numbers on offense in 2022. More importantly, Gabe has a job already lined up at an engineering firm after graduation next month!

Best of luck to Gabe in his future!



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, a perennial power in the Northeast Conference. This year as a redshirt freshman, Blaise earned a starting job on the OL for the Pioneers.

We wish Blaise the best of luck!



Presents:
THE NEXT LEVEL

Darrion Thomas
Class of 2022

After an all-conference year at TE for the Rams, Darrion joined the squad at Millersville University. As a true freshman, Darrion became the starting fullback for the Marauders who had their most successful season in many years.

We wish Darrion and his teammates the best of luck heading into 2023!



Presents:
THE NEXT LEVEL

Paul Clark - class of 2021

After leading the district championship team in tackles in 2019 and enjoying a successful 2020 season, Paul is now continuing his playing career at Washington and Jefferson. Prior to his season being cut short due to an injury, Paul was rotating in at linebacker for the Presidents who finished the season at 9-2.

We wish Paul the best of luck in the future!



Presents:

THE NEXT LEVEL

Max Mosey - Class of 2022

After a stellar high school career where he helped lead the Rams to the 6A state championship game at QB, Max joined the squad at Holy Cross, one of the top DI FCS programs in the country. As a freshman, Max moved to wide receiver where he showed continuous improvement at his new position. The Crusaders finished the regular season with a perfect 11-0 record and ranked in the top 5 in the nation as they head into the NCAA playoffs.

We wish Max and his teammates the best of luck!



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 the team at Stevenson University in Maryland. In this, his senior season, he earned a starting role on the offensive line for a few games and played in all 11. The Mustangs finished the regular season with an 8-2 record and were invited to play Johns Hopkins in a Centennial-MAC Bowl game to cap off the season.

We wish Carter the best of luck in his future!



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. In this, his second year, he earned a starting job in the defensive secondary where he posted 37 tackles, 4 pass breakups, and also 261 yards in the return game for the Warriors.

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



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 then joined the squad at Bloomsburg University. In his final campaign for the Huskies in 2022, Adam was appointed team captain and amassed 60 tackles. Most importantly, he will graduate later this year with a degree in cyber security.

We wish Adam the best of luck in his 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 final season. In his last campaign for the Lions, he was part of the defensive line rotation on Saturdays.

We wish Tysen the best in his future!



Presents:
THE NEXT LEVEL

Kyle Yeager
Class of 2022



After an outstanding career on the offensive line for the Rams, Kyle accepted a full scholarship offer to continue his career as a student-athlete at Division I Sacred Heart University. 2022 was a redshirt season for Kyle as he developed in the offensive line system for the Pioneers, a perennial power in the Northeast Conference.

We wish Kyle and his teammates the best in 2023!



Presents: **THE NEXT LEVEL**

Ben Stewart
Class of 2022

Ben was a two year starter on the offensive line and a heavyweight wrestler for the Rams. After a very productive high school career, Ben joined the squad at Millersville University. In 2022, the true freshman redshirted for the Marauders, who enjoyed one of their best seasons in many years.

**We wish Ben and his teammates
the best of luck in 2023!**



Presents:
THE NEXT LEVEL

Shamarr Joppy
Shamilyn Joppy
Class of 2021

After very productive careers at CD, the Joppy brothers took their talents to Lackawanna Junior College in 2022. Both of them saw action for the Falcons who were ranked #11 in the nation heading into their bowl game and whose roster is loaded with Division I prospects.

We wish the Joppy brothers the best of luck in the future!





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. In this, his sophomore year, he saw a lot of action at the linebacker position and on special teams.

We wish Dan 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 nationally by High School Football America. He then joined the squad at Hudson Valley Community College in New York. In 2022, Jamaal enjoyed a stellar season as team captain and starting nose guard for the Vikings. He is on schedule to graduate this spring and continue his career in 2023 at a 4-year school.

We wish Jamaal the best of luck in his future!



Presents:
THE NEXT LEVEL

Ahren Stauffer
Class of 2022

After an outstanding 3-year varsity career as a kicker and punter at CD, Ahren joined the squad at Lafayette College, a Division I program in the Patriot League. Ahren saw some action as a true freshman in 2022 for the Leopards who finished the season with a win over their arch-rival Lehigh in the most-played college football rivalry in the nation.

We wish Ahren the best of luck in the future!



Presents:
THE NEXT LEVEL

Gavyn Hoffman
Class of 2017

Gavyn was a significant contributor on the defensive line in the Rams 2016 Mid-Penn championship season. This year, he worked his way into the starting lineup at Shippensburg University after spending a few years away from the sport after high school.

We wish Gavyn and his Raider teammates the best of luck in 2023!



CD Football Results

- 10-29-2022 - CD vs Harrisburg 7-42 (L)
- 10-21-2022 - CD vs East 0-35 (L)
- 10-14-2022 - CD vs Altoona 34-14 (W)
- 10-07-2022 - CD vs Cumberland Valley 21-35 (L)
- 09-29-2022 - CD vs Carlisle 42-14 (W)
- 09-23-2022 - CD vs State College 8-19 (L)
- 09-16-2022 - CD vs Chambersburg 42-34 (W)
- 09-09-2022 - CD vs Coatesville 28-34 (L)
- 09-02-2022 - CD vs Wilson 10-17 (L)
- 08-27-2022 - CD vs Central York 19-36 (L)



CD Football News



Congratulations Luke Zlogar for earning the Top Scholar Athlete Award. Great Job!

This was posted on 10-11-2022



Central Dauphin Rams High School Football



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

Here is a HUGE shout out to the Rams Club and Mr. Zlogar for treats to players after Wednesday's practices. This week Philly Pretzel. Last week ice cream. The week before pizza. Thank you!

This was posted on 9-23-2022



CD Football News

Congratulations David Chase for being named Mid-Penn Football Player of the Week. Great Job!

[Click here for more information](#)

This was posted on 9-22-2022



CD Football News

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.

This was posted on 9-6-2022



2022 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.

- | | |
|---|----------------------------------|
| 1. CD Pizza | 12. R & K Subs |
| 2. Chick-fil-A at Lindle Road | 13. Renaldi Photography |
| 3. Christopher's Pizza & Subs | 14. Ritter Insurance & Marketing |
| 4. CJ Pony Parts | 15. Shield Driving |
| 5. Crown Trophy | 16. Sports Paradise |
| 6. Huntington Learning Center | 17. Tanner Furniture |
| 7. Innovative Coach | 18. Ted's Bar & Grille |
| 8. Krystle Bobb, Realtor, of
Iron Valley Real Estate | 19. The Hershey Company |
| 9. Mission BBQ | 20. Visual Cleaning |
| 10. NK Graphics | 21. West Hanover Recreation Ctr |
| 11. Oliver Construction | |

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



32nd Annual Speed Ebersole Golf Outing

The 32nd Annual Speed Ebersole Golf Tournament was a huge success this year thanks to our many sponsors and volunteers. At this time we would like to thank all of those who helped to sponsor our tournament. Thank You!

This was posted on 9-6-2022



32ND ANNUAL SPEED EBERSOLE GOLF TOURNAMENT



THANK YOU TO OUR INCREDIBLE SPONSORS, DONORS AND VOLUNTEERS FOR AN AMAZING EVENT!!

Ram Sponsors

Ashland Technologies
Oliver Construction Services
Orchard Pump & Supply Co.
Ritter Insurance Marketing
Sillers Family Dentistry

White Sponsors

Get Air Paxton

Friend Sponsors

Big Bee Self Storage
CDHS Alumni Association
Dan Mione Construction
LaPorte Painting
Marzzacco Injury Law
Sons & Daughters of Italy

Hole Sponsors

Big Ern Flooring
Booher's Lawn Care & Landscaping
Boyle Family
Bradford Village Beer & Soda
Chick-fil-A, at Lindle Road
Couch Potato Carpet and Flooring
Delta Dental
Eichelberger's Tree Service
Enders Insurance
Fritz Fire Protection
FundCrazr

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R & K Subs
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Sturgess SpeakEasy/McGrath's Pub



CD FOOTBALL 2022

Plummer, Keyron
Shepherd, Devin
Chase III, David
Linn, Travis
Smith, Ayden
Dockens, Keon
Mallard, Lebron
Franz, Jett
Kellogg, Nick
Copper, Miles
Bowman, Seth
Crummel, Mateo
Snyder, Brayden
Temple, Zackery
Hudson, Tre
Lyons, Mason
Kirkpatrick, Gavin
Bellevue, Jeremiah
Harris III, John
Kurtz, Andrew
Lebo, Mark
McCullough, Kyle
Salvaggio, Tag
Wydra, Mason
Toland, Dylan
Heyeh, Andrew
Toland, Xander
Sauers, Sam
Curry, Grady
Collins, Evan
Ramberberger, Carter

Cooper, Brandon
Brown, Jake
Bass, Joey
Harper, Payton
Saintill, Stanley
Mills, Thomas
Phillips, Kellen
Zlogar, Luke
Liartis, Mason
Boob, Mason
Coleman, Zackary
Braxton, Kevin
Miller, Kannyon
Ziadeh, Mohamed
Cassell, Carson
McDonald, Elijah
Walker, Jayden
Bushong, Evan
Moon, I'Zhior
Ijaware, Femi
Phillips, Theo
Sheeler, Kolton
Robsock, Anthony
Palmer, Kaiden
Fritz, Jacob
Pelligrini, Matteo
Scales, Corey
Book, Collier
Summerville, Derek
Maldonado, Julius

VARSITY TEAM



CD FOOTBALL 2022

**Kah'mani Garcia
Mikal Shank
Jadyn Johnson
John Caputo
Cash Ritter
Ramzi Shukri
Elijah Cobb
Aidyn Oliver
Zack Weber
Peyton Wylie
Roberto Jimenez
Anthony Neuhard
Dylan Urbanavage
Zyke'r Gordon
Lennox Morris
Gavin Shull
Cole Zimmerman
Teagun Westrick
Gavin Bonanno
Isaac Hodgson
Landen Smith
Jason Shoemaker**

**Ethan Flowers
Prince Chi
Ethan Kough
Sam Bailey
Logan Ostrom
Shawn Pozoic
Colton Soule
Elias Etter
Haroon Ahmad
Steven Paterekas
Rashaad Pouncy
Andrew Simpler
Logan Martin
Vazon Stewart
Donyeh Winston
Avery Morin
Jayden Logan
Bereket Habtay
Brodie Heshler
Brock Morin**

FRESHMAN TEAM





Red Land Youth Camp



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

We had a great night at Red Land. After a 11v11, our guys helped at Red Land's annual youth camp. We had some fun competitions like Tug of War. Shout out to our senior kicker, Brayden Snyder who nailed a pressure kick!

This was posted on 7-16-2022



Round Ball Workout



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

This morning we expected a Coach Denny Dut workout, but instead we got a 3 on 3 Basketball Tourney. We loved the way all 8 teams competed with enthusiasm. Fun time! Shout out to winning team of David Chase, Keon Dockens, Zach Temple, and Grady Curry. Great Job Guys!

This was posted on 7-14-2022



CD Football News



Today we had a great workout, then we welcomed CD Football Alum - Derek Day ('08). He is a great player and great leader who earned a starting job in PSU backfield in 2012. Derek's message: hard work, resilience, and the Rams Program.

This was posted on 7-12-2022



AJ Perez Visit



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

Today we had a great practice with serious hills led by the King of Hills Coach Denny Dut. We also had special guest AJ Perez. He had a great career at CD, Temple, and West Chester. His message: learn from mistakes, have fun while competing. All the best, AJ!

This was posted on 7-7-2022



Jewish Home Visit



Home of CENTRAL DAUPHIN RAMS FOOTBALL

#MoreThanJustFootball



CD Football News

Shoutout to the Rams who visited the Jewish home. This was the 58th community service event this offseason. Over 1,200 hours so far. Over 15,000 hours since we started. Great Job Guys!

This was posted on 6-20-2022



CD Football News

Lineman /TE competed at the 2022 Roadgraders at Manheim Central. The event raised funds this year for Crest's Levi Hains, a 7-year-old who is battling Duchenne, a form of Muscular Dystrophy.

This was posted on 6-13-2022

**2022 RAMS FOOTBALL SPRING AND SUMMER SCHEDULE FOR VARSITY
AND JUNIOR VARSITY**

PARENT MEETING WEDNESDAY MARCH 30 7:00 – 8:00 PM IN CDHS AUDITORIUM

SPRING TESTING MONDAY MAY 9, TUESDAY MAY 10, WEDNESDAY MAY 11

SPRING BALL WEEK 1: WEDNESDAY MAY 25, THURSDAY MAY 26
WEEK 2: TUESDAY MAY 31 - THURSDAY JUNE 2

* SESSIONS ARE FROM 2:45 PM TO 5:30 PM
(*HELMETS ONLY*)

*FRIDAY JUNE 3 IS A RAIN DATE

PHYSICALS THURSDAY JUNE 2 12:30PM AT CDHS

YOUTH CAMP MONDAY JUNE 13 – WEDNESDAY JUNE 15

9AM TO NOON EACH DAY

AM WORKOUTS (JUNE) JUNE 21, 22, 23, 28, 29
7:30AM – 8:20AM - EACH SESSION ON LOWER FIELD

AM WORKOUTS (JULY) MONDAYS – THURSDAYS EVERY WEEK
7:30 – 8:45AM - EACH SESSION ON LOWER FIELD

- THIS INCLUDES THE FIRST WEEK OF AUGUST
- FIRST WORKOUT IS WED. JULY 6

WEIGHTLIFTING (JUNE) MONDAYS-THURSDAYS
3:00 – 4:30PM

WEIGHTLIFTING (JULY) TO BE ANNOUNCED

“7 ON 7’S” MAY 18 – “SPRING FLING” AT SUSQUEHANNA HS
JUNE 18 – TOURNAMENT AT SUSQUEHANNA HS
JULY 14 VS. RED LAND AT CEDAR CLIFF HS 6PM
JULY 21 VS CEDAR CLIFF AT CEDAR CLIFF HS 6PM

- OTHER 7 ON 7’S MAY BE ADDED

FIRST DAY OF PRACTICE – MONDAY AUGUST 8

* WE WANT ALL FOOTBALL PLAYERS TO HAVE THEIR PHYSICAL
BEFORE THE FIRST SUMMER WORKOUT ON JUNE 13

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

2022 CENTRAL DAUPHIN RAMS FRESHMEN TEAM

	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
PARENT MEETING	March 30	7:00 – 8:00 PM	CDHS Auditorium
SPRING WORKOUTS	May 18, 19 May 24, 26	6:00 – 7:30 PM 6:00 – 7:30 PM	CD Weight room CD Weight room
IMPACT TEST PHYSICALS	TO BE ANNOUNCED		
CD RAMS YOUTH CAMP	Monday June 13 – Wednesday June 15 (<i>For 2nd through 9th graders</i>) 9 AM TO NOON ON THE LOWER PRACTICE FIELD * For more information go to www.cdschools.info/cdramsclub .		
SUMMER WORKOUTS AND FOOTBALL INSTRUCTION	Monday June 20 Thursday June 23 Monday June 27 Thursday June 30 Wednesday July 6 Thursday July 7 Monday July 11 Wednesday July 13 Thursday July 14 Monday July 18 Wednesday July 20 Thursday July 21 Monday July 25 Wednesday July 27 Thursday July 28 Monday August 1 Wednesday August 3 Thursday August 4	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 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 7:00 – 8:15 AM	CD Weight room CD Weight room
MINI-CAMP *	Tuesday August 9 Wednesday August 10 Thursday August 11	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 16 Wednesday August 17 Thursday August 18	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.			
SUMMER PRACTICE	Monday August 22 Tuesday August 23 Wednesday August 24 Thursday August 25 Friday August 26	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.cdschools.info/cdramsclub OR E-MAIL COACH MCNAMEE AT gmcnamee@cdschools.org		



32nd Annual Speed Ebersole Golf Outing

We are pleased to invite you to the 32nd Annual Speed Ebersole Golf Outing - Friday, June 24th 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 2022 CD RAMS!!!

This was posted on 3-7-2022



16th Annual CD Rams Youth Football Camp

June 13th - June 15th
9 AM - 12 PM

This was posted on 3-2-2022

Central Dauphin RAMS

VARSITY FOOTBALL 2022

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
AUGUST 20 (Saturday)	HEMPFIELD (SCRIMMAGE)	AWAY	10:00AM
AUGUST 26	CENTRAL YORK	AWAY	7:00PM
SEPTEMBER 2	WILSON (Touchdowns for Downs Game)	HOME	7:00PM
SEPTEMBER 9	COATESVILLE	AWAY	7:00PM
SEPTEMBER 16	CHAMBERSBURG (Gold Star Mom Game)	HOME	7:00PM
SEPTEMBER 23	STATE COLLEGE	AWAY	7:00PM
SEPTEMBER 30	CARLISLE	AWAY	7:00PM
OCTOBER 7	CUMBERLAND VALLEY (Homecoming)	HOME	7:00PM
OCTOBER 14	ALTOONA	AWAY	7:00PM
OCTOBER 21	EAST (Senior Night)	HOME	7:00PM
OCTOBER 29	HARRISBURG	AWAY	1:00PM



2022 - 2023 CD Football Videos

- [Banquet - Introduction](#)
- [Banquet - Managers and Varsity Players](#)
- [Banquet - Community Connections](#)
- [Banquet - Principles and Gold Star Moms](#)
- [Banquet - Scholarships](#)
- [Banquet - Gold Star Moms](#)
- [Senior Baby Video](#)
- [Full Circle \(Gold Star Mom Game\)](#)
- [Community Connections](#)
- [Varsity Season Highlights Part 1](#)
- [Varsity Season Highlights Part 2](#)
- [Varsity Season Highlights Part 3](#)