

“NO PLACE LIKE SPEED’S PLACE”

THE IMPACT OF SPEED’S PLACE

Just as Speed Ebersole impacted the lives of countless CD football players and CD football itself, so has Speed’s Place. In January of 2010, the first workouts in Speed’s Place began just as the new decade began. Thanks to this new facility and the unparalleled dedication of the players and coaches who have spent countless hours in it, this era has been the greatest of all time in CD Rams history.

Here are some statistics to support this claim:

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

“Speed’s Place - unmatched” (2010-2023)

# of Iron Rams	189
# of 1,000 pound club members	119
# of Iron Ram bench press	103
# of 350 lb. bench press	26
# of Iron Ram squat	172
# of 500 lb. squat	59
# of Iron Ram clean	97
# of 300 lb. clean	35
Overall win-loss record	122-45 (73%) *
Regular season win-loss record	99-34 (74%) *
Record in the Mid-Penn Comm.	70-21 (77%) *
Record on the road	53-18 (75%)
Mid-Penn Comm. Titles	8 *
Record in playoffs	23-11 (68%)
Big school district finals appearances	5
Big school district championships	2
Big school district semi-finals appearances	9 **
Big school state champ. appearances	2 **
Big school state championships	1 **
# of All-conference players	145 (no selections league wide in 2020)
# of All-State selections	16
# of players on college rosters	120
# of Community service hours/year	1,070 (47 events per year)

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

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