

## **2016 RAMS COACHING STAFF**

### **Glen McNamee – Head Coach**

This is Coach McNamee's eleventh year as head football coach at Central Dauphin High School. He has helped guide the Rams to six Mid-Penn Commonwealth Championships (2009, 2011, 2012, 2013, 2014, 2015) and was named coach of the year twice (2006, 2011). He was also named Pennsylvania AAAA Coach of the Year in 2011 after the Rams won the school's first ever football state championship. He also enjoyed the experience of coaching in the Big 33 Classic when he was selected to serve on the PA staff in 2009. His current record as head coach of the Rams is 99-29 – the 99 victories are the most of any head coach in school history. Prior to becoming the head coach, McNamee served the previous four years as an assistant coach at CD.

Coach McNamee was also an assistant football coach and Academic Coordinator at Lenoir-Rhyne University (Division II program in Hickory, North Carolina) from 1997-2001. He spent the first two seasons as the Quarterbacks Coach and the final three as the Wide Receivers Coach. Prior to that, he was a student coach at Bloomsburg University under Coach Danny Hale for the spring of 1997.

As a player at Bloomsburg University, McNamee was a four-year varsity quarterback and served as Co-Captain for the Huskies in 1996. In his Hall of Fame career, he threw for a total of 7,192 yards and 60 touchdowns, amassing a 31-6-1 record as starting quarterback, including three conference championships and a bid to the Division II National Championship Playoffs in 1996. He ended the 1996 season with the sixth best quarterback rating in the nation in Division II. Coach McNamee finished his career as seventh all-time in Pennsylvania State Athletic Conference history for touchdown passes at the time.

Before his college career, McNamee was a two-year starter for Phillipsburg High School, the winningest high school football program in the state of New Jersey. As a member of the Stateliner squad, he participated in the annual Thanksgiving rivalry against Easton High School which is considered one of the biggest rivalry games in the country. McNamee still holds the record for passing yards in a game in this historic series which dates back to 1905.

Coach McNamee teaches American Government and Citizenship at Central Dauphin High School. He resides in the Central Dauphin School District with his wife, Carol, and two daughters, Marissa and Madison.

### **Sean Rosler – Assistant Head Coach/Defensive Coordinator**

This is Coach Rosler's 18<sup>th</sup> year on the Rams football staff. Currently he teaches Earth Science at Central Dauphin Middle School. Before coming to the Central Dauphin School District, Coach Rosler was at George Washington High School in Danville, VA., where the Eagles were twice a state finalist and won 3 district titles. A former Big 33 nominee at Carbondale High School, Coach Rosler continued playing football at Widener University where he was a member of the 1989 MAC Championship Team. After serving in the U.S. Coast Guard, Coach Rosler received his degree from Wilkes University. Coach Rosler resides in the Linglestown area with his wife Laura and his two daughters Catie and Jackie.

### **Paul Linn-Linebackers/Strength and Conditioning**

Coach Linn will be entering his 10<sup>th</sup> season with the Rams after coaching at Bloomsburg High School for 2 seasons. Prior to joining the coaching ranks, Paul had the opportunity to play football at all levels. He was a standout performer while playing for Torino in NFL Italy. As a member of that squad, he broke several team records and was named team MVP. Before playing professionally, he enjoyed a great career at Bloomsburg University where he played middle linebacker and captained the 2004 squad. In that season he was an all-conference selection and was named team MVP. He was also a member of the 2000 Huskies team that went to the Division II National Championship game. Coach Linn also had a standout high school career at Central Dauphin where he was a 1<sup>st</sup> team all-conference performer on both sides of the ball for the Rams. Coach Linn resides in the district with his wife Juana and newborn son Lincoln.

### **Michael Dougherty –Offensive Line/Strength and Conditioning**

This will be Coach Dougherty's 12<sup>th</sup> season on the Central Dauphin Staff. He currently teaches 7<sup>th</sup> grade World History at Central Dauphin Middle School. Coach Dougherty came to Central Dauphin directly from Lebanon Valley College where he was a 4 year Letter Winner in football and served as team captain his senior year. While at Lebanon Valley, Coach Dougherty also won the John Zola Memorial Award for Sportsmanship and Academics. During high school, Coach Dougherty served as a team captain for Upper Moreland High School where he was awarded All Montgomery County in 2000 as well as All Record Intelligencer Team in 2000. Coach Dougherty resides in Harrisburg with his wife Heather.

### **Ben Cohick-Defensive Line**

Coach Cohick is entering his 7<sup>th</sup> year with the Rams, working primarily with the Defensive line. Before moving to the area and coming to Central Dauphin, Ben assisted with the Bloomsburg Area High School strength and conditioning program working specifically with the wrestling and football teams. Coach Cohick played his high school ball at Williamsport High school where he was a standout player at defensive tackle. He was an All-Conference player both his junior and senior years as well as selected to the District 4 All-Star game and the Unico Bowl game. After high school Ben went on to continue his football career at Bloomsburg University. At BU, he was a 3 year starter at Defensive tackle. Coach Cohick graduated with a degree in Sociology and now works as an adult probation officer for the county.

### **Jon Linn- Head Junior Varsity/ Assistant Defensive coordinator**

Jon is in his second season with the Rams after returning to the staff in 2015. Prior to that he spent the 2013 and 2014 seasons at Albright College coaching defensive line. He was an assistant coach at Central Dauphin from 2010-2012, helping on the defensive side of the ball. Jon was an all-conference player on the offensive line and defensive line at

Central Dauphin during his career which spanned from 2002-2005. Jon also played at Albright College from 2006-2009 as a defensive end. During his senior year in college, he was a part of a team that went to the national quarterfinals and had the most wins in school history. He resides in the district.

**Nathaniel Linn–Running backs Coach/Strength and Conditioning**

Coach Linn is entering his 7<sup>th</sup> season with the Rams coaching staff. He played offensive and defensive line for the Rams from 2002-2005. He was a three year letter winner while playing for the Rams and voted first and second team all conference. He graduated from Central Dauphin in 2006. He then attended Albright College to play defensive line.

Coach Linn played four years for the Lions as a defensive tackle. In 2008 the team was Middle Athletic Conference Champions. While he was there the Lions achieved the best record in program history going 11-2 in 2009. He was part of the national quarterfinalist team in the division 3 playoffs. He graduated from Albright College in Reading, PA in 2010 with a communications journalism degree where he played four years of College football for the Lions. Nate resides in the district with his wife, Rebecca Callahan Linn, also a former CD graduate.

**Thom Carmo – Special Teams coordinator/ Defensive Asst.**

2016-17 will be Coach Carmo's 8th season on the Central Dauphin Football Staff and 1st as the Special Teams Coordinator.

Growing up in western Pa, Thom played QB for Blairsville HS of the WPIAL, led the Bobcats to a division championship, an appearance in the Appalachian Conference Bowl and was selected to the All-Appalachian Conference and All-Indiana County teams in 1983. Coach Carmo played Slot Receiver and H-back for the Red Flash while attending Saint Francis University and then went on to play 6 seasons in the Empire Football League (semi-pro) while stationed at Fort Drum, NY serving in the US Army. As a member of the storied Watertown Red & Black from 1987-1992, Thom played 2 seasons at slot-receiver before taking the reins at quarterback in the run-and-shoot offense. And, 24 years later, is still listed in the record books as both a kick returner and passer. Coach Carmo retired from the U.S. Army in 2007, after 21 years of service and now lives in Palmyra. Thom and his wife Stacey have raised three daughters, Ashley, Kaitlyn and Shannon.

**Marshall Fisher- Asst. Offensive Line/Run Game Coordinator**

Marshall Fisher will begin his eighth year coaching at Central Dauphin. From 2009-2012 he coached the Wide Receivers. In the 2013 season, he started coaching the Tight Ends and assisting with the Offensive Line. From 2006 through 2008 he was an assistant at Central Dauphin East where he held the position of Offensive Line coach and Offensive Coordinator. He began his coaching career in 1989 at his high school alma mater, Lewistown High School (Lewistown, PA). In 1999, he left the high school coaching ranks to become an assistant coach at Lock Haven University, coaching the tight ends and wide receivers while completing his degree in Elementary Education. Upon

completing his degree, Coach Fisher remained on staff with the Bald Eagles until 2003. Coach Fisher then worked under legendary coach Frank Girardi at Lycoming College (Williamsport, PA) from 2003-2005 as the offensive line coach while handling many of the scouting and recruiting duties. Marshall teaches 6th grade at East Middle School. Marshall and his wife Marsha reside in Dauphin with their two children; Mackenzie and Macey.

### **George Landis–Defensive Secondary**

Coach Landis brings a wealth of coaching experience and knowledge to the Ram staff. He is entering his 34<sup>th</sup> year of coaching, including 7 years as a head coach in high school and 7 years as a head coach in college. Before arriving in the district, Coach Landis led Pine Grove in 2005 to their second straight Tri-Valley Championship and compiled a two-year mark of (19-5) for the Cardinals from Schuylkill County. Prior to his arrival at Pine Grove, Coach Landis was totally out of coaching for 10 years while working in the business world for Assessment Systems Inc. (Bala Cynwyd, PA). Coach Landis was an assistant coach at the University of Connecticut in 1991 and served as the Offensive Coordinator at the University of Pennsylvania (Philadelphia, PA), in 1992 and 1993. He was also the Vice-President of Football Operations at Kingsley Enterprises (Cherry Hill, NJ) from 1989-1990. George served as the head coach for the Bucknell Bison out of the I-AA Patriot League. George spent three seasons at the Lewisburg campus from 1986-1988. Prior to his arrival at Bucknell, Coach Landis spent four seasons as the head mentor at Bloomsburg University (Bloomsburg, PA), leading the Huskies to the Division II National Championship Semi-Final game in 1985. George also had two PSAC Championships and was named “Coach of the Year” twice during his tenure at Bloomsburg. Coach Landis also had assistant college coaching stints at Dartmouth University (Hanover, NH), Cornell University (Ithaca, NY), and Villanova University (Villanova, PA). George coached the defensive backs at all three schools and was instrumental in all recruitment for student-athletes for the Big Green, Big Red, and the Wildcats respectively. George’s first head high school coaching job was at Mainland High School (Linwood, NJ), his Alma Mater.

Coach Landis graduated from Penn State University in 1971. He played defensive back for three seasons at Penn State under the legendary Joe Paterno. George had a famous late game interception covering receiver Mel Gray in the New Year’s Day 1970 Orange Bowl game against Missouri in the end zone to secure a 10-3 victory and finishing off the undefeated season. Penn State finished second in the country in 1970 behind the University of Texas. George was also a member of the Nittany Lion baseball team. George is a 1967 graduate from Mainland High School (Linwood, NJ), playing football, basketball, and baseball. Coach Landis currently resides in the district and is the ISS Teacher at CD Middle. George has one son, Alex 25, who was the starting quarterback during his two-year tenure at Pine Grove and started as a safety for Bloomsburg University.

### **Jason Easter-Defensive backs**

Coach Easter played wide receiver and defensive back for the Rams in the early 90s. Attended Mansfield University and earned a BA in Liberal Studies while minoring in Music Technology and Sociology. Jason played wide receiver for the mountaineers for four years in the CSFL. Consistently a team leader, he was voted to the team council of leadership. Jason also became the oldest player in program history to play a game, start a game and to record a reception. He joins the varsity staff after coaching wide receivers and defensive backs for the CD Colts midgets for 2 years and 1 year with the freshman.

### **Four Chapman - Wide receivers/Quarterbacks/Strength and Conditioning**

This is Four Chapman's 6<sup>th</sup> season on the Rams' coaching staff. He is a business teacher at Central Dauphin High School, teaching Sports & Entertainment Marketing, as well as Business Law.

Four was the head coach at Bishop McDevitt, Harrisburg, and Susquehanna Township High Schools. While Four was at Bishop McDevitt, the Crusaders won two consecutive Mid-Penn titles, three consecutive District III titles, and the 1995 state championship, going 15-0.

Four played football, basketball, and track at Cumberland Valley High School, earning 10 varsity letters. As a senior, Four played quarterback and safety on the Eagles' District III title team, was named *Patriot News* Most Outstanding Offensive Player, and played in the 1983 Big 33 game. In basketball, Four was named to the 1983 Mid-Penn Division I all-star first team, and was also named 1983 *Carlisle Sentinel* "Athlete of the Year."

Four played football and basketball at Shippensburg University, graduating with a degree in Business Administration—Marketing, and also receiving his teaching degree in Business Education.

Four's late father, Harry III, was the head football coach and track & field coach for nearly two decades at Cumberland Valley High School, where the football stadium is named in his honor.

### **Denny Duttenhoffer – Kickers/Punters/Specialists/Strength and Conditioning**

For close to twenty years, "Coach Denny" has helped the Rams program in many ways. He has coached several outstanding punters and kickers at CD during his tenure. He has also been an integral part of the Rams offseason strength and conditioning program through the years, spending countless hours with players in "Speed's Place".

### **Matt Kirchner – Linebackers**

2016 is Coach Kirchner's 2nd season coaching for the Rams even though he is no stranger to Rams football. In 2010, Matt enjoyed an all-conference season for Central Dauphin as a linebacker and a team captain. He went on to play at Lock Haven University where he became a starter for the Bald Eagles defense.

### **Tim Hook–Junior Varsity Assistant**

This is Coach Hook's 3rd season coaching at Central Dauphin. Coach Hook played quarterback at Central Dauphin from 2003 to 2006. Coach Hook was voted second team all-conference his senior year. Coach Hook then went on to play for four years at Lycoming College, Williamsport PA. Coach Hook graduated Lycoming College in 2011.

### **Rees Judge- Junior Varsity Assistant**

Coach Judge will be entering his 2nd season coaching after coaching the Freshman Defense in 2014. This year he returns to coach the wide receiver and defensive backs at the JV level. Coach Judge played defensive back and wide receiver for the Rams from 2006-2009. He then became a 4 year starter at the college level for Millersville university and Moravian College as a defensive back. He graduated from Moravian in 2013 with a degree in Sociology. Rees currently resides in Harrisburg and currently is employed with Dauphin County CYS.

### **Timothy McMinn – Head Freshmen Coach**

Coach McMinn will be the offensive coordinator and coach the defensive backs in the freshmen program. Although this is his 7th year with the Rams, he has coached on the varsity, JV and freshmen level in the district for 24 years. He is also the head JV softball coach at CD. Coach McMinn currently teaches math at Linglestown Middle School. Coach McMinn is a graduate of West Point and was in the military for four years before he entered the teaching profession. He is married to Renee and they have two wonderful children, Zach and Alexis.

### **Mike Betz – Freshmen Defensive Coordinator**

Coach Betz is entering his first season coaching at his Alma mater, he spent the last 9 years as a coach and board member for the Linglestown /Central Dauphin Colts. Coach Betz Graduated from Lebanon Valley College in 1989. He resides in the Central Dauphin School District and is the proud father of 6 children and 3 granddaughters.

### **Derrick Zimmerman (Jimmy) – Freshmen Line Coach**

Coach Jimmy is returning as a 4th year freshmen coach. Prior to coaching for Central Dauphin he coached for 12 years with Holy Name of Jesus Youth Football Program. Coach Jimmy played high school football for Central Dauphin from 1987 -1990 as an O/D lineman; he was a 3 year letter winner and named lineman of the year in 1989. He then went on to serve in the U.S. Marine Corp for 5 ½ years while enlisted he played 3 years with the 7th Engineers Football Team and was also named linemen of the year in 1993, that same year winning the All Base Championship. He also played 4 years of semi pro football for the Central Penn Piranha during which he was part of the 2005 National Championship Team. Derrick is a PA State Corrections Officer at Camp Hill and is still enlisted in the Air National Guard with 20 years of service. He lives in Lower Paxton with his wife Melissa, his son Codie and step son Kody.

**Matt Heilig – Freshmen Line Coach**

Coach Heilig is joining the Rams coaching staff after having enjoyed a fine career as a defensive lineman at Bloomsburg University. Matt is no stranger to Rams football. He was a 3-year starter for CD from 2007-2009. In his senior year, he led the Rams to a Mid-Penn Commonwealth title as a tight end and defensive end.

**Tom Lapkowitz-Equipment Manager**

Coach Lapkowitz has served as equipment manager for the Rams since 2007. He teaches mathematics at Central Dauphin High School. He is also an Adjunct Professor of Mathematics at Harrisburg Area Community College. He previously coached football and baseball at Bishop McDevitt High School and is a former PIAA official for football, basketball, baseball and wrestling. He graduated from California University of Pennsylvania. He was a member of the track team and wrestling team at Carmichaels Area High School. His high school football career was played under the coaching of his father Vic, a recent inductee of the High School Football Hall of Fame. He and his wife Ann Marie reside in Central Dauphin School District and are the parents of seven children - Tom, John, Mark, Joe, Matt, Mary and Anna.