

RAMS HAVING FUN

For any 6A team to succeed at the district 3 and statewide level, they most certainly have to grind. We embrace that fact and we are proud of the way we work. Because our players work so hard, we want to make sure they are having fun, too. At the end of the day, football is a game and there should be plenty of fun and memorable moments beside Friday nights. In fact, our booster club even has a “Fun/Food Committee” with a nice-sized budget ready to support this aspect of our program!

Here are just a few of the things we do to make CD Rams Football an enjoyable experience for our players:

The Ice Cream Truck A couple times each year, the ice cream truck will pull right up to the middle of our practice field with the music playing. Our players know immediately when they hear that sound in the distance that it means a free ice cream treat is coming!

Slip n Slide After a summer workout, we will sometimes surprise our players with a slip n slide to have fun and cool off. Even coaches take part, too!

3 on 3 basketball tourney Sometimes we take the players to the basketball gym for a surprise 3 on 3 basketball tourney. It is very competitive and VERY fun

Surprise parties Several times a year after a workout, we surprise our players with a pizza party or a cookout. Sometimes we celebrate a birthday and other times it's to celebrate an achievement. No matter what, it's a blast.

Music at practice At certain times during practice, we like to ramp things up by cranking some tunes. This energizes our practices and definitely makes it more fun.

Showdowns At any given time in the middle of practice, we will stop the action and bring the entire team together to form a tight circle. We will then call two players into the middle of the circle for a showdown. Each player will get into a 3-point stance, ready to drive block each other while the music is blaring and teammates cheering. Sometimes, showdowns take on a different form: instead of getting into a 3-point stance, the participants square off in a dance showdown instead! With the players and coaches serving as judges, the two players show off their best dance moves to the music.

Unit Showdowns Sometimes at the end of practice, we have members from two position groups square off in what we call a “Unit Showdown”. One favorite unit showdown is a good old-fashioned tug of war. With teammates cheering and music playing, both sides pull with all their might to win the battle for their unit.

“The Sticks” On the last day of pre-season practices, we come together in the auditorium for “the sticks ceremony”. Each position group, which we call Units, will come up to the stage together to etch their unit’s mantra onto their stick. Once each unit completes this, we then bring all the sticks together into a bundle and bind them together. This moment signifies our eight units coming together as one, unbreakable family.

“Victory Celebrations” When the players come in Sunday for film and workouts after a win, they are greeted with a treat to celebrate Friday’s victory. So far, they’ve enjoyed a full nacho bar, ice cream bar, and doughnuts. Ahh, the sweet taste of victory.