Welcome to the Central Dauphin Football Newsletter

Even though it’s only spring, we have already accomplished much this year, especially in the community. In the week of April 22nd alone, we took part in 6 community service events! For the year, we have seen 62 players participate in at least one event. Our goal is for every member of the 2019 squad to be part of the Community Connections Program.

Beyond community service, there are many other things happening with the Rams program, and as we inch closer to the season things are starting to heat up. Those of you who were able to attend the parent meeting on April 24th received a great deal of information related to schedules, fundraising, philosophy, the coaching staff, and more. The Annual Meet the Coaches Night/Parent Meeting is always an important way for us to help parents “get in the loop” so we want to thank all the parents who were able to be in attendance. In particular, we want to thank those parents who have stepped up since the meeting by volunteering to help in some way. We really, really need it this year. We want to also thank everyone for being aware of our schedule and making the sacrifices necessary for our players to have rides to and from workouts and community service events. We know it is a sacrifice for sure!

These newsletters are yet another valuable way for us to disseminate information and news. With that, here’s the 3rd Edition.

Enjoy!

Important Dates:

Spring Testing
May 20th - 22nd

Spring Ball
May 23rd, 28th thru 31st

Lauren’s First and Goal
June 2nd

Ram’s Youth Camp
June 17th - 19th

Golf Tournament
June 21st

Annual Speed Ebersole Golf Tournament
Friday, June 21st
Contact:
Tim Wenrich - 717.648.7490
speedebersolegolf@gmail.com
OUR MISSION

As stated at the beginning of each newsletter, 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.

This is not our hope. It’s not our wish. It’s not our goal. It’s our Mission ... and we commit our resources to achieving this Mission each year.

With the Mission as the centerpiece, we would like to share with you our “big picture” perspective on how the CD Rams Football Program operates. We believe a successful football program must have three things:

A destination - one that answers the question, “Where are we trying to go as a program?” and one that all stakeholders can see the value in reaching.

Our destination IS our Mission. Our Mission IS our destination. To paraphrase the Mission, we endeavor to win by having our players reach their potential as people, as students, and as players in a way that will help them in their lives beyond football and beyond their time at CD. In other words, in order to win, we believe that we must first strive to become the best possible people, students, and players that we can. And by winning we will be creating an environment of excellence that gives us a greater chance of reaching our potential in those areas. Over time these concepts continuously reinforce one another. Our destination is one that we sincerely hope players and parents alike will want to reach.

Maps to help us reach the destination – for any of us to reach our destination in life we need reliable directions or maps.

In our program, we have a detailed map for each of the main elements in our Mission: “character development”, “academic development”, and “physical development”. These maps can be found on our website at www.cdramsclub.com. Over the years, we have carefully crafted these maps through personal experience, through research, and through professional development. For us, these maps are not guidelines or recommendations. They are our core beliefs. They are THE WAY to reach our destination and achieve the Mission.

The conviction to follow the maps to the destination – in order to follow any map or set of directions properly, we must first believe they are true.

We’ve all experienced it – someone gives us directions and we aren’t really sure if they are reliable. In that case, we may or may not follow them. Sometimes in life, we receive information and we treat it more as a recommendation or a guideline because we only think it might be true. But when we KNOW that something is true, we treat that information differently. It fundamentally changes us and our behavior. We call this “conviction”. If we are absolutely certain that the directions or maps are guaranteed to get us to our destination, we will follow those directions no matter what lies in our path. This is what we strive relentlessly to do as coaches – to make our convictions, their convictions. If we successfully get our players (and their parents) to truly believe in our maps, we WILL reach our destination.
A huge source of revenue for many sports teams comes through selling things. Let’s be honest: by this stage of the game, everyone is tired of selling. For that reason, we only ask players and families to participate in one “sell”. Amazingly, the Rams Club has found several other creative ways to raise money throughout the year. When these other opportunities occur, it is imperative that we maximize those revenue sources.

While it’s true that we have more than five ways to raise money, we have boiled down our major fundraising efforts to just five. We call them the “Big 5” because we need to go BIG on each one in order to sustain our operations.

This is how we see it: considering the benefits received by all from the fundraising (outlined in the previous newsletter) and the efforts made by the Rams Club in keeping to a limited number of reasonable fundraisers, we believe it is very understandable that we ask for the participation of players and families in these five events.

So let’s Go Big with “The Big 5”!

Here they are:

**Ford-You-Drive Event** – The Ford-You-Drive Event is already in the books. Unfortunately, we left several thousand dollars on the table. Thank you to everyone who did contribute in one way or another. That being said, it’s vital that we go extra big on the remaining four.

**Speed Ebersole Golf Tourney** – June 21st at Manada.

This has been our most productive fundraiser in the last couple years. How? We have a team of people who get people to golf and people to sponsor holes and prizes. They also are creative in finding ways for people to spend money while at the outing. Therefore, the success of this event depends on attracting golfers, sponsors, and volunteers to make it all happen. Please get involved in some way or find people who will.

**Rams Football Night at the Sons of Italy** – TBA

at the Sons of Italy located on Fritchey Street.

Some things are almost too good to be true. This is one of them. For the past six years, the Sons of Italy has been kind enough to give us a $2000 check on the spot just simply for having a good number of people show up and eat dinner. What kindness! In the last two years, we reminded them of the power of CD Football by having a great, enthusiastic turnout. Let’s do it again! Mark your calendar and plan to come out mingle with friends, enjoy a nice dinner, have a few drinks, and help the Rams kick off the 2019 Season.

Be There! We need your support to keep this going!!

**Letter Writing Campaign** – Due August 9th.

Each player will be given 10 pre-written letters from Coach McNamee which ask for donations to the program. All the player has to do is fill in names and addresses of 10 people who genuinely might contribute to our program and turn them in to the coaches. That’s it. No calls, no selling, no mailing. We take care of the rest. All we need are the names and addresses. For this to be successful, however, we need players to provide “good” names, meaning names of actual people who have a realistic chance of giving money to the program.

**Poster sale** – Due July 19th for JV and Varsity and August 9th for Freshman

Each player is asked to sell 5 posters. The posters will be a picture of that player in uniform along with the game schedule for 2019. These are great for local businesses and family members. Each poster is $20. All directions and forms will be given to each player in May to make it as easy and simple as possible. This is the only thing we would like for players to sell. (As mentioned above, players could choose to provide a donation instead.)
RAMS’ CLUB PRESIDENT’S MESSAGE

The off season is a busy time for the Rams Club. I'd like to thank all those that took the time to come out to support the Ford Drive Event last month. This month will be busy as well and we will need participation from everyone.

On May 14, from 5:00-9:00 we will be at Chipotle on Jonestown Rd for a fundraiser that will generate 33% of the proceeds for the Rams Club. Please come out and show your support.

On May 27, the Big 33 game will be played at Landis Field with a 2:00 kickoff. The Rams Club along with CDEast booster club will be working together to provide concessions for that event. We will need lots of help for this to be a successful event. This is also a great opportunity to get to know other parents and folks involved with our booster club. Who knows, you may meet some really great people. Please watch your email for the link for the Time To Sign Up.

Still going on is the planning and preparation for the Speed Ebersole Golf Tournament on June 21. If you are able to help with anything related to this event like hole sponsorships or players or helping the day of the tournament, please reach out to Tim Wenrich tim.wenrich@hcnyeco.com.

It hard to believe that the 2019 season is almost upon us. Our players have an opportunity to participate in the Lauren’s First and Goal football camp on June, 2. Register now.

Our next Rams Club meeting will be on May 22 at CDHS in conference rooms 1 and 2 at 7:00. Please come out and get involved in your players experience. If you have any questions please do not hesitate to reach out to me at dougmis721@verizon.net

Thank you,
Doug Schmidt
Rams Club President

RAMS CLUB NEWS

“First Rate” – that is what the Rams Club wants to be as an organization and, more importantly, that’s what they want our players’ football experience to be. This has driven them to accomplish so much over the years. If you didn’t get to read the “Rams Club News” segment of the last Newsletter, please do so. Not only have these accomplishments made our players’ experience first-rate, but they also serve as a reminder that our CD Football Community as a whole is also something special. When players, coaches, and parents are part of something that is first-rate, it elevates us all to be our best and to keep reaching for even better.

Unfortunately, we are in danger of taking steps backward because we are short on help and participation in fundraising efforts. Quite honestly, we will not be able sustain our impressive operation without more parent help. Even more than that, we will no longer be a program that is special and unique and one that thinks big and dreams big as we always have in the past. We refuse to believe that our best days are behind us in CD Football. On the contrary, the coaching staff shares the optimistic belief that our best days lie ahead.

Please familiarize yourself with the many committees and positions within the Rams Club. It is a huge operation so chances are good that you can find something that is of interest to you. If other parents have already filled a particular need, maybe you can “shadow” them for a year and take over that job when those folks leave the program. It is a big machine and it needs lots of fuel – and well-intentioned, committed parents are that fuel. It doesn't matter if you are the parent of a senior or a younger player. All help is welcomed.
ACADEMIC EXCELLENCE PROGRAM

In 2009, we created the Academic Excellence Program (AEP) to help our football players reach their potential as students. As we have indicated in past newsletters, 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. Our faculty and staff are a very important component in the academic success of our players obviously. Therefore, we make several efforts to have a very positive connection with them. Here are some initiatives we have established over the years to help us strengthen the connection with the people in our building who have a significant impact on our players:

“Academic Captains” - for each game every year we name an Academic Captain based on achievement and nominations from teachers.

“Guest Coaches” - for each home game we have a Guest Coach join our team. A Guest Coach could be any teacher or staff member that would like to be part of the program and enjoy an “all-access pass” for the entire week. Every Guest Coach we have had in the past 12 years has loved it! They always come away with a deeper appreciation for the time commitment and sacrifice made by our players and coaches. Our players also love seeing their teachers become part of their lives in such a way.

“Academic Coaches” - each year we have three Academic Coaches who are faculty members. They are tasked with tracking our players’ grades each week and communicating with coaches, parents, and teachers. They do their best to talk to the players individually during study hall or whenever possible.

“Difference Makers” – each year we ask our seniors, “Which teacher has gone above and beyond and has made the biggest difference?” We post the names of these teachers in our game program, and in most years we have announced their name on Senior Night as that particular senior is being recognized. I also email them to thank them and give them a gift of some kind as a token of our appreciation.

Through these efforts, our teachers know that we value them and value what they do for our kids. They know we also welcome any feedback they may have regarding our players because they are aware how much we emphasize academic success.

We would love for you to check out our “Academic Excellence” section of our website if you have not done so already to find out more about our philosophy, our Academic Coaches, and our achievements. Go to www.cdramsclub.com and click on “Academic Excellence”. We now have our “Road Map for Academic Excellence” which has been in our Academic Planners the last few years.

Here is the list of returning players from 2018 who had a 90% GPA or higher for the 3rd Marking Period:

Third Marking Period
HONOR ROLL:
   Jake Hicks
   Ryan Brennan
   Max Mosey
   Marco Frattaroli
   Xavier Barner
   Bryce Thoman
   Chad Layton
   Thomas Mcgovern
   Evans Mwangi
   Andre Noel
   Andrew Renaldi
   Randy Rudy
   Ryan Russo
   Juice Selby
   Ahren Stauffer
   Darrion Thomas
   Andrew Wenrich
COMMUNITY CONNECTIONS PROGRAM

April was the most active month so far in the Community Connections Program. Here is a list of the events this past month:

Reading at Paxtonia Elementary – April 5
Assisting at the Paxtonia May Fair – April 6
Assisting at a Food Pantry at Calvary church – April 11
Assisting at LifePoint’s Eggstravaganza – April 13
Assisting at Children’s Miracle Network Egg Hunt – April 13
Visiting the Jewish Home – April 16
Assisting at the West Hanover Township Egg Hunt – April 20
Setup and tear down for the STEM event at CDHS – April 22 and 24
Visiting the Colonial Park Care Center – April 25
Reading at West Hanover Elementary – April 26
Assisting at the MJS Turnaround Scholarship 5K – April 27
Assisting at the Run For Rachel event (City Island) – April 28

We also have a big month for Community Connections in May. As the month progresses, we may add to this list, but here is what we have planned so far:

Helping at Life Point Food Pantry – May 4
Visiting Colonial Park Care Center – May 9
Assisting in the DUI Memorial Walk – May 11
Visiting the Jewish Home - May 14
Assisting at the West Hanover May Fair – May 18
Assisting at the North Side Field Day – May 24
Big 33 setup – TBD
Big 33 game – May 27

OUR FOUNDATION

Any structure or organization must have a solid foundation or it will surely crumble when it faces a “storm”. For us, Our Foundation is rock solid. Since these principles were articulated and adopted a decade ago in 2009, we have enjoyed great success and stability on and off the field despite facing inevitable adversity along the way. We believe this is not a coincidence but rather is to be attributed to the fact that all aspects of our program have been firmly rooted in Our Foundation.

Our Foundation is comprised of three key elements: Our Mission, Our Core Values, and Our Strategy for Winning. Our Mission is stated at the top of each newsletter. Our Core Values are: Hard Work, Selflessness, Enthusiasm. Our Strategy for Winning is: Play Great Defense, Play Great Special Teams, Ball Security.

In the last ten years, all of our time, money, and efforts have been geared toward achieving the Mission, instilling the Core Values, and executing the Strategy for Winning.

This is WHO WE ARE.
On Saturday, August 3rd, we will celebrate the 10th anniversary of our Speed’s Place dedication ceremony which occurred in August of 2009. This will take place in conjunction with our annual Kickoff Picnic and will be held – of course – behind Speed’s Place. We will be inviting back all the key people who made Speed’s Place a reality a decade ago to thank them and honor them. It will also give us all an opportunity to reflect on the many great opportunities and successes that Speed’s Place has opened.

* Best in the Mid-Penn Commonwealth in the last 9 years
** Best in District 3 6A in the last 9 years

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<th>9 years of Speed’s Place (2010-2018)</th>
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<td># of players on college rosters</td>
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ALUMNI and RAMS FOOTBALL HISTORY

As mentioned in previous newsletters, we would love to see an Alumni Football Club come to fruition. It would be a “win-win” for everyone involved. So, if you or someone you know has any interest in helping to create this group, please contact Coach McNamee at 717-443-7976 or gmcnamee@cdschools.org. Because this is such a high priority for us, we will do whatever we can to assist in this effort. Once the group is formed, we will lend our support and cooperation every step of the way.

On our website, we have a great deal of information, statistics, and records related to the history of Rams Football. Please check it out under “Legacy Room” at www.cdramsclub.com.

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“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

The attendance continues to be outstanding and the overall attitude has been very good. For that reason, we are seeing continued gains in the most important areas.

On May 20, 21, and 22 we will be testing the players again in the bench, squat, clean, height and weight. 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. One of our biggest definitions of success is “being better than your former self”.

Also in May, we will be hitting the field for our annual spring practices on May 23, 28, 29, 30, and 31. The players are excited to have the chance to show the improvements they made in Speed’s Place out on the field.

Once again, 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. Then click on “Speed’s Place”. It will be worth your time, and it will most likely answer any questions you might have—and then some.

Note: Physicals at CDHS will be held on Monday, June 3 after school. The Impact Test—which is required for all incoming freshmen and anyone new to the football program—will be after school on Wednesday, May 29. The students will be bussed from each middle school and the test will be completed before the late bus leaves CDHS at 4:45.

Once again, 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. Then click on “Speed’s Place”.

14th Annual Youth Football Camp

This year we will be continuing this great annual tradition from June 17th – June 19th. If you know anyone that is entering 2nd through 9th grade, please let them know about this camp. It has been a fun and productive way of connecting our high school program with the young, aspiring players in the Central Dauphin community. The camp is very well organized and has an excellent camper-to-coach ratio. Part of this ratio is due to the participation of many varsity football players who do a fabulous job of teaching the young players the correct fundamentals and making it fun in the process. The camp also breaks the participants into age appropriate groups to maximize productivity. In fact, the incoming freshmen will have the opportunity to run offensive and defensive plays together as a team during the camp. We also make sure to have lots of fun with games such as “Ultimate Football”, something our varsity players love as well.

To find out more about our Youth Football Camp, please visit our website at www.cdramsclub.com. If you scroll down on the home page you will see the registration form and an informational write-up about the camp.