



RAMS PULSE



April, 2024

PERIODIC NEWSLETTER

Vol 1 Issue 04



FOOTBALL SEASON IS JUST AROUND THE CORNER

Written by Sean Sampson

Get ready for a touchdown of football frenzy! The Flag Season kickoff is just around the corner, with practices revving up this week. Mark your calendars for a thrilling lineup of games starting in mid-April, sprinkled with a BBQ bash or two for our budding sports stars. Whether you bleed team colors or are just a curious what football has to offer, all are welcome to our final winter camps of the season! Secure your spot now for a sneak peek into the football universe. And hey, Tackle Season is peeking from around the corner, with sign-ups opening in mid-April. Hold onto your helmets as a whirlwind of events heads our way! Our legendary welcome back BBQ promises a feast, fun activities, and a great chance to mingle with other RAMS families. Get ready for some gridiron magic and who knows, you might even rub shoulders with the elite Edmonton Elks on the field or in their locker room. Don't miss out on these golden opportunities - sign up early, dive into the excitement, and chase gridiron glory once more! 🏈☀️

FOR MORE VISIT: www.sherwoodparkrams.com

April, 2024



RAMS PULSE



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SPRING FLAG (Atom)**U10 ages 8-9 (5-A-Side)**

There is one team and Practices are now underway every Tuesday and Wednesday until the weather will allow us to practice outside. Please check your emails for times and locations. The first game will be held on April 20th times to be announced. for more information visit our website. [Sherwood Park Rams Spring Flag Page](#)

SPRING FLAG (Peewee)**U12 ages 10-11 (5-A-Side or 7-A-Side)**

There are two teams and Practices are now underway every Tuesday and Wednesday until the weather will allow us to practice outside. Please check your emails for times and locations. The first game will be held on April 20th times to be announced. for more information visit our website. [Sherwood Park Rams Spring Flag Page](#)

SPRING FLAG (Bantam)**U14 ages 12-13 & U16 ages 14-15 (7-A-Side)**

There are three teams and Practices are now underway every Tuesday and Wednesday until the weather will allow us to practice outside. Please check your emails for times and locations. The first game will be held on April 20th times to be announced. for more information visit our website. [Sherwood Park Rams Spring Flag Page](#)

NOVICE**5-A-Side Flag (Ages 6-8)**

Novice Football is the start to learning the fundamentals of football at a young age. The Atoms will have multiple practices every week and play 8 games in a season. Registration will begin mid April. [Sherwood Park Rams Novice Page](#)

ATOMS**6-A-Side Tackle (Ages 8-10)**

Atom Football is the start of playing with full equipment. The Atoms will have multiple practices every week and play 8 games in a season. Registration will begin mid April. [Sherwood Park Rams Atom Page](#)

PEEWEE**9-A-Side Tackle (Ages 11-12)**

Peewee Football is the start to a competitive league . The Peewees will have multiple practices every week and play 8 games in a season. There is the possibility of making playoffs and Provincials. Registration will begin mid April. [Sherwood Park Rams Peewee Page](#)

BANTAM**9-A-Side Tackle (Ages 13-15)
12-A-Side Tackle (Ages 13-15)**

Bantam Football is the start to playing on the full field and having a complete 12-A-Side Team. The Bantams will have multiple practices every week and play 8 games in a season. There is the possibility of making playoffs and Provincials competing against teams as far away as Calgary. Registration will begin mid April. [Sherwood Park Rams Bantam Page](#)

FOR MORE VISIT: www.sherwoodparkrams.com





1 COMPLETED
 SATURDAY, 17 FEBRUARY
 4:30 PM TO 6:00 PM

2 COMPLETED
 SATURDAY, 16 MARCH
 5:00 PM TO 6:30 PM

3 SATURDAY, 06 APRIL
 4:00 PM TO 5:30 PM

4 SATURDAY, 20 APRIL
 5:00 PM TO 6:30 PM

REGISTER NOW!

SHERWOODPARKRAMS.COM

FREE


NISKU TURF TRAINING CENTRE
 1030 34TH AVE, NISKU

COME OUT AND MEET THE SHERWOOD PARK RAMS FOR SOME FUN AND EXCITING SKILLS AND DRILLS. THESE SESSIONS ARE OPEN TO EVERYONE SO MAKE SURE TO BRING A FRIEND. ALL PARTICIPANTS MUST REGISTER TO BE ELIGIBLE TO PARTICIPATE.

FOR MORE VISIT: www.sherwoodparkrams.com



YOGA EXERCISE (WIDE-LEGGED FORWARD FOLD WITH A TWIST)

If the low back is compressed, tight, and hurting, this pose will help. Keeping the legs at a medium distance, fold from the pelvis, making sure to keep the back long. The most common thing that I see as a teacher is a curve in the thoracic back (behind the lungs) during a Wide-Legged Forward Fold, and we want to avoid that by lengthening the spine first and then folding.

Add a chest opening twist by placing one hand on the floor (or on a block) in the center of your stance and twisting the chest in the opposite direction, lifting the alternate arm up to the sky. Adding the twist will open the chest, stretch the shoulders, and help with low backache.

<https://www.doyou.com/6-yoga-poses-for-football-players-11919/>

CONDITIONING DRILL (STRIDES)

This drill will simulate the endurance necessary to play all four quarters of a football game. This drill will have multiple steps for each set which will signify one quarter.

First, players will sprint for 10 yards, then take a 10-second rest.

Next, they'll sprint for 20 yards, then take a 20-second rest.

They'll then sprint for 30 yards with a 30-second rest.

The last step of this section of the drill will be a combo that should be performed in succession.

Players should sprint for 20 yards, stride for 20 yards, sprint for 20 yards, stride for 20 yards, and then sprint for 20 yards.

All of these parts will constitute one quarter of the drill. It'll be done four times total to represent the four quarters of the game.

In between each quarter, players will get a rest of between two to three minutes.

This is one of the best football conditioning drills a coach can implement for his team once they've worked up their endurance over a few weeks of practice.

This drill will help players work on their sprinting and exerting of effort in a quick period of time, while also forcing the body to do this over a period of time.

The four quarters drill is one of the most representative of the conditioning and endurance that's required of a complete football game.

<https://footballadvantage.com/football-conditioning-drills/>

FOR MORE VISIT: www.sherwoodparkrams.com

NEW WORLD AGENCY

New World Agency is proud to offer seasonal Football Camps & Clinics for youth in grades 5-12 (and WWCF).

These camps & clinics provide hands-on experience with world-class coaching provided by CFL players. We also include camp apparel as well as professional photography to commemorate your time spent with us. For your health and safety, a medical trainer is always on hand. Check out their webpage and available camps here [NEW WORLD AGENCY CAMPS](#)



RAW FOOTBALL CAMP

GET TO WHERE THE ACTION IS.

RAW Sports is proud to provide the best in-class football training camps for youth in Western Canada. With a focus on building strong foundations and utilizing safe, cutting-edge football drills and techniques, we get our players where they need to go.

Check out their webpage and available camps here [RAW CAMPS](#)



RAW

GOLDEN BEARS FOOTBALL CAMPS

Alberta's premier developmental pipeline from grassroots to USPORTS. Golden Bears Football has been running high-level camps for over 10 years helping countless student-athletes take their game to the next level. From beginners to elite, Golden Bears Football has a variety of options and offers year-round programs coached by current and former USPORT/CFL players and coaches. Check out their webpage and available camps here

[GOLDEN BEARS FOOTBALL CAMPS](#)



TURF TRAINING CENTER CAMPS

Founded in 2017 by Paul Morigeau, Turf Training Centre has quickly become a vital part of Edmonton's sports and recreation community. At Turf Training Centre we work tirelessly to provide a safe and functional sports performance facility for grassroots to professionals.



EDMONTON WILDCATS SKILL DEVELOPMENT CAMP

The Edmonton Wildcats are hosting a Skill Development Camp! We are excited to have joining us former professional athletes and alumni. Their expertise and experience will add valuable insights and perspectives to players skill development.

[Edmonton Wildcats Skill Development Camp](#)



FOR MORE VISIT: www.sherwoodparkrams.com





VOLUNTEER HIGHLIGHTS MARLOW WELDON

Written by Sean Sampson

The Sherwood Park Rams take great pride in their exceptional coaching staff, with Coach Marlow standing out in the most recent season. He was honored as the Atom/Peewee Coach of the Year by Football Alberta. Over his seven years with the Sherwood Park Rams, Coach Marlow has shown dedication by coaching some of our Atom and Peewee teams, sometimes managing multiple teams simultaneously. Marlow was instrumental in getting our Atoms started and organized. Whenever assistance was required, Coach Marlow was always there, whether it was coaching, organizing events, making announcements, or supporting the athletes. He also championed the introduction of Flag last year and will be coaching it again this year. The team eagerly anticipates Marlow's ongoing contributions in the upcoming seasons. A heartfelt thank you for all you have done for the Rams and the athletes under your guidance.

EDMONTON  WILDCATS

SKILL DEVELOPMENT CAMP



APRIL
28

Ages 8-10
8 AM - 12 PM
Ages 14-17
1 PM - 5 PM

Kinsmen
Field
House

\$100
includes t-shirt

REGISTER AT
edmontonwildcats.com

EXECUTIVE NEWS

Written by Sean Sampson

All of us at the Sherwood Park Rams would like to thank every participant who has registered for our spring flag program. This year has far surpassed our expectations. We are going to be running 1 U10 (Atom) team, 2 U12 (Peewee) teams and 1 U14 (Bantam) and 2 U16 (Bantam) teams this year. For comparison last year we were able to field 2 teams, 1 Atom and 1 Bantam Team. This year with the outstanding turnout we will have 6 teams. This is amazing and we are looking forward to seeing all you smiling faces out on the field in just a couple of weeks.

ATHLETE OF THE WEEK

Written by

Once the Season starts check here for highlights of the athletes around the club.

FOR MORE VISIT: www.sherwoodparkrams.com





COACHES NEWS

Written by Sherwood Park Rams Website

Are you interested in Coaching, however unsure how to get involved?

Our entire club is run by volunteers! Please reach out to our Coaching Director and we will be in touch with you to help point you in the right direction!

Coaching Requirements & National Coaching Certification Program (NCCP)

**** ALL FEES WILL BE PAYED BY THE SHERWOOD PARK RAMS FOOTBALL CLUB *****

Coaching Flow Chart w/links - HERE

Novice, Atom, Peewee & Bantam Coaches

1. Complete the E-Learning Making Headway Module (free) - Online Course
2. Attend Safe Contact course - Upcoming Clinics
3. Complete E-Learning NCCP Safe Sport Module (free) - Safe Sport Module
4. Community Sport Novice Coach Trained* (one year grace period for new coaches)
 - In Class Course - Upcoming Courses

*Coaches who are Certified Competition Introduction Position Coaches or above are exempt from the Community Sport Novice Coach Training and are included in the minimum number requirement. To become a Certified Position Coach, you must submit the clinic workbook, pass the online MED Exam and complete an on-site evaluation.

CDMFA NEWS

Written by CDMFA website

What is the CDMFA?

The CDMFA is the Capital District Minor Football Association, a registered society under the Societies Act of Alberta. The members of the CDMFA are independent Minor Football associations, who operate the league in order for their football teams to compete with each other in the City of Edmonton and surrounding communities. Each participating Association or Club (there are 22 clubs at the time of this writing) can operate teams at each of the three age levels available under Football Alberta rules for minor football in Alberta. A fourth level (Midget) was added in the spring of 2005. Member associations represent the Cities of Edmonton, St. Albert, Spruce Grove, Fort Saskatchewan, Camrose, Lloydminster and Fort McMurray; the Towns of Stony Plain and Wetaskiwin and the Counties of Leduc and Strathcona

FOR MORE VISIT: www.sherwoodparkrams.com





2nd Annual Flag-A-Thon



**24 hours of Football,
Tons of Fun for the Whole Family
Proceeds go to a great cause.....**

Sign Up Now!



Most of you probably remember hearing about Jace Nerbas and his Stollery Story last year. Before Jace was born, he was diagnosed with kidney disease. He has been an ongoing patient at The Stollery Children's Hospital located in Edmonton, Alberta. He is entering his second year of Atom football with the Fort Saskatchewan Falcons Football Program. Well this year he wants to introduce you to his friend, Darryl Henderson. Darryl is the Vice President for the Falcons and is also a Stollery Kid. Darryl was born with a heart defect known as Tetralogy of Fallot, which in his case meant he had a hole between two of the four chambers in his heart. At the young age of 5 he had his first of 2 open heart surgeries, both being completed successfully by the amazing surgeons at the Stollery Children's Hospital. You can learn more about both of their stories at

www.fortsaskfootball.com under the 24HR. FLAG-A-THON tab at

the top. Jace and Darryl are just two of the thousands of patients that require specialized care that the hospital provides each year.

The Fort Saskatchewan Falcons Football program takes pride in instilling the importance of giving back to the community. Our philosophy of BEAT YESTERDAY is what we strive to achieve each and every day. What better way to do this than to give back to one of the largest communities in Alberta. It consists of children from all over that have in one way or another needed the services of this special facility.

This June 14, 2024, starting at 5:00 pm, Taurus Field, home of the Fort Saskatchewan Falcons, will open their doors to the 2nd Annual 24-Hour Flag-A-Thon in support of The Stollery Children's Hospital Foundation. The need for teams is instrumental in making this a huge success. Each team must consist of a minimum of five players but we highly recommend having around 10, as you must always have 5 players on the field. When signing up, you will receive a link that allows your supporters to directly contribute to the Stollery in your team's/individual's name. Each game runs one hour long and no previous experience is required. The cost to sign up is **FREE!** All we ask is that each team try to raise at least \$100 for this great cause. If you would like to join, please go to www.fortsaskfootball.com and follow the link to the Flag-A-Thon 24 Hour Charity football game.

Any questions or concerns, reach out to:

Melanie Thorson, Ryan Nerbas or Darryl Henderson at falconfagathon@gmail.com

The Sherwood Park Rams will be setting up a team that we will be sending to participate. Registration will be available later this month on our website if you are interested in attending





REMINDERS

Our Fall Tackle registration is going to be open later this month so keep an eye open on social media and check our webpage for regular updates on when registration will be open



THIS MONTH RECAP

- APR. 06** 4:00PM Third Winter Workout
- APR. 08** Executive Board Meeting
- TUESDAYS & WEDNESDAYS** Spring Flag Practice
- APR. 20** 5:00PM final Winter Workout
- APR. 20** Spring Flag Jamboree
- APRIL 28** Wildcats Skills camp



2nd Annual Flag-A-Thon



24 hours of Football,
Tons of Fun for the Whole Family
Proceeds go to a great cause.....



EXECUTIVE BOARD MEETING

April 08th 2024
May TBD 2024
June TBD 2024



TTC WINTER WORKOUTS

APR. 06TH
4:00 - 5:30
APR. 20TH
5:00 - 6:30

MORE VISIT: www.sherwoodparkrams.com



FUNDRAISING AND DONATIONS

Fundraising plans are always ongoing and our Executive is always looking for new and exciting ways to fundraise for our club. Please feel free to reach out to our members if you would like to be involved in 2024 club fundraising. The Rams raffle last year was a huge success, thank you to everyone who participated in 2023. We hope to continue with the same theme this year MEAT, the ½ cow and BBQ prize was a hit and we would love include the ½ cow BBQ package in the 2024 raffle.

SPONSORSHIP OPPORTUNITIES

The Sherwood Park Rams are a non-profit organization and rely on Sponsors, Donors and fundraising to maintain an operational organization. If you have a company who is looking to give back to the community, please contact us at president@sherwoodparkrams.com to discuss how we can best use your help. If you know of a company that might be willing to Contribute to the Sherwood Park Rams Football Club please contact any of our board members or check out our website at [Sherwood Park Rams Sponsorship page](#) for a copy of our sponsorship letter

SPONSORS AND PARTNERS



FOR MORE VISIT: www.sherwoodparkrams.com

