



RAMS PULSE



February, 2024

PERIODIC NEWSLETTER

Vol 1 Issue 02

WINTER DROP IN SESSIONS

Written by Sean Sampson

The Sherwood Park Rams are a non profit organization and is excited to announce 4 drop in sessions during the winter and spring. This is a great opportunity to get to meet some of the coaches and members of the Sherwood Park Rams. These Sessions are open to all ages so make sure to bring a friend out with you. All participants need to register on our website to be eligible to attend. These sessions are free for all and you will even get a Sherwood Park Rams Shirt if available. Don't hesitate, register now and get your athlete out to work on some skills and meet up with friends for some drills put on by some of the best coaches.



Winter Drop in Session

The Season will start in April and run to end of may to early June. We ensure all our coaches are certified and gets all the required training necessary to coach these amazing athletes. Shorts and Jerseys will be provided for you to keep. Flags will be issued to you for the season. All you will need to bring is a mouth guard, water bottle, shoes and a smile. This is the perfect time to get prepared for the fall tackle season.

SPRING FLAG FOOTBALL

Written by Sean Sampson

Our 2024 Spring Flag Football Registration is now Open and filling up fast. We will be Running 3 divisions this year.

- U10 for ages 8-9 born in 2015 & 2016.
 - U12 for ages 10-11 born in 2013 & 2014.
 - U14 for ages 12-13 born in 2011 & 2012.
 - U16 for ages 14-15 born in 2009 & 2010.
- Our U14 and U16 teams will be grouped together in the same division.



2023 Atom Flag Football Team



2023 Bantam Flag Football Team

FOR MORE VISIT: www.sherwoodparkrams.com



SPRING FLAG (Atom)

U10 ages 8-9 (5-A-Side)

Registration is open on the Sherwood Park Rams Website. Flag Football will be on developing skills, fundamentals, and teamwork while staying active and having fun in an inclusive environment. , practices and games will start April and will be run until late May. For more information check back on our website.

[Sherwood Park Rams Spring Flag Page](#)

SPRING FLAG (Pee wee)

U12 ages 10-11 (5-A-Side or 7-A-Side)

Registration is open on the Sherwood Park Rams Website. Flag Football will be on developing skills, fundamentals, and teamwork while staying active and having fun in an inclusive environment. , practices and games will start April and will be run until late May. For more information check back on our website.

[Sherwood Park Rams Spring Flag Page](#)

SPRING FLAG (Bantam)

U14 ages 12-13 & U16 ages 14-15 (7-A-Side)

Registration is already full but we are looking at having two teams in this division so still register and when spots open up we will let you know. practices and games will start April and will be run until late May. For more information check back on 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.

[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.

[Sherwood Park Rams Atom Page](#)

PEEWEE

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

Pee wee Football is the start to a competitive league . The Pee wees will have multiple practices every week and play 8 games in a season. There is the possibility of making playoffs and Provincials

[Sherwood Park Rams Pee wee 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.

[Sherwood Park Rams Bantam Page](#)

FOR MORE VISIT: www.sherwoodparkrams.com






NISKU TURF TRAINING CENTRE
 1030 34TH AVE, NISKU

- 1** **SATURDAY, 17 FEBRUARY**
4:30 PM TO 6:00 PM
- 2** **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



SHERWOODPARKRAMS.COM



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





SPRING FLAG

REGISTRATION OPEN
\$250

DISCOUNT ON FALL
TACKLE REGISTRATION

SEASON START IN APRIL REGISTRATION INCLUDES

- Flag (Belt & Flags)
- Shorts and Jersey (for athletes to keep)
- Practice time
- Discount on Fall Tackle Registration



FOR MORE INFO FIND US CHECK OUT OUR WEBPAGE

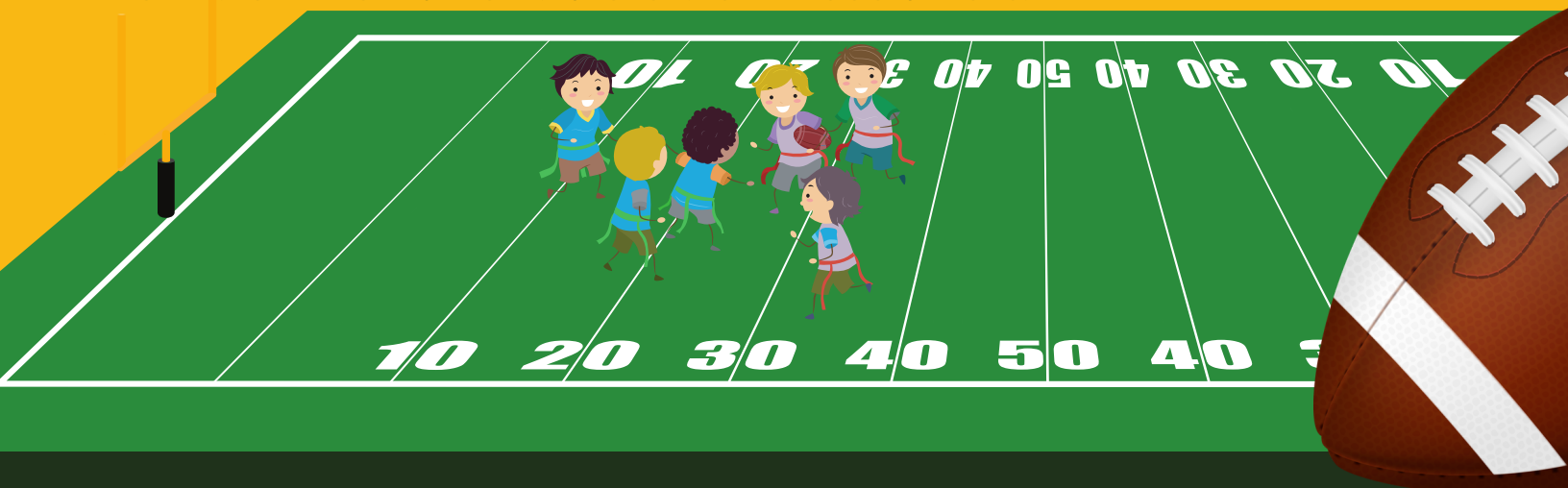
[HTTPS://WWW.SHERWOODPARKRAMS.COM/CONTENT/SPRING-FLAG---ALL-LEVELS---APRIL-TO-MAY](https://www.sherwoodparkrams.com/content/spring-flag---all-levels---april-to-may)

AVAILABLE FOR LEVELS

U10 (BORN 2015 & 2016)

U12 (BORN 2013 & 2014)

U14 (BORN 2011 & 2012) & U16 (BORN 2009 & 2010)



FOR MORE VISIT: www.sherwoodparkrams.com



YOGA EXERCISE (SEATED SPINAL TWIST)

This can be done with any variation of leg position that is comfortable for the player, as long as the spine is elongated while seated.

If the spine starts to curve and you are finding yourself falling backwards, then sit up on a bolster or block to tilt the pelvis forward. Spinal twists are helpful in increasing your range of motion. Twists can also help to alleviate low back tension.

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

CONDITIONING DRILL (FOUR CORNERS)

This drill will not only help players work on their endurance, but it'll help them work on their footwork as well.

All players will run the same drill, regardless of the position they play.

This drill needs to be run one player at a time -- or at least staggered -- as players will be going around a set of cones to complete the drill.

If you want to have multiple players run the drill at the same time, you'll just need to set up multiple cones.

To set up one of these drills, you'll need four cones.

Create a square with these cones, with each cone separated 10 yards from the other.

When you use the cones to set up the four corners of the square, you'll be creating a 10-yard by 10-yard square.

To complete the drill, players will work their way around the outside of the square using a different technique to run from one cone to the next.

From the first to the second cone, players will backpedal.

Once he gets to that second cone, he'll switch to a shuffle and make his way to the third cone.

He needs to make sure not to cross his feet when he shuffles.

At the third cone, the player will switch to doing the karaoke drill on his way to the fourth cone.

This drill will have the player switching with one foot forward and crossed over the other foot as they progress forward.

When they reach this fourth cone, they'll sprint back to the first cone where they started.

Once the players have finished this entire cycle, you can give them a one-minute rest and then have them run it again.

If you want to make this drill a little more challenging, you can implement different techniques for the players to use between the cones.

This can include high knees and the bear crawl, for example.

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

FOR MORE VISIT: www.sherwoodparkrams.com





NEW WORLD AGENCY

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**](#)



FOR MORE VISIT: www.sherwoodparkrams.com



VOLUNTEER HIGHLIGHTS

Written by Jim Skitsko

I first learned of Coach Bill in about 2000. He had played at the U of A with the Bears and proved to be an outstanding defensive player (All West University Conference nose tackle). I then crossed paths with him again while he was coaching at the peewee level in Sherwood Park, along with current RAMS coach Byron Benson. His great coaching abilities continued when he joined the bantam RAMS in 2012 where he has been ever since. Bill helped the RAMS win 2 consecutive bantam championships in 2016-2017 and continues to be an amazing mentor to young football players in the Sherwood Park area.

ATHLETE OF THE WEEK

Written by

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

CDMFA NEWS

Written by [CDMFA Website](#)

Continuing for 2024 is CDMFA's proud partnership and continuation of the CDMFA Flag Football Powered by the Edmonton Elks. Our CO-ED Flag Football teams practice footwork, eye-hand coordination, catching, throwing and overall technique during their practice times twice a week, and they test those skills on weekend game days. These athletes learn the fundamentals of football movement, terminology, routes and more while learning to work in unison in a team environment. All our Flag divisions are designed to develop skills, provide a basic understanding of football terminology, and will allow players to expand their skills which also benefits athletes that are interested in moving into Tackle Football for the Fall season, as well as for those that prefer to continue to compete in Non-Contact Football.



COACHES NEWS

Written by Sean Sampson

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! We are always looking for new faces to come out and help coach these amazing athletes that come out every year. If you are wanting to help coach but are worried that you have no experience, have no fear! We have a great program that will let you get involved at any level.

EXECUTIVE NEWS

Written by Christine Skelly

The Sherwood Park Rams have an amazing relationship with the Edmonton Elks, we have been so blessed in 2023 to have several Elks Players join our winter work outs, practices and our year end Banquets. We plan to maintain that connection with the Elks and our Executives and Alumni Coach Jed Roberts have already begun 2024 season plans.

FOR MORE VISIT: www.sherwoodparkrams.com





REMINDERS

Our Executive would like maintain connections with our Rams Players and Families, we are looking forward to catching up with everyone and welcoming new players and families to the club. The Executive would like to maintain open communication with our members and update everyone throughout the season with our plans for activities and events.



EXECUTIVE BOARD MEETING

February 06th 2024

March 05th 2024

April TBD



THIS MONTH RECAP

- first winter workout
- Spring Flag Registration spots open
- CDMFA board meeting



TTC WINTER WORKOUTS

FEB. 17TH

4:30 - 6:00

MAR. 16TH

5:00 - 6:30

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.

SPONSORS AND PARTNERS



FOR MORE VISIT: www.sherwoodparkrams.com

