



RAMS PULSE



January, 2024

PERIODIC NEWSLETTER

Vol 1 Issue 01

WELCOME

Written by Sean Sampson

We are excited to introduce you to the Sherwood Park Rams all new RAMS PULSE! The purpose of this newsletter is to provide you with the latest information about your Rams along with some helpful information our athletes can use on and off the field. There will be a section here for anyone to provide any information they would like to share with the Rams community. Be prepared to gain some knowledge about the Rams, the CDMFA League, and even some extra ways to keep fit and gain skills both on and off the field. If you would like to contribute please email communications@sherwoodparkrams.com



2023 Rams Bursary Recipients

Left to Right - Coach Nyszczuk, Nathan Cieski, Liam Fraser, Connor Carlson, Cole Porter, Coach Skitsko

SPRING FLAG FOOTBALL

Written by Sean Sampson

The Sherwood Park Rams have opened up registration for the Spring Flag Football season that starts in April. The amount of registrations will determine how many teams The Sherwood Park Rams will be hosting. More information will be available including cost and start dates for practice and games. This will be a good opportunity to get your athletes out and work on the fundamentals of football. We hope to see you all in the spring for an exciting season of flag football.

2024 RAMS BURSARY

Written by Sean Sampson

The Sherwood Park Rams have established a bursary program to assist alumni who played for the team on and after 1996. Since its inception in 2000, 224 bursaries have been given out to deserving athletes from the Rams Bantam Program. The bursary fund is managed by a group of alumni, parents and coaches. The Sherwood Park Rams Bursary committee choose 6 recipients each year on a first applied first approved basis. This years Recipients have already been selected and will be announced closer to the start of the fall tackle season. Congratulations to all Rams Bursary recipients.

FOR MORE VISIT: www.sherwoodparkrams.com

Club News

SPRING FLAG

All Levels

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](#)

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)

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

[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.

[Sherwood Park Rams Bantam Page](#)

for more visit: www.sherwoodparkrams.com

WINTER DROP-IN SESSIONS



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



NISKU TURF TRAINING CENTRE
1030 34TH AVE, NISKU



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.

Keeping Fit

YOGA EXERCISE (THE COBRA POSE)

Cobra pose stretches the lower and upper back bones and also helps develop strength in the arms. This yoga pose offers a gentle stretch to the neck and abs and stimulates the digestive system as well.

To do this pose:

- Lie on your stomach, and position your feet at a hip-width distance and point your toes.
- Make sure the top of both your feet is on the ground.
- Bend your elbows and position your hands on the ground next to your chest with your elbow and wrist properly stacked.
- As you inhale, start to move your chest away from the ground and stretch.
- Lift into spinal extension and stay in the pose for a few seconds.

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

RUNNING BACK DRILL (THE JUMP CUT)

Successful running backs can make adjustments on the fly as they're running with the football. They can see what defenders and holes are in front of them and adjust where they're running based on that. This requires running backs to have the agility to start and stop, and change direction, rather quickly. One tactic for doing so is called the jump cut. To teach this skill and have players practice it, you'll need four cones. One cone will be where the drill will start. Next, you'll place a second cone five yards in front of the start cone. This will be your stop cone. Two more cones need to be placed one yard apart from the stop cone -- one directly to the left and one directly to the right. These cones will serve as the cut cones. To run the drill, your running backs will begin at the start cone and sprint toward the stop cone. Once they get to the stop cone, they'll take a jump cut to the left cone and then immediately sprint forward for five more yards. This drill can be done the other way, too, with the player jump-cutting to the right cone. This drill will help running backs work on both their acceleration and deceleration, which needs to come from the outside of their feet. It'll also help them maintain that all-important low center of gravity. One vital coaching point is to have the players try to make their jump cuts as close to that of right angles as they can. This will give them the most efficient jump cut for avoiding tacklers and then accelerating downfield. You can create simple variations of this drill, too. One way to do so would be to lengthen the space between the stop and start cones to seven or even 10 yards. You can even widen the space between the stop cone and the cut cones to 1.5 yards. This will help the players get even stronger.

<https://footballadvantage.com/running-back-drills/>

FOR MORE VISIT: www.sherwoodparkrams.com

OFF SEASON FITNESS



FOOTBALL CAMPS

During The Offseason we strongly encourage our athletes to stay active and keep their skills up. A good way to do this is by attending one of many football camps that are provided in the Edmonton Area. The Rams have a list of camps on their website for anyone interested.

[Sherwood Park Rams Resource Hub](#)

OFFSEASON TRAINING

The Sherwood Park Rams have so many special and unique coaches through all our divisions. One of our bantam coaches is Coach Eric Potter and he has been helping train many athletes for years now and provides a variety of personal training and programs. Check him out on Facebook.



OFFSEASON TRAINING

Yet another great training ground for young and old athletes provided by another Sherwood Park Rams Volunteer Trevor MacIntyre, They are a Speed & vertical Specialist check them out on Facebook for more information.



FOR MORE VISIT: www.sherwoodparkrams.com



CONGRATULATIONS

— 2024 —

BOARD OF DIRECTORS

President - Christine Skelly

Past President - Vacant

Vice President - Jenn Wolfe

Secretary - Arife Dogan

Treasurer/Registrar - Garth Kelders

Coaching Director - Eric Potter

Communications Director - Sean Sampson

Fundraising Director - Melissa Caldwell

Equipment Director - Curtis Small

Novice Director - Jenn Weldon

Atom Director - Melissa Caldwell

Peewee Director - Sarah Lee

Bantam Director - Aeron Gogal



Around The Club

COACHES NEWS

Written by

As the Football Season starts watch here for some exciting news from coaches around the Club.

ATHLETE OF THE WEEK

Written by

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

EXCECUTIVE NEWS

Written by Sean Sampson

We are excited to announce that the Sherwood Park Rams will be running another season of Flag football. We are just in the middle of sorting out all the details and will update once we know more.

VOLUNTEER HIGHLIGHTS

Written by

This is a spot that will be dedicated to showing off some of our volunteers from around the club.

CDMFA NEWS

Written by [CDMFA Website](#)

The EFOA is the Edmonton Football Officials Association. All CDMFA games are presided over by qualified officials who are members of this association. We are proud to partner with this fine association whose members, while paid a small fee for their services, are largely volunteers and truly committed sports enthusiasts. While most are seasoned veterans, the CDMFA is the entry level for football officiating (as it is for the players) and some are just learning this challenging role. Please show them respect, and provide them with your support and encouragement. If you are interested in becoming involved with officiating, visit the EFOA's website, [RIGHT HERE](#).

FOR MORE VISIT: www.sherwoodparkrams.com

Upcoming Events






REMINDERS

TTC Winter Workouts is open to everyone so bring a friend to come and enjoy some football. No equipment is required. Registration will be open soon.



THIS MONTH RECAP

-  Rams Bursary closed
-  Spring Flag Registration open
-  Rams Pulse released



EXECUTIVE BOARD MEETING

January 08th 2024
February 06th 2024
March TBD



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

From our Partners

BETHEL
LUTHERAN
CHURCH



Night to Shine

Night to Shine at Bethel Lutheran Church
February 9, 2024

Join us at Bethel Lutheran Church in Sherwood Park, Alberta on
February 9, 2024 from 6–9pm!

Night to Shine is an unforgettable prom-night experience for
people with special needs 18+. Our Honoured Guests can expect
a free red-carpet entrance, paparazzi, photos, karaoke, dance,
nail painting, banquet dinner and more! Caregivers are invited to
attend and relax in the respite room. We hope you join us.

For more information check out the website
<https://nighttoshinebethel.wordpress.com/>

Donations and Sponsors

FUNDRAISING AND DONATIONS

Fundraising is an integral part of the success of our organization and requires support from each athlete and families!

Fundraising activities will be posted here as they are identified.

Should you have any suggestions/questions for fundraising or Donations, please send an email to president@sherwoodparkrams.com

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