



WINTER DROP-IN SESSIONS

Written by Sean Sampson

Are you itching to get back into the football groove? Do you want to come out and run some drills with our registered coaches and amazing volunteers? Want to meet some Edmonton Elks and learn some skills from them? Then you better get on our website at SHERWOODPARKRAMS.COM and register now! If this is your first session of the year with us we have a free T-shirt just for you. Come on out and meet up with other young athletes eager to run jump catch and learn with your local Sherwood Park Rams. Next session is on Saturday March 16th from 5:00PM to 6:30PM at the Nisku Turf Training Center 1030 34th Ave, Nisku.

THREE CLUBS ONE COUNTY

Written by Christine Skelly

We have plans in the works to host a second Annual Three Clubs One County event with the Sherwood Park Wolverines and the Sherwood Park North Stars. The event will take place in June and our hope is to get all the Sherwood Park football families together in one place for an afternoon of fun and celebrating football. We loved this event so much last year, it was great to see all the kids representing their teams and joking around with friends. We hope to continue this event year after year so keep your eyes out for more information.



2023 THREE CLUBS ONE COUNTY EVENT

FOR MORE VISIT: www.sherwoodparkrams.com



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

There are only a limited number of spots remaining, so if you haven't registered yet you better do so before all our spots are filled. This is a non-tackle program that is great for anyone looking at getting into football or veterans looking at honing their skills for the upcoming tackle season. for more information visit our website. [Sherwood Park Rams Spring Flag Page](#)

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

Due to large demand we opened up registration to include a second team for the U12 division. If you haven't already registered then head to our website and register before the new spots are filled. Flag Football will be on developing skills, fundamentals, and teamwork while staying active and having fun in an inclusive environment. 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)**

Due to large demand we had to open up registration for a third team for the U16 division. If you haven't already registered then head to our website and register before all the spots are filled. 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





1 COMPLETED
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.

FOR MORE VISIT: www.sherwoodparkrams.com





SPRING FLAG



REGISTRATION OPEN
\$250

DISCOUNT ON FALL
TACKLE REGISTRATION

REGISTRATION OPEN UNTIL MARCH 31

SEASON STARTS APRIL 20

Registration includes the following

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

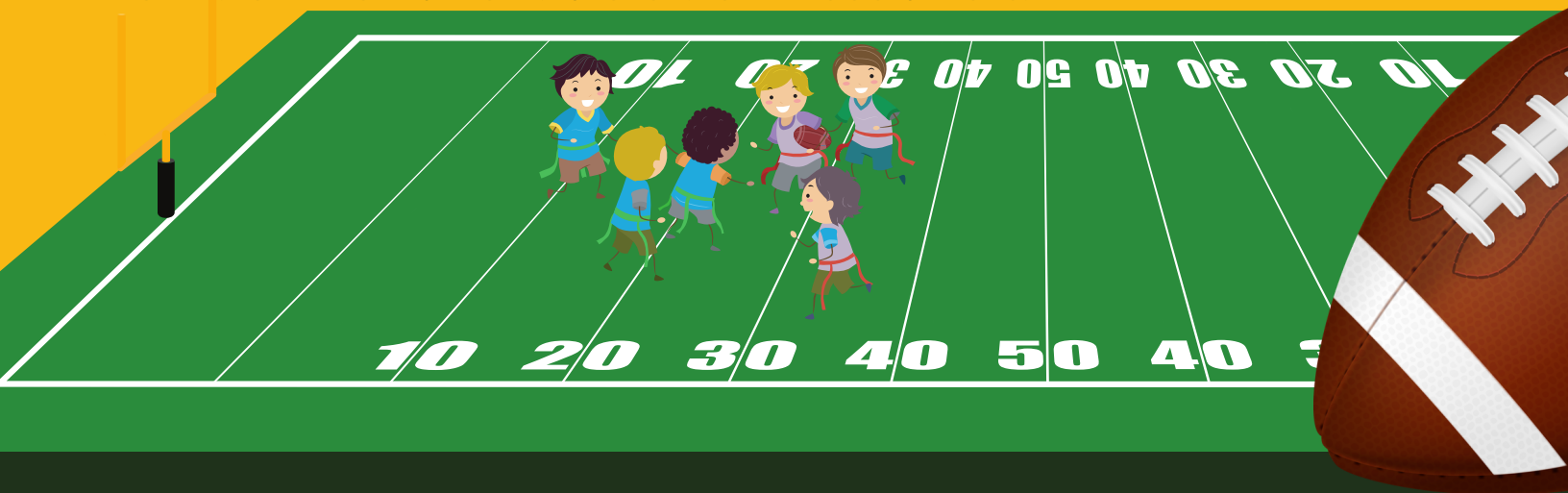
FOR MORE INFO FIND US CHECK OUT OUR WEBPAGE
RAMS WEBSITE SPRING FLAG

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 (LIZARD POSE)

Tight hips? Lizard Pose works both of the hips in different ways. For your back leg, the hip is getting a deep stretch in a way that extends the front of the hip. The front leg really allows for adductor and deep inner hip and groin stretching. Tip: If you have very tight hips, come into Lizard Pose by using straight long arms, or come down to forearms on top of a block or two blocks once you are able to.

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

CONDITIONING DRILL (STRIDES)

Not all football conditioning drills are about sprinting or running fast all the time. There are conditioning drills that will help players work on their endurance as well as their strength without running at all.

One of those such drills is called strides.

This drill is something you can run with multiple players at the same time by staggering when each player starts the drill.

To start, the player will line up in the corner of one of the end zones. He'll take long strides down the entire sideline for 100 yards.

He shouldn't be sprinting when he does this, but he shouldn't be walking, either.

The pace should be somewhere between a jog and a sprint, and he should focus on taking long steps.

When the player reaches the opposite end zone, he should then jog across the end zone from one sideline to the next.

Upon reaching the other sideline, he should turn and stride down the sideline back to the other end zone, for another 100 yards of strides.

Once he reaches the other end zone, he'll then walk across the goal line back to the corner where he started.

Once he completes the cycle of this drill, he should be given a one-minute break to catch his breath. Then, you can put him through another of these cycles.

When you're first starting your endurance training, you should have players run through about 2-4 of these full cycles.

As your practices and season progress, you can increase the number of full cycles your players go through in a session of the drill.

<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 WWCFCL).

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**](#)

**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.



FOR MORE VISIT: [**www.sherwoodparkrams.com**](http://www.sherwoodparkrams.com)



COACHES NEWS*Written by Football Alberta*

U of A Golden Bears Coaching Clinic. March 16 @ 2:30-10:00pm, U of A Campus and Foote Field. CFL and U of A Coaches Presenting. The Golden Bears Football Clinic provides a range of presentations for all levels of football. Topics include position specific skills & drills, offensive, defensive, and special teams systems, as well as general player/ team development presentations. If you are interested in taking the course please contact coachingdirector@sherwoodparkrams.com

ATHLETE OF THE WEEK*Written by*

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

**EXECUTIVE NEWS***Written by Sherwood Park RAMS Bursary Society*

The Sherwood Park RAMS Bursary Society would like to congratulate the following RAMS alumni who will receive their bursaries this year. 1-Natalia Hatko 2-Nik Shewchuk 3-Bennett Sawchuk 4-Sam Diloreto 5-Luca Diloreto 6-Nic Saar 7-Skyler Saar 8-Kaleb Conn 9-Anthony Conn

This is a memorial year for the RAMS bursary program! This is the first time that brothers are being awarded bursaries at the same time AND this year we have 3 sets of brothers receiving bursaries in the same year. Congratulations to everyone! The Sherwood Park RAMS Bursary Society

**VOLUNTEER HIGHLIGHTS
GARTH KELDERS***Written by Marlow Weldon*

The Sherwood Park Rams are incredibly fortunate to have so many great volunteers, including our new Pee Wee Head Coach, Garth Kelders! Garth first joined the Rams in the summer of 2021, starting in Atom, where he was quick to put his hand up to help coach! In addition to coaching, Garth also volunteered to serve as our club's treasurer and registrar, where he was instrumental in modernizing our registration process in addition to overhauling our website! After a great 2 years coaching Atom, Garth was asked to take on our Pee Wee developmental team, so that we would not have to turn kids away at that level. He was quick to put together a coaching staff for the Pee Wee Green team, and hit the ground running, leading the Green team to the playoffs in 2023! And even though he was kept pretty busy with the Green team, Garth still helped out at Atom, serving as the Offensive Coordinator for our 3 Atom teams! 2024 promises more of the same, and we are extremely lucky to call Garth a Ram!!

CDMFA NEWS*Written by CDMFA*

The Junior Officials Program was created to encourage young fans of the game an opportunity to learn another aspect of the game of football. It is the goal of the Program to develop an interest in the continued participation in the game in a different manner than playing. The CDMFA supports diversity in sport and encourages members of all genders and abilities to participate. We are now expanding these opportunities to include Sideline Crews, Statisticians, and Announcers ... all training provided. Application process for 2024 will open soon ... watch for details!

FOR MORE VISIT: www.sherwoodparkrams.com





REMINDERS

Registration is now open for the Football Alberta 2024 Team Alberta programs. Deadline to register is March 15th. If you have not received an application form and would like to register please contact bantamcoach@sherwoodparkrams.com or bantamdirector@sherwoodparkrams.com. For more details, please visit Football Alberta website: <https://footballalberta.ab.ca>



THIS MONTH RECAP

- MAR. 15**
11:59PM Football Alberta registration closes
- MAR. 16**
5:00PM Second winter workout
- MAR. 21**
7:00PM CDMFA AGM
- MAR. 31**
11:59PM Spring Flag Registration closes



EXECUTIVE BOARD MEETING

March 05th 2024

April 08th 2024

May TBD 2024



TTC WINTER WORKOUTS

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

