



# RAMS PULSE



May, 2024

PERIODIC NEWSLETTER

Vol 1 Issue 05

## 2024 FALL REGISTRATION

Registration for the 2024 Fall Tackle Season is now available. The team structure has been slightly modified this year, with the CDMFA aligning with Football Alberta by implementing a U-level tiering system. Here are the age categories:

- U8 (Novice) for ages 6-7
- U11 (Atom) for ages 8-10
- U13 (Pewee) for ages 11-12
- U16 (Bantam) for ages 13-15.

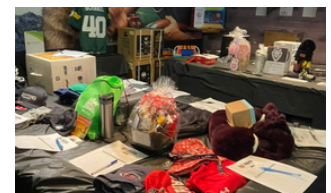
For detailed registration fees, visit our website [www.sherwoodparkrams.com](http://www.sherwoodparkrams.com). The Sherwood Park Rams is more than just a football team it is a way of life. Our Fall Program offers more than just football; it provides opportunities to make new friends, enhance teamwork, and develop valuable life skills. Join us for team-building activities, BBQs, social gatherings, and much more. Don't miss out, register now to stay updated on all upcoming events.



## LET'S HEAR IT FOR OUR OFFICIALS

*Written by Sean Sampson*

Let us take a moment to express our appreciation for the exceptional officials affiliated with the Edmonton Football Officials Association. These dedicated individuals play a vital role in facilitating the games we enjoy. The officials you see on the field are all members of the EFOA, a diligent and committed group of professionals. Beyond officiating CDMFA games, they are also prominently involved in various other events, including High School Games, Six Man Football, Senior Men's League, WW CFL, Prairie Junior Football, Canadian Interuniversity Sport, and supporting CFL crews. Throughout the season, the EFOA oversees approximately 600 games. If you or someone you know with prior football experience is interested in pursuing a role as an official, we encourage you to visit their homepage at [EFOA.CA](http://EFOA.CA).



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



## 2024 SHERWOOD PARK RAMS SPRING FLAG

Year 2 of the Sherwood Park Rams running Spring Flag teams is underway and it's been absolutely awesome to see so many kids back on the field, having fun, working hard, and playing football.

practices kicked off at the beginning of April, with our first games getting underway April 20th at the CDMFA's Season Opening Spring Flag festival out in Spruce Grove!

for more information visit our website.

[Sherwood Park Rams Spring Flag Page](#)

### SPRING FLAG (Atom)

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

Opening weekend saw the U10 Rams take on the Millwoods Grizzlies Black squad, in an exciting, back and forth affair! When it was all said and done, the game day experience those kids gained was invaluable!

Week 2 saw the U10 Rams taking on the Edmonton Mustangs and the Millwoods Grizzlies Blue teams! These games were a little tougher, but what impressed coaches the most was the fact that there was no quit in the kids. At the end of the day, the most important thing at the U10 level is that the kids are having fun and working hard. Mission accomplished through the first 2 weeks of the Spring season!

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)

Opening weekend saw the U12 Rams take on the Edmonton Cougars Blue and the Fort Sask. Falcons, in some riveting, high caliber football! Once all the dust settled, the game day experience those kids gained was invaluable!

Week 2 saw the U20 Rams taking on the Edmonton Seahawks Blue, Millwoods Grizzlies Black, Millwoods Raiders Red and the SAMFA 3 teams! These games were tougher than last week, but the fact that the kids would always give it their all was nothing short of impressive. At the end of the day, the most important thing at the U12 level is that the kids are learning and executing Plays they worked so hard on during practices all week.

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)

With 3 teams at the U14/ U16 Levels Opening weekend saw the Rams take on multiple Clubs throughout the league, in some thrilling, non stop action! Come the end of the day, the Rams had learned that it doesn't matter who you are facing, if you give 100% effort it will be rewarded. whether that is through a win or from some new skills learned!

Week 2 pitted the Rams up against some top tier teams! These games had some intense action on both sides of the ball. The Rams coaches noticed a great improvement from last week and with 4 more weeks to go, we can't wait to see what these athletes are capable of achieving as they continue to work together and grow as a team!

for more information visit our website. [Sherwood Park Rams Spring Flag Page](#)

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



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

Tree Pose builds core strength and improves balance. Close your eyes during Tree Pose to work on the body's proprioception, or its innate ability to know where the body parts are located without visual cues. Tree Pose is also great to clear and calm the mind. If you are thinking of ten different things, you will find that it is harder to maintain a tall, balanced Tree.

["https://www.doyou.com/6-yoga-poses-for-football-players-11919/"](https://www.doyou.com/6-yoga-poses-for-football-players-11919/)

Adobe Stock | Image 21902

## CONDITIONING DRILL (SPRINT LADDER)

Building endurance is key to football conditioning drills.

It's not all about the ability to sprint, run fast, and exert a ton of energy all at once. It's the ability to do it in quick spurts with a little rest before doing it again the very next play.

One of the best football conditioning drills for building this aspect of conditioning is called a sprint ladder. You can have multiple players do this at the same time, too. To start the drill, you have players line up at a starting point, spread out from each other in width to give them some space. The first step of the ladder includes two sprints of 10 yards with a rest of 10 seconds between each sprint. Once the players have completed this step of the ladder, they move onto the next one. The second step is two sprints of 20 yards, with a 20-second rest in between each sprint. The length of the sprints as well as the time of rest will increase until you get to 50 yards. Then, the sprint length will progressively get shorter until it's back to 10 yards.

The ladder steps are as follows:

- 2 sprints of 10 yards, 10 seconds rest
- 2 sprints of 20 yards, 20 seconds rest
- 2 sprints of 30 yards, 30 seconds rest
- 2 sprints of 40 yards, 30 seconds rest
- 2 sprints of 50 yards, 30 seconds rest
- 2 sprints of 40 yards, 30 seconds rest
- 2 sprints of 30 yards, 30 seconds rest
- 2 sprints of 20 yards, 20 seconds rest
- 2 sprints of 10 yards, 10 seconds rest

This drill helps players build their endurance through the increase of length of the sprints, but gives them more time to rest in between each sprint. The reduction in length of sprint will help their body cool back down while still going in motion.

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

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



**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.



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







**VOLUNTEER HIGHLIGHTS**  
**JORDAN GOGAL**

*Written by Marlow Weldon*

We all know the impact that our volunteers have ON the field and how lucky we are to have the coaches and staff that we do. But what about those volunteers behind the scenes? This month, we would like to highlight one of those volunteers that helps keep the machine running smoothly.

We would like to shine that bright spotlight on Jordan Gogal this time around! Since joining the Rams in 2021, Jordan has been a mainstay on our volunteer list! He is ALWAYS one of the first folks to throw his hand up when we need help, including hauling our Rams trailer to Winter Drop In sessions, or serving as our unofficial Barbeque director at the Peewee level for a couple of years! In fact, one of my favourite memories of Jordan involves both the Peewees AND barbeque! It was a couple of years ago, and the plan was to hold a barbeque for the Atom's and Peewee's after a practice at Bethel. Jordan was all set up with a couple of ques, and was working hard to make sure the food was ready for the kids for when they came off the field. About half way through practice, the skies opened up, the rain came down, and we had to send the kids inside due to the conditions. As I was hauling equipment back to the seacan, I looked up, and there was Jordan, standing behind the barbeques, absolutely soaked from head to toe, but still armed with tongs and a flipper, working hard to make sure there was food for the almost 80 kids, who were staying nice and dry inside the clubhouse. Eventually the rain went away, the kids came out and there was a ton of food for them to eat before heading home. But that's just the kind of volunteer that Jordan is! Not even a deluge from Mother Nature can stop him from making sure our kids are taken care of! Volunteers like Jordan are the reason we are able to provide the Sherwood Park Rams experience for ALL of our kids, and we are all better for it! Thank you, Jordan, for all that you do for the kids and the club!

**EXCECUTIVE NEWS**

*Written by Sean Sampson*

With Flag season underway and Fall registration now open we are always looking for support in our sponsors and donations. If you or anyone you know would like to become a sponsor or help with some fundraising please give our fundraising director a shout.

fundraisingdirector@sherwoodparkrams.com

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

Tips & FAQs - If you are wearing extra layers for cold weather play (long johns, pants, sweater) they must be worn under your official game uniform. Pack a bag with extra clothes so you can be ready for a sudden change in the weather. - If you are wearing a sweater, try to pick one without a hood, or the hood must be tucked into the game jersey. Hoods can be dangerous hazards if you are accidentally grabbed from behind. - Baseball caps, or any hard-brimmed hat are not permitted. - Glasses/sunglasses are permitted as long as they are properly worn on the face. - Jewelry must be removed. If it cannot be removed, it must be covered/taped completely. - Mouthguards are mandatory for all ages.

FOR MORE VISIT: [www.sherwoodparkrams.com](http://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](http://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](http://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 [falconflagathon@gmail.com](mailto:falconflagathon@gmail.com)

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





## REMINDERS

Fall Tackle registration is open. We will be starting our Practices end of May or beginning of June. If you would like to start Practicing with us please remember to register. If you are not registered you will not be allowed onto the field to practice.



## 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

May 06 2024  
June TBD 2024  
August TBD 2024



## THIS MONTH RECAP

- TUESDAYS 6:30 PM** Spring Flag Practices
- MAY 02** Spring Flag BBQ
- MAY 25** CFL Game Elks VS SSK

- THURSDAYS 6:30 PM** Spring Flag Practices
- MAY 22** U16 Tackle Parents Meet
- JUNE 08** Flag Wrap up Festival

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





U10 Flag	U12 Green	U12 Gold	U14	U16 Green	U16 Gold
May 04 AT SAMFA #2	May 04 VS Seahawks White	May 04 AT Falcons	May 04 AT SAMFA 3	May 04 AT Grizzlies	May 04 VS Seahawks
May 04 VS Seahawks	May 04 AT Raiders Silver	May 04 VS Seahawks Blue	May 04 VS SAMFA 1	May 04 AT Raiders Red	May 04 VS Mustangs
May 11 AT Raiders Black	May 11 VS Grizzlies Blue	May 11 AT SAMFA 4	May 11 AT Raiders Red	May 11 AT Falcons	May 11 AT Chargers
May 11 VS Falcons Black	May 11 VS Raiders Black	May 11 VS Seahawks White	May 11 VS SAMFA 2	May 11 VS Mustangs	May 11 VS Cats Gold
May 25 AT Raiders Red	May 25 AT Mustangs	May 25 AT Raiders Silver	May 25 AT Raiders Black	May 25 AT Chargers	May 25 VS SAMFA 2
May 25 Vs Bombers	May 25 AT Raiders Black	May 25 VS Grizzlies Blue	May 25 VS SAMFA 2	May 25 VS Seahawks	May 25 At Cougars
June 01 At Cougars Blue	June 01 VS Bombers	June 01 AT Raiders Black	June 01 VS Raiders Red	June 01 AT Raiders Black	June 01 VS Cats Black
June 01 At Grizzlies Blue	June 01 AT SAMFA 2	June 01 VS Mustangs	June 01 AT Cougars White	June 01 AT Cats Gold	June 01 AT Falcons

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

