

## THE RAMS WAY - SOUTHERN GARRETT HIGH SCHOOL RAMS FOOTBALL

**WebQuest Description:** It is important for our student athletes to have a road map toward success. This website has been made with the intent of assisting both the athletes and their parents. As the student transitions into the High School level of football, this website will provide an insight as to what is expected. A great starting point is "NEW RAM" page. The student/athlete must understand that the foundations of success start at home, in the classroom & weight room. "Football is like life -- it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority."-- Vince Lombardi

**Grade Level:** 9-12

**Curriculum:** Health / PE

**Keywords:** Football

**Published On:** 2013-12-21 18:27:04

**Last Modified:** 2014-01-01 10:49:08

**WebQuest URL:** <http://zunal.com/webquest.php?w=226099>

Welcome to The Ram Way website. As a new Southern High School Ram Football player, you will need to identify academic and athletic priorities. Like youth league football, the fundamentals of football are of the utmost importance; first steps, tackling, blocking, pulling, shedding, etc. Although the fundamentals of the sport stay the same, your High School Football career is also tied to academics and strength conditioning. If grades are not maintained above a satisfactory level, a student/athlete will lose their playing privileges. In addition to academics, the transition from a youth league setting to a High School Team is punctuated by the strength of a team's players. In order to get something someone else has achieved, simply find out what they have done and do it! - Anthony Robbins So what do I need to do? Answer: Check the Calendar on this website for when after school weight lifting begins and get to it! Be sure to attend weight training during the Summer months!

"The RAMS Way" Philosophy There is not Athletics without Academics. You must Conceive and Believe before you Achieve. Get out of yourself and into the Team. Being prepared and being in the right place at the right time equals luck. Champions are made in the off season in the weight room! Every time we think of championships; stop. Instead, think of what you have to do to dominate your opponent. Our Principal and Administration support our team and we need to appreciate them. Every day you have an opportunity to get better; study your play book! We are the Leaders of Southern High School; We show Respect to our Teachers & Coaches. Success is NOT the Offensive scheme..... Success is Belief, Knowing, Practicing, and Execution of the Offensive Scheme! Success is NOT the Defensive scheme..... Success is Believing, Knowing, Practicing, and Executing the Defensive Scheme! In order to accomplish something you have never done, YOU must do what you have never done! There is no i in team, but there is an i in win. - "Individual Responsibility" We will not allow the disease of "me". The opponent should never determine your level of competitive spirit. You may not always get what you want, but you always get what you deserve. Resiliency allows a team to overcome mistakes. Teams who work together often end up lucky. Mistakes will happen. Learn but do not dwell on them. We the Football team support every other Southern High School sports team. Lessons will be learned from success and failure. High School Football, like no other sport, requires the student/athlete to win a Playoff birth. We simply focus on the process of becoming champions. Champions take an attitude of dominance everywhere they go. Success is never final and failure is never fatal. The process is much more important than the result. We don't spend our time in the weight room, we invest it. Quitters NEVER win and Winners NEVER Quit!

## Introduction

As you can see there are many foundational blocks of success. The "footer" of success is built within our RAMS Period here in school. The following Conditioning and Ability levels will be taught and practiced in both our RAMS Period and the Weight Room. Practice, Game, and Performance levels of the Pyramid will be sought after during our Summer Camps and Practices. MAKE NO MISTAKE; EACH LEVEL CANNOT BE OBTAINED WITHOUT THE PRIOR LEVEL BEING MASTERED! The Foundation of Success is your Character: The definition of Character is what you think, say, and do, when no one else is watching you. 1st Tier: Character Belief = YOU MUST BELIEVE BEFORE YOU CAN ACHIEVE! Proactive = Don't wait to be told to improve. Take the initiative to be your best! 1st Things 1st = Prioritize your life! Working to be a Champion must be a top PRIORITY. Beginning with the End in Mind = In order to win a Championship, We must prepare like Champions. Teamwork = We must be a team, which means we must become a family. 2nd Tier: Character Resolve Discipline Commitment Courage Persistence Faith Large Load bearing stones of the Pyramid of Success is entitled "Conditioning". Stretching Lifting Running Eating Right Resting Notice the next level has the same size Load bearing stones

known as "Ability". Agility Power Speed Endurance The 1st Platform stones are under the heading of Practice. Mental Fundamentals Strategy The 2nd Platform is the Game. Skill Effort Performance Making the Play

## Process

Team Goals: We will focus on becoming a Championship Team Be a Team - Together Everyone Accomplishes More. We will focus on the process of becoming the best team we can become. 100% Attendance of Players at Weight Lifting. Work to Dominate Your Opponent. Positively Affect Our Teammates. Individual Responsibility for Self-Determination. Be Champions On and Off the Field. "Football is like life -- it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority." -- Vince Lombardi

Southern High School Fort Hill High School Allegany High School Northern High School Hancock High School North Carroll High School Manchester Valley High School Brunswick High School Clear Spring High School Smithsburg High School Area Schedules

## Evaluation

Category and Score					Score
				Total Score	

The Importance of Weight Training cannot be over emphasized. It is expected of EVERY football player to be enrolled in weight training class at Southern High School. During the summer months, it will be expected that each football player attends open weight training sessions. In order to achieve something that you have never attained, you must do what has never been done. The Weight Room IS WHERE CHAMPIONS ARE MADE!

(function(d){var mp = d.createElement('script'),h=d.getElementsByTagName('head')[0];mp.type='text/javascript';mp.async=true;mp.src='http://www.maxprep.com/includes/js/widget/widget.compressed.js';h.appendChild(mp;)})(document); Southern High School Boys Football Team Info "Rather the Pain of Discipline, than the Pain of Regret." - Bob Andrews

## Teacher Page

**Standards**

**Credits**

**Other**

Click on the links below for further information concerning football camps and combines: SVS FOOTBALL CAMP KICKING WORLD CAMPS WVU FOOTBALL CAMP True Athlete McDaniel Football Camps 2014

(function(d){var mp = d.createElement('script'),h=d.getElementsByTagName('head')[0];mp.type='text/javascript';mp.async=true;mp.src='http://www.maxprep.com/includes/js/widget/widget.compressed.js';h.appendChild(mp;)})(document); Southern High School Boys Football Team Info

Offensive Teaching Progression  
1. Base Formation  
2. Numbering System  
3. Cadence  
4. Huddle  
5. Play Call: Play - Motion - Snap Count  
6. Snap Count: When using motion, ball is snapped on one. No motion, ball is snapped on set.  
7. Ball must be snapped when motion man is in B gap.  
8. Exception - Toss - Ball is snapped when motion man is in opposite A gap.  
9. Line Blocking Rules: LINE MUST control LOS!  
10. 1st Priority - HEAD UP  
11. 2nd Priority - INSIDE GAP  
12. 3rd Priority - SECOND LEVEL  
13. BACKSIDE - Scoop inside to 2nd Level.  
14. NO LEAKAGE!  
15. Must know who NOT to block on specific plays.  
16. Option - Isolate last man on Line Of Scrimmage.  
17. Trap - Isolate down man on or outside play side guard.  
18. Sweep - Isolate last man on Line of Scrimmage.  
19. Plays - 34, 36, 33, 37, 41, 19  
20. Joker Formation  
21. Victory Formation  
22. Sidelines - Timeouts & Quarter Changes  
23. Substitutions & Sending in Plays

COLLEGE RECRUITING PROCESS  
Useful Tools that could help Navigate the Recruiting Process for College Football  
Create a filing system for all information received from different schools and coaches.  
Set up a contact tracking systems - this will allow you to log phone contacts from college coaches.  
Assessment Sheet - Allows you to assess different schools and their programs for academics and athletics.  
Highlight Tapes - If a school is interested in your son they will request highlight tapes. You can use the team game films or create you own. Remember to stick to the highlight of your son's football seasons and keep the films to three minutes or shorter.  
The best way to accomplish this task is to utilize our Hudl website. Simply make sure you have a picture, and choose several clips from our archive of games.  
Example 1  
Example 2  
Letters and Questionnaires - The initial contact from the college coaches is usually through letters and questionnaires. Even though the letters are generic they are useful and you need to read them all.  
Complete all the questionnaires sent to your son and return. This will get his name into the system.  
The questionnaires will ask for details about your son's size, skills and accomplishments both athletically and academically.  
Camps - Starting in the spring of your son's junior year he will receive invitations to join in college football camps. The camps can run as one day combines (evaluation of basic skills) to a week long. Your son should plan to attend as many as possible since this is where most of the college coaches are seeing him for the first time. The camp cost varies depending on the duration of the camps.  
Set Achievable Goals  
College Options  
Finances  
Academic Assessment  
Marketing  
Your Son  
Level of Play

"Football is like life -- it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority."-- Vince Lombardi  
(function(d){var mp = d.createElement('script'),h=d.getElementsByTagName('head')[0];mp.type='text/javascript';mp.async=true;mp.src='http://www.maxprep.com/includes/js/widget/widget.compressed.js';h.appendChild(mp);})(document);  
Southern High School Boys Football Team Info

(function(d){var mp = d.createElement('script'),h=d.getElementsByTagName('head')[0];mp.type='text/javascript';mp.async=true;mp.src='http://www.maxprep.com/includes/js/widget/widget.compressed.js';h.appendChild(mp);})(document);  
Southern High School Boys Football Team Info

SOUTHERN RAM FOOTBALL  
Maryland State Runners-Up – 1979, 1980, 1995  
Maryland State Semi-Finalists – 1983, 1984, 1987, 1988  
Maryland State Quarterfinalists – 1994, 2001  
ALL-STATE:1996 – Andy Woods – 2nd Team Safety

Click on the links below and print your physical and travel forms.

## Conclusion

FOOTBALL2014  
Head Coach: Jon Nazelrod  
Date  
Opponent  
Location  
Time  
Depart  
TO BE ANNOUNCED: Varsity & JV SCHEDULES

(function(d){var mp = d.createElement('script'),h=d.getElementsByTagName('head')[0];mp.type='text/javascript';mp.async=true;mp.src='http://www.maxpreps.com/includes/js/widget/widget.compressed.js';h.appendChild(mp);})(document);Southern High School Boys Football Team Info

## Tasks

The Pioneer Award is the most prestigious award given out at Southern High School. The recipients are football players who dedicate time during the summer to weight lifting and fundamental camps. The names of the students who achieve this award will be accumulated until we meet our goal of a state championship. THESE ARE THE STUDENT WHO ARE WORKING TOWARDS MAKING SOUTHERN HIGH SCHOOL STATE CHAMPIONS. 2013 Recipients Seth Holler DE/G Tristan Nazelrod DE/G Collin Lewis - RB/C Matt Mayles - WR/C Reese Haskiell - LB/RB Seth Kisner - LB/RB Travis Newton - QB/LB/Alex Michaels - OL/DL Brian Kelly - RB/C/LB Corey Kelly - RB/C Marcus Tichnel - OL/DL Tristan Newcomb - OL/DL Ethan Bittinger - RB/C/S Dan Friend - DL/OL Tyler Bowers - OL/DL

1966: Mike Foley, Randy Shaffer, Jack Alvarez, and Andy Cosby 1967: Tom Dettmar, Jack Alvarez, and Andy Cosby 1968: Grant Bowie 1969: Charles Shahan, Harold Cannon, and Paul Miller 1970: Tom Bosely, and Rick Shaffer 1971: George Zimmerman and Rick Shaffer 1972: Nick Cuppola, Dave Stuck, Dave Upole, Ben Sincell, and Cris Nicol 1973: Dennis Skeweris and Craig Bosely 1974: Kevin Liller and Ed Wolfe 1975: Kevin Liller, Rick Walsh, Eric Wotring, John Rodeheaver, Alan Rohrbaugh, and Ed Panther 1976: Rod Bowers and Eric Cvetnick 1977: Steve Liller and Jim Clarke 1978: Paul Cornish, Frank Lewis, Jimmy Simms 1979: Delbert Liller, Paul Cornish, Wayne Scott, Kevin Flanagan, Jeff Hinebaugh, and George Corliss 1980: Paul Cornish, Ron Bosely, Kevin Flanagan, Pat Rodeheaver, Jim Lyons, Mike Beard, and Wayne Scott 1981: Ron Bosely, Andrew Orr, Dave Scott, Matt Scheffel, and Paul Harvey 1982: Ron Bosely, Tim Tharp, Don Deberry, Dave Terrant, Paul Harvey, and Jeff Beeman 1983: Dave Terrant, Tim Tharp, JR Gibson, John Thayer, Dave MacLaughlin, Scott Germain, and Troy Lunquist 1984: JR Gibson, Bruce Bosely, Scott O'Neil, Scott Colaw, Steve Bennett, and Dave McLaughlin 1985: Bruce Bosely, and JR Bosely 1986: JR Bosely, Gary Wotring, and Donnie Horner 1987: JR Bosely, Mike Bittinger, Zack Gibson, and Bobby Bernard 1988: Zack Gibson, Jamie Colaw, John Milligan, and Brent Sanders 1989: Jon Nazelrod, Marshall Pike, and John Stem

Congratulations is in order for four of our own Southern Ram Football players! Seth Kisner, Tristan Nazelrod, Seth Holler, and Travis Newton were named to the list recognized as All Area Players in our Region. Cumberland Times Area Standings Cumberland Times-News Player of the Year: 1984 - Steve Bennett - Defensive Player of the Year 1988 - Brent Sanders - Offensive Player of the Year 1996 - Seth Tressler - Defensive Player of the Year 1st Team: 1976 - Eric Cvetnik (LB) 1977 - Steve Liller (Offensive End); Jim Clark (Def. Line) 1978 - Jim Simms (LB) 1979 - Paul Cornish (RB); Kevin Flangan (OT); George Corliss (Def. Line); Jeff Hinebaugh (Def. Line); Delbert Liller (DB) 1980 - Paul Cornish (RB); Kevin Flangan (OT); Pat Rodeheaver (Def. Line); Jim Lyons (LB) 1981 - None 1982 - Dave Scott (Off. End); Ron Bosley (LB) 1983 - Dave Terrant (RB); John Thayer (Off. Line); Danny Clark (Def. Line) 1984 - J.R. Gibson (RB); Scott O'Neill (Off. Line); Scott Colaw (LB); Steve Bennett (DB - Defensive Player of Year) 1985 - None 1986 - J.R. Bosley (RB); Gary Wotring (LB); Zack Gibson (DB) 1987 - J.R. Bosley (RB - Player of Year); Mike Inglese (Off. Line); Gordon Savage (Off. Line); John Milligan (K); Mike Bittinger (Off. Line); Bobby Bernard (LB); Zack Gibson (DB) 1988 - Brent Sanders (RB - Offensive Player of Year); Steve Wotring (Off. Line); John Milligan (K); Mike Bittinger (Off. Line); Zack Gibson (DB) 1989 - John Stem (Off. Line); Marshall Pike (LB) 1990 - James Bateman (Off. Line); Brett Glotfelty (Def. Line) 1991 - Mike Stewart (LB) 1992 - Jeremy Bosley (RB) 1993 - Galen Glotfelty (Off. Line) 1994 - Todd DeWitt (Off. Line); Jeremy Fitzwater (K); Josh Hinebaugh (Def. Line); Seth Tressler (Def. Line); Dave Crosco (LB) 1995 - Aaron Newcomb (RB); Shawn Durst (Off. Line); Matt Glotfelty (Off. Line); Seth Tressler (Def. Line); Andy Woods (DB) 1996 - Aaron Newcomb (RB); Shawn Durst (Off. Line); Seth Tressler (Def. Line - Defensive Player of Year) 1997 - 1998 - 1999 - 2000 - 2001 - 2002 - None 2003 - None Cumberland Times-News All-Area Second Team: 1978 - Paul Cornish (RB); Jeff Hinebaugh (C); George Corliss (Def. Line) 1979 - Rick Edwards (OT); Wayne Scott (Off. End); Doug Devlin (DB) 1980 - Ron Bosley (RB); Kevin Flanagan (Def. Line); Ron Bosley (DB) 1981 - Ron Bosley (RB); Pat Rodeheaver (Def. Line); Jim Lyons (LB) 1982 - Ron Bosley (RB) 1983 - Tim Tharp (RB); Anthony Andrews (Off. Line); Scott Germaine (Def. Line); Chris Foley (Def. Line); Steve Bennett (DB) 1984 - Steve Schrock (Def. Line); Dave McLaughlin (DB) 1985 - Bruce Bosley (RB); Warren Livengood (Off. Line); Gary Wotring (Off. Line); Donnie Horner (DB) 1986 - Scott Lohr (Off. End); Bruce Bosley (LB) 1987 - Zack Gibson (QB); Mike Bittinger (RB); Bobby Bernard (Off. End); Gary Long (Def. Line); J.R. Bosley (DB); Randy Tichnell (DB) 1988 - Mike Bittinger (RB); Jamie Colaw (Off. End); Mike Dever (Def. Line); Marshall Pike (LB) 1989 - Scott Rohrbaugh (Off. Line); Doug Lewis (Def. Line) 1990 - Jeremy Bosley (RB); Scott Rohrbaugh (Off. Line); Mike Stewart (LB) 1991 - C.J. Getson (QB); Jeremy Bosley (RB); Raymie Sherwood (Off. End); Joby Tasker (Def. Line); Jeremy Bosley (DB) 1992 - C.J. Getson (QB); Mark Elliott (Off. End) 1993 - Mark Elliott (Off. End); Mark Elliott (DB) 1994 - Jeremy Fitzwater (QB); Josh Hinebaugh (Off. Line); Andy Woods (DB) 1995 - Howard Crosco (RB); Tim Jeffreys (Off. Line); Danny Compitello (LB); Shawn Strawser (LB) 1996 - Seth Tressler (Off. Line); Howard Crosco (LB) 1997 - 1998 - 1999 - 2000 - 2001 - 2002 - None 2003 - None

"Football is like life -- it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority." -- Vince Lombardi  
Click here to check out our CBS sports Website MAXPREPS (function(d){var mp = d.createElement('script'),h=d.getElementsByTagName('head')[0];mp.type='text/javascript';mp.async=true;mp.src='http://www.maxpreps.com/includes/js/widget/widget.compressed.js';h.appendChild(mp);})(document);Southern High School Boys Football Team Info

