

New Oxford Colonials Football

Spring Newsletter 2023

YALAA Division 2
UNDEFEATED
CHAMPIONS



The State of the Ox

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The 2022 Colonials secured their 2nd YAIAA Division 2 Championship in three seasons in addition to qualifying for the PIAA District 3 playoffs for the 4th consecutive season. The “Ox” was led by a strong defense, which held opponents to an average of 14 points per game and pitched 21 shutout quarters throughout the season. In addition to the success at the varsity level - the Colonials JV team played their way to 5-3 season and the freshmen team posted a perfect 7-0 undefeated season. Combined with the team accolades are plenty of individual celebrations as well. Defensive end, Brittyn Eakins, was named the Division 2 Defensive Player of the Year by coaches. He also garnered honors as the YAIAA Defensive Player of the Year by staff at York Daily Record/GameTimePA. In addition, defensive back, Idriz Ahmetovic, was honored by the PA Writers as an All-State selection, after setting a new school record of 7 interceptions, the most in a single season. The leadership provided by the senior class for this team was first class and it showed up week in and week out with how hard they worked in practice and how hard they played in games.

Squad Leaders: Brit Eakins, Eli Ernst, Carson Heeney, Cam Herring, Riley Killen, Connor Main, Jett Moore, Evan Schriver, and Trevor Yerka left big shoes to fill in 2023!

Colonials - are we up for the challenge?

Happening Now

PERFECT

*The following players have
Perfect Attendance for Winter
Strength & Conditioning*

Tyler Arigo

BJ Jimenez

Kyle Tanzell

*Congrats to all of our winter
sports athletes on your
seasons!*

Winter Strength & Conditioning

**Monday, Tuesday & Thursday
3:00 pm - 4:30 pm**

*Our winter focus has been on teaching the details of
core strength development and speed.*

KEEP STACKING DAYS

Spring Strength & Conditioning

TESTING WEEK

Monday, February 27 - Thursday, March 2

COMMITMENT

*The following players have only
missed 1 day of Winter Strength &
Conditioning*

Josh Rohrbaugh

Jayden Alwine

Brett Fetter

Brandon Sanders

Alex Brown

Jacob Lentz

Liam Hyp

College Signings

Brittyn Eakins
Morehead State, RB



Connor Main
Susquehanna University, OL



Elias Ernst
Bryant University, LB



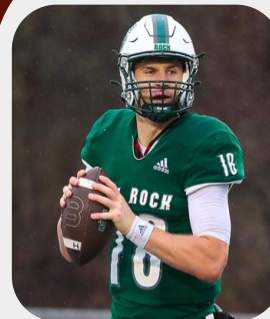
#wearetheox

Colonials in the NCAA

Abdul Janneh

NOHS Class of 2020
Georgia Tech
Wide Receiver

After a breakout season at Duquesne, Abdul Janneh (2020), entered the transfer portal to see how far he can push himself. After many offers and visits, Abdul committed to continue his collegiate career at Georgia Tech. Congratulations and best of luck Abdul!



Brayden Long NOHS 2020 Slippy Rock Quarterback

Brayden completed 25 passes on 44 attempts for 281 yards and a TD as the backup quarterback in 2022.



Connor Becker

NOHS 2019
West Chester
Wide Receiver

Connor completed his undergraduate degree at Stetson University while playing WR and Special Teams on the football team. He entered the graduate transfer portal and has committed to West Chester University to continue his collegiate football career while completing his Master's Degree. Congratulations Connor!

Tyler Lacey NOHS 2019 Millersville Offensive Tackle

Tyler started at offensive tackle for the Marauders in 2022. He played in all 11 games.



Colonials in the NCAA

Jason Lookenbill

NOHS 2020

Clarion

Wide Receiver

Jason recorded 6 receptions for 58 yards. He also tallied 2 tackles and a fumble recovery in his 2022 season.



Torybn Eakins

NOHS 2021

Morehead State

Offensive Line

Turbo played in 8 games for Seton Hill. He has transferred to Morehead State for the 2023 season.

Troy Dubbert

NOHS 2022

Millersville

Defensive Back



Ben Leese

NOHS 2022

Clarion

Wide Receiver

Ben played in 7 games in his freshman season for Clarion.

Connor Beans

NOHS 2021

Misericordia

Quarterback



Ethan Watkins

NOHS 2022

Susquehanna

Offensive Line

Parent Page

Spring Mini-Camp

May 21 - May 24

2:30-6:00 pm

Lineman's Challenge

Saturday, June 10

8:00 am - 1:00 pm

Summer Team Camp

Monday, July 10 - Thursday, July 13

6:00 pm - 8:30 pm

Heat Acclimatization

(official start to 2023 season)

Monday, August 7 - Friday, August 11

TBD

Season Opener & 50th Anniversary Celebration

Saturday, August 26th

7:00 pm

#beattherm

MARK YOUR
CALENDARS

2023 REMIND

Text @oxfb23

To 81010

Shrimp Feed & Pancake Breakfast

Planning Meeting

Thursday, February 9th

6:30 pm in HS 421

Defense

Tackling is the at the heart of playing good defense. All players, at all levels, here at The Ox, are taught to tackle with their shoulder. We focus on keeping the player's head out of the tackle. Player safety is at the forefront of what we teach on defense.

We spend a great deal of time not only during in-season practices, but also out of season, working on proper tackling technique. We talk to the players all the time about leverage on the football field and knowing where their help is. We do drill work to help them prepare to make the tackle. Spending time focusing on the contact part of the tackle has been beneficial to our program as well. There is not a week that goes by (in-season or over the summer) that we are not practicing some aspect of tackling in a safe manner, because that is what our players deserve!

Fun Fact #1

The 2022 Colonials outscored their opponents during the 1st quarter by a combined score of 128 to 29.

Fun Fact #2

The 2022 Colonials defense had a takeaway (interception or fumble recovery) in every game after week 1.

Offense

Over the past six seasons, the Colonials offense has morphed from a traditional I/shotgun style offense to a modern spread offense. While the transition to a new pass protection scheme, base run scheme, and more focused passing attack has progressed over time, there are three letters that most offenses use today to attempt to gain an in-game advantage over the opponent, R-P-O. Whether it's Friday night lights, Saturday afternoons or Sunday Night Football, the RPO is changing the game of football. The Colonials offensive game plan utilizes the RPO determined by the defense we see on a given week. Interested in learning more about the RPO?

[Click here to learn more.](#)

Upcoming Events

Shrimp & Chicken Feed

Saturday, March 4th

Tickets are on sale now. We also need volunteers to help the night of the event - free admission for volunteers!

Pancake Breakfast

Saturday, March 25th

Tickets will go on sale by March 1st. All players are asked to sell 5 tickets. Parent help will be needed to donate product for the day of the event - more info to follow.

Special O-LINE Practices

Starting March 8th

Click the link for the flier with more information. This is a great opportunity for all linemen to begin working. You pave the way for everything we do - this is important for us to take the next step! [LINK](#)

Spring Mini-Camp

May 22nd - May 24th

Mini Camp is for all 9th-12th graders. It is a great kick-off to our summer program. Practices will be after school from 2:30-6:00 pm each day that week.

Lineman's Challenge

Saturday, June 10th

This is a great event to recognize the "guys in the trenches." Coach Starner will communicate to the players who are participating. All other players will help run events.

Summer Team Nights

Wednesdays starting June 7th

Team Nights are the most important part of our summer program. All players in grades 7-12 are strongly encouraged to attend. We have them every Wednesday (6:00-8:30 pm)

Summer Team Camp

July 10th - July 13th

This is our 3rd year hosting "camp" in our stadium. We will have a different team each night to compete against in 7 on 7, Inside Run and Team sessions. 6:00 - 8:30 pm.

Fall Interest Meeting

May - specifics TBA

We utilize this meeting to hand out finalized summer schedules and season schedules as well as fundraiser information. We will communicate time and date when its announced.

**"Way Too Early"
2023 Game Schedule!**



**Special
Events**

50TH ANNIVERSARY

Saturday, August 26th



TOURS OF THE HIGH SCHOOL
PRE-GAME TAILGATE
PRE-GAME RECOGNITION
ALUMNI TENT & GIFT
POST-GAME SOCIAL

[INTEREST LINK](#)

Young Colonials

Junior High

The Junior High program wrapped up a successful 2022 season and is looking forward to an exciting 2023 season! Junior High Football is for players entering 8th and 9th grade in the fall.

Remind for 2023 season:

Text: @jhfb2023

To the number 81010

Contact: Coach Chrismer - chrismere@cvcolonials.org

Upcoming dates:

Spring 2023

Player/Parent meeting (date TBD)

Summer 2023

Open workouts every Wednesday beginning in June.

JH Mini Camp

Monday, August 7 - Wednesday, August 9

Season Begins

Monday, August 14

Youth League

The New Oxford Colonials Youth Football and Cheer (formerly the Scramblers) offers tackle football and recreational cheerleading to students in 1st through 7th grade who reside within the Conewago Valley School District. We work closely with the school district's high school and middle school coaches to educate, train, and condition these young athletes for a seamless transition into the school sponsored programs, and this is why we've adopted the mantra of "Building Future Colonials". We strive to not only have them become better athletes, but pillars of this community who are ready to tackle any challenge laid before them. For more information, visit our website www.noycolonials.com or Facebook

<https://www.facebook.com/NOCOLONIALSYOUTH/>

Thank you



Thank you to all the local businesses and individuals who have donated to the New Oxford Football Program throughout the 2022 season...



Myers Meat Market
Knights of Columbus, McSherrystown
New Oxford Social & Athletic Club
The Auto Glass Guyz
Smith's Auto Sales
Studio 360 - Selena Conrad
McSherrystown Home Association
McSherrystown Fish & Game
McSherrystown Moose
Hanover Toyota
The Altland House
Herring Photography
The Tropical Treat
Utz Brands
Brewskies
Wintergardens
Rebecca Sieg Photography
Walmart
Dave Hetrick

Wyatt Excavating
Green Horizon Grill
New Era Restaurant
Weaver's Butcher
Rosie's Restaurant
John Guth
Tony Angelini
Roller Printing
Prestige Apparel
Bay City
Skip & Penny's Country Catering
Julie Hess
Lowes
Holistic Harmony
Pizza Garden
Sub Stop
East Berlin VFW
Sam's Club