

LANCASTER-LEBANON LEAGUE HIGH SCHOOL FOOTBALL PREVIEW

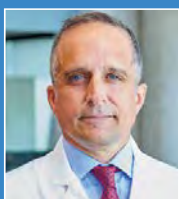
SPECIAL REPORT ★ AUG. 25, 2021

LNP | LancasterOnline

TOE THE LINE

COCALICO'S BRUBAKER, L-S' DEL GRANDE CONTINUE L-L TREND OF SUCCESSFUL O-LINEMEN

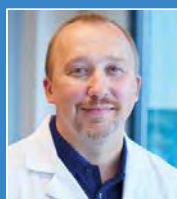
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LANCASTER-LEBANON LEAGUE 2021 SEASON OVERVIEW

Looking for normalcy

Players, coaches and fans want to get back to a typical, competitive L-L season

JEFF REINHART

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It's the golden anniversary for Lancaster-Lebanon League football, as the league's 24 teams get set for the 50th season of L-L action.

This will also be the last season of L-L League football as we know it; the 13 Berks County gridiron squads will join the L-L as associate members in 2022, forming a 37-team, five-section power conference.

Perhaps the most pressing nugget on the table is this: After a COVID-19-ravaged 2020 season, which saw the nonleague games canceled and the play-off brackets sliced and diced, will things return to normal this fall?

Will teams be able to finish their 10-game schedules? Will there be 100% fan capacity in local stadiums? Will the playoff brackets expand? What are the protocols going to look like if there is another outbreak?

This we know: Teams had a normal summer, with camps and 7-on-7 competitions, plus a full week of heat acclimatization practices.

The teams are ready. The kids are ready. The coaches are ready. The fans are certainly ready, after spending last season glued to livestreams on their computer screens.

Here's to a golden — and hopefully stoppage-free — 50th L-L League season, with one eye looking ahead to next year's big changes.

How are the four section races shaping up? Here's a look.

Section One

Wilson is the defending champ — that's 28 L-L League section champion-



CHRIS KNIGHT | STAFF PHOTOGRAPHER

Cocalico's Steven Flinton dives in for a touchdown as Manheim Township's Isaiah Jones defends during a game in Neffsville on Oct. 30, 2020.

ship banners for the Bulldogs — and there should be plenty of motivation in West Lawn, after Wilson went 6-1 last season but missed out on the playoffs on what amounted to be a technicality. Keep an eye on Wilson RB Jady Jones, who can really make you miss.

With three returning all-star offensive linemen and Penn State recruit Anthony Ivey due back to inflict more damage on the flanks, it's safe to say Manheim Township has the weaponry and the motivation to challenge Wilson for Section One supremacy.

Hempfield had a .500 season under first-year coach George Eager last fall, and despite some heavy graduation subtractions, the Black Knights are still thinking big with gunslinger QB Cam Harbaugh back in the saddle.

It's been a good stretch for Cedar Crest, which also figures to be in the race, especially with athletic RB-LB Aady Richards returning for his senior season. Plus, Falcons' QB Jay Huber has some varsity time under his belt, so Cedar Crest's offense is in good hands.

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L-L LEAGUE

Football 2021

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ON THE COVER

Cocalico's Ryan Brubaker and Lampeter-Strasburg's Nick Del Grande have the hard part done. The two offensive linemen have already committed to their colleges — Brubaker to South Carolina and Del Grande to Coastal Carolina, both NCAA Division I schools. Now they can just play their senior seasons, which begin Friday, Aug. 27.

Photo by Chris Knight, design by Chris Emlet.

Special thanks to Brubaker and Del Grande for their patience and cooperation in this year's cover photo shoot, as well as to Jeff Pittenger, Vinny Tennis and John Walk, who helped facilitate the event.



||||||| COVER STORY |||||

FACE

Division I O-line berths await L-S's Del Grande, Cocalico's Brubaker

JOHN WALK
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Ryan Brubaker and Nick Del Grande boarded the same airplane at Harrisburg International Airport in early June. The trip hadn't been coordinated between them.

"The flight was from Harrisburg to Charlotte," Del Grande recalled. "We both had a layover in Charlotte."

Brubaker, a 6-foot-6, 290-pound Cocalico senior, was headed for a recruiting visit with football coaches at the University of South Carolina. Del Grande, a 6-4, 280-pound Lampeter-Strasburg senior, was headed for a similar trip with the staff at Coastal Carolina University. Given that Brubaker and Del Grande — both being recruited as O-linemen — were among the largest people on the plane, it was easy for them to spot each other.

"I knew it was Ryan," Del Grande said. "I thought it was pretty cool. It was the first time we had interacted off the field."

Shortly after those college visits, Del Grande committed to Coastal Carolina of the Sun Belt Conference, soon followed by Brubaker committing to South Carolina in the SEC. Both



COCALICO'S
RYAN
BRUBAKER

CHRIS KNIGHT | STAFF PHOTOGRAPHER PHOTOS

TO

collegiate programs are located in South Carolina, about a three-hour drive apart.

Struggling for notice

While there have been plenty of skill position, defensive players and even specialists come out of the Lancaster-Lebanon League and go on to play at the NCAA Division I-A level (now commonly referred to as the Football Bowl Subdivision or Football Championship Subdivision), you can count on two hands the number of L-L O-linemen who have earned full athletic scholarships to play at college football's highest levels since 1990.

Of those, nearly half have come in the last couple of years: Brock Gingrich (Cocalico to Delaware), Nolan Rucci (Warwick to Wisconsin) and now Brubaker and Del Grande.

"One of the college coaches that tried to recruit me blatantly said to my face, 'Good prospects never come out of Lancaster County,'" Del Grande recalled.

While that college coach will remain nameless, he's an assistant at a program that had a starting quarterback from the L-L about 15 years ago.

"It was a punch to the gut," Del Grande said.

Brubaker had similar experiences.

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LAMPETER-
STRASBURG'S
NICK
DEL GRANDE

FACE

HEMPFIELD **BLACK KNIGHTS**

THE OUTLOOK

BRIAN MARKLEY
FOR LNP | LANCASTER ONLINE

The Black Knights of Hempfield had an experimental season in 2020.

George Eager implemented many new, different schemes in his first season as head coach, and the Black Knights look to gain a better grasp on them going into this season.

"We have had more time to teach and understand both schemes," Eager said of the normal preseason he and his team have had in 2021.

Now, after a full year with a more normal offseason, there is reassurance that returning Hempfield personnel will have had plenty of time to digest Eager's playbook heading into the 2021 season.

"We are a better football team now solely because of being able to have more time together," Eager said. "(The players) can tell you our offense to a T. They can tell you the intricacies, they can tell you the splits."

As a bonus, Hempfield is one of the few teams in the Lancaster-Lebanon League that has retained its starting quarterback from last season — Cam Harbaugh.

Harbaugh was fifth in passing efficiency among QBs last season with a 103 rating. He completed 82 of 138 attempts for 1,173 yards with eight touchdowns and one pick.

"We have more time to work on it," Harbaugh said of the offense. "We had a full offseason to work together."

THE PLAYBOOK

● **L-L:** Section One

● **PIAA:** Class 6A

● **Head coach:** George Eager
(second season, 4-4)

● **Base offense:** Pro Style

● **Base defense:** 3-4

● **2020 results:** 4-4 (3-2 L-L)

● **Key players returning:** WR-DB Adam Acker, OL-LB Kaleb Elslager, QB Cam Harbaugh, WR-DB Eli Hinton, OL Lucas Miller, WR-LB Tommy Minnich.

"Being outside on the field, getting mental reps and learning that way. Knowing where to make your steps and where to make your reads," wide receiver and defensive back Eli Hinton said of the difference between 2020 and '21.

The Black Knights lost 16 players from last season, eight of them key cogs, such as L-L first team running back Tanner Hess, who has moved on to play for Shippensburg. Hess was seventh among running backs last season, rushing for 663 yards and 11 touchdowns.



CHRIS KNIGHT | STAFF PHOTOGRAPHER

Hempfield players, from left, Adam Acker, Cam Harbaugh and Eli Hinton pose during this year's Lancaster-Lebanon League football media day in Manheim on July 29.

To fill his shoes, the Black Knights have a position battle between Evan Smith, Grant Hoover and Stephen Katch.

The Knights also lost all-state kicker Spencer Biscoe, who is now attending Colgate University.

Another question mark coming into summer drills for the Black Knights was commitment.

"Many of our players have been committed the entire offseason, but we have yet to reach consistently high numbers that are needed to compete year in and year out in Section One and District Three," Eager said. "Last year, not everyone was all in. I'm looking forward to going into the battle with guys that I know truly have my back."

About the offense

Hempfield will stick with the Pro Style offense it ran in 2020, going with multiple looks when it comes to formations.

Harbaugh will look to capitalize on his successful season last year as he continues to spearhead the offense.

Hempfield has two returning wideouts in Tommy Minnich and Hinton, who will be tasked with filling the holes left by Jadin Jimenez and David Almodovar-Cora, both second-team wide receivers from the

2020 campaign who combined for 811 receiving yards and five touchdowns.

The offensive line will have two key pieces returning in Kaleb Elslager and Lucas Miller, and they will look to provide protection for Harbaugh.

About the defense

The Black Knights will run 3-4 on defense, keeping the same formation they had last season. They've lost a lot of talent on the defensive side of the ball, including L-L first-team defensive lineman Gordy Hoover and first-team inside linebacker Devon Shorter.

Minnich is expected to be one of the highlights of the defense this season. The outside linebacker is incredibly physical and will play a key role.

Hinton will lead the defensive backs, along with being the return specialist.

Intangibles

It comes down to buying in.

There are new faces starting in many positions for Hempfield.

But Eager wants the buy-in and commitment from his players, and that will be key to how the Black Knights move week in and week out.

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MANHEIM TOWNSHIP **BLUE STREAKS**

THE OUTLOOK

BRIAN MARKLEY
FOR LNP | LANCASTER ONLINE

Manheim Township comes into the 2021 season with one of the deepest rosters in the Lancaster-Lebanon League's Section One.

They tout their depth as one of their biggest strengths, too. With an expected 90 athletes on the roster, a key for the Blue Streaks is for each player to identify his role on the team — and always be ready to fulfill that role.

"Whether you ever played a down of football for me, you're still a part of the brotherhood," coach Mark Evans said of the importance of remaining ready and engaged with the team. "Being part of something special is important to me."

One of the roles that needs filling right off the bat is at quarterback, in the wake of Evan Clark's graduation. Losing your starting quarterback is always difficult, but losing one as good as Clark was in 2020 makes it even harder.

He was exceptional last season — 98 of 141 passing for 1,505 yards and 18 touchdowns with no interceptions.

The next man up looks to be sophomore Hayden Johnson, and he has plenty of potential. He'll have some learning and growing to do, naturally, but the Blue Streaks are confident in him.

Another key cog Township must replace is running back Cade Clancy, who rushed for 531 yards on 82 attempts with nine touchdowns.

Isaiah Jones will look to fill that void.

Used in the backfield and as a wideout in 2020, Jones was a Swiss Army Knife of sorts for the Blue Streaks, being plugged into different positions and situations. Now he'll try a more defined role.

Penn State commit Anthony Ivey returns as Manheim Township's No. 1 receiver. He led the team last season in receiving yards, with 546 in just four games. He averaged 23.7 yards per reception and found the end zone eight times in 2020. He can be a safety net for his young quarterback.

About the offense

Manheim Township will run a spread offense, same as last season. The Streaks lost six offensive starters, but retained five, so there will be a decent amount of familiarity as the season begins.

The Streaks kept a lot of experience on the offensive line in Mike O'Hara, Wes Hoffman and Carter Rusnak, all three L-L all-stars in 2020.

As the offense looks to young quarterback Johnson, there certainly will be



CHRIS KNIGHT | STAFF PHOTOGRAPHER

some learning curves that need navigation in the early going. However, the talent is there and Johnson has weapons surrounding him at the skill positions.

About the defense

The defensive scheme Manheim Township runs is the 3-5, same as last season. The Streaks lost eight defensive starters from 2020, but retained five.

Most of the team's returning talent is on the D-line, including Hoffman, Rusnak, Quinn Kavanaugh, Alex Romano,

Brady Rager, Jack Roache and Matt Torres. The Blue Streaks will be solid up front, with a lot of returning experience.

All-Star linebacker Ty Washington is also back this season, solidifying the middle of the defense.

Washington will now also have another all-star from last season behind him in former McCaskey Red Tornado Eli Rodriguez, who will slot into a linebacker role. Rodriguez transferred into the Manheim Township before this school year.

THE PLAYBOOK

● **L-L:** Section One

● **PIAA:** Class 6A

● **Head coach:** Mark Evans
(10th season, 73-31)

● **Base offense:** Spread

● **Base defense:** 3-5

● **2020 results:** 5-2 (4-1 L-L)

● **Key players returning:** WR-DB Elijah Fonseca, WR-DB Mike Heckman, OT-DT Wes Hoffman, WR-DB Anthony Ivey, RB-DB Isaiah Jones, OG Quinn Kavanaugh, TE-LB-K-P Matt O'Gorman, C Mike O'Hara, LB Jesus Perez, OG-DT Brady Rager, DT Jack Roache, OT-DT Alex Romano, OT-DT Carter Rusnak, RB Matt Torres, LB Ty Washington.

Manheim Township's Anthony Ivey hauls in a touchdown pass against Cocalico on Oct. 30, 2020. Ivey led the Blue Streaks with 546 receiving yards in just four games last season.

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CEDAR CREST **FALCONS**

THE OUTLOOK

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As the smallest Class 6A school in not only the Lancaster-Lebanon League but also District Three, Cedar Crest is used to punching up, especially in L-L Section One.

Last year, the Falcons punched up with two freshmen, two sophomores and a junior getting starts on the offensive line. A 2-5 season, 2-3 in the section, and just 81 rushing yards per game were predictable results.

"I think we should play wherever the (enrollment) numbers say we should," veteran coach Rob Wildasin said. "I've never complained. You'll never hear anything like that from me. I think everyone should play where the numbers say they should."

About the offense

All those linemen are back, most no-

THE PLAYBOOK

● **L-L:** Section One

● **PIAA:** Class 6A

● **Head coach:** Rob Wildasin (eighth season, 36-34)

● **Base offense:** Spread Zone Option

● **Base defense:** 4-3

● **2020 results:** 2-5 (2-4 L-L)

● **Key players returning:** OT-DT Connor Daubert, WR-DE-P Nolan Groff, WR Ethan Heisey, QB Jay Huber, WR-DB Brayden Koehler, RB-LB Aadyn Richards, LB Trayvon Zerbe.

tably two-way interior anchor Connor Daubert. Replacing graduated

quarterback Chris Danz will be Jay Huber, a 6-foot-2, 195-pound junior with promise. He played a little last year and completed 12 of 15 passes for 107 yards and two touchdowns.

Senior tailback Aadyn Richards, who only seems like he's been in high school since the Obama Administration, should be one of the league's best two-way players. He'll take a pounding, at about 195 pounds, as the chief ball carrier and middle linebacker. His health, an issue the past couple years, will be again.

The receivers, led by veterans Ethan Heisey and Brayden Kohler, should also be good.

Nine offensive starters return. A sizable leap is possible here, if Crest can physically hold up on the line of scrimmage against the Section One big boys.

About the defense

Richards, who had 100 tackles three years ago as a freshman, remains the anchor. Wildasin also likes another LB, Treyvon Zerbe, who, like Richards, received all-section honors last year.

"He'll be all over the place," Wildasin said of Zerbe. "I'm expecting him to have a big season."

Kohler made all-section last year as a defensive back. He'll be joined at safety by precocious sophomore Owen Chernich.

The sophomore class, overall, has been touted for a while, and not just in football. Expect to see the sophs having some impact as the year rolls on.

One more guy with a heavy workload: Junior Nolan Groff, who'll play defensive end and wide receiver and handle the punting. As of L-L Media Day, Wildasin was still in search of a kicker.

One more thing

The Falcons will have to hit the ground running. By Sept. 10, they will have scrimmaged perennial power Bishop McDevitt, played neighboring rival Lebanon and traveled to Governor Mifflin, last year's Class 5A district champ and a state semifinalist.

That's all before they even delve into Section One.

McCASKEY **RED TORNADO**

THE OUTLOOK

DAVE BYRNE
FOR LNP | LANCASTER ONLINE

A visitor asked McCaskey athletic director Jon Mitchell if he was caught off guard, or if he saw it coming.

"Football starting?" he responded. "I knew it was coming."

That was not the direction the question was pointed, but Mitchell's point was made. Which he reinforced later in the conversation.

McCaskey will play football Friday night, Aug. 27, at Reading. That the head coach will be Ben Thompson and not Sam London means little in the grand scheme.

Thompson's ascension to the position was affirmed in a letter sent home with the players at the close of heat acclimatization week.

"It is with great confidence that we have asked Coach Ben Thompson to take the reins of our program for the 2021 fall season," Mitchell wrote. "We are confident in the direction of our program and feel that continuing in this direction is the right decision."

Five days before heat acclimation practices began and less than three weeks before the start of his third season at McCaskey, London resigned to take the position of offensive coordinator and recruiting coordinator at NCAA Division III Waynesburg University.

Unaware of his friend's change of professional direction, Thompson was surprised — but not surprised — when the news came out.

"When people come for sports they leave for sports and it's a day-to-day thing," he said. "It happened. We have practice tomorrow and we have to be ready for the kids. It's how football goes."

Thompson, a special education teacher in the School District of Lancaster since 2015, graduated from Coatesville in 2004 and attended Florida A&M on a football scholarship before earning his bachelor's



LNP FILE PHOTO

McCaskey's Josiah Gray runs the ball against Harrisburg on Oct. 17, 2020.

THE PLAYBOOK

● **L-L:** Section One

● **PIAA:** Class 6A

● **Head coach:** Ben Thompson (first season)

● **Base offense:** Multiple

● **Base defense:** 4-3

● **2020 results:** 0-9 (0-5 L-L)

● **Key players returning:** OG-DT Ja-Hid Brown, WR-DB Isaac Burks, WR-DB Zaire Corteguera, RB Shymere Covington, RB-DE Jose Garcia, WR-DB Josiah Gray, OT-DT Bobby Lischner, QB Matt Remash.

myself," he said. "Everything we do is by committee. I need a strong coaching staff. I'll be leaning on them and we'll be working collaboratively."

There's plenty of work to be done, as the Tornado have lost 26 games in a row dating back to the 2018 season. So Thompson and his staff approach this season with rolled-up sleeves.

"We're looking to accomplish great things," he said.

MCCASKEY, page 11

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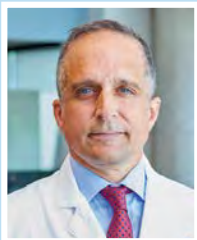
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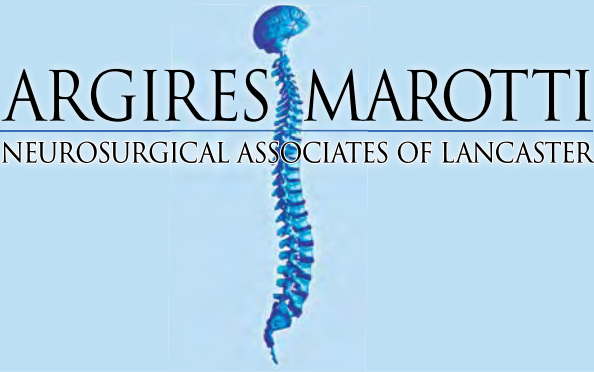
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PENN MANOR **COMETS**

THE OUTLOOK

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Matching the size and numbers of its opposition, especially in Lancaster-Lebanon League Section One, has often been an issue for the Penn Manor football team.

This year, Comets head coach John Brubaker feels his squad will be on more equal footing.

"Over the years, we've had some good skill kids, but we were asking our full-backs and linebackers to be offensive linemen," said Brubaker, entering his seventh season at the helm. "If we're going to battle with the best in the league, and the section, certainly, a little more size would help sometimes."

Three starters return to the offensive line from last year's team. Those and others on the O-line will also be needed on defense, where the entire defensive line and inside linebackers graduated.

Like every team, the Comets had to deal with the coronavirus last year.

"Coming off a COVID year, we certainly feel like we're a little more back to normal in our everyday operations," Brubaker said. "That's been a big positive, I think with the kids' morale and everything."

While things are a little more back to normal, Brubaker is hoping some things are different as the Comets look to improve on last year's 2-6 record (1-4 in L-L Section One).

About the offense

Jordan Martin (5-11, 214 pounds), Pedro Gomez (6-1, 228) and Peyton Witmer (5-10, 224) are the returning starters on the line, giving the Comets experience there. But the addition of Evan Jurgensen (6-6, 320) and Jael Cruz (6-2, 275) adds some extra beef.

Martin anchors the line after being a Section One first team all-star selection at guard last fall.

"We have 22 linemen, which will cer-

THE PLAYBOOK

● **L-L:** Section One

● **PIAA:** Class 6A

● **Head coach:** John Brubaker (seventh season, 11-47)

● **Base offense:** Spread Option

● **Base defense:** Odd Stack

● **2020 results:** 2-6 (1-4 L-L)

● **Key players returning:** OT Pedro Gomez, WR-LB Q.J. Hanna, DB Erik Hinkle, OG Jordan Martin, C Peyton Witmer.

tainly provide some depth and competition for positions, which is always good," Brubaker added.

Sebastian Rivera (5-6, 205) is also battling for a spot on the line. "He's probably the strongest kid on the team," Brubaker said.

But most of the rest of the personnel in the Spread Option offense will be new. That will include at quarterback, where Brubaker says there are two or three athletes in the running for the starting spot.

About the defense

Players such as Martin, Gomez and Witmer will be needed to fill in on the line for a defense that lost nine starters. "We're going to need some kids to step up and replace the graduating kids, but again, I think we have the nucleus to do that," Brubaker said.

Erik Hinkle returns as a Section One first-team pick at safety and QJ Hanna started every game at outside linebacker.

Eli Warfel got playing time at corner; he is also in the battle for starting QB on offense.

The last word

"I'm optimistic at this point," said Brubaker. "Barring anything major, I like where we're at. ... I understand it's preseason and we really haven't proved that in the past, but as the season goes on, I hope that we can prove that we deserve to be mentioned among the better teams in Section 1."

The Comets open the season against Conestoga Valley, "so our No. 1 goal is to come out and have a great opening game," Brubaker said.

WILSON **BULLDOGS**

THE OUTLOOK

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JREINHART@LNPNEWS.COM

Time was not on Wilson's side last football season.

Literally two hours after District Three officials approved the pigskin playoff brackets and said no teams would be added if a squad had to forfeit because of COVID-19, lo and behold Harrisburg had an outbreak, and the Cougars opted out of the four-team Class 6A bracket.

Wilson, the fifth seed and the first team out, could — could — have slid in for Harrisburg and taken on York in the semifinals. The Bulldogs would have had all week to prep. But District Three stuck to its freshly minted plans, meaning no postseason trip for the Bulldogs.

That didn't go over so well in West Lawn, which is a football hotbed, to say the least.

The Bulldogs, who never lack in the motivation department, hit 2021 with some added drive — not only to defend their Section One crown, but to earn their way into the district bracket.

"There's a sense of urgency," senior two-way threat Gavin Lenart said. "We all have the same kind of groove right now, and that's working hard and winning. We all trust each other, and we'll be ready to go."

Dropping a 48-7 decision to backyard rival and eventual District Three Class 5A champ Governor Mifflin last fall will also drive the Bulldogs who, it's safe to say, will be playing with chips on their shoulders.

About the offense

There is one full-time player due back in Wilson's spread scheme, and that's RB Jacy Jones. He's a good one. A 500-yard rusher last fall, he has the skills to double that number this time around.

"He should do a ton of damage," said Lenart, who will share the backfield with Jones. "His versatility is what sets him apart. If he wants to, he can break your ankles. But if he wants to, he can also run right over you. He's not a slow guy. He's just scary."

There was a camp battle for the QB spot, with holdover Gannon Brubaker and Berks Catholic transfer Brad Hoffman vying for the starting gig. Brubaker was slowed by an injury this summer; Hoffman was getting up to speed with Wilson's spread package after piloting the Saints' Wing-T scheme the last couple of years.

The O-line will be revamped, although Jack Dendall and Kyle Hassler have

THE PLAYBOOK

● **L-L:** Section One

● **PIAA:** Class 6A

● **Head coach:** Doug Dahms (16th season, 161-31)

● **Base offense:** Spread Zone Option

● **Base defense:** Multiple

● **2020 results:** 6-1 (5-0 L-L)

● **Key players returning:** QB Gannon Brubaker, DB Josh Drake, WR-LB T.J. Flite, RB-LB Gavin Lenart, DB Erick Jackson, WR-DB Cam Jones, RB-LB Jacy Jones, DT Elian Rodriguez, WR-DB Spencer Thenga.

some trench experience. Wilson must also replace all-star QB Kaleb Brown, a Penn State recruit, and all-star kicker Jack Wagner, so skipper Doug Dahms and his staff have been super busy.

"We're going to have 10 new faces on offense," Dahms said. "So they haven't had much time to build that chemistry yet because they're still learning. Skill level we're OK. We just have to do it on a Friday night."

About the defense

If there is one unit in the L-L League that nobody ever worries about, it's Wilson's defense. And the Bulldogs have some vet players due back on that side of the ball, including edge rusher Elian Rodriguez, Lenart blowing stuff up at LB, and D-backs Josh Drake, Erick Jackson, Spencer Thenga and all-star Cam Jones.

There are a lot of familiar names in Wilson's camp; there are also a lot of vacancies in the starting-gig department. That's usually not a problem for the Bulldogs, but the pressure is on with nonleague showdowns against powerhouses Central Dauphin and Governor Mifflin in the near future.

"We have to get better and be more confident up front on both sides of the ball," Dahms noted. "And our secondary has to be a bit more aggressive. But right now, everyone is still learning."

Final word

"I worry about how hungry we are," Dahms said. "Sometimes teams that win a lot aren't necessarily hungry. Hopefully they're hungry because of the whole playoff scenario thing last year. And hopefully they're hungry because Mifflin kind of embarrassed us last year."

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Face to face

Continued from 3

“We run the triple-option (at Cocalico). At the Division I level, the only teams that run a triple-option are the military academies,” Brubaker said. “I had a lot of people say, ‘You’re not going to be recruited as highly because of that.’”

Both players kept plugging away. Since his sophomore year, Del Grande has added 70 pounds to his 6-foot-4 frame, partly by eating a bunch, but also by lifting weights with older brothers Mike Del Grande and Tyler Phenegar over the COVID-19 pandemic.

“They’re the guys who pushed me on the days I didn’t want to lift,” Del Grande said. “All of a sudden, we’re out in the garage together for three hours in 95-degree weather.”

Del Grande now benches 375 pounds, squats 455 pounds and deadlifts 555 pounds. He wears size 14 shoes and double-XL gloves.

He’s maintained his mobility through speed work with Darryl Daniel, a Conestoga Valley alum and

former NFL Europe player who now works as a personal trainer. Daniel cut Del Grande’s 40-yard dash time down to 4.89 seconds, a blazing speed for an O-lineman — only two at the 2021 NFL combine posted 40-yard dash times under 4.90 seconds.

Del Grande also credits his footwork from his days playing basketball, picking up post moves from Kevin Blackhurst, a former Delaware hoopster who now teaches at Hempfield and trains basketball players on the side.

Brubaker, meanwhile, has grown three inches and added more than 100 pounds since his sophomore year, partly by eating thousands of calories and hitting the weight room nearly every day.

He now benches 340 pounds, squats 500 pounds and deadlifts 515 pounds. He wears size 15 shoes and double-XL gloves.

Brubaker is the son of Jeff Brubaker, the Conestoga Valley alum and former Penn State O-lineman who served as Wilson’s O-line coach for more than 20 years. While Jeff Brubaker has mostly taken a hands-off approach with his son when it comes to football, there is one exception. It comes

on Saturdays during the high school football season, when Jeff Brubaker watches the Cocalico game film from the night before and grades his son on each play.

The grades are broken down into three categories: alignment, assignment, effort.

“There are no pulled punches,” Ryan Brubaker said. “It’s not easy to accept his coaching or his critiques, but it’s necessary.”

Following the 2020 season, Brubaker was named a Pennsylvania Football News Class 5A all-state selection and Del Grande was a Class 4A all-state pick as a linebacker.

By this summer, Del Grande had about 30 scholarship offers before choosing Coastal Carolina, where he’ll study elementary education.

Brubaker had 35 scholarship offers in all before settling on South Carolina, where he’ll study political science.

Common threads

There are several more commonalities between Brubaker and Del Grande. Those are stories for another

day. For now, we’ll point to the pair being senior leaders for high school football programs that have been at or near the top of the L-L in recent seasons.

Brubaker was a sophomore starter for Cocalico’s 2019 District Three Class 5A championship squad. Del Grande has started on both sides of the ball over the last two years during the Pioneers’ runs to back-to-back District Three Class 4A crowns.

Cocalico and L-S did square off two years ago — the Eagles won 41-13 — but will not face each other this season. There is a good likelihood Brubaker and Del Grande will line up alongside each other in the 2022 Big 33 game.

And then there’s this: Coastal Carolina is scheduled to play at South Carolina in 2025.

“I’ll be curious as to how that game goes,” Brubaker said. “I’ll certainly be happy to meet at the 50-yard line, shake his hand and see how things are going for him.”

“That’s wild to think our paths will cross again in a different state between a pair of schools not far from each other.”



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COCALICO **EAGLES**

THE OUTLOOK

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You might expect struggles from a football team with a new head coach that spent little time with his players on the field during the previous offseason.

Yet, Cocalico had no such issues in 2020. Bryan Strohl, then the first-year head coach, and his staff made the best of teaching their guys over virtual meetings coming into last fall. The latter was necessitated by the COVID-19 pandemic. It also helped that the Eagles didn't change much with the offensive and defensive schemes.

Coming off the District Three Class 5A championship season of 2019, Cocalico started out 4-1 in 2020. The Eagles then ran into a buzzsaw of Warwick, Manheim Township and Hempfield down the stretch.

Manheim Township and Hempfield are Class 6A programs. Warwick reached the District Three Class 5A title game. Cocalico, a 5A school, lost to all three to finish 4-4.

"It ended poorly," Strohl said. "But look at who we played."

With the Eagles now in Year Two under Strohl, and returning nine offensive starters and nine defensive starters, things are looking up in Denver.

About the offense

The run-heavy Flexbone offense should have one of the strongest O-line units in the league, as seniors Ryan Brubaker, Jared Stauffer and Damien Wolf, and junior Chuckie Drain return up front. Brubaker is the 6-foot-6, 290-pound South Carolina recruit coming off an all-state selection last fall. Stauffer and Wolf were L-L honorable mentions a year ago.

Junior Chase Tucker will move from tight end to offensive guard to fill the final O-line spot, and senior Luke Angstadt will move from wide receiver to tight end.

Those mentioned above will open holes for senior fullbacks Anthony Bourassa (2020 L-L second-team all-star, 90 carries, 752 yards, eight touchdowns) and Austin Vang (16 carries, 77 yards), and senior running backs Steven Flinton (2020 L-L first-team all-star, 58 carries, 468

yards, two TDs; 14 receptions, 353 yards, four TDs) and Brycen Flinton (14 carries, 201 yards, two TDs; two receptions, 24 yards).

All of that experience should pave the transition at quarterback, where senior Blayke Taddei will assume the first-team snaps.

"We don't need him to be Noah Palm to take over the game," Strohl said of Taddei. "If he can get the ball to some of our playmakers and make the right decisions is the biggest thing we're looking for from him to do."

About the defense

There's lots to like about Cocalico's 4-3 defense, especially at linebacker, where Luke Angstadt (L-L second-team all-star, 63 tackles, 10 tackles for loss), Vang

EAGLES, page 14

CONESTOGA VALLEY **BUCKSKINS**

THE OUTLOOK

JEFF REINHART
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All was right again in the football universe at Conestoga Valley last fall.

No, the COVID-19-delayed, 1-2 start wasn't much fun. But those last five weeks were glorious for the Buckskins, who ripped off five wins in a row — including an unforgettable victory over longtime rival Manheim Central — for a second-place finish in Section Two, while earning a ton of respect and street cred for getting out of an early jam.

That also means plenty of good vibes in Witmer, where CV is set to return plenty of top-shelf talent this time around, as the Bucks hope to ride the momentum and run with the lead pack yet again.

"The kids sense it," longtime CV coach Gerad Novak said. "They have some high aspirations and they've been saying some things to each other as a group. They know what they'd like to do and where they'd like

to be this season. They've set the standards higher and that's a good thing because it's not coming from me."

About the offense

Start with the return of junior QB Macoy Kneisley, who had a breakout sophomore season piloting CV's spread attack last fall with 800-plus passing yards, and he showed some serious moxie and playmaking abilities during the Bucks' winning streak.

"From his freshman year to his sophomore year, he grew so much," Novak noted. "He's really come on, and he's very familiar with what we're doing and how we do things. We've finally got the offense to where I wanted it to be."

Former Hempfield coach Ron Zeiber has been working with Kneisley this summer, and the Bucks' QB has some familiar faces at his disposal, like fleet wideout Jaiyell Plowden and RB Nick Tran.

There is some great news in the trenches with all-stars Noah Admassu, at guard, and Carter May, at center, back in the fold, and OG Kyle McGallicher, who missed his entire junior season with an injury, returns, as well as holdover OT Thomas Ripson.

"Up front, I feel like we're pretty solid there," May said. "We're still finalizing some things, but our line is just as solid, if not better, than last year. We could really take off there this year. I know I have some high hopes for the line this season."

CV must replace sure-handed receiver Zach Fisher and multi-purpose back Booper Johnson — WR Avery Tran and TE Michael Burnett are two names to remember — as well as reliable kicker Nate Heck,



LNP FILE PHOTO

Conestoga Valley QB Macoy Kneisley drops back to pass vs. Cocalico on Oct. 9, 2020.

so Novak and his staff are still plugging some holes.

About the defense

Novak has some question marks here, with a multitude of players to replace on this side of the ball, including both defensive ends (Charles Janvrin, Spencer Gehman) and both safeties (Fisher, Cooper McCloud).

THE PLAYBOOK

● **L-L:** Section Two

● **PIAA:** Class 5A

● **Head coach:** Gerad Novak
(21st season in second stint, 82-90)

● **Base offense:** Spread

● **Base defense:** 4-3

● **2020 results:** 6-2 (3-2 L-L)

● **Key players returning:** OG Noah Admassu, TE-LB Michael Burnett, QB Macoy Kneisley, DE Josue Marente, C-DT Carter May, OG Kyle McGallicher, WR-DB Jaiyell Plowden, OT Thomas Ripson, WR-DB Avery Tran, RB-DB Nick Tran.

The ringleaders of CV's 4-3 scheme are Burnett at LB and D-end Josue Marente, who were all-star picks last fall.

"You can't just say that you want to be at the top of the section, you have to work for it," Novak said. "They have some goals and some aspirations, and now we have to push them along and make sure they're working hard to attain that."

Final word

"The kids are really excited about the beginning of the season, and the possibilities of what's to come because we have a lot of guys back on the offensive side of the ball," Novak said. "I think we're going to be able to score points. It's going to come down to keeping the other team from scoring more points. That's our big question."

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McCaskey

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In recent seasons, the Tornado has been in the unenviable position of playing seasoned opponents with line-ups largely comprised of freshmen and sophomores. This year that changes.

"This year we're looking at close to 20 seniors," Thompson said. "We're playing kids the same age as us; we are the old kids."

The unbalance of age and experience showed up graphically in control of the line of scrimmage last year, on both sides of the ball. The Tornado allowed, on average, over 200 yards more total offense than it mustered, per game.

About the offense

The offensive line, anchored by returning seniors Bobby Lischner and Ja-Hid Brown on the right side, is senior-heavy and ready to prove itself. Its task is to give time for junior quarterback Matt Remash to find skill players — of which there are many — in space and let them create havoc.

Remash, who is beginning his third year of varsity, completed 20 of 76 pass attempts for 355 yards and three touchdowns in 2020. He also threw seven interceptions. "I still have to prove myself," he said, "But I believe I'm the guy. I want to win. I want our team to win."

"The game has really slowed down for me since my freshman year," he said. "I'm more calm, more able to adjust to the situation, to fight through adversity."

"It's a skill you gain from reps," Thompson said. "You need that game speed."

Junior running back Shymere Covington (65 rushes, 264 yards 1 TD; 4 catches, 11 yards), senior slotback Josiah Gray (38-109, 1 TD rushing; 6-64 receiving) and wide receiver Isaac Burks (18 catches, 366 yards, 3 TDs) pace the skill corps.

About the defense

Many of the same names and faces will remain on the field when the opponent goes on offense, as Thompson's philosophy is, "You want your best athletes on the field."

The Tornado's success will stand on those athletes being at their best.

"I've been with these kids the last three years. I believe in these kids," said Thompson. "We're really coming together."

"We're going to do our best as a coaching staff to put them in the position to accomplish whatever they want to accomplish."

ELIZABETHTOWN **BEARS**

THE OUTLOOK

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A relatively young Elizabethtown football team plus injuries, a new offensive coordinator and limited off-season work because of the COVID-19 pandemic added up to a 2-6 record for the Bears last fall.

Despite those challenges, E-town still had a chance to finish .500, considering two of the six losses were by one-score margins, while the remaining four came against opponents loaded with talent.

After back-to-back six-loss seasons, the Bears hope the necessary growing pains are things of the past.

"We have a lot of people who are tired of losing," E-town senior lineman Jake Heckman said. "That's going to be huge."

About the offense

Expect to hear the names Logan Lentz and Patrick Gilhool a bunch.

Gilhool accounted for 852 total yards last season across the quarterback, running back and wide receiver positions.

"He'll probably be running the ball some," fourth-year E-town head coach Andy Breault said of Gilhool.

THE PLAYBOOK

● **L-L:** Section Two

● **PIAA:** Class 5A

● **Head coach:** Andy Breault (fourth season, 12-17)

● **Base offense:** Spread

● **Base defense:** 3-4

● **2020 results:** 2-6 (0-5 L-L)

● **Key players returning:** WR-LB Brock Belmont, WR-DB Brady Breault, C-DT Brayden Burkholder, RB-DB Cade Capello, WR-DB Braxton Cicero, WR-DB Braden Cummings, TE-DE Brandonn Frey, QB-WR-DB Patrick Gilhool, TE-DE Jake Heckman, RB-LB Logan Lentz, OT-DT Zack Lippold, DB Elijah MacFarlane, K Chaz Mowrer, OG-DE Riley Runnels, QB Josh Rudy.



CHRIS KNIGHT | STAFF PHOTOGRAPHER

Elizabethtown players Jake Heckman and Patrick Gilhool pose during the Lancaster-Lebanon League football media day at Enck's Catering in Manheim on July 29.

"We'll have some quarterback packages for him during games."

That running attack will be spearheaded by Lentz (54 carries, 247 yards, three TDs) and Cade Capello (26 carries, 106 yards, three TDs).

"We expect a thunder and lightning thing from Lentz and Capello," Breault said.

Gilhool said he expects the Bears to use the run to set up the pass. Speaking of which, second-year QB Josh Rudy (38 for 76, 438 yards, four TDs) is expected to take most of the snaps. Tight end Brandonn Frey (16 receptions, 202 yards, two TDs) is also due back at some point, as he's still recovering from a knee injury from the spring baseball season.

E-town has two returning starters on the O-line in Zackary Lippold and center Brayden Burkholder, while guard Riley Runnels has some varsity action under his belt.

About the defense

The Bears' 4-3 defense has experience at every level. Up front are D-tackles Lippold (16 tackles) and Brayden Burkholder (15 tackles) and D-ends Runnels (14 tackles, four tackles for loss, two sacks), Heckman (one fumble recovery) and Frey.

Returning at the linebacker spots are Lentz (36 tackles, one fumble re-

covery) and Brock Belmont (38 tackles, two tackles for loss), while sophomores Hayden Haver and Zach Steffe will see time at linebacker as well.

The defensive backfield will be made up of Braden Cummings (11 tackles, two tackles for loss), Elijah MacFarlane (47 tackles), Gilhool, Capello, Brady Breault and Braxton Cicero.

Final word

Asked how he's grown as a head coach, Breault said, "I might be more lenient now. I was harder on them the first year or two. ... I came in and tried to crack the whip. But these guys haven't given me a reason to get upset. ... At a team camp at Lebanon Valley College, everyone acted like young men."

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MANHEIM CENTRAL **BARONS**



CHRIS KNIGHT | STAFF PHOTOGRAPHER

Manheim Central's Owen Sensenig hauls in a pass and runs in for a touchdown against Warwick on Oct. 2, 2020.

THE OUTLOOK

JEFF REINHART
JREINHART@LNPNEWS.COM

The object is never to dwell on the past, but it has to be said up front that Manheim Central is coming off a funky football season — by the Barons' lofty standards.

Central, battling COVID-19 concerns, a truncated schedule and lack of all-important practice time, went 3-5 last fall. It was the first time the Barons had a losing record since 1971, had a four-game losing streak since 1977 and had missed the post-season in 29 years.

The top priority in 2021: Flushing 2020 and getting back to doing Barons things.

"That's the goal," Central coach Dave

Hahn said. "We've worked awfully hard in the offseason. The kids have put in the time. We're in a much better place now than we were last year at this point. It's kind of an unspoken thing, but you can tell by the way they're working that they don't want a repeat (of 2020)."

The good news in Baron Nation: Hahn has a lot of veteran players back in tow, both in the trenches and in the skill-kid department. So it would surprise no one if last year was just a blip and that Central will be back to being, well, Central.

"I don't worry about what other people might be thinking about us," Hahn said. "If you sleep on us, you sleep on us. But I don't think anybody will sleep on us. I think some people might say, OK, that was them

last year. But they'll be back. And I know we are. I know we're better. I just don't know how that will translate into wins and losses."

About the offense

Plenty to like here, with QB Judd Novak, trusty sidekick wideout Owen Sensenig, and brute between-the-tackles slasher RB Jaden Weit all due back in the Barons' spread attack.

Brady Harbach should be another reliable target at wideout, and Larry Marley and Justin Heffernan both have multiple varsity carries under their belts, so there's a lot of flexibility and firepower here.

More good news: O-line stalwarts Ryland Fittery, Cole Groff, Jeff Hauser and

THE PLAYBOOK

● **L-L:** Section Two

● **PIAA:** Class 5A

● **Head coach:** Dave Hahn
(seventh season, 60-15)

● **Base offense:** Spread

● **Base defense:** 4-2-5

● **2020 results:** 3-5 (1-4 L-L)

● **Key players returning:** RB-LB Rocco Daugherty, OT-DT Tyler Fahnestock, C-DT Ryland Fittery, OG-DT Cole Groff, WR-DB Brady Harbach, OG-DT Jeff Hauser, RB-LB Justin Heffernan, OT-DE Wyatt Kupres, RB Larry Marley, WR-DB Landon McGallicher, QB Judd Novak, TE-DE Logan Saunders, WR-DB Owen Sensenig, WR-DB Mason Weaver, RB Jaden Weit.

Wyatt Kupres return, giving the Barons plenty of beef and stability in the trenches.

"The O-line is the heart and soul of any team," Hauser said. "We don't always get the glamour and the recognition; the quarterbacks and the running backs and the receivers score all the touchdowns. But without the O-line, that doesn't happen at all. We have a pretty good O-line, so we're going to have a lot of versatility with our offense."

About the defense

The Barons are also in pretty good shape on this side of the ball, with heavy hitters like LB Rocco Daugherty, DT Tyler Fahnestock, DE Logan Saunders and safety Mason Weaver all back in the mix to spearhead Central's 4-2-5 look.

"Depth is our question mark," Hahn said. "Other than that, I feel really good about what we have across the board on both sides of the ball."

Intangibles

Central must replace all-star kicker Logan Shull and all-star punter Nate Reed. Special teams have always been an integral part of the Barons' success, so keep an eye on those spots moving forward.

Final word

"Last year is already out of my head, and it's made me work a lot harder," Hauser said. "We've talked about staying committed and being in here every day. We've done as much as we can to come in here to be as prepared as possible for the season. We've done a lot and it's been non-stop, because we do not want to go back there again."

GOOD LUCK BARONS!

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GO BARONS!

WARWICK **WARRIORS**

THE OUTLOOK

BRIAN MARKLEY

FOR LNP | LANCASTER ONLINE

Warwick finished first in the Lancaster-Lebanon League Section Two race last season, sealing the deal with a perfect 5-0 section mark.

That team, which went 8-1 overall, was loaded with talent, so the big question surrounding the Warriors for the 2021 season is this: How do they fill the cleats of the 17 starters they've since lost to graduation?

These are not easy spots to fill, either.

However, this year's seniors have made it perfectly clear: This is a new team, and this is *their* team.

"That team is gone forever," defensive lineman and nose guard Nate Young said. "It was a great team, but we have a special group of guys. We're all brothers."

Three big names lost from 2020 pop off the page instantly. Big 33 selections Nolan Rucci (OT-DE), Caleb Schmitz (WR-S) and Joey McCracken (QB) are all headed for college ball.

"They're great leaders," wide receiver and defensive back Cooper Eckert said. "I think we learned a lot of leadership skills."

The Warriors do retain eight starters from the 2020 campaign, including Eckert, who started every game last season and had nine catches for 97 yards.

Quarterback Jack Reed was solid in his two starts last season, made in place of an injured McCracken. Reed was 21 of 38 for 320 yards and one touchdown. Going forward, Reed will look to be a solid successor to McCracken, who was top three last season in passing efficiency.

Inside linebacker and center Aaron Hess also returns. He was an all-section selection in 2020 and led the Warriors in tackles with 76. Hess is joined by running back and outside linebacker Christian Royer, who had 47 tackles of his own last season.

Royer rushed for 246 yards and five

THE PLAYBOOK

● **L-L:** Section Two

● **PIAA:** Class 5A

● **Head coach:** Bob Locker
(21st season, 106-102)

● **Base offense:** 1-back

● **Base defense:** 3-4

● **2020 results:** 8-1 (5-0 L-L)

● **Key players returning:** WR-DB Cooper Eckert, C-LB Aaron Hess, QB Jack Reed, RB-LB Christian Royer, RB-LB Brendon Snyder, DB Tanner Weik, OT-NG Nate Young.

touchdowns on 48 carries in the 2020 season. He split carries with all-section and all-state runningback Colton Miller, but showed glimpses of what he can do when given the ball.

The Warriors have some other good upsides for 2021, too.

"Our work ethic," said coach Bob Locker, whose team can also count physical strength as a top attribute. "I think our understanding of our offense and defensive schemes going into the season is going to be a real benefit."

About the offense

Warwick runs a single-back formation with double tight end sets and four wide sets.

Obviously, the big difference for the Warriors is their O-line.

Rucci, Owen Campbell and Caleb Goss anchored a senior-heavy line in 2020, and it will be up to Hess and returning nose guard Young, who started every game last season on the offensive side of the ball, to provide protection for Reed.

"We take so much pride in protecting



CHRIS KNIGHT | STAFF PHOTOGRAPHER

Warwick's Cooper Eckert, right, runs the ball after making a catch against New Oxford during a District Three Class 5A semifinal in Lititz on Nov. 7, 2020. Warwick won 14-12.

our quarterback," Young said. "We go out every Friday night and we don't intend on giving up any sacks. We don't let anyone touch our quarterback."

Not only will they need to protect the quarterback, but they must also open holes for Royer, who averaged about six yards per carry last year.

Reed takes the reins as the QB for the Warriors, but this time he's not being thrown in. He comes into 2021 with reps under his belt he'll use to lead the offense.

The question mark is the line, with its three new starters. But Hess and Young understand the responsibility of being the unit's leaders, having learned from the likes of Rucci, Campbell and Goss.

About the defense

The Warriors run with a 3-4 formation

on defense.

They retain their tackles leader in Hess, along with Royer. They also retain inside linebacker Brendon Snyder, who recorded 26 tackles last season.

Young is the only returning defensive lineman.

Defensive back Tanner Weik returns as well. He tallied 24 tackles in 2020 and looks to surpass that tally this season.

The defense was very good last season, only allowing 1,734 total yards.

Intangibles

How this year's seniors deal with the shadow of the 2020 team and make it known that this is their team will be crucial for the Warriors this season, given all the new starters they have.

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THE OUTLOOK

STEVE NAVAROLI
FOR LNP | LANCASTER ONLINE

Being a physical, tough team has been the tradition at Solanco for decades, especially under the guidance of coach Tony Cox, who is entering his eighth season at the helm.

Why would anything change entering the 2021 season?

"My goal is always to go into a game as the strongest, toughest team," Cox said. "Our summer workouts are very intense. The kids have been working hard in the weight room and they know what the level is in Section Two and know how to compete against those types of teams."

The Golden Mules are coming off a 3-2 Section Two and 3-4 overall season. That included back-to-back wins against traditional section powers Cocalico and Manheim Central.

Plus, Cox knows that playing in front of fans again will quickly ease the sting of the three-game losing streak that closed the abbreviated 2020 season.

"That is going to be exciting again," Cox said. "Having the Black Hole, the fans, the community coming out and watching the game. To me, that's the memories these kids create that will be with them the rest of their lives."

About the offense

Make no mistake, with the Triple Option, the Mules are a running team. However, that doesn't mean there won't be some wrinkles, especially with talented junior receiver Elijah Cunningham.

"Our goal is to run the football and do some play action off of it. We've got some pretty good receivers this year," Cox said. "We are going to be doing a lot, probably trying some different formations and change things up a little bit and see how it works out for us."

Josiah Forren, Elijah Reimold and Jon Revolorio will see carries in the backfield with a new quarterback, likely Brody Mel-



CHRIS KNIGHT | STAFF PHOTOGRAPHER

Solanco's Elijah Cunningham, left, makes a catch in front of Lampeter-Strasburg's Giovanni Malatesta during the second half of a Sept. 18, 2020, game.

linger under center.

"We have a lot of kids that are fast and athletic and can move. They are at the next level already," Revolorio said.

About the defense

Solanco is looking to improve on the per game average of 32-plus points allowed last season. Expect Forren (46 tackles), Revolorio (27) and John Sankus (25), who were among the 2020 leading tacklers, to have a big part in slowing down the opposition. Forcing more than two turnovers will go a long way to helping as well.

Intangibles

Cox said this season will be more special for one obvious tangible and intangible reason.

"My biggest thing is having fans back in the crowd," he said. "Playing last year and not hearing the fans yelling when you scored a touchdown or coming out before the game starts."

Final word

While Cox will miss those that graduated, there will be plenty to fill the shoes.

"It has a lot to do with the senior leadership we have," he said. "We always have younger kids coming up. We have a big junior class this year which is going to be good for us."

Senior lineman Cole Gladfelter agrees.

"I don't see it as much of a challenge because Coach Cox prepares us well and all of our coaches are very good at teaching us what to do," he said.

That's something else not changing at Solanco.

THE PLAYBOOK

● **L-L:** Section Two

● **PIAA:** Class 5A

● **Head coach:** Tony Cox
(eighth season, 11-47)

● **Base offense:** Flexbone

● **Base defense:** 4-3

● **2020 results:** 3-4 (3-2 L-L)

● **Key players returning:** RB Robert Castagna, WR-DB Elijah Cunningham, C-LB Nick DeFrancesco, RB-DB Josiah Forren, OT-DE Cole Gladfelter, QB Brody Mellinger, K-P Trent McDowell, RB-LB Johnny Morales, DT John Sankus, OT-DT Connor Smith, RB Zach Turpen.

Eagles

Continued from 10

(L-L second-team all-star, 51 tackles, nine tackles for loss) and Tyler Angstadt (25 tackles) return.

"Angstadt, Angstadt and Vang. I feel like that's a law firm," Strohl said. "They started a lot two years ago as a group in the run to the district championship."

Brubaker, Wolf (L-L second-team all-star, 36 tackles, 12 tackles for loss) and Drain (L-L first-team all-star, 29 tackles, five sacks, 10 tackles for loss) anchor the D-line, where Bourassa, Stauffer and Tucker will also see action.

Returning in the defensive backfield are the Flinton brothers and junior Ethan Brown (L-L second-team all-star, 32 tackles).

Final word

On top of a competitive L-L Section Two, Cocalico's nonleague schedule is brutal. Week One will feature Conrad Weiser, which has a QB and wide receiver both getting D-I looks.

Week Two will be at Cedar Cliff between a pair of programs that last squared off in a district final.

Week Three features Governor Mifflin running back and Penn State commit Nick Singleton. Week Four is against 6A heavyweight Manheim Township.

Said Strohl, "Right now, our focus is on us. If we improve what we do, then the rest will take care of itself."

THE PLAYBOOK

● **L-L:** Section Two

● **PIAA:** Class 4A

● **Head coach:** Bryan Strohl
(second season, 4-4)

● **Base offense:** Flexbone

● **Base defense:** 4-3

● **2020 results:** 4-4 (3-2 L-L)

● **Key players returning:** WR-LB Luke Angstadt, RB-LB Tyler Angstadt, RB-LB Anthony Bourassa, DB Ethan Brown, OT-DT Ryan Brubaker, OG-DT Chuckie Drain, RB-DB Brycen Flinton, RB-DB Steven Flinton, C-DT Jared Stauffer, QB-DB Blayke Taddei, OG-DE Chase Tucker, RB-LB Austin Vang, OT-DE Damien Wolf.

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MISSI MORTIMER | LANCASTER COUNTY WEEKLIES

Ephrata's Andre Weidman gestures toward the bench after he scored a touchdown against Elco on Sept. 18, 2020.

EPHRATA **MOUNTAINEERS**

THE OUTLOOK

PHILIP GLATFELTER
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Looking to "raise the bar" for the Ephrata football team, an appropriate place to start is the offensive and defensive lines.

It wasn't too difficult to raise the bar not long ago, with a 52-game losing streak that was snapped in 2018. The line play will go a long way to continuing the more recent success for head coach Kris Miller's Mountaineers, who are coming off a 4-3 season, 3-2 in Lancaster-Lebanon League Section Three.

"We have a good mix of guys on the offensive and defensive lines," Miller said. "That's going to be the strength of our team."

Also helping in Ephrata's success is the fact that while there are new players filling in the 15 starting spots vacated by graduating seniors, it won't be like they're starting from scratch.

"One thing that I want to emphasize is that even though we're bringing in some new guys, with our terminology on offense and defense, we're running the same scheme so the kids have some familiarity," Miller said. "It's just getting them the game reps and ready to go."

And Miller is hoping they are indeed ready to go when Ephrata opens against Muhlenberg. "Our focus right now is we've got to find a way to beat Muhlenberg

THE PLAYBOOK

♦ **L-L:** Section Three

♦ **PIAA:** Class 5A

♦ **Head coach:** Kris Miller
(sixth season, 15-32)

♦ **Base offense:** Pistol Spread Option

♦ **Base defense:** 4-3

♦ **2020 results:** 4-3 (3-2 L-L)

♦ **Key players returning:** WR-DB Evan Boley, C-DE James Ellis, TE-DE Cole Freeman, QB-WR-DB Joey Gunzenhauser, OG-LB Seth Heinsey, OT-DT Deric Hoover, RB-LB Devon Litten, WR-DB Elijah Knowles, WR-DB Jaydin Mabry, C-LB Travis Martin, QB-WR-DB Hunter Mortimer, OT-DT Weston Nolt, OG-DT Cole Sieger, OG-DT Ben Slider, RB-LB Anthony Stidham, RB-LB-DB Andre Weidman.

in Week One," he said. "I think it's been since 2003 or 2004 that Ephrata started a season 1-0. It just adds a completely different feel to the season if you're able to get that first win right away."

EPHRATA, page 19

DONEGAL **INDIANS**

THE OUTLOOK

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After a 2-0 start to the 2020 campaign, Donegal linemen dropped like flies during a Week Three loss at Garden Spot.

"Three linemen went down," Indians coach Chad Risberg recalled. "All got hurt during the game, including our best senior lineman."

All three were still out the next game — a lopsided loss to eventual District Three Class 4A champion Lampeter-Strasburg.

Donegal finally got healthy for a Week Five win over Lebanon, only for COVID-19 quarantines to take players out of action over the final two weeks, contributing to losses to Ephrata and Berks Catholic.

All of that is to say many of the players who filled in last year are returning.

"We have a lot of younger guys who know what it's like to play the varsity game," Donegal lineman Owen Champ said. "That should help us this year."

About the offense

Champ, Gavin Creek and Brandon Coco return along the offensive line, a unit that will be filled out by newcomers Brandon Witmer and Casey Tippet. Tight end Owen Fisher is also back.

The rest of the offense will have fresh faces. Junior Landon Baughman will be the first-year varsity quarterback in Donegal's Wing-T attack. While he saw a ton of action on defense, Baughman threw just two passes a year ago. It's worth noting he's the younger brother of sister Kiera Baughman, a former Donegal all-state basketball player.

"He's a heck of an athlete," Risberg said of Baughman. "He's picked up things well."

Shouldering the load in the running game will be Ian Brown (39 carries,

THE PLAYBOOK

♦ **L-L:** Section Three

♦ **PIAA:** Class 4A

♦ **Head coach:** Chad Risberg
(fourth season, 15-12)

♦ **Base offense:** Wing-T

♦ **Base defense:** 4-3/3-4

♦ **2020 results:** 3-4 (2-3 L-L)

♦ **Key players returning:** QB-DB Landon Baughman, RB-DB Ian Brown, C-DT Owen Champ, OG-LB Brandon Coco, OG-DE Gavin Creek, TE-DE Owen Fisher, RB-LB Jon Holmes, RB-LB Connor Hyle, WR-DE Josh Myers, RB-LB-K Noah Rohrer, RB-DB Cody Stough, OT-DT Casey Tippet, OT-DT Brandon Witmer.

190 yards, one TD in 2020), Noah Rohrer (26 carries, 91 yards) and Connor Hyle (16 carries, 79 yards, 2 TDs), along with Cody Stough and Jon Holmes.

About the defense

Risberg is most excited about the linebackers in Donegal's 4-3/4-4 defensive scheme, a unit led by Rohrer (55 tackles) and Hyle (36 tackles). They'll play alongside Holmes and Coco.

Champ (26 tackles) and Creek (11 tackles) return on the D-line, leading varsity newbies Witmer, Tippet, Fisher and Josh Myers.

Baughman (33 tackles, one interception) and Brown (15 tackles) are returning to the defensive backfield, where Stough is also expected to see some playing time.

Special teams

Rohrer returns after earning an L-L Section Three honorable mention as a place-kicker last year.

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GARDEN SPOT **SPARTANS**

THE OUTLOOK

STEVE NAVAROLI
FOR LNP | LANCASTER ONLINE

The expectations are raised quite a bit at Garden Spot heading into the 2021 season.

While getting a win last season was key, getting more of them is the new goal.

It all changed on Oct. 2, 2020, when the Spartans topped Donegal 28-7 for their first win since 2017.

"It was an irreplaceable feeling, I tell you that," said now-senior Derrick Lambert. "That fire it lit inside of us made us hungry for more this season. Us being seniors we now know what that feels like and we help lead the future to have that feeling too."

Garden Spot closed the season with a 31-8 win against Lancaster Catholic, finishing with a 2-4 overall record, 2-3 in Section Three.

To help keep things moving in the right direction, the Spartans return 10 combined starters from last season.

About the offense

Replacing dynamic dual-threat quarterback Jesse Martin will be the challenge on this side of the ball. Martin led the team in rushing yards and ran for six touchdowns.

However, the Spartans have 6-foot-1 senior Tristan Sadowski back with the program and former teammates are excited about the prospects.

"Tristan is a good quarterback and has a real good arm," said Aiden McCloud. "He's not as mobile as Jesse, but I think we have a chance with Tristan to do well and make a run. We have to give him the

THE PLAYBOOK

● **L-L:** Section Three

● **PIAA:** Class 5A

● **Head coach:** Matt Zamperini (12th season in second stint, 58-66)

● **Base offense:** Spread

● **Base defense:** 4-3

● **2020 results:** 2-4 (2-3 L-L)

● **Key players returning:** RB Jadon Burkholder, RB-LB Tyler Gillenwater, OT-DT Tyler Hurst, WR-DB Derrick Lambert, WR-DB Joel Martin, OT-DE Aiden McCloud, K Walker Martin, RB Gavin Miller, TE-LB Blake Weaver.

protection he needs to stay in the pocket and not scramble and take the hits he doesn't need to."

Sadowski has a number of targets to throw to, including second-team all-league Joel Martin, who led the team with 17 catches last year. Lambert also figures to be a bigger part of the offense, although that's not a priority for him.

"I played with him before, so we already have a good chemistry going," he said. "I am here for the team, whatever they need me there for."

All-Section Three kicker Walker Martin, who was 15 of 16 in conversions and 3 of 4 in field goals, including a 46-yarder,



MARK PALCZEWSKI | FOR LNP / LANCASTER ONLINE

Derrick Lambert of Garden Spot returns a Warwick kickoff on Aug. 30, 2019.

is a returning weapon as well.

About the defense

Last year's leading tackler, Tyler Gillenwater, is back for his senior season. The linebacker made 55 stops and recovered a fumble in 2020. Tyler Hurst recorded 28 tackles with three sacks as a sophomore.

The two were second-team all-league selections last season.

Expect McCloud (18 tackles, two sacks) to do his part as well.

An experienced defensive backfield figures to be a strength for the Spartans.

Intangibles

Belief means a lot and, finally, the Spar-

tans have that going for them.

There will be some early tests, starting with the Aug. 27 opener at Twin Valley. The program looks forward to playing on its newly re-done turf at some point this season.

Final word

Perhaps Gillenwater and McCloud put it best.

"I think this year we are going to have a better chance of getting more wins on the table," Gillenwater said. "Last year, getting our first win really put things in perspective on how it feels."

"That one win we needed sparked the fire to understand we can win," McCloud added.

LAMPETER-STRASBURG **PIONEERS**

THE OUTLOOK

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It's an unbelievable time to be in Lampeter-Strasburg's football program, and the Pioneers are thinking big once again this fall after everything came up roses the last two years.

In 2019, L-S put together an amazing run in the District Three Class 4A playoffs, beating powerhouse Berks Catholic for the crown. Last fall, the Pioneers successfully defended that title, beating Lancaster-Lebanon League neighbor Elco for gold on the way to a 9-1 season.

The only bummer news about this two-year clip in Lampeter: The Pioneers fell in the PIAA state semifinals the last two years, losing by a whisker to Jersey Shore last fall.

Graduation was not kind last spring to the Pioneers, who lost some top-shelf talent, including all-state QB Sean McTaggart and a bevy of powerful, veteran O-linemen.

Now would also be a good time to mention that L-S has a new coach. Longtime assistant Victor Ridenour has taken over the reins from John Manion, who guided the Pioneers to 177 wins and eight section championships in 23 seasons.

Changes aplenty in Lampeter, yes. But there's still a gnarly nucleus in the Pioneers' locker room and they'll get the pre-season nod as Section Three favorites.

"We're always aiming high for our goals, but we know that we have to work hard for it every single day," L-S senior two-way threat Giovanni Malatesta said. "It's still one play at a time for us. That's how we'll get to our goals. We don't mind having that heat on us. It gets us more motivated to show the other teams out there what we have."

The Pioneers' "key players lost to graduation" list is pretty daunting. But L-S

PIONEERS, page 19

THE PLAYBOOK

● **L-L:** Section Three

● **PIAA:** Class 4A

● **Head coach:** Victor Ridenour (first season)

● **Base offense:** Spread

● **Base defense:** 3-3 Stack

● **2020 results:** 9-1 (5-0 L-L)

● **Key players returning:** OT-LB Nick Del Grande, TE-LB Beau Heyser, RB-DB Giovanni Malatesta, K Andrew Reidenbaugh, QB-DB Berkeley Wagner.

LANCASTER CATHOLIC **CRUSADERS**

THE OUTLOOK

JOEL SCHREINER
FOR LNP | LANCASTER ONLINE

In varying ways, what's old is new again these days at Lancaster Catholic.

From players returning from injury to new-look players, the Crusaders are anxious to return to their winning ways following an uncharacteristic 2-6 season.

In addition to injuries, there was a new coach in 2020 and the COVID-19 pandemic delayed the start of summer workouts until late July. It all added up to six straight losses to start the season, but the Crusaders gained momentum with a two-game winning streak to close the schedule.

"I feel really good about the experience that we got on the field last year and I feel good about those guys coming back and being able to lead a different way with that experience, which is something we did not have last year," coach Chris Maiorino said.

Seniors J.J. Keck and Isaiah Caine are back in camp and should provide a boost to the Crusaders' cause this fall.

Keck, a linebacker and receiver, missed all of 2020 with a shoulder injury.

"It's amazing, I'm so excited," Keck said of his return. "I think we'll do a lot

It's my senior year, so I kind of have a chip on my shoulder. I want to go out knowing I did everything I possibly could.

— Isaiah Caine,
Lancaster Catholic defensive lineman

better as a team this year."

Caine, a force on the defensive line, sat out most of last year with an injury and is back with a new look as he dropped 40 pounds in the offseason.

"I'm really excited to come back out this year," Caine said. "It's my senior year, so I kind of have a chip on my shoulder. I want to go out knowing I did everything I possibly could."

About the offense

The Crusaders mustered only 95 points in eight games a season ago.

Will Cranford returns under center after taking over midway through the 2020 campaign. He completed 51 of 108 passes for 817 yards and three touchdowns.

"He doesn't miss a beat and he's always trying to stay ahead of the curve," Maiorino said. "He just has to execute and do what we're asking him to do."

Tony Cruz returns in the backfield after rushing for 369 yards and three touchdowns. Among Cranford's top aer-

ial targets is Mason McClair, who hauled in 15 catches for 228 yards and a touchdown last year.

About the defense

When it came to passing yards allowed, the Crusaders were the stingiest unit in Section Three, yielding only 88 yards per game. On the flip side, teams rushed for 167 yards a game. Caine's return up front should help lower that number.

Intangibles

The Crusaders have a not-so-secret weapon in kicker/punter Daniel Mueller, who is among the best in the country. His kicking can help the offense put points on the board, while his punting can help flip the field for the defense.

Mueller, a senior, has the attention of many college programs and picked up offers this summer from Villanova and Cornell.

"I just go out, do my job and help the team any way I can," Mueller said. "I

THE PLAYBOOK

● **L-L:** Section Three

● **PIAA:** Class 3A

● **Head coach:** Chris Maiorino (second season, 2-6)

● **Base offense:** Spread

● **Base defense:** 4-2-5

● **2020 results:** 2-6 (1-4 L-L)

● **Key players returning:** DT Isaiah Caine, QB-DB Will Cranford, RB-LB Tony Cruz, TE-LB J.J. Keck, WR-DB Mason McClair, K-P Daniel Mueller, OT-DE Ben Reigner.

really thrive when the pressure is on. When the game is on the line, I think that's really when I'm at my best because it's my time to show up and I feel like I always deliver when I need to."

Final word

"This school is known for having a lot of success and I want to keep that going," Cruz said. "I want to make sure when I leave here, I leave in a good spot where they can keep it rolling."

LEBANON **CEDARS**

THE OUTLOOK

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Everybody thinks they were uniquely affected by the pandemic.

An argument could be made that Lebanon's football program actually was.

The Cedars came into the season looking ready to culminate what the Lancaster-Lebanon League had in mind when it realigned a couple years back, moving long-struggling big schools Lebanon and Ephrata into small-school Section Three.

Seventeen starters returned from a seven-win team, including an elite playmaker (all-state WR Alex Rufe), a quarterback (Isaiah Rodriguez) who ended up throwing for 5,000 career yards, solid contributors everywhere and an entire, intact offensive line.

But Lebanon only got to play six games last season (going 3-3 overall, 2-3 in L-L Section Three). On the last week of the

regular season, the Cedars had a shot at their first win over archrival Cedar Crest in eight years wiped out by COVID-19 on the day of the game.

So second-year coach Frank Isenberg has some work to do, but he's doing it from a better foundation than this program had not long ago. For one thing, Lebanon's athletes now have strength training built into the school day. As is the case at many bigger high schools, the weight room is now a gym-class elective.

"A culture has been put in place for our kids in the weight room and in terms of expectations," Isenberg said. "We've had great turnout throughout the offseason, and for team camp, so we're very optimistic."

About the offense

Isenberg is a spread guy. That won't change. He hopes a clear winner emerges from a QB battle between Sebastian Pizarro and Julien Selman. If not, RB Pedro De'Arce may have to step into that

THE PLAYBOOK

● **L-L:** Section Three

● **PIAA:** Class 5A

● **Head coach:** Frank Isenberg (second season, 3-3)

● **Base offense:** Spread

● **Base defense:** 3-4

● **2020 results:** 3-3 (2-3 L-L)

● **Key players returning:** WR-LB Adam Bowers, RB-LB Pedro De'Arce, RB-LB Xavier Figueroa, C-DE Thomas Hershey, WR-LB Emanuel Mason, OT Tre'Quell Ruffin, OG-DE Josiah Wright.

role, much as Rufe did last year when Rodriguez was injured.

Either way, De'Arce, RB Xavier Figueroa and WR Adam Bowers lead what should be a dangerous group of

skill-position players.

There may not be much dropoff up front, where veteran C Thomas Hershey is the anchor, alongside tackle Tre'Quell Ruffin and guard Josiah Wright, who started last year as a freshman.

About the defense

Isenberg listed a 3-3-5 as his base defense a year ago. This time it's a 3-4, probably to feature a linebacker corps that includes De'Arce, Figueroa and Emanuel Mason.

Hershey and Wright make a quality pair of defensive ends. The two QB candidates, Pizarro and Selman, will help on this side of the ball at safety.

If you're noticing a lot of projected two-way players, you're noticing correctly.

The skinny

Lebanon has a lot of holes to fill, but it wasn't that long ago that this program was struggling just to put enough bodies in uniform. No longer.

The early schedule looks manageable enough to build some belief. And yes, the Cedar Bowl will happen this year. Week One, in South Lebanon.

Overview: A look around the L-L League for the 2021 season

Continued from 2

Two teams looking to make up some ground are Penn Manor and McCaskey. Here's a fun fact from Comets' camp: It looks like the QB spot will go to McCabe Kreider, son of former Manheim Central and Pittsburgh Steelers standout Dan Kreider.

There will also be plenty of eyes on McCaskey, where the Red Tornado had to replace coach Sam London, who stepped down just three weeks before the start of the season. Ben Thompson has stepped into that role, as McCaskey tries snapping a hair-pulling 26-game losing streak.

Section Two

Warwick, the defending champ, is hoping that the more things change, the more they stay the same.

The Warriors took an uppercut graduation punch — DI commits and Big 33 performers Nolan Rucci, Joey McCracken and Caleb Schmitz all exited stage left — but there should be plenty of motivation after a COVID-induced forfeit to Governor Mifflin in last year's District Three Class 5A title game.

Conestoga Valley was the talk-of-the-town team last year when the Buckskins shook off a COVID-wrecked 1-2 start for five wins in a row. Junior QB Macoy Kneisley returns to pilot CV, which has to be thinking big after last year's success.

Cocalico is loaded. The Eagles are set to return a plethora of talent on both sides of the ball, including their top Veer rushers in Anthony Bourassa and Steven Flinton. And their top O-line protector is none other than South Carolina recruit Ryan Brubaker. Tons to like in Denver.

Solanco is another team that has the goods to be in this race, as the Golden Mules return some solid trench kids up front, plus two-way playmakers Elijah Cunningham and Josiah Forren. If newbie QB Brody Mellinger can master Solanco's pitch game, watch out.

Is there a hungrier team in the L-L League than Manheim Central? Just a hunch, but last year's 3-5 finish — the Barons' first losing season since 1971 and snapping a 29-year postseason run — isn't sitting very well in Manheim. With QB Judd Novak, trusty wideout Owen Sensenig and four returning O-line people-movers all due back, here's thinking Central gets back in the lead pack in this payback season.

Can Elizabethtown muscle its way back into contention? The Bears certainly hope so after an un-E-town-like



MARK PALCZEWSKI | FOR LNP / LANCASTER ONLINE

Mason McClair (2) of Lancaster Catholic is tackled by Emanuel Mason (16) of Lebanon in L-L League football action on Oct. 30, 2020.

0-5 section run last fall. Plenty of skill kids return to Bears camp — including QB Josh Rudy — so E-town might light up some scoreboards.

Section Three

Lampeter-Strasburg steamrolled to the title last fall on the way to defending its District Three Class 4A crown and another trip to the PIAA state semifinals. Then graduation whisked away a boatload of talent. Victor Ridenour has stepped into the coaching duties, replacing John Manion. Can Ridenour keep the Pioneers on the right track? The short answer is yes.

Ephrata and Lebanon both have much firmer footing after the league let the Mountaineers and the Cedars play down a section over the last two cycles. Ephrata returns multi-purpose threat Andre Weidman; Lebanon had a QB battle throughout camp.

There will also be some changes at Donegal, as the Indians retool their Wing-T look with some fresh troops. Same thing at Garden Spot, where the Spartans — who snapped a 26-game losing skid last season — are looking for a new QB.

All eyes on New Holland on Sept. 10 when Garden Spot unveils its new turf field against Daniel Boone.

It's Year 2 for coach Chris Maiorino at Lancaster Catholic and the Crusaders — who are set to return the pitch-and-catch combo of Will Cranford and Mason McClair, plus top defenders Tony

Cruz and Isaiah Caine — are poised to make a run up the charts.

Section Four

Defending champ Elco has been on a roll, with three playoff trips in a row, including last year's District Three Class 4A finale appearance, where the Raiders had a 3-0 halftime lead over L-S before the Pioneers pulled away. Braden Bohannon graduated — finally — but the cupboard is hardly bare in Myerstown.

Octorara had its L-L League breakout season last fall with six wins and a second-place finish behind Elco. With QB Weston Stoltzfus, RB Mike Trainor and some rugged linemen due back, the Braves should again be players in this race.

Columbia has had back-to-back close calls for District Three Class 2A playoff invites. Being denied two years in a row should provide plenty of motivation for the Crimson Tide, which returns QB Robert Footman and playmakers J'von Collazo and Steven Rivas.

Expect Annville-Cleona to jump back in the race, especially with the Veer trio of Rogan Harter, Chase Maguire and Alex Long getting plenty of touches out of the backfield. And Pequea Valley hopes to build on last year's momentum, when the Braves snapped a 24-game losing skid.

Northern Lebanon is hoping to get out of its funk; the Vikings are 2-26 in

FINAL 2020 L-L LEAGUE STANDINGS

SECTION ONE				
League		Overall		
W	L	W	L	
Wilson	5	0	6	1
Manheim Township	4	1	5	2
Hempfield	3	2	4	4
Cedar Crest	2	3	2	5
Penn Manor	1	4	2	6
McCaskey	0	5	0	9
SECTION TWO				
League		Overall		
W	L	W	L	
Warwick	5	0	8	1
Conestoga Valley	3	2	6	2
Cocalico	3	2	4	4
Solanco	3	2	3	4
Manheim Central	1	4	3	5
Elizabethtown	0	5	2	6
SECTION THREE				
League		Overall		
W	L	W	L	
Lampeter-Strasburg	5	0	9	1
Ephrata	3	2	4	3
Lebanon	2	3	3	3
Donegal	2	3	3	4
Garden Spot	2	3	2	4
Lancaster Catholic	1	4	2	6
SECTION FOUR				
League		Overall		
W	L	W	L	
Elco	5	0	7	1
Octorara	4	1	6	2
Columbia	3	2	4	4
Annville-Cleona	2	3	3	5
Pequea Valley	1	4	1	6
Northern Lebanon	0	5	0	8

their last 28 games, and they'll set sail this season with a new skipper, former Palmyra standout Jason Rice.

Ephrata

Continued from 15
About the offense

Leading the way is running back Andre Weidman, who last season rushed for 262 yards and a touchdown, caught 11 passes for 157 yards and two scores, and had 740 all-purpose yards. Weidman earned a Section Three first-team all-star nod as an athlete.

James Ellis, who made a name for himself on defense last year, anchors the offensive line at center. Tackles are Deric Hoover and Weston Nolt; guards are Ben Slider and Cole Sieger.

“Right now, we have a quarterback battle between Hunter Mortimer and Joey Gunzenhauser,” Miller said. “And then we have some skill guys we’re excited about, but we’re young out there. Elijah Knowles is probably our most experienced receiver coming back.”

Gunzenhauser threw for 345 yards and four TDs last year.

About the defense

The front seven will be the anchor on

defense, led again by Weidman. The Section Three first-team all-star was a jack-of-all trades last year, playing a hybrid safety/OLB spot. He had 67 tackles, including 5.5 for losses, three picks and three forced fumbles.

Ellis, Nolt, Hoover, Slider and Sieger anchor the line.

The defensive backfield is untested, with Gunzenhauser, Mortimer and Elijah and Jeremiah Knowles as expected starters.

Final word

“It’s a very competitive section,” Miller said of L-L Section Three. “I think right now we’re all chasing (Lampeter-Strasburg). It’s up to us to try to close that gap by the time we play them.”

And as for raising that bar: “The past three or four classes have done that. We had a class being part of the first win, we had a class with five wins, we had a class with 11 wins,” Miller continued. “We’re excited about the progress that we’re making. But we’re not satisfied.

“We want to ... be playing some meaningful games in late October. We want a chance to maybe play for a section title and play for a district playoff berth.”

Pioneers

Continued from 16
still has plenty in the tank for another exciting season, as the bar is still raised very high in Pioneers’ camp.

About the offense

L-S will miss McTaggart, but in Berkeley Wagner, the Pioneers will have a QB who has played under the spotlight before. Wagner got the start behind center in the Pioneers’ win over Elco in the 2019 district playoffs as a sophomore. He’ll step back into that role of piloting L-S’s spread attack this season.

“We have full faith in Berkeley at QB,” Malatesta said. “He’s probably the smartest football player I’ve ever known. He knows the offense so well and what to do in every situation.”

Wagner will get plenty of protection up front from all-star OT Nick Del Grande, who has verbally committed to Division I Coastal Carolina. He’ll be flanked by several first-time starters up front, but no worries, according to Ridenour.

“I think the O-line could be the strength of our team,” the Pioneers’ rookie coach said. “We have seven or eight guys that can rotate in. The five starters there last year really worked well together. These newer guys are already making adjustments, and they’re athletic. They’re all big kids, but they can really move.”

Some trench names to remember moving forward: Trey Spahr, Tristen Showers, Luke Hines, Evan Sellars, Wayne Brown, Jeremy Reed and Eric Lukusa. Sounds like all of those guys will be contributing along the line of scrimmage.

Wagner will have bruising all-star TE Beau Heyser at his disposal in the air game, plus all-star kicker Andrew Reidenbaugh returns to handle the special teams duties.

About the defense

Del Grande is the reigning Section Three Linebacker of the Year, and he’ll absolutely be the D ringleader in the Pioneers’ 3-stack look. Del Grande will be flanked by Heyser, another tackle machine at LB.

Wagner, an all-star safety, will patrol the secondary while also handling the QB duties, as Ridenour and Co. look to fill some slots on this side of the ball. Again, the talent is here; now the newbies have to shine as first-time full-timers on Friday nights.

Final word

“I’ve always said that if you have a good locker room, you have a good chance to have a really good team,” Ridenour said. “Right now, we have a really good locker room. These kids have been on two (district) championship football teams, so they know what it takes. And they’re willing to put the work in, and demand that kind of work from their teammates as well.”

ANNVILLE-CLEONA DUTCHMEN

THE OUTLOOK

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Annville-Cleona went 7-5 and won a District Three playoff game in 2019, but was as wiped out by graduation as any L-L team in 2020, losing 22 seniors and 30 overall players to graduations, transfers and the closing of Lebanon Catholic School, with which it had a co-op agreement.

“Last year would have been a great year to have a summer, and to have a spring,” seventh-year coach Matt Gingrich said at L-L media day last month.

You may recall that last year, no one had a summer or a spring.

The Dutchmen lost their first two games by a combined 82-24, but the final verdict, 3-5 overall and 2-3 in L-L Section Four, was respectable.

“The last four games, we actually played very well,” Gingrich said. “We were very happy with the season.”

This edition will be much more experienced, especially at the skill positions. But with 12 starters lost, there are still holes to fill, especially along the line of scrimmage.

About the offense

Gingrich runs the Veer, as his brother Dave did during his long, successful run at Cocalico. Although it’s a very run-oriented scheme, it requires as much decision-making by the quarterback as any offense.

Junior Gavin Keller was earmarked for that job as a sophomore last year, but early in the year, Gingrich said, “He would take a snap, and by the size of his eyeballs, you could see he wasn’t ready.”

A month or so in, Keller was ready. Until then, natural running back Chase McGuire ran the show. This year, Keller and sophomore Cam Connelly will compete for it.

McGuire will join a deep, versatile group of fullbacks and tailbacks including Rogan Harter, Alex Correa, the wonderfully named Phoenix Music and Alex Long.

Harter ran for nearly 500 yards (12.6 per carry) in just four games last year.

Gingrich said he has just one lineman over 200 pounds, although senior center Ethan Schriver, also a fine linebacker, and end Brad Smith,

THE PLAYBOOK

● **L-L:** Section Four

● **PIAA:** Class 3A

● **Head coach:** Matt Gingrich (seventh season, 36-26)

● **Base offense:** Veer

● **Base defense:** 4-3

● **2020 results:** 3-5 (2-3 L-L)

● **Key players returning:** RB Alex Correa, RB-DB Rogan Harter, DB Braden Haulman, QB Gavin Keller, OG Josh Lindsay, RB-LB Alex Long, RB-LB-DB Chase Maguire, DB Jake Mills, WR-DB Ethan Missimer, RB-LB-DB Phoenix Music, C-LB Ethan Schriver, TE Brad Smith.

should be among Section Four’s better two-way players.

About the defense

The Dutchmen yielded over 3,000 yards in eight games last year.

If those numbers improve in 2021, Schriver, Smith and two-way lineman Josh Lindsay will have a lot to do with it.

All those skill position guys — Maguire, Long, Correa, Music, Harter, DB/WR Ethan Missimer, along with senior CB Jake Mills, et al — will man what should be a versatile, athletic back seven.

About the special teams

Worthy of note is the loss of Mac Plummer, an elite kicker who booted an L-L record 54-yard field goal and is now at St. Francis.

Anthony Lucera and Sam Domencic will compete to replace him.

Final word

With Elco, Octorara and Columbia coming off big seasons, it could get crowded at the top of Section Four.

But A-C will almost certainly be better. How much better depends on an age-old high school football challenge — developing linemen and winning the line of scrimmage with what looks like an undersized group.

COLUMBIA **CRIMSON TIDE**

THE OUTLOOK

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A year ago, Columbia started off the 2020 football campaign by winning four of its first five games. The loss sandwiched in between was a 27-20 home defeat to Lancaster-Lebanon Section Four opponent Octorara in Week Three. The Tide had held the lead with five minutes remaining.

"That's a game I still think about," fifth-year Columbia coach Bud Kyle said. "If we win the game there, we have nothing less than sharing a section championship."

Additionally, Columbia likely would've qualified for the District Three Class 2A playoffs with one more win. Instead, the Crimson Tide finished 4-4 overall, 3-2 in Section Four. They were again left on the outside, knocking on the door of the district playoffs for the third year in a row.

"I just always remind them of how short we've come to making the playoffs the last couple of years," Kyle said. "If that's not enough to motivate you, then nothing will."

About the offense

Columbia is one of a few teams in the league with a returning QB. And it's a good one in 6-foot, 170-pound senior Robert Footman (passing: 97 for 185, 1,516 yards, 14 TDs; rushing: 66 carries, 154 yards, five TDs).

But the Tide's spread attack will have new options at wide receiver, where last year's top three pass-catchers have since graduated. Stepping up will be Demetrius Diaz-Ellis (eight receptions, 94 yards), J'von Collazo (seven receptions, 56 yards) and Jayden Boone (two receptions, 56 yards), among others.

"We have the weapons on the outside who will enable us to get the ball down the field," Kyle said.

Three linemen return in senior Joel Ober (5-10, 210), sophomore Colin Mc-

THE PLAYBOOK

● **L-L:** Section Four

● **PIAA:** Class 2A

● **Head coach:** Bud Kyle
(fifth season, 11-27)

● **Base offense:** Spread

● **Base defense:** 4-4

● **2020 results:** 4-4 (3-2 L-L)

● **Key players returning:** WR-LB Jaydon Boone, WR-DB J'von Collazo, QB Robert Footman, OG-DT Joel Ober, OT-DE Colin McCarty, OG Dom Nell, RB-LB Steven Rivas, DB Demari Simms.

Carty (6-2, 205) and junior Dom Nell (5-9, 220).

"Those guys have been playing now for a couple years on both sides of the ball," Kyle said of the returning O-linemen. "That helps us out. We may not be the tallest, but as far as strength-wise, we can go up against anybody."

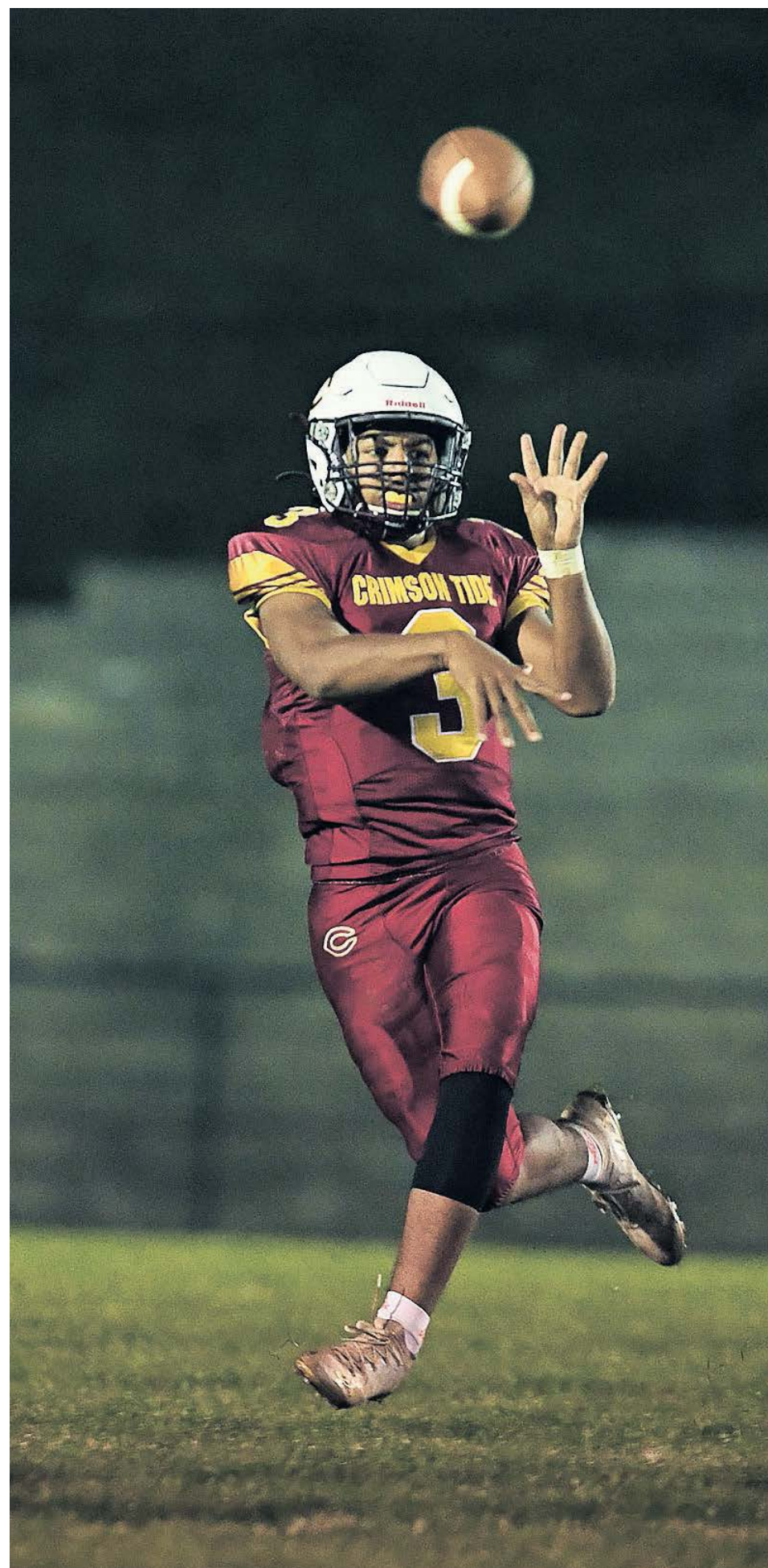
Those road-graders will open up holes for junior Stevan Rivas (67 carries, 435 yards, seven TDs) and Collazo (24 carries, 248 yards, three TDs).

About the defense

On the defensive side of the ball, Kyle is most excited about the D-line in Columbia's 4-4 setup. Ober, end McCarty and tackle Nell (5-9, 220) return up front.

"The D-line always gets everything going for us," Kyle said. "Our D-line will be the strength again for us."

Boone and Rivas will anchor the linebacker unit, while Collazo and Demari Simms will take the lead in the defensive backfield.



ANDY BLACKBURN | STAFF PHOTOGRAPHER

Columbia quarterback Robert Footman throws the ball in the second half of a nonleague game against Southern Huntingdon on Nov. 9, 2020.

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ELCO RAIDERS

THE OUTLOOK

DAVID BOHR
SPECIAL FOR LANCASTER ONLINE

It may have appeared that there was little good news to be found in 2020. But if one looked around, there were bright spots for most communities.

In Myerstown, one such bright spot was the Elco football team, which brought some smiles to the locals with a 7-1 season, including a Lancaster-Lebanon League Section Four title and an appearance in the District Three Class 4A final.

Now that things are looking brighter in 2021, the Raiders will have to try harder to stand out. And that's not just because other signs of joy have returned — it's because Braden Bohannon will not.

Few absences will be felt more in the L-L than Bohannon's.

Now at Lebanon Valley College, Bohannon was Elco's leading rusher in 2020 with 990 yards and 17 touchdowns. Though the Raiders only rarely went through the air, Bohannon still had three touchdown passes and a passer's rating of 132.0.

THE PLAYBOOK

- **L-L:** Section Four
- **PIAA:** Class 4A
- **Head coach:** Bob Miller (10th season, 48-41)
- **Base offense:** Veer
- **Base defense:** 4-4
- **2020 results:** 7-1 (5-0 L-L)
- **Key players returning:** OG-DT Colin Daub, TE-LB Aidon Fritsch, OT-DE Nate Henson, K Rheece Shuey, QB-LB Cole Thomas, C-DT Cody Sky, RB-LB Jake Williams, RB-LB Luke Williams.

The Raiders will also be without all-state offensive lineman and defensive back Logan Tice, who is now at McDaniel.

"We will be working to refill a lot of big holes left by multi two-way start-

ers like Bohannon, Tice, (Ben) Wargo and (Owen) Kahl," Elco head coach Bob Miller said. "But we have a strong group of linebackers returning and several linemen, as well as two Williams brothers in the backfield."

The Williams brothers — Jake and Luke — were the top runners behind Bohannon last season. Jake Williams, a 5-foot-9, 165-pound sophomore, had 660 yards with five touchdowns, while Luke, a 6-3, 210-pound senior, had 449 yards and five touchdowns.

But on defense, Luke led the Raider linebacking corps and the entire team with 91 tackles.

"We will have our work cut out for us in the secondary, losing our leader in Braden," Miller said. "We will need to develop along the defensive line as well if we want to be able to utilize our experience at linebacker."

The defensive ends in the 4-4 alignment will be Jaron Garcia (jr.) and Nate Henson (sr.). Matt Drupp (jr.), Colin Daub (jr.), Eddie Bean (sr.), Cody Sky (sr.) and Ricardo Lebron (jr.) will rotate in at defensive tackle.

In the secondary, Dom Thorton (jr.) and Jaxon Groy (sr.) will line up at safe-

ty. Sam Balsbaugh (so.), Alden Stickler (jr.), Jackson Conners (so.) and Groy will all have time at corner.

Cole Thomas (sr.) will be under center on offense, a spot he took several times in 2020. However, he only had the occasional passing attempt, trying just two shots through the air. A year ago, he was often handing off to Bohannon in the Veer offense. Though the system is largely unchanged, now Thomas will be sharing the rushing load with the Williams brothers and Cameron Martin (jr.).

When they are throwing the ball, the Raiders' targets will be tight end Aidan Fritsch (jr.) and wideouts Stickler, Groy, Conners, Balsbaugh and Sara Miller (so.).

Sky will anchor the line at center. On his right will be guard Daub and tackle Henson. The left guard and tackle positions will shift through Drupp, Garcia and Lebron.

Rheece Shuey (sr.) returns to take both the placekicking and punting duties.

Elco will open the season Aug. 27 against Susquenita. The Raiders' first league game will be at Pequea Valley on Oct. 1.

NORTHERN LEBANON VIKINGS

THE OUTLOOK

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High school sports are by nature cyclical, but Northern Lebanon's recent football history has been something beyond that.

The Vikings won three Lancaster-Lebanon League section titles and qualified for the District Three playoffs three times in a four-year stretch from 2014-17.

They've gone 2-26 since, and are currently on a 12-game losing streak.

Enter the youngest head coach in the L-L, Jason Rice, 28, replacing Roy Wall, who has departed after 11 seasons.

Rice played quarterback at Palmyra, where his offensive coordinator was Matt Nagy, now the head coach of the NFL's Chicago Bears. Rice played at Albright College, and has coached at Milton Hershey, Lebanon Valley College and Methodist University in North Carolina.

"It's been a good turnout so far," Rice

said at L-L Media Day last month. "I had some expectations that have been met and others that have had to come down a little bit."

Rice said he's learning that Northern Lebanon serves a community of workers, so that many of his players have jobs and/or play multiple sports.

"I'm easily accommodating to that, as long as they're active and getting involved in stuff," he said. "What we don't want is guys going home and playing video games. We want them to come out and work out, train and move their bodies."

About the offense

Rice faces a considerable challenge here.

The Vikings managed just 422 rushing yards and 52 first downs in eight games last year. They lose eight starters to graduation.

There is some good news. Grady Stichler, who shared the quarterback job last year and had some moments, is back. He'll compete for the job with

sophomore Luke Shaffer. The guy who doesn't win the starting QB battle will be on the field, as a running back or receiver.

Also returning is well-named running back Blaze Watson.

Rice is installing the now-familiar spread offense, which will ideally minimize the Vikings' need to steamroll opponents on the line of scrimmage.

About the defense

The Vikings were relatively decent on this side of the ball last year. Rice plans to use a 4-2-5 base look. A lot of guys will be going both ways, including Stichler and Watson.

The anchor, and perhaps one of Section Four's best two-way players, will be senior Kalani Adams.

"He's already a star," said Rice of the 6-2, 200 linebacker and offensive lineman who camped as Pitt and Villanova this summer, and is getting recruiting attention from PSAC and FCS schools.

"We may float him around," Rice said. "We'll have him in the box at

THE PLAYBOOK

- **L-L:** Section Four
- **PIAA:** Class 4A
- **Head coach:** Jason Rice (first season)
- **Base offense:** Spread
- **Base defense:** 4-2-5
- **2020 results:** 0-8 (0-5 L-L)
- **Key players returning:** OG-LB Kalani Adams, QB-DB Grady Stichler, RB-DL Blaze Watson.

(middle linebacker), and he may play a bit of (strongside) for us. That's where he'll shine."

As for a no-longer-secret weapon, Rice mentioned the potential of Moises Gonzalez, a sophomore who has never played football before, but could fit in right away at wide receiver, safety or linebacker.

OCTORARA **BRAVES**

THE OUTLOOK

ANDREW KEHE
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If ever there was a year.

Coming off a reversal-of-fortunes season, during which Octorara posted a 6-2 record and challenged Elco for the Section Four title, coach Jed King and his Braves have reason to believe their first championship in 14 seasons is at hand.

Entering their third season in the Lancaster-Lebanon League, the Braves will field a senior-dominant team, friends who have been playing together since they were 8 years old. Longevity and togetherness worked for all those great Soviet hockey teams, right? Why not the Braves?

"It's a huge advantage," said King, entering his 14th season at the helm. "They know each other so well, they love each other and they want to play for each other. That's so big in football."

"So, yeah, it's going to be a good year, but how good? We can do amazing things if the work ethic is there."

Back to see to it that it's there are senior running back/defensive back Mike Trainor and senior quarterback Weston Stoltzfus, who together accounted for about two-thirds of the Braves' offensive

THE PLAYBOOK

● **L-L:** Section Four

● **PIAA:** Class 4A

● **Head coach:** Jed King
(14th season, 32-89)

● **Base offense:** Multiple

● **Base defense:** 4-3

● **2020 results:** 6-2 (4-1 L-L)

● **Key players returning:** WR-DB Cory Di'Antonio, TE-LB Mason Ellingsworth, RB-DB Daryl Jones, C-DT Kaden King, OG-DT Andrew Koennecker, OG-LB Angel Mauricio, LB Paulie Murray, RB-LB Zion Raison-Peters, QB-DB Weston Stoltzfus, OT-DT Wes Thompson, RB-DB Mike Trainor, OT-DE Josh Wentz, WR-DB Steele Wrigley.

output last season.

"Those two are the heart and soul of this team," King said.

Up front are four returning starters.



CHRIS KNIGHT | STAFF PHOTOGRAPHER

Octorara quarterback Weston Stoltzfus scrambles out of the pocket against Elco on Oct. 9, 2020.

The Braves lost key positions to graduation on both sides of the ball, but the voids, King said, are being filled with capable talent.

About the offense

The Braves will again operate out of

multiple Wing-T sets and will again attempt to dictate the pace of the game with a hurry-up attack. Teams will see plenty of Trainor, who rushed for 817 yards and 12 TDs a year ago.

Stoltzfus rushed for 435 yards and seven TDs and threw for another 1,058 and 10 TDs — all while never letting anyone see him sweat.

"He never gets flustered," King said. "He plays not knowing his own emotions."

Adding depth to the offense will be junior tight end Mason Ellingsworth and senior receivers Cory Di'Antonio and Steele Wrigley.

About the defense

The Braves will again present a 4-3 look with outside pressure coming primarily from sack leader Kaden King, who also anchors the offense from the center position, and big-hitting linebacker Paulie Murray.

The final word

The talent is there, as is the skill, the belief and the experience. King knows none of that matters without desire.

"I think the word for us is we need to live up to our potential," he said. "I think our guys believe in what we have now. There's a lot of talk about purpose and potential. Potential is great, but we're not going to reach it if we don't work for it."

PEQUEA VALLEY **BRAVES**

THE OUTLOOK

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To borrow a baseball term, "tough out" pretty well characterizes Pequea Valley football in 2020.

How can that be? The Braves were 1-6 and yielded on average 35 points a game.

But a deep numbers dive reveals a team that was persistent in mounting attacks, scored fewer than 14 points only once, lost one game in overtime and another by four points, put up 27 against Lancaster-Lebanon League Section Four runner-up Octorara two days after a nine-day COVID-19 layoff, and posted its first win in three seasons — a 14-0 shutout of North-ern Lebanon.

The inexperienced Braves rushed for more than 1,000 yards and trended upwards in just about all meaningful categories. With half its roster of 30 returning, a new defensive coordinator and a high-football-IQ junior quarterback in Peyton

Temple, can the more savvy Braves move the needle from tough out to the biggest hit in Section Four?

"No doubt," fourth-year coach Jeff Werner said. "That's the message I'm sending our players."

"I spent 26 years at Cocalico, so I come from a winning program. I know the road map to get to where we need to be. We're definitely on the right road."

About the offense

The Braves will present a multiple spread look, challenging defenses with predominantly the ground game, featuring an experienced offensive line and junior running back Orlando Stoltzfus. Senior Drew White, and juniors Zach Hollenbaugh and Evan Stoltzfus anchor the line.

"Offensive line working together, just being able to run the ball down the field, I think that's something we did really good last year that we can do again," said White, a right guard and defensive end.

"We're already better than we were, much quicker," said Hollenbaugh, the left tackle. "We know what we're doing now, instead of tinkering with everything."

About the defense

Former Ephrata defensive coordinator Dave Fedorshak takes over as the Braves' DC, reuniting with Werner. He will guide a defense that will present numerous looks in 4-4 and 4-3 schemes.

"He adds a lot of life, he's intense," Werner said of Fedorshak. "He simplifies things. It's going to be something to watch."

The final word

Werner appears to be doing all he can to fully jettison the "easy out" version of the Braves' teams of the recent past.

"The players are buying into what I'm selling now," Werner said. "There's much more participation in the weight room and in the offseason. I don't want my players thinking, 'Let's just win a couple of games

THE PLAYBOOK

● **L-L:** Section Four

● **PIAA:** Class 3A

● **Head coach:** Jeff Werner
(third season, 1-16)

● **Base offense:** Multiple

● **Base defense:** Multiple

● **2020 results:** 2-5 (2-4 L-L)

● **Key players returning:** DT Bobby Broomell, WR Jon Carter, RB Anderson Cuz, OT-DE Zach Hollenbaugh, C Logan McGraine, TE Zach Ostot, OG-LB Evan Stoltzfus, K-P Nevin Stoltzfus, RB Orlando Stoltzfus, QB Peyton Temple, WR Dom Wallace, OG-DE Drew White.

and we'll be good.' We want to take it game by game, focus on every game. Snap by snap, let the chips fall where they may."

2021 HIGH SCHOOL FOOTBALL SCHEDULE

Denotes HOME games

ALL GAMES START AT 7 P.M. UNLESS OTHERWISE NOTED

SECTION ONE	AUG. 27	SEPT. 3	SEPT. 10	SEPT. 17	SEPT. 24	OCT. 1	OCT. 8	OCT. 15	OCT. 22	OCT. 29
CEDAR CREST FALCONS	Lebanon	Gettysburg	Carlisle	Gov. Mifflin	Elizabethtown	Manheim Township	Hempfield	Wilson	Penn Manor	McCaskey
HEMPFIELD BLACK KNIGHTS	Dallastown	Manheim Central	Central York	Exeter	Warwick	McCaskey	Cedar Crest	Manheim Township	Wilson	Penn Manor
MANHEIM TWP. BLUE STREAKS	CD East	Dallastown	Central Dauphin (Sept. 11, 6 p.m.)	Spring-Ford	Cocalico	Cedar Crest	Penn Manor	Hempfield	McCaskey	Wilson
McCASKEY RED TORNADO	Reading	York	Lebanon	Elizabethtown	Conestoga Valley	Hempfield	Wilson	Penn Manor	Manheim Township	Cedar Crest
PENN MANOR COMETS	Conestoga Valley	Lampeter-Strasburg	Northeastern	Warwick	Solanco	Wilson	Manheim Township	McCaskey	Cedar Crest	Hempfield
WILSON BULLDOGS	Central Dauphin	Gov. Mifflin	Exeter	Martin Luther King	Manheim Central	Penn Manor	McCaskey	Cedar Crest	Hempfield	Man
SECTION TWO	AUG. 27	SEPT. 3	SEPT. 10	SEPT. 17	SEPT. 24	OCT. 1	OCT. 8	OCT. 15	OCT. 22	OCT. 29
COCALICO EAGLES	Conrad Weiser	Cedar Cliff (Sept. 2, 7 p.m.)	Gov. Mifflin	Garden Spot	Manheim Township	Solanco	Conestoga Valley	Elizabethtown	Warwick	Manheim Central
CONESTOGA VALLEY BUCKSKINS	Penn Manor	Garden Spot	Lampeter-Strasburg	Daniel Boone	McCaskey	Elizabethtown	Cocalico	Manheim Central	Solanco (7:30 p.m.)	Warwick
ELIZABETHTOWN BEARS	Donegal	Mechanicsburg	Lower Dauphin	McCaskey	Cedar Crest	Conestoga Valley	Warwick	Cocalico	Manheim Central	Solanco
MANHEIM CENTRAL BARONS	Cumberland Valley	Hempfield	Susquehanna Township	Perkiomen Valley	Wilson	Warwick	Solanco	@Conestoga Valley	Elizabethtown	Cocalico
SOLANCO GOLDEN MULES	Palmyra	Kennard-Dale	Muhlenberg	Lampeter-Strasburg	Penn Manor	Cocalico	Manheim Central	@Warwick	Conestoga Valley (7:30 p.m.)	Elizabethtown
WARWICK WARRIORS	Lampeter-Strasburg	CD East (Sept. 2, 6 p.m.)	Ephrata	Penn Manor	Hempfield	Manheim Central	Elizabethtown	Solanco	Cocalico	Conestoga Valley
SECTION THREE	AUG. 27	SEPT. 3	SEPT. 10	SEPT. 17	SEPT. 24	OCT. 1	OCT. 8	OCT. 15	OCT. 22	OCT. 29
DONEGAL INDIANS	Elizabethtown	Columbia	Eastern York	Annville-Cleona	Elco	Garden Spot	Lampeter-Strasburg	Ephrata	Lebanon	Lancaster Catholic
EPHRATA MOUNTAINEERS	Muhlenberg	Palmyra	Warwick	Elco	Columbia	Lebanon	Lancaster Catholic	Donegal	Lampeter-Strasburg	Garden Spot
GARDEN SPOT SPARTANS	Twin Valley	Conestoga Valley	Daniel Boone	Cocalico	Pequea Valley	Donegal	Lebanon	Lampeter-Strasburg	Lancaster Catholic	Ephrata
LAMP.-STRASBURG PIONEERS	Warwick	Penn Manor	Conestoga Valley	Solanco	Northern Lebanon	Lancaster Catholic	Donegal	Garden Spot	Ephrata	Lebanon
LANC. CATHOLIC CRUSADERS	York Catholic	Delone Catholic	Archbishop Carroll	Columbia	Annville-Cleona	Lampeter-Strasburg	Ephrata	Lebanon	Garden Spot	Donegal
LEBANON CEDARS	Cedar Crest	Reading	McCaskey	Northern Lebanon	Octorara	Ephrata	Garden Spot	Lancaster Catholic	Donegal	Lampeter-Strasburg
SECTION FOUR	AUG. 27	SEPT. 3	SEPT. 10	SEPT. 17	SEPT. 24	OCT. 1	OCT. 8	OCT. 15	OCT. 22	OCT. 29
ANNVILLE-CLEONA DUTCHMEN	Schuylkill Valley	Fleetwood (Sept. 2, 7 p.m.)	Littlestown	Donegal	Lancaster Catholic	Northern Lebanon	Pequea Valley	Columbia	Octorara	Elco
COLUMBIA CRIMSON TIDE	Eastern York	Donegal	Hanover	Lancaster Catholic	Ephrata	Octorara	Northern Lebanon	Annville-Cleona	Elco	Pequea Valley
ELCO RAIDERS	Susquenita	Schuylkill Valley	Conrad Weiser	Ephrata	Donegal	Pequea Valley	Octorara	Northern Lebanon	Columbia	Annville-Cleona
NOR. LEBANON VIKINGS	Pine Grove	Hamburg	York County Tech	Lebanon	Lampeter-Strasburg	Annville-Cleona	Columbia	Elco	Pequea Valley	Octorara
OCTORARA BRAVES	Kennard-Dale	York County Tech (Sept. 4, 11 a.m.)	Pottstown	Phoenixville	Lebanon	Columbia	Elco	Pequea Valley	Annville-Cleona	Northern Lebanon
PEQUEA VALLEY BRAVES	Biglerville (ppd. to Nov. 5)	Hanover	Kutztown	Jenkintown	Garden Spot	Elco	Annville-Cleona	Octorara	Northern Lebanon	Columbia

SATURDAY SPORTS CLINIC



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OAL is committed to providing athletes with convenient access to the best possible care for sports-related injuries. Orthopedic providers are on-site to quickly diagnose and treat your pain and injuries.



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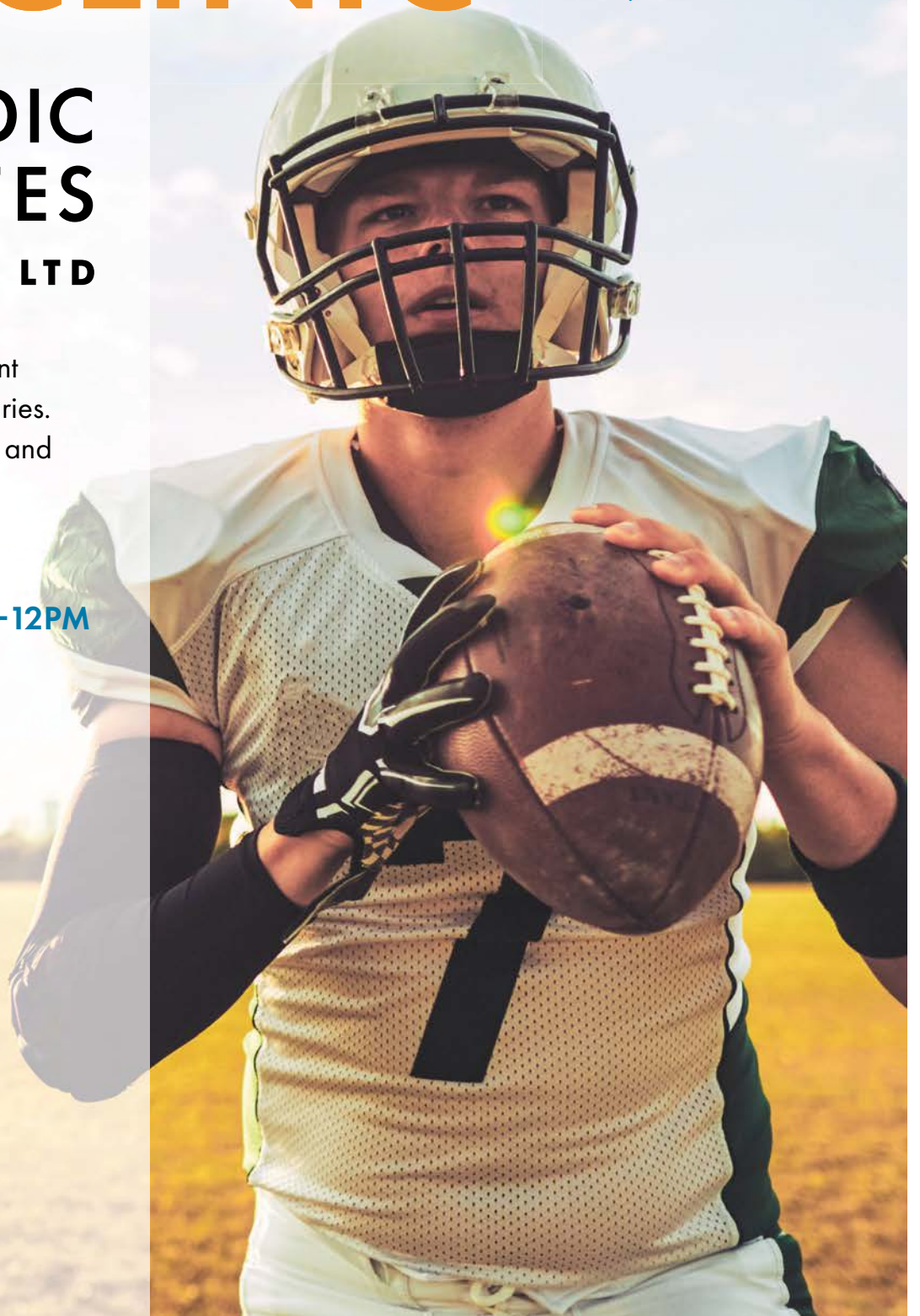


WHAT DO WE TREAT?

- Severe Pain
- Redness or Bruising
- Swelling
- Collarbone & Shoulder Injuries
- Elbow, Hand, & Wrist Injuries
- Foot & Ankle Injuries
- Difficulty Walking
- Knee & Hip Injuries
- Sprains or Strains
- Broken Bones



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