



# The Game Ball

Volume 1 Issue 1

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## Winter 2012—Season Preview

*Now that the temperature has taken a plunge . . . We're just about ready . . .*

**Richmond.** Just because the season is almost over doesn't mean football has to come to an end. In fact, we are just beginning . . . Happy New Year's to all of you as we gear up for a New Season of Flag Football. Welcome CVFA Winter 2012 Players!



Time to pull out the Icy Hot, Bengay, and

brewing.

Without further ado . . .

Let's introduce you to this season's teams competing for the coveted title of "Best Winter Flag Football team in the CVFA."

Read on . . .

## Mens League Power Rankings 8-on-8 A Division

**Westwood.** Although predicted to go 8-0 and win the Championship, this team may be in **head hunting mode** only in preparation for the Spring Season; so they can compete again with teams such as the Primetimes, Poor Boys, and River Citys of the CVFA. This would be the perfect season to prepare. Will Westwood's QB "The Source" lead them to eight consecutive wins this season, and move them throughout the playoffs? We shall see. Will he be a new and improved "Source" who has



**Speed Kills.** Still trying to make a name for themselves. Sure, the team name sounds good. And everyone knows this team. But, why? You're right. Because the name is catchy. That's about it. Will the captain help the team think . . . , what else kills? Smart, Excellent, and Athletic Plays.

Will Batman #21 return this season to give them a chance of competing for the title? If not, we can be in a world of trouble here. Catching in freezing weather could be on their side though. That's about the only equalizer this team will have this season against the A

developed into an avid downfield passer in order to compete with the other A teams next season? We will find out at season's end.

-league teams. To build your confidence . . . take the B-league games to your advantage and practice those plays that would be key in A-league matchups.

# A-league (continued...)

8-on-8

**Shoulda Went Pro.** Bottom line here . . . If Chauncey (#9) returns . . . 7-1, if not . . . a mediocre 3-5. I know, I know . . . harsh, but, it's true. Consistency. It's what this league thrives on. If you aren't consistent, you don't win games. It's that simple. The quarterback position is one of those positions in which consistency is key; big time! Did I make myself clear? Big Time! Without one, you may as well join the ROFFL. That is the "Run-Only Flag Football League." Only one team should challenge them immensely this season . . . And that is Westwood. Other's may argue their case . . . such as . . .



Yes C-Payne is that important

**Brute Squad.** With a strong armed Quarterback, we know he can get the ball downfield, and fast . . . but the question is . . . accurately? Always seeming to pick up free agents . . . Good ones, albeit, but . . . will the team's possibility of lack of chemistry keep them away from beating other A-leaguers this season? Nevertheless, they are predicted to go 5-3.

## B-Division

8-on-8

**Shatterpoint.** The surprise of the Summer 2011 League that saw the emergence of the CVFA's next star QB in Zach Rowan. With combined members from AM FAM from the Ruffin League, they are by far the favorites to take home the B-Division Championship. We put them at 6-2 at the end of the regular season.

**Just Chillin.** Just a rename here. Formerly, Spider Monkey's last Winter season. With a nimble QB, winning a few games may be attainable this season. But, will the name change be what is needed to jump start this squad in the right direction?

**Party Rock.** The party rocker's in the house tonight. The story here is a player from the Knightz jumped ship to start his own team. Will he be able to train his new team on the rules and prove that they are indeed competition for the B-League veterans?

**Wonderlics.** With a new QB, he's skilled enough to help them win four of the B-league games. But, will he be savvy enough to help his team overcome even the worst A-league team? We don't think so . . . We're going to put them at 4-4 this season.

**The Alers.** Welcome to the CVFA. There are a lot of rules and strategy to learn around here. False start penalties alone can kill ya! Regular Season, 2-6.



Shatterpoint's Zach is a legit star in the making

Your business' Ad wants to be here. It told me so

Be seen by over 500 people per week.

Contact Brad at 349-3220 for more details

The Game Ball

OFFICIAL Newsletter of the Central VA Football Association

# Downfield & Coed

## Preseason Power Rankings

### Downfield



The target is on their chests

1. **(7-1) Jackwagons.** Former league MVP Stephen Harrell #10 makes his return to the CVFA, and word is the Jackwagons have made no significant changes to their roster....and that's a good thing. The league's only true passer will have some success.
2. **(6-2) Chuck Boys.** Perennial runners up have a new squad to contend with in the Jackwagons. Stopping Shaun from killing you with his feet is paramount.
3. **(5-3) 804rce.** Defending champions seemed to take a step back in the 8 on 8 league last season ending with infighting and conflict. How will they react?
4. **(4-4) Raptors.** The 5 time champs had success last season in the 8on8, but word is they lost some integral parts.
5. **(2-6) Cougars.** New-ish team with talent, but will take some time to gel.
6. **(0-8) Team X (Free Agent Team)** Good luck guys.

### CO-ED

1. **(8-0) Richmond Graves.** The coed primetime is always filled to the gills with talent, but never seems to take that next step. With their guys not filling their championship cup in the mens league, I think this is their year
2. **(5-3) Occupy Endzone!** Formerly Givin 'em the business and Djibouti Shakers with members of brute squad with probably the best girls in the league, word is they have a new QB at the helm
3. **(4-4) Leather and Lace.** Last winter's B champs will have to knock the rust off. They also have the female TO; and the male version has retired.....
4. **(4-4) Honeybadgers.** Movement from last winter; team is hot and cold; won some close ones lost some ones they should have won.
5. **(3-5) Flag Tuggers.** veteran team that have played under double dream hands et al; mens players from wonderlics.
6. **(3-5) Racks and Sacks.** Members of Raptors and the Knightz, could easzily be #6 or #2



Pre-Quoting Leather and Lace  
"4-4? I dont think so"

7. **(1-7) Discount Doublecheck.** new team from RCSSC; will take some time getting used to the different rules

# Tale of the Tape

## All-Time Records

### Team Season Records

#### Offense

**Total Offense (yards): 2262** Primetime (F2010)

**Passing Offense (yards): 1828** Takeover (F2010)

**Rushing Offense (yards): 791** Practice Squad (F2010)

**Scoring Offense (points): 249** River City (W2010)

**Fewest points allowed: 77** Blueprint (W2010)

**Sacks Allowed: 4** Blueprint (W2010) Dustin Clark, Takeover (F2010)

#### Defense

**Total Yards Allowed: 641;** Primetime (Su2010)

**Rushing Yards Allowed: 39,** Westwood (Sum2010)

**Passing Yards Allowed: 565;** Capital Punishment (F2010)

**Team Interceptions Made: 24** Empire (Su2011)

**Team Sacks Made: 24,** Knights (F2101)

### Individual Season Records:

#### Offense

**Passing Yards: 1811** Dustin Clark Takeover#6: (F2010)

**Passing TDs: 28**Tee TARRIER, Empire#22 (Su2011)

**Individual Rushing Yards: 672;** Lance Hughes (W2010)

**Individual Receiving Yards: 597** Isiah Finney, Empire #21 (Su2010)

**Receptions: 41** Anthony Thompson, Shatterpoint #85 (Su2011)

**Receiving TDS: 11** Steve Miller RC (W2010); Brian Flaherty, Primetime #7 (F2010); Anthony Thompson, Shatterpoint #85 (Su2011); Antonio Wade, Empire #85 (Su2011)

**Total TDS: 32** Kelly Spiker RC#9 (F2010)

#### Defense

**Individual Sacks: 17;** Maurice Davis, United #18 (f2011)

**Individual Interceptions: 12;** AJ Hamlet, Raptors #1 (Sp2011)

**Individual Pick 6s: 4;**Matt McKenna, Brute Squad #18 (sp2011)

**Special Teams TDS: 3;** KY, Showtime # 83: 3 (W2010)

**Tackles: 28** Davey Martin, PBR #7 (F2010)

### Single Game Records

#### Offense

**Most Yards, Team (game): 666** Primetime (11/1/2010)

**Passing Yards: 357,**Jason Bratton, Showtime! #7, (1/30/2011)

**Passing TDs: 6;**

—Kelly Spiker, RC#9 (2/27/2010),

—Davey Martin, PBR#7 (9/27/2010),

—Jake Parsons, Blackout #4 (9/19/2010)

**Rushing Yards: 175;** Brian Flaherty, Practice Squad #7 (10/24/2010)

**Receptions: 13;** Jay Hargrove, Built Tough #3 (9/19/2010)

**Receiving Yards: 189;** Isiah Finney, Empire #21 (7/10/2011)

**Receiving TDs: 6;** Stephen Wilkes, Friday Natty Lights #6 (5/22/2011)

**Rushing TDs: 4**Chauncey Payne, Primetime #9 (9/27/2010)

#### Defense

**Flag Pulls: 11,** Davey Martin, PBR #7 (10/4/2010)

**Sacks: 7,** Maurice Davis, United #18 (10/3/2011)

**INTs: 3;**

- Steve Miller, River City #3, (7/11/2010);

- Anthony Hunt VDP #2 (7/18/2010);

- FYU #5 (7/18/2010);

- Drew Magyar RC#11 (7/11/2010);

- Patrick Moore, RBI#15 (4/3/2011);

- Joel Seamster, Predators #25 (4/21/2011);

- Matt McKenna, Brute Squad #18 (5/2/2011);

- AJ Hamlet, Raptors #1 (5/15/2011),(9/18/2011)

**Special Teams TDS: 2;** KY Showtime 83 (1/6/2010)

**Defensive TDS: 2;** Matt McKenna, Brute Squad #18 (5/2/2011)

#### Plays

**Longest Play from Scrimmage: 79 yards,** Larell Mitchell #8 to Brad Gamlin #11, Practice Squad (9/19/2010)

**Longest Play: 82 yard INT return** Isiah Finney, Empire #21 (5/1/2011)

**Longest Field Goal: 57 yards** Nathan Winnagle, RC#1 (5/1/2011)

# On The Scene with Petey Greene



Happy New Year CVFA!!!!

It's that time again.

States have passed us by and we are onto a new season already.

And what better way to start out than with ole Peter Montero Ogelthorpe Nguyen (and you're in) Greene!?



Let's talk to a man who has held many different positions in the league...from coach to player to ref to stat man. But today we are going to kick it with him as the lead dog of the downfield blocking league's champ (804rce).

You know him. You love him (or love to hate him).

## The one and only Christopher Nalley

*\*applause\**

**After winning the title in the Summer, you guys had a rough Fall in the 8 man eligible league (including a bad loss in the playoffs). How is the team looking going into the season?**

**CN:** One word. Confident. We thought we would try the 8man non-df rules and see what would happen. It's not for us. We are back to back DF champions for a reason. It's what we know and it's what we should be playing. My guys are excited and ready to face old foes and new faces.

**PG: Back to back champs in the downfield blocking style. Downfield blocking flag is definitely different than 8 man eligible semi-contact.**

**So it is back to the throne. But with the issues last season, there seemed to be questions about the qb spot? What's up with that?**

**CN:** Ahhh the QB spot. The Achilles Heel of the 804orce. We have never, I mean never had a strong consistent answer at QB. For now, not to date myself, but we are approaching the QB issue a la Starship Troopers. The QB job is Steve's until he's dead or I find someone better.

**PG: Haha!!!! Nice one.**

**Now for those that don't know, explain your original connection with the downfield blocking style of game.**



Its Steve's job until he dies, or Nalley finds someone better.

CN: Well I moved to Richmond a little over 5 years ago after I had a Double Lung transplant. After the Surgery I pretty much dived into anything athletic. A few close friends of mine and myself decided we wanted to form a Flag Football League, formally known as the RFFL. So we did. The idea was to create a league with the spirit and feel of real football, complete with live fumbles, stiff-arming, and full downfield blocking. It was very successful for a while and had a pretty good following. Times change and with other Non-downfield leagues in the area, team attendance declined. Last Summer the RFFL and most of its teams were ingested into the CVFA. Its been a great move for both me and Brad Gamlin.

**PG: Stop right there.  
You had a double lung transplant? Details man, details.**

CN: Well I was born with a genetic disease called cystic fibrosis. Which in my case mostly effected my Lungs. Long story short, after a childhood on the sidelines, and being in and out of many hospitals my life was forever changed by the gift of a double lung transplant in 2006 from a deceased donor. So I feel obligated to live everyday to the fullest as well as the new lungs to their fullest.

**PG: One has to respect your approach to life.**

**Speaking of respect, I am sure you respect your opponents. But what do you expect from your team this season.**

**Call your shot.**

CN: You are correct, we respect all of our opponents. But they should know this season they are gonna get all they can handle from the 804rce. Here's the thing, like I said before, there are old foes and new faces. My team is the current reigning DF Champs. We played a lot of ironman games this fall (in the 8man Non-DF). That will not be the case this Winter. I have all my returning starters and stars from last our last Spring and Summer championship seasons.

I'm calling a 3peat.



**PG: Preseason trash talk. Love it. Let's end on this 3 part question for you, Mr. 3Peat.**

The Three-Peat has been called

- 
- What is the**  
**1) best thing about the CVFA**  
**2) worst thing about the CVFA**  
**3) last thing you want to say to close out this interview**  
 ???????

**The floor is yours.**

CN: Best thing about the CVFA to me is the camaraderie on and off the field between players, refs, stat guys

and the commish. It's like one big dysfunctional family.

Worst thing is the fields or the lack of a home field. Its fun and all to have the appearance of home and away games, and I know reserving fields with the cities and counties in the surrounding RVA area is a real pain in the ass. But so is 3+ dollars a gallon for gas. Glad to see all the games are in one location this year.

Parting shot.... HmMMM

To our Opponents this season: Get your hands ready, there will be no easy second or for that matter first chances at pulling flags. Stock-up on ice packs, ace bandages and braces of all kinds...ankles will be broken.

Get the wife or GF ready for lots of laundry duty, your jerseys will be dirty. Crack open those playbooks and invest in a trainer. Prying this title from my team will NOT be an easy task.

{Drops mic}

**PG: AND THE CROWD GOES WILD!!!!!!!!!!!!!!!!!!!!!!**

That, my friends, is how you conduct an interview. And THAT is how you respond as the 1st interview subject of the season.

Shout out to Chris Nalley for giving an honest interview and pulling no punches.  
Take notes, people.

And just like that, the 2012 Winter season is on and poppin.



Give thanks. Give life.

# WEEK 1 PREVIEW

Week 1's marquee matchups include:

**(0-0) 804rce (-2) vs Chucks Boys (0-0),  
Saturday 12:00,**

Opening game, rematch of last winter's championship game.

**(0-0) Brute Squad vs (0-0) SWP {-3} Sunday  
3:30,**

Brute gets their first A league opponent

**(0-0) Racks and Sacks vs (0-0) Occupy Endzone  
{-2} 1:00**

The team that split into two gets each other week 1

**Bring your popcorn!**

