

Empowering Young Athletes

Oregon Ravens Host Sponsored Youth Camp & Clinic

The **Oregon Ravens** are proud to partner with **Got Her Back** and **Dove** for an empowering initiative designed to build body confidence and keep young girls active in sports.

Building Body-Confident Cultures

On **August 18th**, coaches, parents, teachers, and mentors are invited to attend a virtual coaching clinic featuring **Dove's Body Confident Sport** curriculum. Trained through this innovative programming, adult leaders will gain practical, actionable tools to cultivate positive team environments focused on self-assurance. These educational sessions help young athletes feel seen, supported, and motivated to stay in the games they love.

On-Field Action

On **August 22nd**, the **Got Her Back Girls Football Camp** moves to the turf at **Sherwood High School** (18800 SW Haide Road). Girls ages 6 to 18 will sharpen their fundamentals through combine drills, position-specific training, and competition periods led by top professional flag and tackle football players. Beyond physical drills, participants will engage in empowering breakout discussions to build lasting confidence alongside peers and mentors.

To view full event schedules, access virtual coaching links, and secure your spot by registering for both of these transformative sessions today, visit:

www.igotherback.com

Anchored in the Flock

Oregon Ravens Name Parker Shaw New Athlete Mindset & Resiliency Coach

The Ravens introduce their new Athlete Mindset & Resiliency Coach, Parker Shaw. Below, Parker shares his journey, in his own words.

Parker Shaw was born and raised in the Portland area and fell in love with football at an early age. After a successful high school career at Wilsonville High School including multiple conference championships, deep playoff runs, and all-conference honors, he played college football at Whitworth University in Spokane, Washington. While there, he saw the field all five years, contributing as a safety and key special teamer.



Pictured Above: Parker Shaw, author of the bio featured in this issue and the newest addition to the Oregon Ravens coaching staff as the Athlete Mindset & Resiliency Coach.

His experience at Whitworth also included winning a conference championship and going on a playoff run as a sophomore in 2018. In 2020 and 2021, Parker led the team in forced turnovers, recording multiple interceptions and forced fumbles in both seasons. Parker also received the 2021 Whitworth Football Team Player of the Year award, as voted on by his teammates and coaches.

After his playing career ended, Parker joined the coaching staff at Whitworth as a defensive backs assistant, working with the safeties. He remained on staff until relocating to Virginia to pursue a graduate degree in Clinical Mental Health Counseling.

While in graduate school, Parker started coaching high school football at Atlantic Shores Christian School, where he served as the defensive backs coach, running backs coach, and special teams coordinator. Atlantic Shores appeared in the state semi-finals game in his one season on staff. After earning a Master's degree in Clinical Mental Health Counseling, Parker returned to Portland and founded Anchored Athlete Counseling, a mental health counseling practice designed for current and former athletes. In addition to individual counseling, he also offers team workshops, speaking opportunities, and consulting services all designed to promote mental health in athletics.

In addition to providing his services to the Oregon Ravens, Parker offers those same expert services to the public.

Visit: www.livingwell-counselingcenter.com

To schedule an appointment with Parker.

Standard of Excellence

Oregon Ravens Set High Expectations and Targeted Recruitment for while preparing for the upcoming season.

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“Girls Can Do Hard Things”

From defying high school doubters to balancing motherhood and trench battles, the Oregon Ravens veteran shares her journey.

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Tail-Wags & Touchdowns

That's right: August has officially gone to the dogs. The Oregon Ravens feature our team dogs in this month's official newsletter.

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Standard of Excellence

Oregon Ravens Set High Expectations and Targeted Recruitment for 2027

Preparing for the upcoming season, the Oregon Ravens are building a championship culture through intentional recruiting and high standards.

Leadership has emphasized that recruiting is about more than simply filling roster spots—it’s about finding athletes who embody the character, commitment, and integrity that define the Ravens organization.

John La Rosa shared his confidence in the recruiting process currently in place and expressed his support for the staff leading the effort.

“I’m more than confident in what is in place,” La Rosa said. I’ll review the recruiting progress daily and work directly with team staff for recommendations.

La Rosa outlined several guiding principles that will shape the Ravens’ recruiting efforts moving forward:

Recruit with urgency and purpose.

Follow through consistently with every prospective athlete.

Share the Ravens’ culture and expectations without trying to convince or pressure anyone to join. Becoming an Oregon Raven is a privilege earned through commitment—not an entitlement.

Make recruiting decisions based on principles, merit, character, and integrity rather than emotion.

While athletic ability is important, La Rosa believes the team’s culture comes first.

“Talent and skill can be developed,” he said. “Head Coach Robby Scarf has a proven system in place to help athletes grow. Our responsibility is to identify people with the character and mindset that fit what we’re building.”

La Rosa also reaffirmed his commitment to supporting the coaching staff while allowing them to lead.

“I’ll always be available for feedback, but my priority is making sure we’re recruiting quickly and executing the vision Coach Scarf has established.”

As the Oregon Ravens continue preparing for the season, the message is clear: the organization is committed to attracting athletes who are ready to embrace accountability, excellence, and the team-first culture that defines Ravens football.

"Girls Can Do Hard Things"

Veteran Lineman Lo Diaz Reflects on Grit, Empowerment, and years playing on the Gridiron

From defying high school doubters to balancing motherhood and trench battles, the Oregon Ravens veteran shares her journey of resilience as she prepares for her fourth season with the flock.

For Oregon Ravens veteran lineman # 54 Lo Diaz, football has never been just a game—it’s a movement. Going into her fifth season with the Ravens, Diaz’s journey through football is a testament to resilience, and shattering expectations every step of the way.



A 17-year-old Lo Diaz poses in her Molalla High School football jersey during her breakout prep season. (Photo courtesy of Lo Diaz)

Breaking Into the Trench

Diaz’s gridiron path began back in 2004 at Molalla High School. After realizing Powderpuff didn’t offer the true competitive edge she craved, she decided to break the mold and join the high school boys’ JV and Varsity full-contact teams.

The transition wasn’t without adversity. High school coaches initially met her with severe skepticism and outdated stereotypes.

"My coaches in high school were like, 'This is a boys' sport, you're going to get hurt... girls belong in the kitchen,'" Diaz recalled. "They were just really mean and vile, but I didn't let that get to me. I just stuck it out and proved them wrong. At the end of the season, the coaches who doubted me came forward and apologized. They told me, 'You proved all of us wrong. You have guts and grit.'"

Balancing Life, Motherhood, and Football

Diaz continued her football career after high school, taking time off from the game only to start a family. Once her son was a toddler, her love for the game pulled her back into the pads. She played three seasons with the Portland Fighting Shockwave in the WFA before making her way to the WNFC with the Oregon Ravens.

Balancing Life, Motherhood, and Football

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"Girls Can Do Hard Things"

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her love for the game pulled her back into the pads. She played three seasons with the Portland Fighting Shockwave in the WFA before making her way to the WNFC with the Oregon Ravens.

Balancing full-time work, parenting, and elite athletic demands is a constant challenge, but one she embraces whole-heartedly to set an example for her son.

"It's a struggle because you have to sacrifice time with family and sacrifice weekends for games," Diaz admitted. "A lot of sacrifices go with it, but I wouldn't change anything because it's something I love doing. It shows my son that with hard work and dedication, he can do the things he loves too."

Finding Her Home on the Line

Over her football career, Diaz has lined up across multiple positions—including middle linebacker and offensive line—before finding her true calling on the defensive line.

"I am a line body," Diaz laughed. "When they put me on the line, I can see everything and where the ball is going. I can read and react to what's in front of me."



Oregon Ravens veteran Lo Diaz, who previously wore No. 70 before switching to No. 54, runs drills during team practice as she prepares for her fifth season with the flock. (Photo: Oregon Ravens)

Though she admits summer conditioning and goal-line suicides are her least favorite part of the job ("The conditioning sucks!"), the ultimate feeling of shared accomplishment with her teammates keeps her coming back. For Diaz, the Ravens roster is more than just a team—it's a family.



Oregon Ravens veteran lineman Lo Diaz poses in her newly issued No. 54 jersey as she prepares for a game. (Photo courtesy of Lo Diaz)

Inspiring the Next Generation

Looking toward the future of women's tackle football, Diaz hopes to see the sport continue to expand its visibility internationally, on television, and in local communities. Her message to young girls eyeing the gridiron—and to incoming Ravens rookies—remains rooted in relentless drive.

"My advice to a young girl wanting to play football is that you can do hard things," Diaz said. "Don't let words hurt you. If you want to play, do everything you can to show the doubters. Pushing through adversity is worth it. And for a rookie joining the Ravens? You're going to get hit and get bruises. But never stay down—keep getting up. That hurt is temporary, and the adrenaline rush is like nothing else."



Oregon Ravens veteran Lo Diaz poses with her son on the field following a home game.

When the stadium lights dim and the helmet comes off, Diaz's favorite role remains the same. Holding her son on the turf after a grueling four quarters, she isn't just proving what women can achieve in full-contact football—she is showing her son what resilience, dedication, and heart look like in real time.

Tail-Wags & Touchdowns

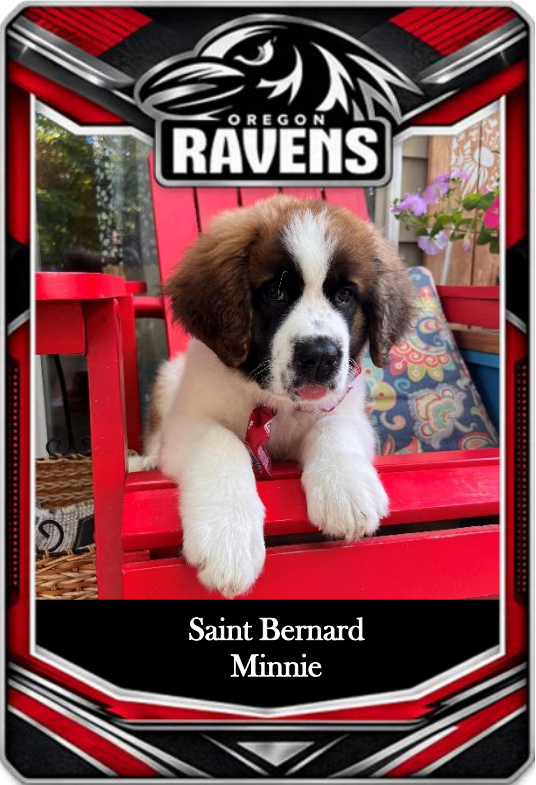
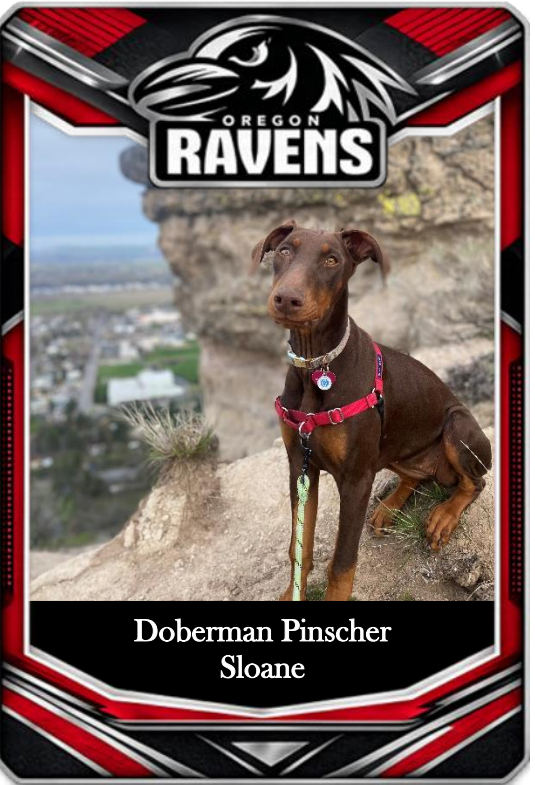
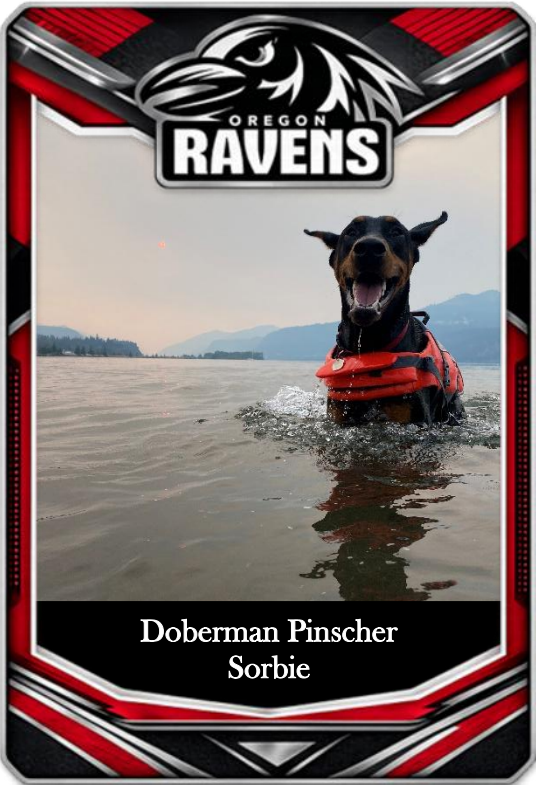
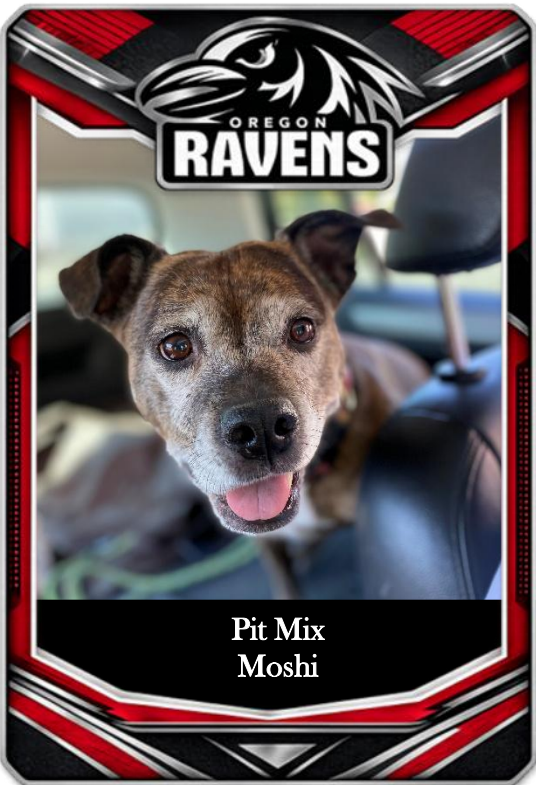
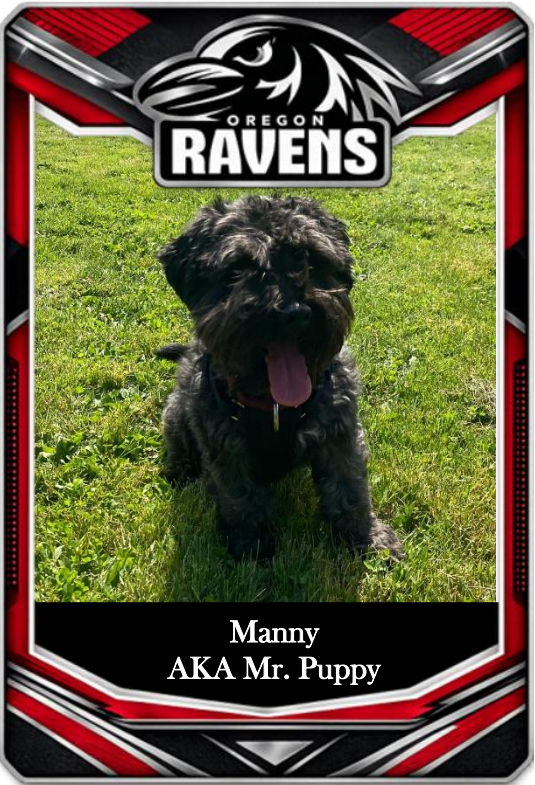
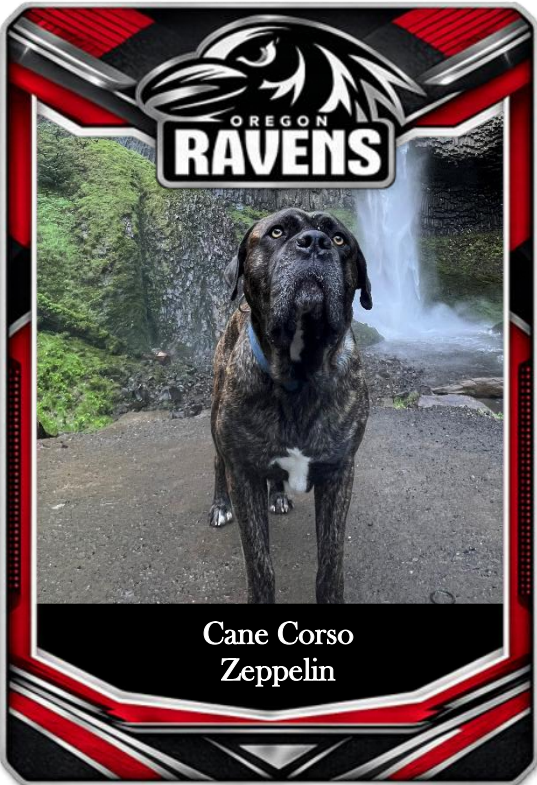
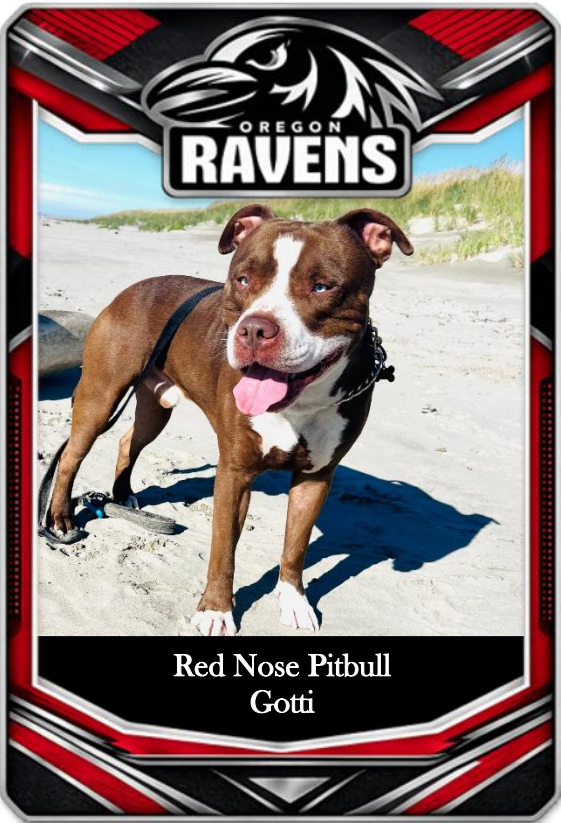
August Has Gone to the Dogs

While the Oregon Ravens are hard at work prepping off the field for our upcoming 2027 season, our flock is taking time this month to celebrate some of our biggest—and furriest—fans.

That’s right: **August has officially gone to the dogs.**

Established to honor the loyalty, love, and joy our four-legged companions bring into our lives, **National Dog Month** runs all throughout August.

As a special tribute to our incredible furry fans, the Oregon Ravens are proud to feature our team dogs in this month’s official newsletter, spotlighting player pups and giving our canine companions the prime headline spot they deserve.



2026 Ravens Sponsors



To Our 2026 Sponsors and Partners:

As our 2026 season comes to a close, the Oregon Ravens want to extend our deepest appreciation to the incredible businesses and community leaders who stood behind us this year.

Because of your generous backing, our athletes took the field with the resources, safety equipment, and professional platform needed to compete at the highest level of the Women’s National Football Conference (WNFC). Together, we broke barriers, inspired the next generation, ran our way to the No. 1 rushing attack in the league, and secured a season sweep of our division rivals!

We are incredibly proud to have your names woven into the fabric of our history, and we look forward to keeping you close to the flock as we continue to build this legacy together.

With our highest regards and deepest appreciation,

The Players, Coaches, and Staff of the Oregon Ravens

Partner with the Flock
2027 Sponsorships Open

While the 2026 games have concluded, our momentum is just getting started. The Oregon Ravens front office is already hard at work building our next championship run and expanding our community footprint for the 2027 season.

Are you looking to elevate your brand, champion women's sports, and make a lasting impact in the Pacific Northwest? We invite you to join our journey. We offer highly visible, customizable partnership packages—including jersey placement, field-side banners, digital media campaigns, and game-day activations.

Ready to join the flock? Visit the official Oregon Ravens Website to learn more and connect with our partnership team today.

Visit: Oregonravens.com