

DRHS COACHES

RON WOITALEWICZ
(HC/DC/LB)

JEREMIAH BEHRENDSEN
(OC/QB)

PAUL SHEEHY(STC/DL)

TIERRE DURAN
(JVHC/DB)

CHRIS FLYNT(WR)

MARK LEON(DB)

NICK MAY(OLB)

ERIC NEYEN(LB)

JOHN OFFERDAHL(DB)

MATT OSTERHAUS(OL)

JARED SCHULZ(RB)

GORDON STANT(OL)

PAUL LUNA(HFC)

SCOTT CAVALLARO(F)

DALTON FOX(F)

VINCE GRISHMAN(F)

DRSA YOUTH FB

JOHN KELLNER

JOE CHRISTENSEN

MARK CUSICK

HENRY ESPINOZA

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Navy Cardinal Insider

VOLUME 4, ISSUE 4

Coach Woj's Update:

As we begin to end the school year, it really becomes a busy time for us and our football team and program. We will begin doing 7 on 7 workouts in the morning with our varsity and JV players beginning April 15. It gets a little cool in the morning, but the work will make us better for the season. On April 17, we will be having our KICKOFF FOR FLORIDA 2020 meeting at 6:00 in the auditorium at Dakota Ridge. If your player will be playing in 2020 and plans on attending the trip to Florida, then this is a meeting you will want to attend. Kelly Hayes from KSA will be here to go over the details of the trip and we will talk about fundraising options for this trip as well. May 1 will be the Mandatory parent meeting for all varsity, JV and incoming freshman parents. We will cover the summer schedule that night and you will have the opportunity to pick up your Eagle Cards to get a head start on selling them. May 6-8 will be the freshman camp at Summit Ridge from 3:00 – 4:30 and then on May 8th will be the freshman players/parents BBQ at Dakota Ridge at 5:00 that night. The Varsity and JV spring camp will be May 13-16 from 3:00 – 5:00

at Dakota Ridge. All Speed Camp forms and money will be due by May 23 and anyone invited to CSU Pueblo



Coach Woj
DRHS Head Coach

team camp will need to have forms and money turned in by May 23.

May 3 we will be hosting a youth coaches clinic at the Flying Pig. A flyer is included in this newsletter so please let all youth coaches know it is a great time and a chance to talk some football with the Dakota Ridge coaching staff. We always love to share ideas and learn new stuff from other coaches as well.

Our players have been working very hard in the weight room and looking forward to a great 2019 season.

Please get the word out to any boys and girls grades 1-12 about our summer speed and agility camp and please

encourage them to all sign up and get in some great work to help improve their speed and athletic ability. THIS IS NOT just a football camp, but it is good for anyone wanting to work on increasing speed and quickness. We love having our youth kids there at the camp and getting in the good work.

If there is anything that we can do for you please let me know!

Here is a final thought!

When your head hits the pillow tonight, remind yourself that you've done a good job. You are headed down your path at your own pace, and with every obstacle, you are trying your utmost best. Be patient with yourself, and remember that big things are achieved not all at once, but one day at a time.

**BELIEVE IN THE
BROTHERHOOD!**

Ron Woitalewicz (Coach Woj)
Head Football Coach
Ronald.Woitalewicz@jeffco.k12.co.us

Upcoming Events/Dates

Events for DRHS Football

- April 15 - Morning 7on7 begins
- April 17 - Kickoff meeting for Florida 2020 trip 6:00 at DRHS
- May 1 - Mandatory Parent Meeting 6:00 at DRHS
- May 2 - Last day of lifting at Summit Ridge
- May 6-8 - Freshman football camp at Summit Ridge (3:00-4:30...cleats, tennis shoes and athletic apparel)
- May 8 - Freshman player/parent BBQ at DRHS (5:00...players are free all other are \$5)

Events for DRHS Football

- May 13-16 - Varsity/JV football camp at DRHS (3:00-5:00)
- May 14 - Legacy of Champions
- May 17 - DRHS Graduation
- May 23 - Speed Camp money and forms are due
- May 23 - CSU-P money and forms are due

DR Youth, Community & Coaches

- May 3 - DR Youth Coaches Clinic 5:30-8:30 at The Flying Pig *See the flyer at the end of this newsletter for more info*
- June 3-July 3 - Summer Speed and Agility Camp for grades 2-12...*See the flyer at the end of this newsletter for more info.*
- YOUTH FOOTBALL REGISTRATION IS NOW OPEN. REGISTER NOW AT:

dakotaridgesports.org

“we practice some aspect of special teams each day. Not only is that not common at this level, it’s a luxury ”

Coach Sheehy: Special Teams Play

At Dakota Ridge, we are lucky that our head coach emphasizes the importance of special teams and allows for well over an hour of special teams practice each week during the season. In fact, we practice some aspect of special teams each day. Not only is that not common at this level, but it’s a luxury as a special teams coordinator, and we are able to really focus on not only the basics like most teams, but on specific areas of improvement, opportunity, and nuance that other teams just don’t get the time to focus on each and every week.

Coaching special teams is about organization. Every week, we must prepare at least eight different special teams units (in bold):

Kickoff

Including onside kicks and free kicks after a safety

Kickoff Return

Including onside kick return (our **“Hands” team**) and free kick return after safety

Punt

Including fakes

Punt Block & Return

Including fake alerts, and our **“Sasquatch” return unit** for a fair catch & free kick to close out a half

PAT/FG (which aren’t always the same units)

Including our **“Sasquatch” kick unit** for a free kick after fair catch

PAT/FG Block

Including fake alerts

Not only do we need to coordinate all players on each of these units so they all fully understand their roles, alignments, assignments, and techniques needed to execute properly, but we also must coordinate the scout team simulating our upcoming opponent as closely as possible so we get a “good look” as we prepare. We do that for every scenario, and every special teams unit weekly. If we are not organized and prepared in advance, precious minutes during practice will be wasted. That’s where having assistant coaches John Offerdahl and Jared Schulz have been invaluable over the past few seasons, and where having Coach Woj so hands-on during these practice periods really gives us an edge.

When building a playbook for our various special teams units, we start with very basic, generic schemes which form our foundation.

...Coach Sheehy: Special Teams Play

Each week, after we have scouted our upcoming opponent, we'll add opponent-specific adjustments to those foundational schemes to take advantage of weaknesses or opportunities we see. We are always looking to identify and exploit that weak link in our opponent, looking for mismatches to take advantage of, whether in their scheme or personnel, or both. We typically go into each game with 3 different plays, schemes or means to attack our opponent. This is true for every special teams unit. It's a great chess match of weekly adjustments!

One of the reasons I love coordinating special teams is that we get to get the entire team involved. Over the past 3 seasons, we've averaged using 63 different players from our roster somewhere on special teams. It's a great proving ground for our younger players and provides a wide open opportunity for them to see varsity action. Our philosophy is the earlier we can engage our players in

varsity action on special teams, the better they are going to be down the road in all three phases of the game – offense, defense and special teams. In fact, we have had many sophomores earn varsity letters just by playing special teams. What our players, especially our younger ones, need to recognize is that special teams provides them with the quickest opportunity to be on the field, make something big happen, and truly get noticed as a game changer. With special teams plays comprising over 20% of the total plays in any given game, each play can change the momentum and even outcome of a game. Earning a spot on a Dakota Ridge special teams unit is about one thing: **Effort**.

I am very fortunate that my time away from the DR football field is spent representing NFL players and NFL/NCAA coaches as their attorney/agent. Included in that group of clients over the years have been special teams coordinators for the Broncos, Raiders, Chiefs, Jets, Cardinals, Bears, Pack-

ers, Panthers and Browns; and on the player side, numerous NFL Pro Bowl specialists. So, I'm always bugging them about what makes for great special teams units. We may talk about a particular punt return scheme or kickoff coverage, or a fake punt or field goal protection they like, but invariably, the conversation always turns to this: **Effort and Desire**. That's it. Whether at the NFL or high school level, that's the key and it never changes.

Players have to **want** to be great on special teams, and they must reflect that in their **effort** to excel on those units each and every special teams play.

Special teams are a lot to take in, but they present great opportunities for kids, especially younger kids, to see varsity action if they are committed to them. Encourage your Eagles player to actively seek out spots on our various special teams units from day one, and he can be the one to help us change the momentum of a game with a great block, tackle, return, kick, or punt!

Questions? Please feel free to email Coach Sheehy at: DRCoachPaul@gmail.com

*“the conversation always turns to this: **Effort and Desire**. That’s it. Whether at the NFL or high school level, that’s the key and it never changes”*

Player Spotlight: Kyle Cannon

Kyle wears #7 for the Eagles and is a returning starter for the Eagles as an OLB/Edge Rusher and Tight End.

Kyle contributed to the defensive side of the ball in a big way as a Junior. He collected 28 tackles, 2 sacks and accounted for 2 turnovers (1 Interception and 1 fumble recovery)

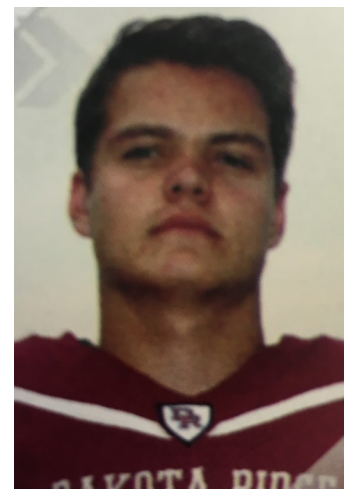
As an offensive player Kyle saw time at TE and contributed as a

blocker and pass catcher, including 1 TD reception.

The Eagles are excited to see Kyle continue to contribute to both sides of the ball and look forward to seeing his growth as a senior leader on the team.

Check out Kyle's highlights at:

<http://a.hudl.com/profile/7660735/Kyle-Cannon>



So You Want To Play College Football?

Recruiting Notes and Tips for Eagles Players and Parents

By Coach Paul Sheehy

Note: This is another installment of “So, You Want To Play College Football?”, a periodic column in our newsletter to help our players and their parents understand, and most importantly, take advantage of the college football recruiting process. **These notes and tips are not only meant for rising seniors (current juniors), but for current freshmen and sophomores as well. In fact, the earlier players and parents understand the process, the more ahead of the recruiting game they are.** One more thing. “Players” need to understand that they are “student-athletes” as both the student and the athlete component will determine his future. The bottom line is this: if any of our Dakota Ridge Eagles players have any thoughts of playing college football, and hopefully obtaining a scholarship, the time to start preparing for that is today.

CLICK
HERE FOR
A LINK TO
UP-
COMING
PROSPECT
CAMP!!

In this installment, we talk about “Prospect Camps”. The goal is for you to be recruited, but sometimes that starts off with you “recruiting” the school(s) you are interested in. You have to get on their radar as early as **meaningfully** as possible.

I'll cut to the chase: Prospect Camps are the single best way to get on the radar at schools you are considering or hoping to attend. These are run by the current coaching staff, so they get an up-close and personal look at you, and you get direct interaction with the coaching staff. Having said that, there are a few things you need to know about these, and an important note on how you prepare for these camps.

What Camps To Attend

OK, there are a ton of camps advertised each summer to help get kids on the map in the college football recruiting world. Honestly? Far too many of them are just cash grabs by the camp organizers. Here's a very quick lowdown on the different types you'll find out there:

Prospect Camps – These are one day events, run by colleges on campus; these are the camps you want to attend above all else if you are hoping

to be recruited by a school. You'll work technique; do combine-type drills; and a number of other 1-on-1/7-on-7 challenges to help them evaluate you. You'll want to attend those for only rising juniors and seniors, if offered.

Combines – These are testing camps for athleticism; they are not run by the colleges, but by third parties; you can compare yourself to other players and receive verified results. Remember: no college coaches will/can be there to watch you perform.

Development/Skills Camps

– These are typically for underclassmen, run by colleges on college campuses; they are excellent to get on the radar while learning from college coaches; heavy emphasis on drills and group teaching.

Showcase Camps – These are run by third parties (think FBU, Elite 11, etc.), and are typically invite-only events which pit players against each other in team and individual (no pads) drills. These are also typically the highest priced camps. No college coaches will/can be there to watch you perform, so if you go, all you'll get out of it is some very good competition.

Specialists Camps – If you are a Kicker, Punter, or Longsnapper, these are absolutely the way to go; they are typically run by third parties, but many colleges also offer Specialist Prospect Camps on campus, too. Great showings here turn into scholarships! More on these below.

If the camp is not one run by the university, on campus (or at a satellite campus), it's shouldn't be considered as a way to catch a coaches eye in the hope of getting a scholarship. (The lone exception to this – and this is a big one – is if you are a kicker, punter, or longsnapper. More on this below.) This isn't youth football, where you're there to learn technique from USA Football, or FBU, or a Broncos player, or from other youth coaches. If you're attending a Prospect Camp at this level, the intent is to show off the skills you have in the hope that a school will offer you FREE COLLEGE. Yes, there will be coaching and teaching involved, but it's more refinement and specificity, than basic instruction. They are there to watch and evaluate YOU as a potential member of their program.

...So You Want To Play College Football Continued

Again, you've read this several times in this column: be realistic as to what level you are most likely suited to play. If you're a part time starter with average size, strength, and speed, don't waste your time or money trying to get noticed at the University of Colorado or Nebraska. Be honest with yourself. If you're a lineman, how would you compare to our DI scholarship athletes like Keegan Cryder or Matt Heitmann, for example? Ask your position coach and coach Woj for their input and suggestions.

Lastly, here's a great tip for getting more "bang for your buck": Some universities host joint or regional Prospect Camps, where you can get in front of coaches from multiple universities. This summer, one that caught my eye is being held at Azusa Pacific University in southern California. They have coaches from nearly every Pac-12 and Mountain West program, among others. Before you commit to one of these, call and talk with the coach to find out specifically what colleges will be represented on which dates. Azusa Pacific is just an example, so be sure to look for these camps around the nation. (Fun fact, the current Offensive Coordinator at Azusa Pacific is former Dakota Ridge Eagle, Rudy Carlton.)

When To Attend Prospect Camps

While most schools advertise their Prospect Camps for kids entering grades 9-12, realistically the best time to start attending these to be noticed and to develop a relationship with coaches is the summer after you've had a good amount of varsity playing time. So, if you start or play a lot as a sophomore, the following summer before your junior year would be great. This way, coaches can match up you as a player through film, and as an athlete and person at their camp.

Also, some schools offer Prospect Camps for incoming high school seniors only. If you are an incoming senior, you will want to select these camps over any other offered by the school. A good

showing here and recruiting could be sped up throughout your senior season quite a bit.

For planning purposes, start to check college football team websites around March/April for a schedule of their Prospect Camps for that summer. **Also, you can [CLICK on the links to the Left or Right \(In the BLUE\)](#) to see upcoming camps!**

Preparing For Prospect Camps

This is it. This is your first shot to get in front of the coaches you want to impress. A great first impression, and you may set yourself up as a primary recruit, on your way to an opportunity for a scholarship. A bad first impression and you're likely irreversibly off their board and off their radar. Knowing this in advance, you need to workout and train like any Prospect Camp you are attending is Game Day, and **you need to be at your peak performance level. If you are not there, don't waste your time or money going.** You will most likely be timed in the 40 yard dash as well as other Combine-type tests. This is a big reason why we run our DR Football Combine each summer, to expose you to these tests. Work at them. Make no excuses, especially lame ones every coach hears from an underachieving player, such as, "oh, I did heavy legs yesterday"; "I tweaked my hammy earlier"; or "I had a little cold last week and missed a workout"; you get the picture. Whatever. Every coach has heard them all and they don't go to improve otherwise bad testing numbers. The numbers are the numbers, and your results are just as important as your game film to college coaches. Knowing all this, be prepared. Train for any Prospect Camp you plan to attend as hard as you can.

In addition to making yourself physically prepared to compete at a Prospect Camp, absolutely reach out in advance with a personal email or call to coaches at the school (head coach, position coach, recruiting coordinator) to

let them know you will be attending, and how excited and anxious you are to both visit campus and perform for them. Also, it's a good idea to ask for any advice or suggestions in preparing for the camp, if for nothing else, to open the door to a dialogue with them, and to let them know you are taking this very seriously.

Follow Up Reminder

You want to make a great impression at the camp, but also afterwards as well. Make sure the coaches know you are interested in their program, and that you are a conscientious person by following up with them after the camp. A simple thank-you email, call, or note always leaves a great impression.

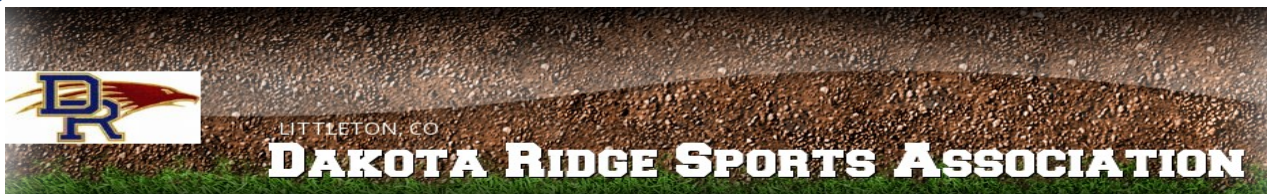
A Note on Specialists Camps

If you're a kicker, punter, or longsnapper with college football aspirations, you have additional opportunities available to you. For you, there are a few private camps which have **remarkable** results in helping specialists obtain college scholarships, but for the best results you have to invest both time (attending several camps and clinics of theirs over a 1-2 year period), and money (cost of camps, plus travel, accommodations, etc.). The payoff is a potential college scholarship: FREE COLLEGE. A few of the top camps for specialists include: **Jamie Kohl/Kohl's Kicking** (www.kohlskicking.com); **Chris Sailer** (for K/P) (www.chrissailerkicking.com); **Chris Rubio** (for LS), (www.rubiolongsnapping.com); and **Mike McCabe** (www.oneononekickingcamps.com)

Why are these different than private camps for other positions? Simple. Less than 15 DI college football programs have a full time dedicated special teams coach on staff. It's usually a position coach who also coaches special teams or special teams duties are split up among various staff members. They really do not know how to evaluate specialists at the college level! So, they really rely on these camps for the evaluation process.

[CLICK](#)
[HERE FOR](#)
[A LINK TO](#)
[UP-](#)
[COMING](#)
[PROSPECT](#)
[CAMP!!](#)

Upcoming columns will include information on how to become a recruited athlete; recruiting services; specifics on the recruiting process, including contact periods, etc.; tips on initiating and responding to contact with college coaches; understanding "who is recruiting who?"; creating your highlight tape and player resume/infographic; differences in opportunities at the Division I, DII, DIII levels; the Junior College alternative; and more. If there is a specific topic you'd like addressed, send an email to DRCoachPaul@gmail.com and I'm happy to add it to the list!



Dakota Ridge Youth Sport Office

5944 S. Kipling Parkway

Suite 200

Littleton, CO 80127

Phone: 720-407-4359

Fax: 303-639-6605

E-mail: dakotaridgesports@hotmail.com

*Soaring High
with Eagle Pride*

Dakota Ridge Football works hand in hand with Dakota Ridge Youth Football. Our youth football program falls under our youth sport organization, the DRSA. The DRSA's mission is to make a positive impact in the community and the lives of our children and youth by providing a quality sports development program for the Dakota Ridge area and high school. They also strive to create an environment of leadership and role models, and they recognize the importance of shaping the lives of our children and future leaders.

www.dakotaridgesports.org

Youth Corner with Coach Kellner

Youth Football Helmet Ratings

With our great sport of football constantly under scrutiny and the raising concerns of the sport's safety, I thought it would be appropriate to share some information about the current helmets available to our youth football players. This will most likely be the first, and most important, piece of football equipment you will buy for your youth football player. It is of critical importance to find the best equipment available. Please find the information I gathered to the right (in blue). Most impact tests evaluate a hel-

met's ability to reduce "linear and rotational acceleration" of the head resulting from a range of head impacts that youth football players might see on the field. Most lab tests are based on data collected directly from 10-14 year old youth football players that wore helmets equipped with sensors. From the research I read/studied 17 different youth football helmets were rated using the STAR evaluation system. Helmets with more stars provide a reduction in concussion risk for these impacts compared to helmets with less stars. Other fac-

tors such as cost, fit, and comfort should also be considered when purchasing a helmet.

I hope you find this information useful. If there is anything we can do to help with the purchasing of youth football equipment please make sure to reach out to your head coach or contact a DRSA football director and we'd be happy to help. GO EAGLES!

Coach Kellner has served as both an assistant and head coach within the DRSA and is starting his 2nd season as the President of DRSA Football! Coach Kellner is dedicated to the philosophies of the Positive Coaches Alliance (PCA) and is an exceptional Coach and resource to our players and other DRSA Coaches!

-VICIS Zero I Youth Stars: 5

\$495.00 Wgt: 4.0lbs Score: 0.69

-Xenith Youth X2E+ Stars: 5

\$199.00 Wgt: 3.9lbs Score: 2.11

-Schutt Youth F7 Stars: 5

\$569.00 Wgt: 4.2lbs Score: 2.35

-Xenith Youth Epic Stars: 5

\$284.00 Wgt: 4.1lbs Score: 3.13

-Schutt Youth Vengeance A3+ Stars: 5

\$139.95 Wgt: 3.9lbs Score: 3.40

-Riddell Youth Speed Flex Stars: 5

\$324.99 Wgt: 4.0lbs Score: 3.98

-Schutt Youth Recruit Hybrid Stars: 4

\$94.95 Wgt: 3.5lbs Score: 6.10

-Riddell Youth Victor-i Stars: 4

\$124.99 Wgt: 3.4lbs Score: 6.65

-Riddell Youth Speed Classic Stars: 3

\$169.99 Wgt: 4.0lbs Score: 10.50

-Schutt Youth Vengeance Z10 Stars: 3

\$299.95 Wgt: 3.4lbs Score: 13.17

Dakota Ridge Football Website: <http://leagues.bluesombrero.com/>

2019 DAKOTA RIDGE FOOTBALL

DEFENDING 4A JEFFCO LEAGUE CHAMPIONS



@ RAMPART
Thur., 8/29, 6 pm
District 20 Stadium



MONARCH
Thur., 9/05, 6 pm
Jeffco Stadium



Week of
September 9-14



VISTA RIDGE
Fri., 9/20, 4 pm
Jeffco Stadium



@ PONDEROSA
Fri., 9/27, 7 pm
Echo Park Stadium



@ VISTA PEAK
Thu., 10/03, 7 pm
Aurora Public Stadium



BEAR CREEK
HOMECOMING
Fri., 10/11, 7 pm
Jeffco Stadium



@ GRAND JUNCTION
Thu., 10/17, 6:30 pm
Ralph Stocker Stadium



CHATFIELD
YOUTH NIGHT
Thu., 10/24, 6 pm
Jeffco Stadium



WHEAT RIDGE
BCA PINK GAME
Fri., 11/01, 4 pm
Jeffco Stadium



@ GOLDEN
Fri., 11/08, 7 pm
NAAG Stadium

DAKOTA RIDGE

BELIEVE IN THE BROTHERHOOD

FRIDAY NIGHT LIVE

DAKOTA RIDGE FOOTBALL PROFESSIONAL DEVELOPMENT SERIES



FRIDAY MAY 3, 2019, 5:30 - 8:30 PM

PLEASE RSVP TO RWOITALE@JEFFCO.K12.CO.US at **FLYING PIG**

5935 S Zang St., Littleton

OPEN TO ALL YOUTH COACHES

Join 2018 Jeffco League Coach of the Year, Ron Woitalewicz ("Coach Woj") and members of his coaching staff at our 2nd annual FRIDAY NIGHT LIVE youth coaches clinic! Come out to talk all phases of football with the Dakota Ridge High School coaches, and enjoy free appetizers and happy hour drink prices all night!

TOPICS TO INCLUDE

- Offense
- Defense
- Special Teams
- Collaborating with HS coaches on football development
- Tips for Head Coaches at all levels
- Practice Organization
- Gameplanning Tips
- Setting up your Call Sheets
- Open Q&A Session



Door Prizes to include 4 field level tickets in row 5 to the Rockies-Padres on June 13!



DAKOTA RIDGE EAGLES FOOTBALL

2018 4A JEFFCO LEAGUE CHAMPIONS



Congratulations Coach Woj!



Head Coach, Ron Woitalewicz
Dakota Ridge High School
2018 Jeffco League 4A Champions
[E](#) @RWoitale

2018 JEFFCO CONFERENCE COACH OF THE YEAR

Camp Features

This camp is designed for middle school and high school athletes looking to reach their full athletic potential.

All sessions are designed to help increase strength, stamina, power, agility and many other qualities needed to succeed as an athlete.

Increasing speed and improving athletic ability are the most important developmental aspects of sports today. Speed is the cornerstone of all competitive sports, and this camp will help improve speed and overall athletic skills. This is a great opportunity for the endurance athlete to the college football prospect.

Athletes of all sports will benefit greatly from participation in this camp!



Camp Sessions will include:

- ◊ Plyometrics (explosive power training)
- ◊ Resistance Training
- ◊ Hill Training (uphill and downhill)
- ◊ Form Running
- ◊ Coordination Drills
- ◊ Quick Feet Drills
- ◊ Change of Direction Drills
- ◊ Reaction Drills
- ◊ Cardiovascular Drills
- ◊ Strength Training

Refold here with this panel showing

PLACE
STAMP
HERE

Name _____
Address: _____

Dakota Ridge Eagles
Speed & Agility Camp
11763 W. Belmont Drive
Littleton, CO 80127
Attn.: Coach Ron Woitalewicz

Staple or tape here



Camp Information

Who: All male/female athletes grades 2-12

What: 5 Week Speed & Agility Skills Camp

When: Mondays, Wednesdays & Fridays
Monday June 3, 2019 to
Wednesday July 3, 2019

Grades 2-9: 8:00 am—10:15 am
Grades 10-12: 10:30 am—11:30 am

Where: DRHS Football & Soccer Fields

Cost: \$90 per camper
(includes t-shirt & Popsicle Fridays!)

Please make checks payable to:
Dakota Ridge Eagles

REGISTER NOW



Registration

By Mail: Staple your check to the inside of this mailer, seal, and return via mail (postage required).

Online: www.dakotaridgesports.org

Walk-up registration: Day 1 or 2 of camp,
June 3 or 5, 2019, 8:00 am

REGISTRATION FORM

Camper's Name: _____

Address: _____

Phone: () _____

Email: _____

Age: _____

Sports you compete in: _____

School you currently attend: _____

Emergency Contact Name & Phone: _____



() _____

Additional Information

For additional information, please call
Coach Ron Woiatalewicz at (303) 982-1902
(work) or (720) 838-3931, or via email at
rwoitale@jeffco.k12.co.us



Parent/Guardian Consent & Waiver of Liability

I assume all risks and hazards associated with the above named camper's ("the camper") participation in this camp. I acknowledge my camper is in proper physical condition to participate in this camp, and he/she has no illness, disease or existing injury or physical defect that would be aggravated by his/her participation. I will inform the coach if this status changes. I further acknowledge that this risk may involve loss or damage to me or my property, including the risk of death, or other unforeseen consequences, including those which may be due to the unavailability of immediate emergency medical care. I expressly release, waive liability, discharge, hold harmless, indemnify, and covenant not to sue Dakota Ridge High School, Coaches, Supervisors, Volunteers, Jeffco Public Schools, or anyone otherwise associated with those individuals and entities liable for any damages, injury or illness which the camper may sustain while attending any session of this camp. I further understand that under no circumstances will any amounts paid by me for the camper's participation in this camp. I represent and certify that I have the legal capacity and the authority to act for, and on behalf of, the minor in the execution of this Waiver of Liability and Release.

PARENT/GUARDIAN SIGNATURE _____

PRINTED NAME _____

Date signed: _____