

DRHS COACHES

RON WOITALEWICZ
(HC/DC/LB)

JEREMIAH BEHRENDSEN
(OC/QB)

PAUL SHEEHY(STC/DL)

TIERRE DURAN
(JVHC/DB)

CHRIS FLYNT(WR)

JEFF HINES(DL)

MARK LEON(DB)

ERIC NEYEN(LB)

JOHN OFFERDAHL(DB)

MATT OSTERHAUS(OL)

JARED SCHULZ(RB)

GORDON STANT(OL)

NICK MAY(HFC)

SCOTT CAVALLARO(F)

VINCE GRISHMAN(F)

JOE WEGNER(F)

DRSA YOUTH FB

JOHN KELLNER

JOE CHRISTENSEN

MARK CUSICK

BILL STUBBLEFIELD

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Navy Cardinal Insider

VOLUME 3, ISSUE 4

Coach Woj's Update:

I hope that you all had a wonderful and relaxing spring break with your families. Now that spring break is over, we are headed to the home stretch of the school year and really getting geared up for football. Spring sports are in the middle of their seasons and we will begin our spring camp for the freshman and varsity players in about 4 weeks.

Our players have been working hard this off-season and we hope that will carry over to the season when we start. The morning workout sessions have been so good and we continue to get stronger in the weight room each day. We need to bring a lot of energy and excitement to the summer speed and agility work and summer lifting sessions. This is where our team is really going to come together and see what we have in working toward our goal to win the league championship next fall.

I am really encouraged by the amount of players we have had that are competing in spring sports this season. We have many players who are playing baseball, lacrosse, track, and rugby. This competition will only help make them better football players as well. I would strongly encourage

young athletes to play as many sports as they can and NOT specialize in one sport. Enjoy playing and having fun playing



Coach Woj
DRHS Head Coach

the games and practice. It should be the greatest time of their lives right now participating and just having fun playing the games we all love.

As the summer nears, I would encourage you all to sign up for our summer Speed and Agility camp we host at Dakota Ridge. It does not matter if you are male or female and what sports you play. The camp will help benefit you as an athlete and help you become better at whatever sports you play. In today's world of athletics speed is such an important part of that and the ability to be athletic and change direction can give you a competitive advantage in your sport. The camp runs Mondays, Wednesdays, and Fridays from June 4 – July 6. It is a great time to work and be with friends. We require all of our high school

football players to participate because we believe in the benefits so strongly.

We will be hosting a series of professional development youth coaches clinics with the Dakota Ridge staff. We will host an offensive overview on April 16 at Dakota Ridge from 7:00 – 8:00 after our youth QB/WR/OL camp we host.

On Friday night May 4, we will do a youth coaches clinic at the Flying Pig Burger Company on Zang Street from 5:30 – 8:00 with appetizers and the youth coaches can purchase the beverage of their choice. A great night for youth coaches to get together with our high school staff to talk some football and learn from each other.

I will leave you with this:

It is better to be prepared and not have an opportunity, than to have an opportunity and not be prepared.

Please let me know if there is anything, we can do for you and I hope to see all your student-athletes at our summer Speed and Agility camp beginning June 4.

Don't Flinch!

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

Upcoming Events/Dates

Events for DRHS Football

- 1/23 - 5/3 After School Weight Lifting at Summit Ride MS
 - Tues./Thurs. 3:00 - 4:00 pm
- 5/2 @6:00 - **Mandatory** Parent Meeting in DRHS Auditorium
 - Eagle Cards available this night to get a head start!
- 5/7 - 5/9 @3:00 - 4:30 pm Freshman football camp at Summit Ridge MS
- 5/9 @5:00 pm - Freshman player/parent BBQ at DRHS

Events for DRHS Football

- 5/9 Freshman Speed Camp forms/money turned in
- 5/24 Speed Camp forms and money for all remaining players is due by this date
- 6/4 Summer Lifting and Speed Camp begins (all 9-12 football players need to attend)
- Varsity/JV
 - Lift 8:00 - 10:00
 - Speed Camp 10:30 - 11:30
- Freshman
 - Speed Camp 9:00 - 10:15
 - Lift 10:30 - 12:00

DR Youth, Community & Coaches

- Coaches Clinics for youth football coaches
 - Please refer to Coach Woj's article on pg. 1 for details
- Youth QB/WR/OL Camp EYE-MONDAY @DRHS (See the registration forms at the end of this newsletter!)
 - 4/2 - 5/21 @ 6:00 - 7:00
- Speed and Agility Camp for grades 2 - 8
 - Mon.-Wed.-Fri. 6/4 - 7/6
 - 9:00 - 10:15 @DRHS
 - Registration at end of newsletter!

This edition of the Navy/ Cardinal Insider includes 2 articles around recruiting from our colleague Coach Doug Samuels. Coach Samuels is the Head Football Coach at Ravenna HS in Michigan.

Coach Samuels: 9 Things from College Coaches to Parents

The amount of time that coaches put into recruiting prospects is impossible to pin down, and while different aspects of the recruiting process get a lot of attention, one area that does not get talked about enough is the parents' role in recruiting.

The recruiting process can be intimidating, exciting, and a bit scary for parents to navigate, especially for those doing it for the first time.

After talking with a number of college coaches over the past few days on the topic, coaches shared nine things that they want parents to understand about the recruiting process.

1 – Don't be afraid to ask questions

The recruiting process can be daunting, unfamiliar territory for a lot of families, so don't be afraid to ask coaches questions about different things as they come up. Coaches recruit a large number of kids every year and have likely handled a

number of unique situations, so don't be afraid to lean on them for some guidance every now and then.

2 – "Every offer matters"

One coach shared that you should treat every offer with care, adding "you could get dropped at any point, don't ignore the smaller offers if you only have one or two Division I offers." Also, if you're looking at small colleges, it might surprise some parents that when weighing opportunities between NAIA programs that can offer athletic scholarships and Division III programs that can't offer athletic money, you may end up being surprised at how close their financial aid packages are at the end of the day.

3 – Take all the visits you possibly can

I remember encouraging recruits and their families as a small college head coach to go out and visit as many campuses and coaching staffs as they possibly can because the only way to truly get a feel for if the place is a fit for you is being on their campus and around its people. I've had a number of

coaches share that same sentiment. Taking the time to visit campus also shows the coaching staff you're genuinely interested in their school and football program and not just flattered by the attention that recruiting brings.

4 – Make time for a game day visit

Getting on campus any time of year is important, but a number of coaches shared that it's significantly more important to get to a game, especially during their sophomore or junior years in high school. One coach suggested going to visit a Division I, II, and III game during the prospect's junior season because it will help to give both the prospect and the parents a feel for the size and skill of the players on the field, especially pregame and help to set realistic expectations of what level prospects should be looking to play at.

5 – Let coaches know up front how much you want to be involved in the recruiting process

Parents vary from situation to situation on how much they want to be involved in the recruiting process.

...Coach Samuels: 9 Things from College Coaches to Parents

Some want coaches to give them updates on the conversations they're having with their son's, while others prefer to hand over the reigns to their kid and let them lead the process. A number of coaches shared that setting clear expectations early on regarding how much they want to be involved is beneficial.

6 – Coaches that bash other programs should be a red flag

Negative recruiting is something that more than a handful of coaches encounter every year, so it's understandable that this topic came up with a number of different coaches. Each one of them shared, more or less, the same sentiment – if they're willing to bash other programs to help sell their own, why wouldn't they do the same in other areas and where does that stop? Overall, coaches agree that it's just not a good look.

7 – Stats don't matter to 99% of coaches

There's a reason that college coaches request game film

and not stats when recruiting a potential student athlete. Just because a back runs for 1,500 yards and 18 touchdowns in the wing-t, or single wing, or just because a quarterback throws for 3,000 yards doesn't mean he's meant to play college football. Coaches want to see game film to see what kind of athlete a kid is, how he moves, how he reacts to adversity, how he competes, how he responds with his body language after a mistake, and all sorts of other things that stats can't speak to.

8 – Encourage your kid to be honest and stress good communication

Few things are more frustrating to college coaches pursuing a number of prospects than A) getting the run-around from a recruit, and B) not being able to understand what a kid is looking for in an opportunity at the next level. Being able to articulate what your son (or daughter) wants in a school and athletic program is something that coaches shared is becoming

increasingly rare for some reason. If a kid can communicate that, it can go a long way. The second part of that is being upfront and honest during the recruiting process. It can be very frustrating to not have a firm grasp on where a recruit stands, so stressing good communication can go a long way in relationships with college coaches.

9 – You, as parents, are often being evaluated as well

That's right, coaches are also evaluating the parents of prospects as well. Just as coaches look for recruits that are a fit for their culture, they want parents who can fit in as well. No one wants headaches or media circus like being brought into the program like a certain famous dad out on the west coast has been known to bring with him wherever he goes.

Questions? Please feel free to email Coach Samuels at: Doug@FootballScoop.com

“Stats don't matter to 99% of coaches: There's a reason that college coaches request game film and not stats when recruiting a potential student athlete”

Player Spotlight: Jackson Bartlett

Jackson wears #33 for the Eagles and is a versatile player who can serve as a tough to block/athletic Defensive Lineman or a long/hard rushing Outside Linebacker.

As a junior Jackson received All-Conference recognition and was a stable force for the Eagles on their defensive front 7.

Jackson returns as the 3rd leading tackler for the Eagles and in

terms of returning players he is tied for the most sacks per game.

As the Eagles move into the new season the team hopes that Jackson continues to not only develop as a player but as an active leader on this very aggressive defense!

Check out Jackson's highlights at:

<https://www.hudl.com/profile/5382051/Jackson-Bartlett>



*This edition of
the Navy/
Cardinal Insider
includes 2
articles around
recruiting from
our colleague
Coach Doug
Samuels.
Coach Samuels
is the Head
Football Coach
at Ravenna HS
in Michigan.*

So You Want To Play College Football?

Recruiting Notes and Tips for Eagles Players and Parents

By Special Guest Coach Doug Samuels

Note: "So You Want To Play College Football?" is 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.

12 Recruiting Red Flags

Recruiting is an ultra-competitive deal among coaches to find the best players, with high character, good grades and test scores, that also "fit" the culture of their team, their roster, and campus. As recruiting continues to evolve, coaches and staffs have developed a keen sense toward behaviors and other things that serve as red flags during the recruiting process that relate to whether a student-athlete is a good fit for your program or not. Those red flags vary greatly from staff to staff, and coach to coach, but there are a number of red flags that are pretty consistent across the board. Now a red flag doesn't necessarily mean that a coach stops recruiting a kid (even though that's very possible in a lot of these cases), but it is a cause for concern and provides a reason to tap the brakes a bit and investigate further. I reached out to a number of college coaches the past few days, from the small college level up to coaches at the Power Five level, to talk about their biggest recruiting red flags.

Here's what they shared:

1 – Prospects who have middle-men / trainers / handlers that want to be involved in the decisions of the recruiting process with the kid

Coaches at every level of football shared this concern, and it's

clearly becoming a bigger and bigger trend. Having to deal with a middle-man of some form doesn't allow the coaches to get to know the prospect like they need to, and a lot of times that middle-man is trying to live vicariously through the prospect and feeds off the attention and it's a relationship that will continue through their days on campus and something coaches will have to continue to deal with the next 4-5 years.

2 – Prospects that treat their parents, their family, or women poorly

This is one that I've heard a number of times over the past few years. The type of kid that is going to disrespect their parents or family is going to have a really hard time following the rules that the team has in place, and if he can't respect the people who gave birth to him, what makes you think he's going to respect the coaches and others on campus?

"I stopped recruiting a kid who was disrespectful to his mom. Can't respect your family, won't respect the team." – FBS coach

3 – Prospects that don't have their priorities straight

A number of coaches shared how some recruits are more concerned with the brand of their uniform, or how they look and how good the facilities are way more than they are about

whether the school carries their major, or their options after graduating. This also stretches to Division III commits who asked coaches to send them a National Letter of Intent on the morning of signing day so that they could put it on their Twitter, SnapChat or Instagram which is becoming increasingly common. I also think it's worth noting that some coaches take a peek at what kind of accounts prospects follow on social media, so if they're following a ton of Instagram models, or accounts like WorldStar, or 30 second fights, and very few football / coach / college accounts, that can be viewed as a red flag as well.

4 – Prospects that don't love football

Guys that are just lukewarm to the idea of playing college football are going to be shocked by the commitment it takes at the next level. If they don't love it in high school, then college ball, and juggling film study, and class, and homework, and study table, and everything else that comes along with playing at the next level is not for them. Nowadays there are many prospects that like the attention of recruiting more than they love the game itself and everything that comes with it. Along with football, the prospect should also love and respect the weight room. Guys who skip off season workouts or cheat reps in the weight room aren't the type of guys college coaches want to invest time, and scholarships in.

...So You Want To Play College Football Continued

"When you hear people say that the kid doesn't currently love the weight room, that's a red flag to me." – D-III coach

5 – Prospects with overbearing and over-involved parents

Over the last few years, I've heard this viewpoint more and more as well. Some coaches will flat out drop a prospect for their parents behavior, and for others it will certainly serve as cause for concern moving forward. Either way, it's something that is being evaluated in prospect nowadays, and if all is even except the behavior of the parents, there are a lot of programs that will choose to go the path of the least amount of headaches.

"The one that drives us nuts is when kids and parents trash their coaches or teammates as to why they may have not been successful, or why they're looking at a school like us. Because they didn't get the opportunity they deserved because they got screwed." D-III coach

6 – Prospects overly concerned with how many other guys are being recruited at their position and how many guys are on the depth chart currently

If a player is worried about this, chances are good he's more looking to walk into a situation where he doesn't have to compete that hard for a starting job and is looking for an easier road than having to battle daily for a job.

7 – When coaches can't get in touch with the high school coach to ask about the kid

This is another one that may be out of the prospect's control to a certain degree, but for college coaches, the most important stamp of approval comes from

the high school coach who has watched the kid develop over the last several seasons. Urban Meyer made waves when he said it last year,

"I don't care what you do at camps. I want to hear your high school coach say 'Take him.'"

8 – When a prospect doesn't fit in with players on campus

I remember as a college coach, I encouraged players to visit as many college campuses as possible because being there with players, and faculty, and other students is the only way to get the gut feeling in the pit of their stomach where they can say to themselves, "Yes, I can see myself being here the next 4-5 years." If a prospect comes to campus and doesn't get along with your current guys for the short time he's on campus, that should be a red flag.

9 – When the prospect is unprepared

A number of college coaches told me that when a player is struggling to follow simple directions that have been laid out to fill out an application online, or to register for the ACT, SAT, or the NCAA Clearinghouse, that's a sign of things to come.

"The recruiting process is so competitive, and so many good players are out there that the players, parents, coaches, and school administration need to be prepared." – D-II coach

10 – Kids that want to talk scholarship right off the bat

This is another one I heard from coaches at every level, from Division III all the way up to Power Five. If they're wondering in the first conversation, or early on in the process what coaches are coming to the table with money wise, chances are pretty

good they're not in it for the love of the game, and they clearly don't understand, or care about, the recruiting process and how evaluations work.

11 – How they act, and treat others on their recruiting visit to campus

How prospects interact with players and coaches is important, but a few coaches shared that how they interact with faculty, staff, secretaries, tour guides, and the lunch ladies was just as important to them.

"Had a kid we were interested in. He came in on a visit, made a mess in the cafeteria, didn't bus his plates or tray, and that was the last straw for us." – D-III coach

12 – Indecisive prospects

Prospects that send mixed signals can lead to red flags for coaches in a variety of ways.

High school coaches and parents should be sure to share this with their players, because it's all coming straight from the mouths of college coaches.

In order to play college football, and be successful at the next level, prospects have to understand that they are constantly being evaluated because college coaches are considering investing their time away from family on them, and some programs are considering offering scholarship money on top of that as well. They want to invest their time, money, and effort on kids that deserve that opportunity, not the guys who are going to squander it away.

Questions? Please feel free to email Coach Samuels at:

Doug@FootballScoop.com

"Had a kid we were interested in. He came in on a visit, made a mess in the cafeteria, didn't bus his plates or tray, and that was the last straw for us"

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!



LITTLETON, CO

DAKOTA RIDGE SPORTS ASSOCIATION

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 Behrendsen

Specialization in sports is slowly becoming the new norm and it scares me to death!

There are coaches and personal instructors telling kids and their families that they have to specialize in one sport, and early, if they ever want to compete to be a high school student-athlete...let alone a college student-athlete.

The fact of the matter is that this just isn't true and in fact, early specialization does far more harm than good! As a high school football coach, youth coach and educator for the past 15+ years I have watched more and more families cut down on the number of activities their children participate in all in hopes of landing the elusive college athletic scholarship some day.

Let's build our thought process in reverse here and talk about why we as parents and coaches cannot use athletic scholarships as our "north star" when mentoring/leading our youth.

- Just under 2% of college student-athletes are awarded athletic scholarships

- \$3 Billion...the amount of athletic scholarship money awarded each year
- \$23 Billion...the amount of academic scholarship money awarded each year

These numbers come directly from the NCAA and they certainly aren't meant to deter folks from dreaming big...rather I just want to make sure we understand the reality of things when determining how to prioritize the goal of being a college scholarship athlete in regards to our 8, 10, or 14 year old child. It's a great goal for them, but should not serve as our guide for raising our young student-athletes.

In addition to thinking about the end result I want to talk about the "process"...which is the life, playing career and experiences of the kids themselves. Here are a few things to think about when considering why early specialization is not a good idea:

- Injury rates (especially from over-usage) are significantly higher

- Burnout rates are higher resulting in kids quitting
- Kids don't benefit from crossover training
- Kids spend too much time practicing and not enough time playing games they love with their friends and competing
- Athletes who specialize early have fewer interests later in life to keep them active and healthy

I love the game of football so much, but as a child I loved competing and playing with my friends even more so! I couldn't wait for each new season and sport because it kept up my level of excitement. It pains me to see folks getting away from that philosophy. Sports in general have so much to offer...keep it fun for the kids, don't turn it into their job!

Coach Behrendsen is the Varsity Offensive Coordinator for the Eagles football team, but he is also a youth basketball and baseball coach within the DRSA. He will be a 4th grade boys basketball coach and 10U baseball coach during the 2017-2018 school year.



RON WOITALEWICZ

"COACH WOJ"



**PLAINS LEAGUE CHAMPION
COACH OF THE YEAR
2015**

POSITIVE COACHING ALLIANCE
**DOUBLE-GOAL
COACH® AWARD
2014**

HIGH SCHOOL
**COACH OF
THE WEEK**



106 CAREER WINS



**9 STATE PLAYOFF
APPEARANCES**



**STATE PLAYOFF SEMIFINALS
2004 2008 2010**



**2004 STATE
CHAMPIONSHIP
GAME**



**DAKOTA RIDGE HIGH SCHOOL
MALE COACH OF THE YEAR
2004 2008 2010 2013**



ProStar Coaching ★ 13982 W Bowles Ave, Suite 200, Littleton, Colorado 80127 ★ 303-948-1510

Dakota Ridge Football Website: <http://leagues.bluesombrero.com/Default.aspx?tabid=893245>

EAGLES

QUARTERBACK/RECEIVER CAMP

RON WOITALEWICZ – CAMP DIRECTOR / JEREMIAH BEHRENDSEN – CODIRECTOR

- HEAD FOOTBALL COACH DAKOTA RIDGE HIGH SCHOOL
- 33 YEARS HIGH SCHOOL EXPERIENCE
- 10 QUARTERBACKS WHO HAVE BEEN ALL-STATE
- 14 WIDE RECEIVERS WHO HAVE BEEN ALL-STATE OR ALL COLORADO

FOR:

- ANY ATHLETE INTERESTED IN PLAYING QUARTERBACK OR WIDE RECEIVER
- GRADES: 2-7

WHEN:

- MONDAYS BEGINNING APRIL 2, 2018 – MAY 21, 2018
- 8 ONE HOUR SESSIONS
- 6:00 – 7:00 P.M.

WHERE:

- DAKOTA RIDGE HIGH SCHOOL (FOOTBALL FIELD OR GYM)
- C-470 AND BOWLES

COST:

- \$100.00
- CASH OR CHECKS PAYABLE TO: (DAKOTA RIDGE EAGLES)

CAMP OBJECTIVE:

TO OFFER QUALITY INSTRUCTION TO ANYONE WANTING TO PLAY QUARTERBACK OR WIDE RECEIVER. FOCUS WILL BE ON TECHNIQUES OF THROWING AND CATCHING THE FOOTBALL.

CAMP FEATURES:

- POSITIVE REPETITIONS FOR QUARTERBACKS AND RECEIVERS
- BREAKDOWN AND INSTRUCTION OF PASSING MECHANICS
- BREAKDOWN AND INSTRUCTION OF CATCHING THE FOOTBALL
- BREAKDOWN AND INSTRUCTION OF 3 STEP DROPS, BOOTLEG, HOW TO TAKE A SNAP, LEADERSHIP SKILLS
- BREAKDOWN AND INSTRUCTION OF RUNNING ROUTES FOR RECEIVERS
- EXCELLENT CHANCE FOR PARENTS TO SEE KIDS IN ACTION DURING CAMP

PLAYER'S NAME: _____

ADDRESS: _____

PARENT'S NAME: _____

PARENT'S EMAIL: _____

PHONE: _____

GRADE/AGE: _____

PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 2, 2018

YOU MAY REGISTER THE FIRST DAY OF CAMP AS WELL BEGINNING AT 5:30 P.M.

MAIL TO:

RON WOITALEWICZ

11763 W. BELMONT DR.

LITTLETON, COLORADO 80127

QUESTIONS:

RON WOITALEWICZ

EAGLES OFFENSIVE LINE CAMP

RON WOITALEWICZ – CAMP DIRECTOR

- HEAD FOOTBALL COACH DAKOTA RIDGE HIGH SCHOOL
- 33 YEARS HIGH SCHOOL EXPERIENCE
- 11 ALL STATE OFFENSIVE LINEMAN

MATT OSTERHAUS – CO-CAMP DIRECTOR

- OFFENSIVE LINE COACH DAKOTA RIDGE HIGH SCHOOL
- 16 YEARS EXPERIENCE COACHING HIGH SCHOOL OFFENSIVE LINE
- 14 STRAIGHT YEARS OF HAVING A 1ST TEAM ALL CONFERENCE LINEMAN
- HAS COACHED 9 1ST TEAM ALL STATE OFFENSIVE LINEMAN SINCE 2004.

FOR:

- ANY ATHLETE INTERESTED IN PLAYING OFFENSIVE LINE IN FOOTBALL
- GRADES: 2-7

WHEN:

- MONDAYS BEGINNING APRIL 2, 2018 – MAY 21, 2018
- 8 ONE HOUR SESSIONS
- 6:00 – 7:00 P.M.

WHERE:

- DAKOTA RIDGE HIGH SCHOOL (FOOTBALL FIELD OR GYM)
- C-470 AND BOWLES

COST:

- \$100.00
- CASH OR CHECKS PAYABLE TO: “**DAKOTA RIDGE EAGLES**”

CAMP OBJECTIVE:

TO OFFER QUALITY INSTRUCTION IN THE AREA OF OFFENSIVE LINE PLAY WITH A FOCUS ON STANCE, STARTS, PULLS, DRIVE BLOCK, DOUBLE TEAMS, PASS PROTECTION.

CAMP FEATURES:

- POSITIVE REPETITIONS FOR OFFENSIVE LINEMAN
- BREAKDOWN AND INSTRUCTION OF OFFENSIVE LINE MECHANICS
- WORK ON PADS AND BLOCKING DUMMIES.

PLAYER'S NAME: _____

ADDRESS: _____

PARENT'S NAME: _____

PARENT'S EMAIL: _____

PHONE: _____

GRADE/AGE: _____

PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 2, 2018

YOU MAY REGISTER THE FIRST DAY OF CAMP AS WELL BEGINNING AT 5:30 P.M.

MAIL TO:

RON WOITALEWICZ

11763 W. BELMONT DR.

LITTLETON, COLORADO 80127

QUESTIONS:

RON WOITALEWICZ

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**

Name _____
Address: _____

Refold here with this panel showing

PLACE
STAMP
HERE

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

Staple or tape here



STRENGTH CONDITIONING FLEXIBILITY POWER SPEED AGILITY
EAGLES SPEED & AGILITY CAMP

Camp Information

Who: All male/female athletes grades 2-12

What: 5 Week Speed & Agility Skills Camp

When: Mondays, Wednesdays & Fridays
Monday June 4, 2018 to
Friday July 6, 2018

Grades 2-9: 9:00 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 4 or 6, 2018, 8:00 am

With special thanks to camp sponsor...



Brian Weatherman
Exclusive Agent
T: 303-971-0555
F: 303-971-0034
5935 S ZANG ST, STE 270
LITTLETON, CO 80127



Allstate
You're in good hands.

Call me for the protection you need and the service you want.

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 Woitalewicz 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: _____

A **PLAYER** CAN MAKE A DIFFERENCE, BUT A **TEAM** CAN MAKE A MIRACLE



DAKOTA RIDGE

20  18

Coach Woj with 2018 returning all-league players

FOOTBALL



FRI, 8/24
RAMPART
7pm, TRAILBLAZER



FRI, 9/14
@VISTA RIDGE
7pm, VRHS



FRI, 9/28
VISTA PEAK
7:30, JEFFCO
HOMECOMING



FRI, 10/12
GRAND JUNCTION
4pm, JEFFCO
YOUTH NIGHT



FRI, 10/26
@WHEAT RIDGE
7pm, JEFFCO
PINK BCA



FRI, 8/31
SPANISH RIVER, FLA
6pm, ESPN WWS



SAT, 9/22
PONDEROSA
12pm, JEFFCO



THU, 10/4
@BEAR CREEK
6pm, JEFFCO



THU, 10/18
@CHATFIELD
7pm, JEFFCO*



THU, 11/1
GOLDEN
6pm, TRAILBLAZER
SENIOR NIGHT



THE ROAD TO MILE HIGH



* Chatfield game date/location subject to change based on TV coverage