

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

DAVID LOOMIS

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PLAY COLLEGE FB!

Navy Cardinal Insider

VOLUME 3, ISSUE 8

Coach Woj's Update:

Now that football is officially under way, I want to wish each of our youth players and coaches the best of luck for the 2018 season. We as high school coaches will do everything we can to get out and watch our youth teams compete and play during the season. We would love to have as many youth players, coaches and parents attend our varsity games and see the excitement of Friday Night Lights. I remember growing up going to watch games at Northglenn High School on Friday night thinking about the day I could be the player down there. I was lucky that I had the chance to fulfill that dream, play for the Norse, and wear that uniform. That is what I am hoping each of our youth players hope to do one day.

We have started our season at the high school and have had a great first 2 weeks of practice. The kids are competing hard each day. The first day of the season, we talked about what we, as a team need to do to separate ourselves from other teams to give us the best chance to win a league championship

and compete for a state championship.



Coach Woj
DRHS Head Coach

We said in order to do that we need to 1) TRUST each other, 2) WE need TOUGHNESS on our team, and 3) TEAMWORK. We need to become a family and have each other's best interest in mind. Hold each other accountable and have a common goal. If we can achieve these three things then we believe we will be different from anyone we play and have a chance to be great and win the league and make the playoffs.

I asked our players to ask themselves what type of player are you?

I have to go to practice.

I get to go to practice.

I WANT to go to practice.

We open our season on August 24 at 7:00 p.m. at Trailblazer stadium against a very good Rampart team from Colorado Springs. We would love to pack the house and get the excitement of 2018 underway with a great crowd. We ask you to join us for tailgating at the stadium prior to the game and then come be loud and show the state of Colorado what great fans and community we have at Dakota Ridge. We are inviting all the youth players and coaches to our first pre-game team dinner on Thursday August 23 at Mount Carbon elementary at 5:00 p.m. The players and coaches will get a chance to eat with the high school team and run through our brand new Eagle Tunnel that our End Zone club purchased for this season. Please put it on the calendar so we can get this season started in the right way and know we are all in this together. Come Feel the Thunder of 2018 season.

Good Luck and please let us know if there is anything, we can ever do to help you.

Don't Flinch!

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

Upcoming Events/Dates

Events for DRHS Football

- 8/17 DRHS Football Picture Day
- Navy Cardinal Intra-Squad Scrimmages 8/18 7:00 am
- DRHS Fun Run 8/18 at 9:30
- EagleFest at DRHS 8/18...Carnival from 10:00-1:00
- DRHS Freshman first game vs. the Rampart Rams 8/23 at 4:00 at DRHS
- DRHS Varsity first game vs. the Rampart Rams 8/24 at 7:00 at Trailblazer Stadium

Events for DRHS Football

- DRHS JV first game vs. the Rampart Rams 8/25 9:00 am at Rampart High School
- 8/29 DRHS Varsity and JV leave for Florida
- 9/2 DRHS Varsity and JV return from Florida
- Link to DRHS Varsity Football Schedule:

[http://www.maxpreps.com/high-schools/dakota-ridge-eagles-\(littleton,co\)/football/schedule.htm](http://www.maxpreps.com/high-schools/dakota-ridge-eagles-(littleton,co)/football/schedule.htm)

DR Youth, Community & Coaches

- EagleFest Youth Football Scrimmages will be on Saturday 8/18...plan to stay at EagleFest for fun, games and food!!
- 8/23 Team Dinner with the DRHS Eagles at 5:00 at Mt. Carbon Elementary.....All youth team are invited!
- Friday 10/12 DR Football Youth Appreciation Night at Jeffco Stadium @4:00!!

“Mental toughness leads to physical toughness... By putting your linemen in challenging situations you can develop the physical toughness aspect”

Coach Osterhaus: Offensive Line Key Ingredients

While thinking of what to write for this month's article of the Navy Cardinal insider I began reflecting on my previous 15 seasons as offensive line coach at Dakota Ridge High School. In those 15 years I kept thinking about the players that were the most successful and the units that had the most success. While thinking about these players and units I kept noticing they all had these same things in common: Intelligence, Toughness, Work Ethic, and Athletic Ability.

Intelligence

When talking about intelligence I am not just talking about on the football field, but academically in the classroom as well. Many kids are good students in the classroom but are not football smart while other

kids are really smart on the field but don't perform in the classroom. An offensive linemen who does not play with intelligence will get beat during the game. If you have a player who is serious about being successful in the classroom that works hard in the classroom, you will also see that same hard work on the field. As a high school coach I don't have the luxury to go and recruit the next 6 foot 2 inch 225 pound 8th grader with a 3.5+ GPA, I coach who shows up to play. If I have an O linemen who is struggling with the mental aspect of our offense I will play him next to one of my smarter players in hopes that the smarter player will communicate the correct calls and keep him going in the right direction. An example of this from the 1997 DRHS freshmen team our

center couldn't remember the snap count and our right tackle couldn't remember if it was a run or a pass. I played right guard and told the center what the count was at the line and had to the tackle to pass pro or run block while remembering my own job. I guess I was destined to be a coach from that day on!

Toughness

I am talking about both mental and physical toughness. These characteristics can be taught and developed but it requires it being taught or trained in to the O linemen. Mental toughness leads to physical toughness in most cases. By putting your linemen in challenging situations doing board drills, one on one pass rush drills you can develop the physical toughness aspect.

...Coach Osterhaus: OL Key Ingredients Continued

However if you have one lineman that dominates his teammates in these drills how do you know how he will react in a game when he is beat? Will he have the mental toughness to respond appropriately, will he fold, or will he lose his temper and get a penalty costing the team? Challenging your linemen in conditioning drills, having them hold their run or pass fit while asking them playbook questions or academic questions will increase their mental toughness and get the mind and body used to working and thinking under pressure.

Work Ethic

Hard work is the foundation of any successful offensive line, of any successful person. I always tell my offensive line we will be the hardest working unit on our team, in our conference and in the state. I truly believe we are all of

these things. My goal every year is to have my linemen be as prepared mentally and physically as possible. Part of that is setting the expectation that every drill is done with a purpose. There is also a set routine to our day, from our everyday drills, to our individual time to, play installation time they know what to expect and what drills we will be working or focusing on at that time. When they know what to expect and what our focus is on during any part of practice this allows them to settle down and play with purpose. When a kid knows what to expect they are more comfortable and able to give their fullest effort.

Athletic Ability

This kind of goes without saying. Obviously to be a good football player you need athletic ability and typically offensive linemen are not thought of as being ath-

letes by the common population. I will ask you one question, what player on the field has to move in any conceivable direction on the field at any moment while also physically moving another human being out of the way that is trying to make a play on the ball? NOBODY! You must train your linemen to be athletes in short areas. Nobody is asking an O lineman to win a 100m sprint, but I do expect them to be fast off the ball, to be able to change lateral direction quickly and powerfully.

The most important positions in football, ranked: 13. Punter, 12. Place holder, 11. Cornerbacks, 10. You, 9. Can't, 8. Rank, 7. Importance, 6. For, 5. An, 4. Entire, 3. Team, 2. Sport, 1. Linemen

Questions? Please feel free to email Coach Osterhaus at: Matthew.Osterhaus@jeffco.k12.co.us

“Hard work is the foundation of any successful offensive line, of any successful person”

Player Spotlight: Anthony Puga

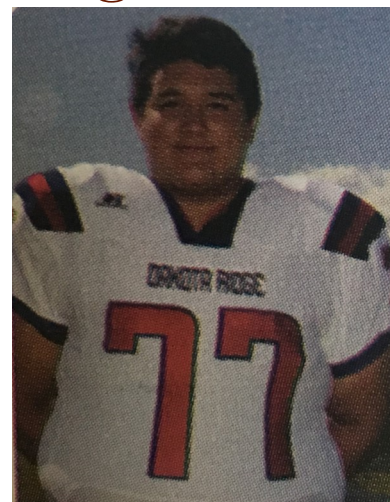
Anthony wears #77 for the Eagles and is a returning starter on the defensive line. Anthony is the anchor for the defensive front 7 at the Nose position.

Anthony returns as the 2nd leading tackler on the defensive line for the Eagles. Additionally, Anthony has shown the ability to make game

changing plays for the team. He recorded a fumble recovery and collected 3.0 sacks in 2017. The 3.0 sacks is good enough to make him the leading returning “sacker” for the Eagles!

Check out Anthony's highlights at:

<http://www.hudl.com/profile/5441714/Anthony-Puga>



So You Want To Play College Football?

Recruiting Notes and Tips for Eagles Players and Parents

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.

“In this generation, everything people do and say has the potential to be recorded – by someone – and saved forever in time”

In this issue, we discuss social media usage.

In this generation, everything people do and say has the potential to be recorded – by someone – and saved forever in time. How many public figures have had legal, personal, or professional scandals based on their social media posts, not matter how far back? Athletes, entertainers, politicians, we’ve seen them all fall to this. In the past few years alone, we’ve seen NFL first-round draft picks Josh Allen and Laramy Tunsil; MLB’s Josh Hader, Sonny Gray, Trea Turner and Sean Newcomb; and Donte DiVincenzo in the NBA all face consequences for comments or photos posted well in their past. More on Allen later.

Everything kids do and say can potentially be shared with the world through social media platforms such as Twitter, Instagram (“IG”), SnapChat, Facebook, and others. It’s not enough for our kids to be “smart” about their own social me-

dia usage, but they must be careful about what they do in public since everyone is open to the possibility that their actions or words are being recorded and posted to social media sites by friends or complete strangers. For high school aged kids, the stakes are especially high with college and employers on the horizon. In fact, according to an NCSA poll, 93% of college recruiters say they actively monitor potential recruits’ social media accounts.

Student-athletes need to think of their social media accounts, and their actions while out with their friends as their own “personal highlight reel”. It’s a concept already familiar to those who play football.

In football, as a player, you are only as good as the plays you make on film; these are things coaches, college recruiters and NFL scouts can actually see you do. This is how you are known, how you are judged, by your film. By your highlight reel.

There’s a saying in football that “the eye in the sky don’t lie.” It means the camera catches it all, so every time you’re on the field, give it your very best, be at your very best because that video is permanent.

It’s out there for everyone to see.

Real life is no different.

Your Personal Highlight Reel is made up everything you do or say; everything you “Like”, retweet, share; every comment and picture you post on social media.

If you apply to a college down the road, college admissions departments all review your social media accounts to find out what kind of person you are – *they want to see your personal highlight reel.*

...So You Want To Play College Football Continued

If you apply for a job down the road, more than 70% of companies check your social media accounts to find out the kind of person you are – *they want to see they want to see your personal highlight reel.*

And if you think it really doesn't matter, ask former University of Wyoming QB, Josh Allen. Many projected he'd be the #1 pick in the draft this past April. 2 nights before the draft, dumb, stupid, inappropriate Tweets he sent out when he was in high school surfaced.

Teams started to shy away from him, and he dropped from potentially #1 overall to #7. No big deal you say? He's still in the top 10? Well, that slide from #1 TO #7 cost him \$12 million in guaranteed dollars alone! While the eye-in-the-sky didn't lie, about him on the field, his personal highlight reel told a different story to the teams that mattered, and it cost him dearly.

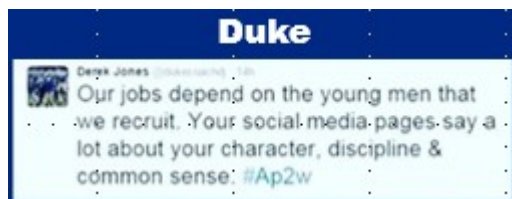
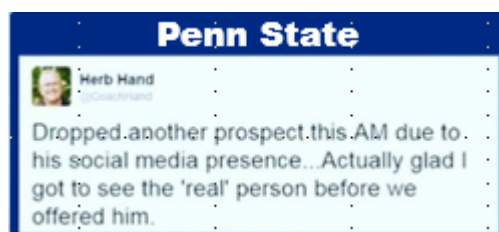
The Boston Globe recently ran a feature on this issue (<https://www.boston.com/sports/sports-news/2018/08/08/recent-social-media-scandals-show-athletes-arent-the-only-ones-catching-up>) and highlighted Fieldhouse Media (www.fieldhousemedia.net) as a company which works with high school and college teams on ways to manage, take advantage of, and alert them to the challenges of social media. Part of the Fieldhouse presentation includes a display of just

how quickly an athlete's old tweets can get land them in trouble, and if you attended our college recruiting meeting this past spring following the mandatory parent meeting, this should be familiar to you.

Want to be proactive on this issue now? The Globe article offers this simple suggestion all players and parents can do on their own. Do your own "social media audit." A simple online search, can reveal potentially ruinous past activity.

This has taken on more urgency recently, and player agents have recently begun in-depth searches of their clients' old tweets, and parents should do the same. These methods, after all, was how Twitter users found the tweets sent by players like Josh Allen and Josh Hader.

Bottom Line: Work every day to make your personal highlight reel the *very best representation of YOU* that you can.



"If you apply for a job down the road, more than 70% of companies check your social media accounts to find out the kind of person you are – they want to see they want to see your personal highlight reel"

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

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.

*Soaring High
with Eagle Pride*

www.dakotaridgesports.org



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
HERNANDO (FL)
7pm, ORLANDO, FL



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



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**

