

DRHS COACHES

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(HC/DC/LB)

JEREMIAH
BEHRENDSEN
(OC/QB)

DENNIS MAJEWSKI
(STC/JV HC/RB)

TIERRE DURAN (DB)

CHRIS FLYNT (WR)

JEFF HINES (DL)

ERIC NEYEN (LB)

MATT OSTERHAUS
(OL)

JARED SCHULZ (OL)

PAUL LUNA (FHC)

MICHAEL DELEON
(F)

AUSTIN GAYLORD
(F)

KEVIN GROGHAN (F)

DRSA YOUTH FB DIRECTORS

JOEL MCMANN

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COACH LOOMIS

Navy Cardinal Insider

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Coach Woj's Spotlight:

First, I would like to congratulate all of you on a great football season in 2015. I think football is the greatest game around. I played football, basketball and baseball in high school and I have coached all three sports. I love sports, but football is the greatest! The teamwork needed is unmatched. In football you need all 11 players working together to make a play work. You just can't have one dominate player and be successful all the time, so I congratulate you on playing and having fun.

I want to give you all a run down on the 2015 football season at Dakota Ridge High School. Our varsity finished the year 9-2 and won the Plains League championship. Our JV team went 9-1 and our freshman team finished the year at 7-2-1. Overall we were an impressive 25-5-1 as a program in 2015. Unfortunately we lost to a very good Palmer Ridge team in the first round of the playoffs.

We had 6 Honorable Mention All-Conference selections, 4 2nd Team All-Conference selections and 8 1st Team All-Conference selections this year. Our football staff was voted the coaching staff of the year for our league as well.

The goal of Dakota Ridge Football is to win games and win a State Championship.

Our purpose as coaches and a program is to build men of



Coach Woj
DRHS Head Coach

character. Our goal will NEVER become our purpose. When your goal becomes your purpose you develop a win at all cost mentality and that is not what we are about. We want players to leave our program better people than when they came in. We want to teach them to become not only better players, but better students and help them to become better men, better husbands, and better fathers when they get older. WE will win our fair share of games along the way. This is the purpose of why we coach and what you can expect when your players play football at Dakota Ridge. We really strive to have a family atmosphere in our football program. It is about building relationships not only with the players, but the families and the community as well. Family is a major priority in our program and we look forward to having you all as a part of the

Dakota Ridge Football family!

I always encourage younger players, as well as our players, to play other sports such as basketball, baseball, lacrosse, track, or anything else to keep them active and help them create more lasting relationships.

We will have many things coming up for football in the spring. We have a Quarterback/Wide Receiver camp and an Offensive Line camp beginning in March that we would love to have as many of our youth players as possible be a part of. We have a summer Speed and Agility Camp at Dakota Ridge that benefits everyone, boys and girls. We want to help you become better athletes and have some fun doing it. Please be sure to always check the events/dates on page 2 for everything we have coming up for our youth and DR football!

If you ever have any questions about our football program (or how to get more involved with it) or if you have ideas on how we can be more involved in the community, please feel free to contact me at any time. I look forward to the future and please know that Dakota Ridge Football is always here for you.

Go Eagles!
Ron Woitalewicz (Coach Woj)
Head Football Coach

Upcoming Events/Dates

Events for DRHS Football

- Morning Throwing Starts
 - Jan. 21st
- First Morning OL Meeting
 - Jan. 25th
- First Morning Def. Meeting
 - Feb. 2nd
- Spring Camps
 - Freshman May 9-11
 - Freshman Player/Parent BBQ May 11th 5pm @ DRHS
 - V/JV May 16-19

Events for DR Youth/Community

- FB Registration opens: Jan. 11th
- DR Youth QB/WR/OL Camp
 - Monday's Mar. 28 - May 23
 - 6:00-7:00 pm
- Youth Speed & Agility Camp
 - MWF June 6th - July 8th
 - 9:00-10:15 am
- DRSA Youth Contact Camp
 - Aug. 1-2, 6:00-7:30 pm
- DRHS Meet the Coaches Night
 - Incoming 9th Gr. Mar. 15th

Events for DR Youth Coaches

- Denver Glazier Coaches Clinic
 - Feb 19-21
- Come to QB/WR/OL camp to hear DR coaches give position specific instruction. Starts Monday Mar. 28th
- DRHS spring camp (open to all youth coaches)
 - May 16-19
- DRHS Youth Coaches Clinic
 - May 18th

“Fixing an improper grip can completely change the way a quarterback throws the ball and can provide a drastic improvement in your quarterback’s success and accuracy”

Coach Behrendsen: Upper Body QB Throwing Mechanics

At Dakota Ridge we have a long history of success when it comes to quarterback play. While there are a lot of factors that go into a successful passing game one of the first things we try to do with our young QB's is develop and fine tune their upper body throwing motion. Even though our quarterbacks come to us with a variety of throwing styles and throwing motions we still try to teach and drill one throwing motion, an over the top, quick and consistent release.

The first thing we teach is the proper grip of the ball. Fixing an improper grip can completely change the way a quarterback throws the ball and can provide a drastic improvement in your quarterback's success and accuracy. In a nutshell we are looking for 4 things when we talk about gripping the football. #1 is that the first knuckle of the index finger should be lined up with the seam on the top of the

ball, #2 is that the pinky finger should not be on the laces but should slide up in between two laces (we don't want the pinky on the laces because it will have a tendency to pull the nose of the ball down), #3 is that there should be enough space between the ball and the QB's palm to fit 2 fingers, these three things should all add up to our 4th goal of a strong grip and a ball that has a slightly upward tilt when the ball is held at the release point. In general a QB will only have 1 finger that actually crosses the laces but if their hand is large they could have more. Having the proper grip is about half of the battle when it comes to getting good spin on the ball.

The next key component is having the wrist cocked. Having your wrist cocked correctly and firing the wrist at the end of the throw will also help ensure that your QB has good spin on the ball. Being able to “spin” a good ball is important

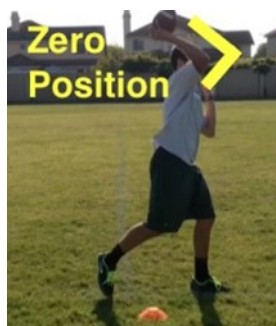
because it helps tremendously with accuracy! The way that we ensure that the QB has a good wrist position is to have them hold the ball so that the top of the ball is even with the top of the throwing shoulder and we have our QB's tilt the bottom of the ball away from their body by 45 degrees. Another key piece of carrying the ball as a QB is to not get the elbows too high. The elbows should be pointed more towards the ground vs. having them high so that your forearms are parallel to the ground.

After we teach ball carriage we talk about the throwing elbow. Our goal is to get the throwing elbow to a position called zero position. The zero position is the position your arm is in right before it starts extending to throw the ball.

Article continues on page 3...

...Upper Body QB Throwing Mechanics Continued

To be in good zero position the elbow should be about 6 inches in front of the shoulder and about 45 degrees up and 45 degrees out from the shoulder. To get there we teach to pull the throwing elbow back, then to elevate the elbow above the shoulder, then to bring the elbow forward as shown below, and to finish up by pulling the elbow down.



For the non-throwing elbow we teach to keep it tight to the body and to pull it when you start to rotate your upper body forward to make the throw. Having a specific set

of actions set up for your QB's elbows will help create more power when throwing and increase accuracy.

The last part of the throwing motion is the finish and follow through. This part of the throw (along with getting to zero position) helps to ensure a good over the top release instead of a slashing motion. When we teach the finish (the release of the ball) we talk about flicking our wrist straight down and that the index finger should be the last finger to come off of the ball. This is hard to see at full speed but it can be seen when using slow motion video and once it's done correctly the QB should easily be able to "feel" it when they release the ball correctly. The follow through completes the throw and we teach our QB's to try and finish as close to their mid line as possible but they will probably

finish closer to their thigh. We do not talk about finishing in the pocket as that can lead to finishing wider than the pocket and leads to a slashing motion instead of the over the top motion we are trying to obtain.

From start to finish we use the following "buzz words" to help our QB's quickly recall the ideas taught in this article. "Grip...Top of the ball/top of the shoulder...Tilt the ball...Get to zero...Flick it down...Midline".

Hopefully this article will help with one of the more challenging skills to teach and correct in young QB's. If you have any questions on this article or any part of QB play please feel free to contact Coach Behrendsen at jbehrend@jeffco.k12.co.us.

"Getting the elbow to zero position helps ensure an over the top release and will make your QB much more accurate"

Player Spotlight: Keegan Cryder

Keegan is #51 and just finished up his junior year for the Eagles. He played Left Tackle and Defensive Line for the Eagles and was selected as a 1st team all conference and 2nd team all state offensive lineman. Keegan has excellent size at 6'4" 230 pounds, which made him a very difficult match up for opposing defensive linemen and linebackers. Keegan's combination of

strength, intelligence and athleticism make him a special player with a huge potential to play at the college level. Keegan is poised to continue his success as his work ethic and leadership qualities are already showing in school and in the weight room. Check out Keegan's highlights at:

<http://www.hudl.com/athlete/2674835/keegan-cryder>





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*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 Coaches Corner by David Loomis

The youth football season has been over for some time now. We've had some time to celebrate our successes and to give some thought to our challenges from the previous season. Basketball is in full swing and baseball is already ramping up. The 2016 football season is right around the corner though and now is the time to begin preparations for a successful season. August through November can be a whirlwind of playbooks, practice plans and missing mouth pieces with the occasional football game thrown in just to change things up. Hopefully we manage to mix in a hefty dose of player development that our youth players can put to use both on and off the field. Often times one of the most important things that we can do as coaches to improve our teams gets neglected during this time. Luckily this is something that can be easily addressed during the off-season. Improve yourself. Improve yourself as a coach, a youth mentor and a game planner and apply the same level of commitment that you give to improving your players during the season.

The offseason is a great time to review your game film and identify areas that you can improve. If you aren't filming your games you are missing a valuable coaching tool. While you may think that your upfront blocking just didn't work all season on one particular play while watching live, you may find upon film review that your backfield timing was off or your ball carrier wasn't hitting the right hole, etc. These things are difficult to breakdown without video.

Another great way to improve is to talk to other coaches. Find opportunities to talk with other coaches and learn what works for them, how they have dealt with some of the same challenges that you face and bounce some ideas off of them.

A great place to meet like-minded coaches and to expand your football knowledge base is at a football clinic. Glazier puts on a big clinic here in Colorado every year that brings some of the best college, high school and youth coaches from all over the country right to our back yard. Schol-

arships are available for youth coaches that give us the same access that high school staffs pay thousands of dollars for. For the cost of a few cups of coffee and a good portion of one weekend you can gather enough information about all aspects of the game to keep you busy for several off-seasons. You will also likely see some familiar youth coaching faces there as well, many of whom seem to be coaching championship teams year in and year out. Whether they are there because they are good coaches or they are good coaches because they are there can be debated, but nearly every youth coach there is from a successful youth football team.

Regardless of how you choose to do it, now is the time to put your team in position for a great 2016 season.

This season Coach Loomis led the Dakota Ridge 5th grade team to a playoff appearance in their first year playing at the division I level, and is a year removed from Dakota Ridge's first ever Carnation Bowl championship. He will be providing an article each month to help address some of the situations and concerns that youth coaches encounter.



DAKOTA RIDGE FOOTBALL
Dog Soldiers



Over the last 2 seasons: **Over the last 3 seasons:**

Dakota Ridge: 17 wins

Dakota Ridge: 25 wins

Columbine: 17 wins

Columbine: 27 wins

Chatfield: 7 wins

Chatfield: 15 wins

Mullen: 10 wins

Mullen: 13 wins