

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)

MATT OSTERHAUS(OL)

JARED SCHULZ(RB)

GORDON STANT(OL)

PAUL LUNA(FHC)

KEVIN CROGHAN(F)

ZACH ERFURDT(F)

AUSTIN GAYLORD(F)

NICK MAY(F)

DRSA YOUTH FB

JOSH ZWART(PRES.)

DAVID LOOMIS(VP)

MARK CUSICK(VP)

TONY PENA(F/E MGR)

ROBIN BLAISE(M)

BILL STUBBLEFIELD(F)

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Navy Cardinal Insider

VOLUME 2, ISSUE 4

Coach Woj's Update:

As the school year begins to wind down, our football team is really getting prepared for the summer. We will have a busy summer with lifting, speed and agility camp, team camp in Pueblo and 7 on 7 tournaments. It does keep us busy for sure.

We have been working hard in the weight room and classroom to make sure we are ready for the 2017 summer and the 2017 season. We are working hard to make sure that all our players are eligible for the season and getting us started on the right foot when we hit the grind. I can't stress enough to the young football players in our community how important their grades and school are. Football is a privilege and not a right. You go to school for an education and football is just a luxury, but grades and school must be the number one thing to focus on.

We will be having a mandatory parent meeting for all freshman and varsity/JV parents on May 3 at 5:45 at Dakota Ridge to cover the summer schedule.

We will be hosting our Spring



Coach Woj
DRHS Head Coach

camp for incoming freshman on May 8-10 at Summit Ridge from 3:00 – 4:30 and the varsity/JV camp May 15-18 from 3:00 – 5:00 at Dakota Ridge. This is a chance to install our offensive and defensive schemes and get ready for Pueblo team camp. Any youth coach is always welcome to attend and watch practice and we strongly encourage you to do so.

Summer Speed camp starts on June 5 and is a great opportunity to work on your speed and overall athletic ability. We require it for all of our football players, but it is NOT just a football camp, it is for athletes of any sport male or female. We have our football players do it because we believe strongly that it

benefits them in making them a better and more well-rounded player. It can do the same for all athletes who want to compete. The cost is \$85 for the five-week session and it runs every Monday, Wednesday and Friday. Please see the attached flyer for the registration form. We look forward to having all of you come and work and get better.

Please let us know if there is anything that we can do for you and we look forward to seeing you all at summer Speed Camp.

I want to leave you with the following quote that I think applies to our players and parents:

**DO THE ORDINARY
EVERYDAY THINGS
BETTER THAN ANY-
ONE ELSE DAY IN AND
DAY OUT!**

WELCOME TO THE FIGHT!!

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

Upcoming Events/Dates

Events for DRHS Football

- Morning Workouts have already begun!
- 8th grade after-school lifting starts 1/24 from 3:00-4:00. Last day of lifting will be 5/4.
- Mandatory parent meeting on 5/3 at 6:00 pm in the DR auditorium.
- Spring DRHS Football Camps
 - Freshman May 8-10
 - Freshman Player/Parent BBQ May 10th 5pm @ DRHS
 - V/JV May 15-18

Events for DRHS Football

- V/JV Summer Weights begin on 5/31 at 8:00 am
- CSU-P forms and \$ due on 6/2
- Mattress Fundraiser 7:00-4:00 on 6/4
- Freshman Summer Weights begin on 6/5 after Speed Camp
- Speed and Agility Camp begins on 6/5
 - V/JV @8:00
 - Freshman @9:00
- CSU-P Team camp 6/10-6/13

DR Youth, Community & Coaches

- DR Youth QB/WR/OL Camp
 - Can Still Register (Mon. 6-7)
 - See registration sheets at the end of this newsletter
- DRHS Coaches' Clinics
 - Mondays 4/3-5/15
 - 7-8 following Youth Camp
- DRHS Open Practice on 5/15
- Youth Speed & Agility Camp
 - MWF Starts 6/5
 - See registration sheets at the end of this newsletter

Coach Schulz: RB "Must-Haves"

To successfully establish a Dim Mak (death touch) culture there are a few must haves a running back will need. (Take a look at the August 2016 issue on the DRSA or EZ Club website for more info about the Dim Mak culture). We will strive to include all the must haves into each drill we do as a running back group. 1) Running backs need knee drive and body balance. By driving their knees, a running back will not only have better acceleration, but will also not be as easy to stumble up in traffic (body balance). 2) In every drill players will emphasize an aggressive burst of speed to finish where they are always finishing the run. I want to see the aggressive burst out of cuts/spins/jukes/jump cuts/etc. This is where players will be lazy by going into a move explosively, executing the proper technique, but will then coast out of the drill. Players need to get vertical after the move and aggressively accelerate away from a defender. I want to see our players finishing 10 yards beyond the

play and giving/showing one move within those 10 yards every rep. 3) Running backs need to always fall forward, but this is taken care of if the first and second must haves are being met. 4) Ball security is the last must have (and most important), because it is easier to score offensively if we have the ball. If a running back cannot control the ball, they will not play running back.

Drills to establish body balance

Stumble drill – players will aggressively burst up and forward switching legs to keep balance simulating being tripped up by a defender. By accelerating up at the same time the running backs will feel what it is like to spring out of a sweeping tackle where you have lost your balance. During this drill I want to emphasize keeping the wrist by the collarbone, and keeping the ball still. This will focus on ball security keeping the ball unexposed to the defenders even in awkward position. In the second picture you can see how the ball has improperly come away from

the correct ball security technique. No matter what position we get into, the running backs must keep their wrist next to their collarbone. The ball will always stay in the same hand, because you would never switch the ball when in this position during a game.



Drills to finish and always fall forward

To be an explosive runner, the running backs must have great hip flexibility allowing them to drive their knees over their hips. A drill we will do to emphasize always falling forward will be mountain climbers.

*"In every drill
players will
emphasize an
aggressive burst
of speed to finish
where they are
always finishing
the run"*

...Coach Schulz: RB “Must-Haves” Continued

Players will start in a fit position with a defender. On the whistle the player will drive their knee over their hips and hold position until the next signal. I want to see the knee hold over their hip, and an acute angle leaning forward with the ground. I will then give a drive call for the running back to continuously drive their legs before spinning out of their position into some kind of bag drill. Emphasize the forward lean (always falling forward) as well as great knee drive. Don't just complete the set of bags, **FINISH EVERY DRILL.**



Ball security:

Double ball lunge and rip drill
You get what you coach, and ball security must be emphasized continuously. Keep the ball still while running with the wrist at collarbone height. A common drill for running backs is the drill where a player will run in a straight line with a defender trying to strip the ball. Often times this turns into a drill about running away from the defender trying to strip it, or clamping down with both arms hiding it from the defender; wasting time and reps. I see this as a chance for use to build strength carrying the football, and to experience where the pressure comes from as a defender attempts to strip the ball. To get more out of this drill I will make the running backs carry two balls, one in each arm, and make them do lunges for ten yards. On every lunge I want to see the back

knee drive over their hip into the next lunge; simulating leg movements in sprinting. During the drill two different players will attempt to poke, hit, or strip the ball while walking along side of the ball carrier. Now there is no way the running back will run away from the defender, they will develop better body awareness and balance, and also can't hide the ball or cover up with both hands.



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

*“Emphasize the forward lean (always falling forward) as well as great knee drive. Don't just complete the set of bags, **FINISH EVERY DRILL.**”*

Player Spotlight: Anthony Salvi

“Salvi” wears #44 for the Eagles and last year as a Junior he was an All Conference OLB.

As a Junior, Salvi not only brought great excitement and enthusiasm to the field, but he produced statistically as well. Among returning players Salvi ranks #1 in Tackles per game and Total Tackles, #2 in Sacks, and #3 in Tackles for Loss!

Salvi is a smart, disciplined edge player who is very difficult to block 1 on 1. As a senior the Eagles are

not only looking for him to improve on his numbers statistically, but they will be looking for his continued growth as a leader on the defensive side of the ball.

Additionally, the Eagles are hoping that he can step up and fill a role for them offensively as well at TE.

Check out Anthony's highlights at:

<http://www.hudl.com/profile/3964537/anthony-salvi>



“Do your homework on potential colleges and football programs. Start with what the schools offer academically.”

So You Want To Play College Football?

Recruiting Notes and Tips for Eagles Players and Parents

By Coach Paul Sheehy

Note: This is the third 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 installment, we will address some basic “nuts and bolts” for you to prepare for and actually make your first introduction to schools you are interested in and playing college football for. There are 674 NCAA colleges which play football, whether at the FBS, FCS, Division II or Division III level. Here’s a link to an Excel file which lists each of those colleges for you:

www.prostarcoaching.net/NCAA_Football_Programs.xlsx

If you have any trouble accessing it, email me and I’ll send it to you.

Do your homework on potential colleges and football programs

Start with what the schools offer academically. Go to the school’s website by just Googling the school name, and look at their programs and majors. Make sure the school has something you are strongly interested in pursuing. If that’s a potential “fit”, then go to the football website by Googling the school name and “football”. Poke around their website. Definitely read the bios on the coaches, get to know them. Also, those bios

will tell you who the Recruiting Coordinator or Director is and who recruits our area. You’ll need to know him. Take a look at the roster, and the sizes of players at your position...are you in the same ballpark? We’ll discuss this in greater detail in future issues, but it’s definitely OK to be *optimistic* as to what level of college football you can play, but you also need to reach out to *realistic* schools, as well.

Get yourself on the radar and cast a wide net

I strongly suggest you begin this process after your sophomore season, especially if you happen to be a varsity starter as a sophomore. Get on the recruiting radar of as many schools as possible, as early as possible. A good rule of thumb is to send an email to 2 different colleges each week, and absolutely keep track of each email you send, to whom you sent to, and responses. (The Excel list of all NCAA football programs mentioned above could be a simple way to keep track.) Yes, that could be 100 schools. That’s ok... it’s early and you want to really get your name out there. Remember, a college scholarship could be worth hundreds of thousands of dollars. Is that worth your time to send two

personalized emails out each week?

What coaches to contact

I highly recommend you reach out to the following coaches with each email: Head Coach, Recruiting Coordinator/Director, the Position Coach for your position, and the coach who recruits Colorado (usually found in their bios; if not, don’t worry, your email will be forwarded to that coach).

How to contact coaches

Email address for coaches can usually be found in a few places, most commonly by clicking on the link to “Coaches” or “Coaching Staff” on the football site; also, they are almost always found by clicking on the “Inside Athletics” tab, then going to “Staff Directory” and scrolling down to the Football office.

Also, on most websites (usually under a tab called “Additional Links”), you’ll see a clickable “Recruiting Questionnaire” for you to *also* complete and submit. This is important. Don’t only rely on this online form. Definitely take the time to reach out to coaches in a personal email as well, preferably first, but be sure to do both.

...So You Want To Play College Football Continued

What to include in your introduction email

Lastly, below is a sample email. Make it your own. Don't just fill in the blanks, use it as a guide for you to craft your own email. Be sure to add personal touches to each one and don't make it generic. Think about it. Would you feel better about receiving a letter from a college coach addressed to "Dear Dakota Ridge Football Player" talking about "your fine season", or "Dear Billy" with "congratulations on your great game against Chatfield, when you had 140 yards rushing last Friday! What a great win!"?

SAMPLE INITIAL EMAIL TO COLLEGE COACH

Dear Coach _____,
My name is _____, and I play (PRIMARY POSITION (S)) for Dakota Ridge High School in Littleton, Colorado. I am writing to you because of my interest in playing football at (NAME OF COLLEGE).

(Here, talk about your high school experience, meaningful stats, any awards or honors, your work ethic, what you contribute most to the team, what other sports you play and any honors/achievements in those other sports).

(This is also a good place to mention important wins or other recent success the coach has had. This kind of personal touch shows that you're interested in the coach and the college.)

As a student, I am very interested in studying _____

at (NAME OF COLLEGE). I am *(say something about yourself, such as "a very dedicated student"; "an overachieving student"; "one of the hardest working students"; etc. make sure it matches with your GPA!)*. I currently have a _____ GPA and scored _____ on my SAT. *(if you have not taken them, say that, and when you plan to take them). (You can also add something like: I plan on retaking the SAT on _____.*

(Mention some extracurricular activities if applicable).

(Mention your academic strengths).

(Include some upcoming plans and goals in this paragraph). I hope that you or another coach on staff can see me play this fall, and I will also be updating you with links to my Hudl videos periodically as well. Below I have included a link to my current Hudl page for you to view as it includes highlights, athletic, and academic information heading into this upcoming season.

I would love to meet you and talk about the possibility of being a part of your team in 2018. If there is anything I can do to help you decide whether I might be a good fit for your program please don't hesitate to ask. I will follow up with you soon by phone and if you have any further questions I look forward to answering them for you.

(Here's a good opportunity to say anything special or unique which may hit home with the coach, such as, "I am looking

forward to being the first college graduate from my family"; or, "I hope to be a 3rd generation student at (COLLEGE), after my father and grandfather went there"; or anything unique about you, such as unique obstacles you may have overcome.)

Thank you for your time and I look forward to keeping in touch with you over the next year.

Sincerely,

(Your Name)

(Your Address)

Email: _____ /

Phone: _____ /

Cell: _____

Hudl Link: <http://www.hudl.com/profile/3265542/player-player/videos>

High School Coach Contact Information:

Dakota Ridge High School
Head Coach: Ron
Woitalewicz ("Coach Woj")
Cell: (720) 838-3931 / Email:
Ronald.Woitalewicz@jeffco.k
12.co.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!

"Make it your own. Don't just fill in the blanks, use it as a guide for you to craft your own email. Be sure to add personal touches to each one and don't make it generic."



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 Stubblefield

Our Duty and Obligation

Teaching the game of football requires leadership. Coaches providing leadership, players providing leadership, and parents providing leadership. The best experience for our kids comes from this united leadership. It is our duty and obligation to make sure our children know that regardless of winning or losing, they can go home after every practice or game and say they had a lot of fun. This comes from leadership!

As a coach, it is my duty and obligation to give my players everything I have.

It is my duty and obligation to help them enjoy their experience, and learn the game. It is also my duty and obligation to give my players an understanding of why a football team is a family and what it takes to maintain that through trust and accountability.

Now, as a Dad, it is also my duty and obligation to encourage my child to be a leader, believe in themselves, believe in their team, and give 100% effort every time they are on the field. It is my duty and obligation to give every player, every ref, every coach, and every parent respect and

encouragement. By doing this, we will help create success, and a good experience for our children and ourselves.

We have the ability to make a choice to be a leader in all areas. We choose our actions...we choose our thoughts.

Remember to dominate our mindset so our kids will have a better experience on and off of the football field!

Coach Stubblefield will be entering his 5th season as a DRSA football coach this fall and is a valued member of DRSA's football leadership team. Coach Stubblefield's teams have had great success over the past 4 years. His players not only develop on the field, but off the field as well!



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>

CAMP FEATURES

This camp is designed for middle school and high school athletes looking to reach their full athletic potential, or younger students who are looking to improve their speed and agility in a fun atmosphere.

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** (Up & Downhill Training)
- ◊ **Form Running**
- ◊ **Coordination Drills**
- ◊ **Quick Feet Drills**
- ◊ **Change of Direction Drills**
- ◊ **Reaction Drills**
- ◊ **Cardiovascular Drills**
- ◊ **Strength Training**



Refold here, This panel Showing

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

Staple Here



SPEED, AGILITY & ATHLETIC CAMP

CAMP OBJECTIVES

Campers will improve their:

- ◆ Speed
- ◆ Running Form and Technique
- ◆ Explosive Power (Plyometrics)
- ◆ Foot Quickness
- ◆ Change Directions
- ◆ Reaction Time
- ◆ Lateral Quickness & Pursuit
- ◆ Coordination

Your Address

Name

Address

City, State, Zip

CAMP INFORMATION

Who: All male/female athletes grades 2-12

What: 5 Week Speed & Agility Skills Camp

When: Mondays, Wednesdays & Fridays

Monday June 5, 2017 to Friday June 7, 2017

Grades 2-9 9:00 — 10:15 am

Grades 10-12 10:30 — 11:30 am

Where: DRHS Football & Soccer Fields

Cost: \$85 per camper (includes t-shirt)

Please make checks payable to:

Dakota Ridge Eagles

REGISTRATION

To pre-register: Staple your check to the inside of this mailer, seal, and return via mail (postage required).

Walk-up registration: Day 1 or 2 of camp, June 5 or 7, 8:00 am

With special thanks to camp sponsor **Dr. John Offerdahl** at:



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 be refunded. I represent and certify that I have the legal capacity and 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: _____

EAGLES QUARTERBACK/RECEIVER CAMP

RON WOITALEWICZ – CAMP DIRECTOR

- HEAD FOOTBALL COACH DAKOTA RIDGE HIGH SCHOOL
- 32 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
- AGES: 8 – 17 YEARS OLD

WHEN:

- MONDAYS BEGINNING APRIL 3, 2017 – JUNE 5, 2017 (EXCLUDING MAY 29)
- 9 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

WHAT TO BRING:

- APPROPRIATE SIZE FOOTBALL FOR AGE
- CLEATS, TENNIS SHOES, SHORTS, T-SHIRTS

NAME: _____	
ADDRESS: _____	
PARENT'S NAME: _____	
PARENT'S EMAIL: _____	
PHONE: _____	
AGE: _____	
PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 3, 2017	
YOU MAY REGISTER THE FIRST DAY OF CAMP AS WELL BEGINNING AT 5:30 P.M.	
<u>MAIL TO:</u>	<u>QUESTIONS:</u>
RON WOITALEWICZ	RON WOITALEWICZ
11763 W. BELMONT DR.	720-838-3931
LITTLETON, COLORADO 80127	rwoitale@jeffco.k12.co.us

EAGLES OFFENSIVE LINE CAMP

RON WOITALEWICZ – CAMP DIRECTOR

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

MATT OSTERHAUS – CO-CAMP DIRECTOR

- OFFENSIVE LINE COACH DAKOTA RIDGE HIGH SCHOOL
- 15 YEARS EXPERIENCE COACHING HIGH SCHOOL OFFENSIVE LINE
- 13 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
- AGES: 8 – 17 YEARS OLD

WHEN:

- MONDAYS BEGINNING APRIL 3, 2017 – JUNE 5, 2017 (EXCLUDING MAY 29)
- 9 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.
- EXCELLENT CHANCE FOR PARENTS TO SEE KIDS IN ACTION DURING CAMP.

WHAT TO BRING:

- HELMET AND SHOULDER PADS
- SHORTS, PRACTICE JERSEY, CLEATS, TENNIS SHOES

NAME: _____	
ADDRESS: _____	
PARENT'S NAME: _____	
PARENT'S EMAIL: _____	
PHONE: _____	
AGE: _____	
PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 3, 2017 YOU MAY REGISTER THE FIRST DAY OF CAMP AS WELL BEGINNING AT 5:30 P.M.	
<u>MAIL TO:</u>	<u>QUESTIONS:</u>
RON WOITALEWICZ	RON WOITALEWICZ
11763 W. BELMONT DR.	720-838-3931
LITTLETON, COLORADO 80127	rwoitale@jeffco.k12.co.us