

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)

PAUL LUNA(FHC)

SCOTT CAVALLARO(F)

NICK MAY(F)

JOE WEGNER(F)

DRSA YOUTH FB

JOSH ZWART(PRES.)

DAVID LOOMIS(VP)

MARK CUSICK(VP)

TONY PENA(F/E MGR)

ROBIN BLAISE(M)

BILL STUBBLEFIELD(F)

IN THIS ISSUE

PAGE 2

- UPCOMING EVENTS/
DATES
- DL PAD LEVEL,
HANDS & FEET

PAGE 3

- PAD LEVEL, HAND &
FEET CONTINUED
- DRHS PLAYER
SPOTLIGHT

PAGE 4

- YOUTH COACHES
CORNER

Navy Cardinal Insider

VOLUME 2, ISSUE 8

Coach Woj's Update:

As the school year starts and football gets under way it reminds me of what an exciting time of the year this is. Broncos starting training camp, college begin camp and our own Dakota Ridge Eagles team is beginning our season. The excitement and energy of a new season is always fun and exciting. Exciting to see what new challenges are ahead and how our team will respond to a new season. As a team this year our goal is to get better each day, win the 4A Plains league championship and have an opportunity to play for the State Championship at Mile High Stadium in December. Having started camp this week, we have had a great three days of installation and practice at our camp. If we keep working hard and improving each practice, then we will have a chance to accomplish our team goals.

This year we talked with our players about some things that we need to do in order to become a "legendary" team. We talked about paying attention to details. Do all the "little" things right. Be on time, have great discipline in everything we do. Demand excellence from each other. We talked about being the

toughest team in 4A football this fall. Both mentally and



Coach Woj
DRHS Head Coach

physically. The average football plays last 4 to 6 seconds. Play as fast and hard as you can for 4 to 6 seconds then rest for 25 seconds between plays. We talked about winning each play, each drill, each competition every day at practice and in games and let the rest take care of itself. We talked about taking care of each other and being role models in the classroom, on the field and in the community. I told them that they need to act as if what they do matters because it does. Commit to your team and they will commit to you. We talked about having great leadership from not only the seniors, but everyone on the team. Do what is best for the team and there is no room to be selfish.

Last we talked about that everyone has a dream. It is what drives us and keeps us going.

As a football team and coaches we need to help each other reach the individual goals and team goals. Be a star in the role you play on the football team. If it is a starter, scout team player, special teams, just be a star in your role. Mike McIntyre, Head football coach at the University of Colorado, said at a clinic that "If your dreams don't scare you, then they're not big enough". I agree and hope your kids set their dreams high and work hard to accomplish them.

Best of luck to all our youth teams this fall and play hard and most of all have fun doing it. You only get to play the game for so long, so enjoy every minute of it you can because it won't last forever.

If there is anything that we can do for you, please don't hesitate to ask and I hope that you will come to all our games and support the Dakota Ridge Eagles in our quest for a league and state championship.

WELCOME TO THE FIGHT!!

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

Upcoming Events/Dates

Events for DRHS Football

- 8/14 First official day of practice for the HS players
- 8/17 Freshman Orientation
- 8/18 Picture Day @2:00
- 8/19 Intra Squad Scrimmage
- 8/19 EagleFest Carnival and Fun Run @DRHS, Flyer attached!!

Events for DRHS Football

- 8/24 Scrimmage vs. BC
 - Freshman/JV 4:00
 - Varsity 6:00
- 8/31 First Varsity Game at Longmont HS vs. Silver Creek at 6:30
- 9/1 First JV Game at DRHS vs. Silver Creek at 4:00
- 8/31 First Freshman Gams at Silver Creek HS at 4:00

DR Youth, Community & Coaches

- 8/19 EagleFest Carnival and Fun Run @DRHS, Flyer attached!!
- 8/13 Youth football Official Weigh-ins
- 8/17 First day of school for Jeffco students
- 8/19 Pop Warner Jambo-ree or practice/ scrimmages at DRHS
- 8/26 First games for DRSA Youth Football!!

“We have to win the pad level battle and hand strike”

Coach Hines: Pad Level, Hand Placement, and Footwork

I have been very fortunate to coach a lot of great players coach with a lot of great coaches over my 2+ years at Dakota Ridge. In my time as a DL coach here at Dakota Ridge I have realized that the key to becoming a great Defensive Line is we have to have players that do 3 things: stay low, have great hands, and have great feet. Coach Sheehy and I coach these three techniques every single day. There is never a practice where you don't hear us reminding our players to stay low, have great hands, and have great feet so we can stay tight on the OL.

I: Pad Level/Hands

The first techniques I want to talk about is staying low and hands. It may seem like a no brainer that these are the most important tech-

niques from every DL but it is probably the toughest to coach, which is why we have to stay on our DL and remind them that before anything we have to win the pad level battle and hand strike. I'm sure you have heard and said "Low man wins."

A drill that you guys should be using to get your DL confident at firing off low and using their hands is the six point explosion drill:

Some Tips for this drill

1. Have your players on their knees with their hands on the ground. Have a sled or player in front
2. Fire out with violent hands striking the offensive player.
3. Bring hips through (below you will see an example)



...Coach Hines: Pad Level, Hand Placement, and Footwork

2. Footwork

From the six point explosion drill the next progression is bringing your feet, we need our feet to come with our hands so we can stay tight and work our next move. So instead of having your players come out of a six point have them now come out of a 3 point or 4 point stance and after hand strike bring the feet. What I like to tell players is “don’t forget to bring your feet to the party they want to have fun too.” I will put a few coaching points below.

1. Make sure your players are bringing their feet but not getting over extended and too wide. We want to stay tight to the OL remember their goal is to keep the DL away from them.

2. After they make contact and bring their feet make sure they do not allow their feet to stop moving, if they stop they will get driven back.

Below is from Andre Patterson the DL line coach for the Minnesota Vikings and how he teaches his DL. He focuses on pad level, hands, and feet so we can stay tight. If your players can accomplish those three things so they can stay tight it will eliminate wasted space. Remember OL like their distance from the DL so they can have time to see everything! *“Patterson believes efficiency of movement and sound technique are vital to giving defensive lines the advantage back over offensive lines, which generally have to drill fundamentals and create*

cohesion to make up for their athletic deficit against defensive lines.”

What I have talked about today are the 3 fundamentals that should be the focus for any Defensive Line-man and as coaches it is our responsibility to make sure that they are focused on these. Remember we can teach the rip, spin, swim, push-pull all day but if the player does not accomplish these 3 techniques they generally will not be successful in make any of those moves.

Questions? Please feel free to email Coach Hines at:

jehinesnau@gmail.com

“Make sure your players are bringing their feet but not getting over extended and too wide. We want to stay tight to the OL”

Player Spotlight: Matt Gultig

Matt wears #15 for the Eagles and plays outside LB and TE. As a junior Matt saw plenty of action on both offense and defense. Additionally he was a staple on many of the Eagle’s special teams units as well.

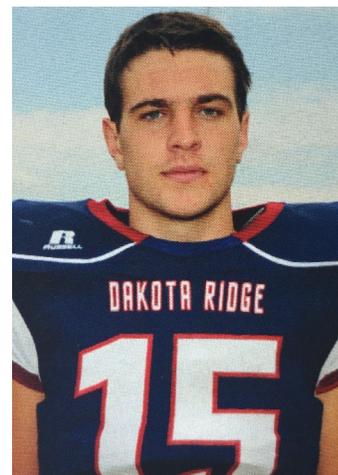
Coming into this season the coaches have been extremely impressed with Matt’s intensity and commitment to the team. His skills have progressed to the point that he will be a force to be reckoned with in both the run and pass game.

In addition to being the 5th highest returning player in tackles Matt also recorded 2 sacks and a fumble recovery in 2016 as a junior.

Offensively Matt is a huge asset in the Eagle’s own run and pass game and will give them a great red zone threat throughout 2017!

Check out Matt’s highlights at:

<http://www.hudl.com/profile/5120804/matt-gultig>





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

Under Construction

I found myself watching the TV show Hard Knocks the other night. Hard Knocks is a documentary of an NFL football team and the journey that players and coaches go through during training camp and how they trim their rosters down to 53-players for the regular season. It shows us as viewers what it takes to become a National Football League player. The ups and downs, and incredibly hard work that pans out and also fails ending a player's dreams of becoming a pro.

I was really intrigued by one of the Tampa Bay Buccaneers coaches and his message to his players. He showed a picture of a construction site and asked his players what they saw? One by one, his players raised

their hands and said things like.....I see tractors, dump trucks, steel beams, steel workers, brick and mortar workers, cranes, well diggers, engineers, etc. As each of these things were described the coach made the point that during a football season, the team will always be under construction. The team will always be improving and working to get better. Eleven guys looking to do what it takes to gain an inch. Eleven guys looking to do what it takes to make a block. Eleven guys doing what it takes to kick a field goal, make a throw, make a catch, deliver a solid hit, gang tackle, and be under construction.

We as youth coaches and parents have to understand that this wonderful game of football has the potential to

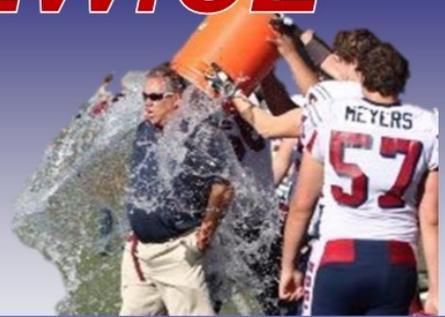
not only teach us how to work as a team on the field, but to also learn to be a team off the field. Whether it's our kids putting together a group project in school or running a company when they are older. The principles we teach these young minds today are going to have a substantial affect on their future. Football is the ultimate team sport. Make sure that we as coaches and parents do whatever it takes over the next 90 days to lift our kids up with praise and gratitude as well as belief and perseverance. This will help them continue to be leaders off the field as well as on!

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

PLEASE SAVE THE DATE!!!

DR EagleFest Carnival 2017

Saturday August 19th at Dakota Ridge HS

Come have fun and raise money for YOUR school!

Register online for the 2017 DR Feeder Schools Fun Run at...

**<http://dakotaridgesports.org/Registration/Default.asp?n=36675&org=DAKOTARIDGESPORTS.ORG&cat=DRHS>
or go to: dakotaridgesports.org → Player Registration (on the left) → DRHS (in the drop down menu)**

Be sure to select the "2017 DR Feeder Schools Fun Run" and don't forget to select your school during the registration process so YOUR school can received the money!

In addition to the Fun Run and a T-shirt this will also get you entrance into the EagleFest Carnival!

"COME OUT AND CELEBRATE AS A DAKOTA RIDGE COMMUNITY!"

There is fun for the whole family!

7:00am — 9:30am: DRHS Football Navy/Cardinal Games-*Come see the 2017 Eagles!*

9:30: Dakota Ridge Community Fun Run and Walk (\$30 per runner)

Includes a t-shirt & your admission to the EagleFest Carnival, come support your school or program!

10:00am — 11:30am: DRHS Alumni Baseball Game

Contact Coach Legault at 303-982-1917 or slegault@jeffco.k12.co.us to register

10:00am — 1:00pm: DR EagleFest 2017 Fun for the Whole Family!

Just want to come to the carnival...wristbands will be sold for \$10!!

Music, Giant Inflatables, Dunk tank, Food, Games, and Fun!

Soar High with Eagle Pride