

DRHS COACHES

RON WOITALEWICZ
(HC/DC/LB)

JEREMIAH
BEHRENSEN(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(V)

TONY PENA(F/E MGR)

ROBIN BLAISE(M)

BILL STUBBLEFIELD(F)

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STUBBLEFIELD

Navy Cardinal Insider

VOLUME 2, ISSUE 2

Coach Woj's Spotlight:

As we begin the month of February our off season lifting program has been going really well. The kids are working hard and are excited to see what 2017 brings for our football team. We have begun after school lifting with our incoming 9th graders down at Summit Ridge. We have had about 50 kids showing up and what a great group of young men there seems to be in that class. I am really excited to coach this group and see what they can do on the field.

We had National Letter of Intent day on February 1st and we had four players who signed to go be a student/athlete at the college level. Keegan Cryder is going to the University of Wyoming, David Brandt is going to Black Hills State University, and Dawson Gorton and Derick Demgen will be attending Presentation College in South Dakota. I am so very proud and excited for these young men to have the chance to continue their learning and playing careers at the next level. It shows that hard work will pay off and that kids have the chance to follow their dream.

This past January, myself, Coach Behrendsen and Coach Sheehy had the opportunity to attend the American Football Coaches Association National Convention in Nashville. What a great time and learning experience we had. The chance to share ideas with some of the best coaches in the country and be on hand to

see Mike McIntyre (University of Colorado) receive the National



Coach Woj
DRHS Head Coach

Coach of the Year award at the Grand Ole Opry.

During the convention there were many coaches who talked about the climate and culture of their football program. I would like to share with you all what I feel is the climate and culture of the football program at Dakota Ridge High School. At Dakota Ridge we try to instill a climate and culture of family in our football program. The family includes the players, coaches and the families of our players. We stress the value of trust in our program and football family. Trust is a must for us. Players have to trust the coaches, coaches have to trust the players and the parents have to trust the coaches. Without trust you have nothing. In a marriage or serious relationship, you have to be able to trust your partner in order for it to work. Without it you will have trouble and issues. Our culture at Dakota Ridge is based on trust. Our goal is to help student/athletes develop

their destiny. We have what we call the "Circle"! The "Circle" is a combination of players and coaches and no one else is allowed inside the circle. We tell the players all the time that their job is to "protect the circle and everyone in it". Make good choices, get each other out of bad situations. Protect all who are in the "Circle".

I would hope that everyone who comes into our football program at Dakota Ridge understands that the climate and culture that we try to have is one that includes trust, understanding that we value people, and that we must protect the circle and everyone in it. When players leave our program, we want them to be better people than when they came into the program. That we gave them the value of family and trust and it will allow them to become great husbands, fathers, and successful in life at what they choose to do. I want the parents and community to understand we care about each kid in our program as if they were our own child and that they know we love them and that they are not afraid to tell people they love them.

Please let me know if there is anything that we can do for you and if you have any questions please feel free to e mail at any time.

WELCOME TO THE FIGHT!!
Ron Woitalewicz (Coach Woj)
Head Football Coach
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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.

Events for DRHS Football

- Spring DRHS Football Camps
 - Freshman May 8-10
 - Freshman Player/Parent BBQ May 10th 5pm @ DRHS
 - V/JV May 15-18

DR Youth, Community & Coaches

- Information Nights
 - Meet the Coaches 3/7
- Denver Glazier Coaches Clinic
 - Feb 24-26
- DR Youth QB/WR/OL Camp
 - Starts 4/3
- DRHS Youth Coaches Clinic
 - May 17th
- Youth Speed & Agility Camp
 - MWF Starts 6/5

Coach Duran: Defensive Back Coverages

Any great cornerback knows that while he may be a key factor in the outcome of a game, he is still only one of eleven other guys out there, with his own part to play. He also knows that the success of the defense depends on every one of those guys knowing their assignments and executing it correctly. When it comes to executing your assignment, you have to have a good grasp of defensive coverages. So I am going to explain the basic man and zone coverage defenses we use to stop the opposing team. I'm also going to give some tips on ways you can use these to your advantage and make plays on the ball.

Man Coverages

When a man coverage is called, you're locked up with a designated receiver for that play. Man coverage is often called when coaches want linebackers or safeties to blitz, which leaves

the middle of the field open. This means you have to stay with your receiver, be wary of any inside routes, and not let him catch the ball. Press is called when receivers can definitely not be allowed inside, like in a short yardage or goal line situation. Press indicates that you are playing with hard inside leverage on the WR.

Cover 0 is a coverage in which there is either no safety, because he's locked up with a WR/TE, or the safety is blitzing. The number 0 means there are zero safeties to help out behind the coverage, it's man coverage across the board. In either case the field is left open, which means defensive backs have to lock up and not give it up. In this situation most of the time you'll be in press, but you can play off-man as long as you play hard on inside routes.

In Cover 1, there is one safety behind the man coverage, who

will typically be playing the deep middle and reading the QB's eyes. Everyone else is locked up with a man. Just like Cover 0, you can press to stop the inside release or play off and play hard on any inside routes.

Cover 2 man is played with two safeties behind the man coverage both covering a deep half of the field. The two cornerbacks are playing man, or a press-trail technique. Linebackers can either play zone, or man coverage. In the press-trail you do not allow the receivers to get an inside release. Instead you jam them, and then trail slightly behind them, baiting the quarterback to throw it in between you and the safety. Because the quarterback has to throw a very accurate pass to get the ball to drop in there, there is a very good chance either you or the safety on your side can pick it off.

“Man coverage is often called when coaches want linebackers or safeties to blitz”

...Defensive Back Coverages Continued

Zone Coverages

In Cover 2, a cornerback's job is to cover the flat. If the offense decides to run your way in Cover 2, it's your job to either blow up the ball carrier or force the play back in. This is why a cornerback in Cover 2 is also called the "force" corner. Since the CB is covering the flat, the safety on his side has a wide area to cover behind you. This is why it is often up to you to funnel the receiver to the inside just in case the offense decides to throw the ball. This gives the safety time to come over and make the play. Instead of lining up in press, you can also disguise this coverage by lining up at about 10 yards and sitting there. It makes the offense think you may be playing a

deep zone. Because you don't have to worry about the deep ball you can jump any short routes they throw.

In Cover 3 you're playing the deep third of the field, along with the other corner and the free safety. Unless a team is desperate, they won't try to throw deep. Instead they'll try to use the coverage to their advantage by exploiting the weaknesses in the zone. Any time you're in a deep coverage like Cover 3 or 4, and two receivers are in your zone, you have to play the middle of them, but a bit closer to the inside guy. This is because that is the easier throw for the quarterback. If he throws it to the outside receiver, however, you have speed turn

to the outside and go make the play.

Cover 4 is the same idea as Cover 3, but there are four DBs deep instead of three. So in Cover 4 you play the deep 1/4 of the field on your side. The same basic principles apply when it comes to making it work for you. Remember that if the offense senses a deep coverage, they'll try to beat it with short, underneath passes. Use this to your advantage by not playing too deep if you don't have to.

Questions? Please feel free to email Coach Duran at: tierre.duran@jeffco.k12.co.us

“Any time you're in a deep coverage like Cover 3 or 4, and two receivers are in your zone, you have to play the middle of them”

Player Spotlight: Gavin Gines

Gavin wears #59 for the Eagles and is the perfect example of a young man who used hard work, preparation and commitment as a way to get onto the field.

Not only did Gavin use these skills to get himself on the field last year as a starting defensive lineman for the Eagles, he used them to grow into one of the more dominate players on the Eagle's defense.

As a 2nd team All-Conference player he recorded 6.5 sacks, 5

more tackles for loss, and 23 total tackles. Of all returning defenders Gavin ranks #1 or #2 in each of those categories!

The Eagles are hopeful that Gavin will continue to not only grow as a player, but as a leader!

Check out Gavin's highlights at:

<http://www.hudl.com/profile/3779653/gavin-gines>



So You Want To Play College Football?

Recruiting Notes and Tips for Eagles Players and Parents

By Coach Paul Sheehy

Note: This is the first 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.

Quick quiz. Which number is bigger in a student-athlete’s life? 2.3 or 4.4?

Let’s start with some basics.

Players who pop out on tape may pique the interest of a college coach, but the first question they ask is, “**What’s his GPA?**” Without at minimum **2.3 GPA** in core courses, under NCAA rules, a student-athlete will not be eligible to compete as a freshman. As a practical matter, individual school admissions requirements, including those for scholarship athletes, are usually much higher than this minimum 2.3 core GPA. Having a core GPA hovering in the 2.3 - 2.7 range may eliminate a player from even being looked at further by many colleges.

The “core courses” all incoming NCAA freshmen athletes are evaluated on are: 4 years of English; 4 years of Math (Algebra I or higher); 2 years of Natural/Physical Science (including 1 year of lab); 1 additional year of either English, Math, or Natural/Physical Science; 2 years of Social Science; and 4 years of “additional courses” which can include comparative religion/philosophy or a foreign language. In addition, 10 out 16 core courses must be success-

fully completed by the end of junior year.

So the answer to the quick quiz is, a 2.3 core GPA is a far bigger number in a student-athlete’s life than running a 4.4 forty yard dash. Without the minimum 2.3, a player will never get a chance to run that 4.4!

One more point to emphasize on the minimum core GPA. Notice the word “**minimum**”. Too many high school players mistake “minimum eligibility” as the standard to reach. It’s not. It’s the rock bottom, dirt floor of the grade basement. Don’t hang around down there. Take the elevator to the grade penthouse and strive for a 4.0 GPA, and make colleges fight over you!

Register with the NCAA... today

Every player wanting to play NCAA college sports and receive a scholarship at the DI or DII level, needs to register and be cleared by the NCAA. It’s a simple, free process done online at www.eligibilitycenter.org. The Eligibility Center (also known as the NCAA Clearinghouse) is an organization within the NCAA that determines the academic eligibility for all NCAA DI and

DII athletes. Over 180,000 potential college athletes register with the NCAA every year. Also, be sure to print out a Student Release form from their website, sign it, and bring it to your guidance counselor giving permission for your transcripts to be sent directly from DRHS to the NCAA. Got 3 minutes? Stop reading this article, jump online and get that done. Then come back though, there’s more good stuff coming.

What if you SAT and decided to ACT?

OK, where does the ACT or SAT testing come in? In a nutshell, colleges and the NCAA use a sliding scale, where the lower the core GPA (above the minimum 2.3, of course), the higher ACT or SAT score is needed to qualify, and visa versa. For NCAA purposes, a “Combined SAT” score is used, where the Reading and Math sub scores are calculated; and an “ACT Sum Score” is used, where the English, Math, Reading, and Science sub scores are calculated. You can actually take the ACT or SAT an unlimited number of times, and the best sub score from each different test are used to determine initial eligibility requirements. Also, when registering for the

“Players who pop out on tape may pique the interest of a college coach, but the first question they ask is, What’s his GPA?”

...So You Want To Play College Football Continued

ACT or SAT, be sure to use the NCAA Eligibility Center code (9999) so your scores are always sent directly to the NCAA Eligibility Center. (Be careful, however, as each college may have different academic requirements when deciding upon admission to the school. The rules above apply only to NCAA eligibility rules to play college sports. Along those same lines, the NCAA does not require the writing portion of the SAT, but individual schools may.)

What should we be doing?

Parents: There was a great article published recently on www.ncsasports.org (a recruiting service...but more on those in future *Cardinal & Navy* newsletters) on the "Parents Recruiting Responsibility". In short, don't be a "WE parent" who lives vicariously through their player, using phrases like, "we are interested in this college" or "we think that football program fits best." Make your student-athlete the one in charge of the recruiting process; and remember coaches really look for 3 things, which you can instill and reinforce in your player: Academics, Character (an athlete with character works hard, makes good decisions, and can become a team leader), and Effort (a good work ethic and desire to improve on the field and in the classroom speaks volumes as to the type of player a coach is getting). The article also stresses that parents need to be mentors and assistants to their student-athlete throughout the recruiting process, but not his agent. Create a timeline, create a plan, and help him follow it, but don't drive that bus yourself.

Rising Sophomores: Be sure you start now with taking the required core courses (your guidance counselor can help you with this), developing great study habits and getting into a homework routine. Start now to get a jump on getting your GPA as high as possible.

Register with the NCAA Eligibility Center. Freshman football is a transition; it's kind of like boot camp, where you just have to get through it. Now you are a part the varsity and JV program. Enjoy football! Impress your coaches and your teammates with your work ethic in the weight room, in all off-season workouts, in spring camp, and in summer workouts. Learn and understand your position and assignments. Become a leader.

Rising Juniors: This is "THE YEAR". Be sure you are on track with the required core courses (again, your guidance counselor can help you with this). Do whatever you need to do to maintain your GPA as high as possible, including taking summer classes to improve your GPA or get ahead. Register with the NCAA Eligibility Center if you have not already done so. Start to look at schools which interest you. Consider going to college "prospect" camps in the summer which are run by schools you have an interest in, and which you may have a realistic opportunity to both get into, and play at. If you played as a sophomore this past season, begin your recruiting profile by creating a Hudl highlight package immediately after the season. Our coaches are great resources to help you figure this part out. Develop more leadership skills and take on more responsibilities. For you, this upcoming junior season is very important in getting on college radars as a potential prospect.

Rising Seniors: You just finished your junior football season and you need to act now to get on the radar of colleges before your senior season! Be sure you are registered with the NCAA Eligibility Center, and at the end of this year, ask your guidance counselor sends your transcript to the Eligibility Center. Make sure you are on track to complete 10 of the required 16 core courses by the end of

this year! Know where you are academically! You really only have the fall semester of your senior year left when it comes to grades for colleges to consider. Consider taking SAT/ACT prep classes, and when taking the SAT or ACT, be sure to include the "9999" code to have the results sent directly to the Eligibility Center, too. Narrow your list of schools where you both can get in, and can play, and reach out to coaches to express your interest. Consider whether a recruiting service is right for you. Strongly consider attending college "prospect" camps in the summer which are run by your realistic "target" colleges. You only have 10-14 games left in your high school career...put great film out there each and every play! Build your recruiting profile with Hudl highlights throughout the season...do not wait until the end of the season. If you haven't done this...get busy! Be a leader in all ways.

Lastly, you may want to download one essential resource for all parents of potential college athlete, the NCAA "Guide for the College-Bound Student-Athlete" which can be found online at: <http://www.ncaapublications.com/productdownloads/CBSA17.pdf>

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 your student-athlete the one in charge of the recruiting process"



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DAKOTA RIDGE SPORTS ASSOCIATION

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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 Corner with Coach Stubblefield

Accountability & Discipline in Youth Football

What makes youth football an incredible opportunity for our kids? It is simple, football is a team sport, and requires discipline and accountability. Football takes eleven players working together to have success. It takes eleven players all doing their job in order to compete. It requires all linemen making their blocks, the Quarterback calling the correct cadence, the Center snapping the ball on time, the runner running the correct direction and all eleven players being accountable to each other for 5 or more seconds. If you miss one block, forget the snap count, run the wrong way, or fumble the snap.....success will not be achieved. Each of these scenarios have one thing in common, accountability and discipline. Now, on the other hand, when all the linemen make the correct block, remember the snap count, run the correct direction, and not fumble the

snap....accountability and discipline are achieved and all eleven players have a higher probability of success.

Football is not just about being accountable and disciplined on the field, and it's not about scoring touchdowns and winning games. Football is about being accountable and disciplined off of the field as well. The younger we are able to teach our children how to be accountable, the more success they are going to have on and off of the field now, and in the future. Success is learned through failure and hard work. Playing football, and any sport for that matter, teaches our kids to be accountable to the game itself. Structure, and rules are as important off the football field as they are on the football field. Being penalized for holding, and jumping offsides are no different than getting a bad grade in class when your work is not completed on time or not being able to play with your friends after school because you forgot to make your bed before

you went to school. Simply a lack of discipline! On the football field, you're accountable to your teammates, your coaches, and yourself. Off of the football field, you are accountable to yourself, your friends, your family, and your teachers.

Let us all remember that football gives our kids a unique opportunity to develop skills that will help them for the rest of their lives. Football is not easy, and in life not everything will be either. With football, comes accountability and discipline, With accountability and discipline, comes leadership. With leadership, our kids have a greater chance of success and achieving the goals they set for years to come!

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**



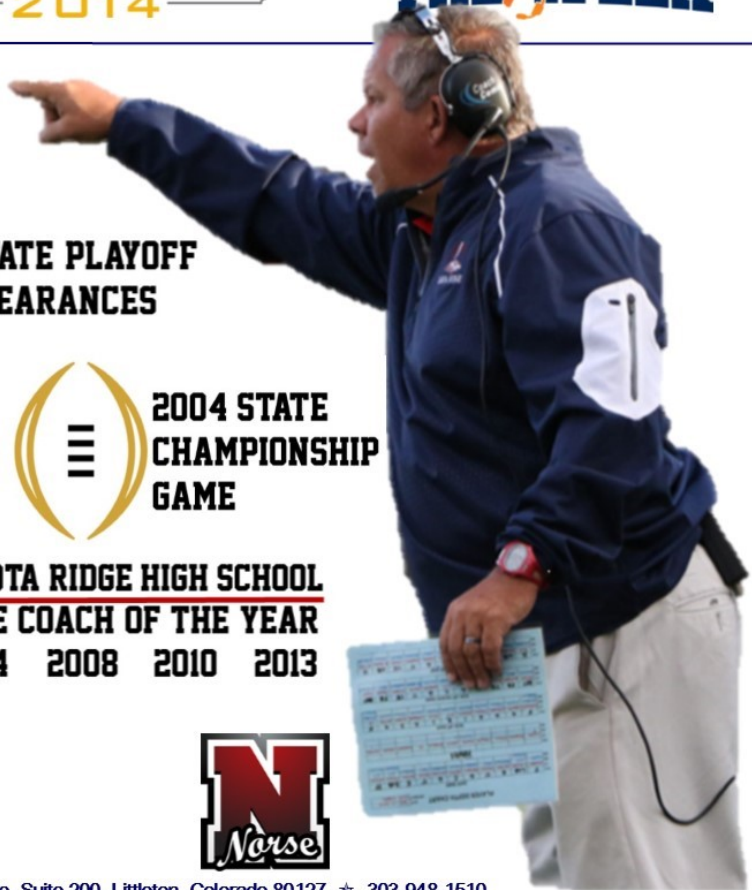
**STATE PLAYOFF SEMIFINALS
2004 2008 2010**



**2004 STATE
CHAMPIONSHIP
GAME**



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



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