

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 DIRECTORS

JOEL MCMANN

MARK CUSICK

BILL STUBBLEFIELD

DAVID LOOMIS

IN THIS ISSUE

PAGE 2

• UPCOMING EVENTS/
DATES

• THE QUICK PASS-
ING GAME

PAGE 3

• THE QUICK PASS-
ING GAME CONTIN-
UED

• DRHS PLAYER
SPOTLIGHT

PAGE 4

• YOUTH COACHES
CORNER WITH
COACH LOOMIS

Navy Cardinal Insider

VOLUME 2, ISSUE 1

Coach Woj's Spotlight:

I hope that you all had a wonderful and Merry Christmas and Happy New Year. With 2017 being here our football team will begin our preparation for the upcoming season starting now. Football is such a physical game, that we will need the 8 months of weight training and speed work to prepare the body for the toughness that football will bring during the season. It is also a time to begin developing our team chemistry and family for what looks to be a great 2017 season. The ColoradoPreReport.com has us listed as a pre-season #2 ranked team in the state for 4A. Those are some big expectations, but I believe that our players and coaches are up for the task of making sure that ranking is well deserved. I am looking forward to getting to work this January with our players to ensure that we live up to the expectations.

We had many players receive awards this past season. Honorable Mention All-Conference players were: Derick Demgen, Kyle Scofield, Graham Metzler, Anthony Salvi, Anthony Arneach, Anthony Montoya, and John McEwen. Our second team All-Conference players were: Ethan Reitan, Erik Palmer, Gavin Gines, and David Brandt. Our first team selections were: Keegan Cryder, Jacob Soderlin, Jonathan Fredolino, Keenan Brown, Drew

Dominic, Dawson Gorton, Joe Setter and Dillon Meyers.



Coach Woj
DRHS Head Coach

Keenan Brown was voted the league Offensive MVP and Dillon Meyers was voted the league Defensive MVP. Keenan was 2nd team All-State and Keegan Cryder and Dillon Meyers were Honorable Mention All-State. Congratulations to these young men. Keenan and Dillon were also selected to play in the All State game in Alamosa in June and Coach Jeremiah Behrendsen was nominated as the Assistant Coach from our league to have a chance to coach in the game.

We have many seniors who are being looked at by colleges for next fall. Keegan Cryder has already committed to the University of Wyoming and we have others who will be taking visits this January to help make a decision as to where they want to continue their education and playing career. We will have an update after signing day in February.

As I have said in the past, we encourage and hope that most of our players will participate in other sports to help keep them competitive during this off season of football. We have several who are playing basketball right now and will have many more playing baseball, lacrosse or running track in the spring. I love kids who play other sports because not only does it keep them competitive, it allows them to build relationships and friendships that will last a life time for them.

I will be meeting with 8th graders (incoming freshman) on January 20th at Summit Ridge at 10:45 and we will begin after school lifting with these players on Tuesdays and Thursdays from 3:00 – 4:00 at Summit starting on January 24. Dakota Ridge will also be hosting an information night on January 12 for anyone who is interested in attending school here next fall. I will be at this night and look forward to meeting anyone interested in becoming a part of the Dakota Ridge football family.

I hope that you all have a blessed start to 2017 and please let me know if there is anything that we can do for you this year.

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 Begin
 - Jan. 20th Throwing
 - Jan. 20th Offensive Line
 - Feb. 1st Defense
- Coach Woj will meet with 8th graders at Summit Ridge at 10:45 am on 1/20.
- 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
 - DR Information Night 1/12
 - 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

“Make sure your route distances are tied to your quarterback’s footwork. This ensures that decisions and throws are made on time.”

Coaches Behrendsen & Flynt: The Quick Passing Game

There are a variety of options to choose from when it comes to the types of plays you will use in your offensive system. The purpose of this article is to show what an asset an effective quick passing system can be with the right amount of daily practice time. It will not only be more fun for your players, but it will create a lot of extra stress for the opposing defense.

Why make the quick passing game a focal point for your offense?

- Easy Schemes/Combinations to create and read (both pre and post snap)
- Easier to throw
- Easier to complete
- Easier to protect (shorter time)
- Attacks the soft spots of the defense

- Gets your best athletes the ball in open space
- Good in medium yardage situations
- Good alternative to running in short yardage situations
- Good in the Red Zone
- Hurts teams that like to blitz a lot (especially teams who blitz the interior)
- Increases overall stress on the defense by giving the offense more situational control

Keys to a successful quick passing game.

- Make sure it is QUICK!!
 - * Make sure your route distances are tied to your quarterback’s footwork. This ensures that decisions and throws are made on time. This can be achieved from under center, pistol, gun, etc.

- * Use a stopwatch to time your QB (try to get it out of their hand by 1.5 seconds after the snap)
- The Quarterback...decisions, decisions, decisions!
 - * Pre-snap decisions are imperative whether they are made by the quarterback himself or a coach from the sideline. Looking for the softest coverage (most cushion), best wide receiver leverage, or even just taking advantage of your best 1 on 1 matchup.
 - * Post-snap decisions will of course vary depending on your age group and quarterback’s ability. In our system we typically read a two man concept and will read a defender that we have tagged as our “accelerator”.

Article continues on pg. 3...

...The Quick Passing Game Continued

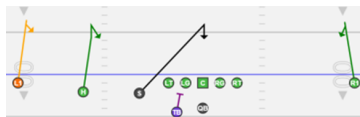
- The remaining roles.
 - * Some keys for our wide receivers are that they must have great “departure speed”, this means they are selling the vertical, they need to make sure they stem at the feet of their defender and are open with good leverage on time. When they make their break they want to be low and their eyes and hands should come to the ball together.
 - * Pass protection is key as pressure should not be a factor in this scheme at all. We use an aggressive man blocking system and we work from the inside-out. This ensures that the offensive line will be blocking the down linemen, especially in the A and B gaps, and our running back(s) will either pick up any unblocked

edge defenders or they will fill the B and C gaps aggressively to stop any blitzing linebackers.

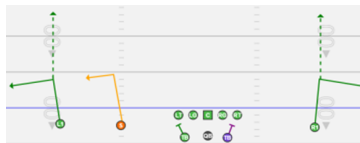
- Make your offense less predictable
 - * Adding an effective, timed quick passing game to your attack will now allow you to pass at any time. Use it on downs that have been run downs in the past. Your offense will be less predictable and much harder to defend.
 - * Create 3-4 concepts to practice initially, using inside-out and outside-in approaches. Looks for ways to create “clear outs” in your combinations too!

Here are some examples of quick game passing from multiple sets/formations →

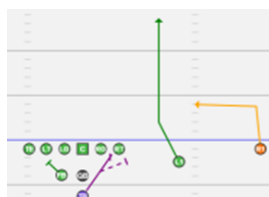
An inside-out progression



An outside-in or clear out



An inside-out clear out



An inside-out clear out, check with me concept



Questions? Please feel free to email Coach Behrendsen at: jeremiah.behrendsen@jeffco.k12.co.us or Coach Flynt at: cflynt447@gmail.com

“wide receivers must have great departure speed, this means they are selling the vertical”

Player Spotlight: Eric Palmer

Eric wears #20 for the Eagles and was one of two tailbacks in 2016 to see considerable reps. As a junior Eric was 2nd on the team in carries, yards and touchdowns! He was the top Eagle in terms of yards per carry for any player with more than 20 carries and is the #1 returning player in terms of total yards per game. Eric also played a valuable role in the Eagle's passing game as both a pass catching threat and as a pass

blocker. Eric was recognized as a 2nd team all conference running back last fall and the Eagles are looking forward to another great year in 2017. In addition to being a great player Eric has the opportunity to be an exceptional leader for the Eagles in 2017 as well! Check out Eric's highlights at:

<http://www.hudl.com/profile/3964727/erik-palmer>





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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

"JEEZ REF! BUY SOME GLASSES, TERRIBLE CALL! HOW MUCH IS THE OTHER TEAM PAYING YOU?"

"C'MON COACH, PUT JOHNNY IN! YOU STINK! WHAT KIND OF STUPID OFFENSE ARE YOU RUNNING?"

If you've been to a competitive youth sporting event you've likely heard things like this from the sidelines, stands or possibly in the car on the drive home from your spouse if your son didn't see enough playing time.

One of our many jobs as youth coaches is to work with the parents of our players, a passionate group to say the least. I've seen some pretty great sidelines at football games. Sidelines made up of families that were enthusiastically supporting their kids' teams but also showing great sportsmanship. Sidelines that were respectful to opponents and officials regardless of how the game was going and how fair all the calls seemed. Unfortunately, I've also seen some sidelines where brave men would fear to tread. Sidelines where you were likely to experience threatening language and behavior, fans screaming profanity in absolute fury and people physically threatening others. Things that I think we can all agree have no place at a football game being played by children.

As coaches, we should be striving to create a team climate that encourages growth, not just in football skills, but in life skills. Simple observation tells us that most youth football players will not play a down past high school, many may not even play in high

school. It's not our job to weed these kids out, but to make sure that they've taken some life lessons from their time playing the game that will make them better people in the long run. Aside from the strong friendships and comradery that come from playing a sport like football, some of the greatest lessons that football can teach are that it's OK get knocked down as long as you learn from it and always have the strength and confidence to get back up and keep trying. That things aren't always going to be fair and easy and that the best way to deal with that is to persevere, to stand by your teammates and finish strong regardless of what the scoreboard says. These lessons can't be taught on the football field if player families and fans don't help.

Set some team rules before your season ever starts. Encourage your parents to volunteer to help the team. This makes families part of the team and models teamwork for our players. Let families know that your team and our organization have hard and fast rules for sideline behavior, but also make sure that they understand that the rules are in place to make our games the best possible experience for our kids and an environment that encourages them to grow and learn. Remind parents that our lessons on honor, integrity, sportsmanship and dealing with adversity are much more salient when parents hold themselves to the same standards. Arguing with or yelling at coaches, officials or opponents is strictly prohibited and will likely result in removal from the facility. Not because it's not OK to disagree

with coaches and officials but because there is an appropriate way to deal with those disagreements and how we handle them will stick with kids a lot longer than if our words and actions contradict each other. Include in your team rules a plan for dealing with conflict. Set specific times when parents can meet or talk with the coaches away from practice and game times while making it clear that the coaches need to be focused on the players at practices and games. Keep in mind as you deliver this message that the reason people are so passionate around youth sports is that we all love our kids very much and want the very best for them.

Most importantly remind yourself and your families that how we behave as adults will either reinforce what we are teaching or completely destroy it. When we ask our children to face adversity with resolve rather than with frustration and temper tantrums we are asking them to exhibit control that contradicts a child's natural response to being slighted or treated poorly. If we as adults can't exhibit that control our children most certainly won't hold themselves to that high standard.

Coach Loomis is one of the DRSA's most tenured coaches and has had a plethora of success with his kids both on and off the field. Off the field he is extremely intentional in his character development of his players and on the field he help capture the DRSA's only football championship.



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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