

## 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)

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 7

## Coach Woj's Update:

As our summer is coming to a close we have had a great summer of workouts. The kids have worked very hard to get their bodies in shape and ready to compete for a league and state championship in 2017. We finish all our summer lifting on July 19 and then have a team day at Water World to close out our summer sessions. It is a great time to be had by all. This summer we started with an NFL style combine and we will finish this summer by doing the combine again on the 17<sup>th</sup> to see how much improvement we have made. Our football team won the CSU Pueblo team camp competition during the week of June 10 and had an overall great camp there. We have competed in 7 on 7 at both the Denver Broncos and the tournament we hosted at Dakota Ridge on July 6. Overall it has been an outstanding summer.

As the head coach sometimes I get too much of the credit for what happens with our football team and some of the success we have. I am here to tell you that none of our

success would be possible without the great assistant



**Coach Woj**  
**DRHS Head Coach**

coaches we have at Dakota Ridge. I am lucky enough to have what I consider the best high school coaching staff in the state and possibly the country. I have guys who are great teachers, coaches and motivators. They all care deeply about our student-athletes well-being and love to see these kids have a great amount of success. They work many hours to ensure that our players have a quality experience playing football at Dakota Ridge. I want to take this time to share with you're the list of our outstanding coaches that I have the honor to work with every day to make our program the best it can be.

**Jeremiah Behrendsen – Offensive Coordinator/Quarterbacks/ Assistant Head Coach**

**Matt Osterhaus – Offensive Line**

**Chris Flynt – Wide Receivers/ Hudl coordinator/JV Offensive Coordinator**

**Jared Schulz – Running Backs**

**Gordon Stant – Offensive Line**

**Tierre Duran – Defensive Backs/ Head JV Coach**

**Paul Sheehy – Defensive Line/ Special Teams Coordinator**

**Jeff Hines – Defensive Line**

**Eric Neyen – Linebackers/JV Defensive Coordinator**

**John Offerdahl – Defensive Backs/Assistant Special Teams**

**Mark Leon – Assistant Linebackers/Assistant to Head Coach**

**Paul Luna – Head Freshman Coach**

**Nick May – Freshman Defensive Coordinator**

**Austin Gaylord – Freshman Offensive and Defensive Line**

These men are all great people and really make the program go and work. I can't thank them all enough for what they do for the young men in our program.

**WELCOME TO THE FIGHT!!**

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

## Upcoming Events/Dates

### Events for DRHS Football

- 7/10 DRHS Football Parent Meeting at DRHS @5:30
- Hog Olympics at Columbine HS at 9:00 am
- 7/19 WaterWorld and last day of Summer lifting
- 8/2 ALL paperwork dues to Ms. Salbato in the main office
- 8/7-8/9 Fall Football Camp
  - Varsity/JV 7:30-11:00
  - Freshman 8:00-10:30
- 8/7 DRSA Annual Golf Tournament (Flyer at the end)

### Events for DRHS Football

- 8/9 Football Mom's 101, this is for all youth and HS moms!! More info coming soon!
- 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!!
- 8/24 Scrimmage vs. BC
  - Freshman/JV 4:00
  - Varsity 6:00

### DR Youth, Community & Coaches

- **Register for Youth Football at:** [dakotaridgesports.org](http://dakotaridgesports.org)
- 7/10 Youth Registration closes
- 7/11 Mandatory youth football uniform fittings
- 7/22 Dick's Shop Day 20% off!!
  - Coupon Attached!!
- 7/28 **FREE** DRSA Youth Football Full Contact Football Camp at DRHS at 6:00 pm
- 7/29 **FREE** DRSA Youth Football Full Contact Football Camp at DRHS at 9:00 am
- 8/1 Practice Begins

*"The stance is the foundation that every play and every block is built on. Just like a house if you do not have a strong foundation you will eventually crumble"*

## Coach Osterhaus: OL Stance and Pass Protection

As offensive linemen we need to be able to execute many different types of blocks; pass block, drive block, reach/scoop block, pull to kick out and pull to lead through on a second level defender. The one thing that is consistent in all of these blocks is the stance.

The stance is the foundation that every play and every block is built on. Just like a house if you do not have a strong foundation you will eventually crumble. When working with our players no matter the age of the athlete we focus on this foundation every day. The keys to a good offensive line stance are as follows.

- **Feet slightly wider than shoulder width apart.** The dominant foot should be offset big toe to instep. At the high school level our left side is in a left handed stance

and right side in right handed stance. If the feet are too narrow the athlete will not have a strong base. Conversely if the feet are too wide the athlete will not be able to take his steps fluidly, thus wasting movement and speed.

- **The ankles, knees, and hips** need to be **bent creating power angles** in the lower body. The heel of the foot needs to be in contact with the ground allowing the body weight of the athlete to be evenly distributed. Having the foot flat gives us the ability to move in all directions (pass pro, drive, reach, pull) with the proper steps.

- Now that the power angles have been created in the lower body the lineman should be bent at the waist with his **back**

**parallel to the ground** like a table top. At this point the athlete reaches his dominate hand out in front extending it as far away from his body as he can reach without rocking forward lifting his heels off the ground. When placing the hand down in the dirt the **fingers should be extended** so the tips are the only part of the hand making contact with the ground.

- The athletes **eyes are up** when in the 3 point stance. You can't block what you can't see. Defenses are allowed to move prior to the snap, if he only looks up when getting in his stance the defense could shift while looking down, then at the snap of the ball the defender they are assigned to block is no longer there causing confusion and chaos.

## ...Coach Osterhaus: OL Stance & Pass Pro Continued

•Lastly, our off hand needs to be involved in the stance as well. We carry our off hands around our knee keeping it closer to action than back on our hip or hanging loosely to our side.

Once we have built our foundation (stance) there is still more we have to consider prior to running a successful play. How are we going to block the defenders? Well, that all depends on what type of play are we running. If it is a pass play the OL needs to consider the depth of the quarterback in the pocket or if he is sprinting out of the pocket on a boot action pass. If it is a run play are we base man blocking or gap scheme blocking or are we zone blocking? If we are required to pass pro-

tect and provide a pocket on a 5 step drop from the quarterback we will do what we call B.o.B. protection or Big on Big meaning OL blocks DL while any uncovered OL looks for blitz from the 2nd level or helps his teammate on a DL. We work a vertical kick slide when in B.o.B. protection. The depth of our kick depends on the width of the defender we are tasked with blocking, if the defender is wider than 1.5 men from our starting point we will work a proactive set meaning we will work on a backward plane at a 45 degree angle. To be able to effectively stop a pass rusher we must have a great lower body demeanor with knees bent and hips low while our upper body is tall with the chest up and shoulders and head back. We

carry our hands at pec level approximately 6 inches in front of our chest. The hands should be thumbs up allowing our elbows to be in tight to our body. We do this because it engages more muscle groups allowing for more power when we strike our opponent.

Please look at the March 2016 issue of the newsletter for more information regarding proper run fit for the offensive line on the [Dakota Ridge End Zone Club's](http://leagues.bluesombrero.com/Default.aspx?tabid=893245) website at:

<http://leagues.bluesombrero.com/Default.aspx?tabid=893245>

Questions? Please feel free to email Coach Osterhaus at:

[Matthew.Osterhaus@jeffco.k12.co.us](mailto:Matthew.Osterhaus@jeffco.k12.co.us)

*"The hands should be thumbs up allowing our elbows to be in tight to our body. We do this because it engages more muscle groups allowing for more power when we strike our opponent"*

## Player Spotlight: Matt McCormick

Matt wears #52 for the Eagles and is the only returning starter for the team on the offensive line. Anyone who knows anything about offensive football understands the importance of the front five (the offensive linemen), and their role in the success of an offense.

Matt has been tasked this offseason with leading this new young group as we try to determine who will join him on the line in 2017. Leadership on the OL is so important because they must lead a group

that works in unison every single play, while garnering very little recognition outside of the team.

Matt has done such a great job in this role this year that he was elected a team captain for the 2017 season! Matt's commitment to this team and leading the OL will no doubt be paramount to the Eagle's success in the 2017 season!

Check out Matt's highlights at:

<http://www.hudl.com/profile/3964549/matt-mccormick>





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](http://www.dakotaridgesports.org)

## Youth Corner with Coach Behrendsen

Over my years as a youth and HS coach I have observed many different "evolutions" in sports, but one in particular has really jumped out at me over the past 5-7 years. That item is the parents' increased interest in the day to day "going-ons" within a program and how it is helping their student-athletes progress.

What I mean by that is that there are more and more parents who take an interest in what is going on at each and every practice and game and it is being viewed by them more and more under a microscope. In some regards coaches may take offense to this and view it as a lack of trust, but I honestly believe it provides coaches with an excellent opportunity to connect with their players' parents and include them in this amazing journey that their sons/daughters are in the midst of.

This trend has raised the bar of expectation for coaches in terms of accountability in a way that I love. It provides coaches with an opportunity to grow in their craft, their planning and in the way they teach the sport.

I see two great ways for coaches to rise to this challenge...Practice Planning and Parent Communication. I am a firm believer in planning practices at all levels to the minute!! This not only provides you with a well thought out plan as a coach, but it shows your players and their parents that you are committed to:

- starting on time
- Keeping the kids engaged at all times
- Planning to keep the kids safe and productive
- Valuing the players' and parents' time

- Ending practice on time after a great day of work

This alone will win coaches a lot of battles and not just because you are doing it for the parents, but because it makes you a much better coach!

Once you have a plan for each practice and each week, communicate that with your players' parents! One thing I like to do is provide my parents with a 3 week outlook each Monday. This allows them to see where you are going as a team, what is on the schedule and that you are prepared for it! Parents love this because it makes them feel included and it gives them confidence that you are prepared to lead their student-athletes along that path!

Coach Behrendsen is the Varsity Offensive Coordinator for the Eagles football team, but he is also a youth basketball and baseball coach within the DRSA. He will be a 4th grade boys basketball coach and 10U baseball coach during the 2017-2018 school year.





# 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**



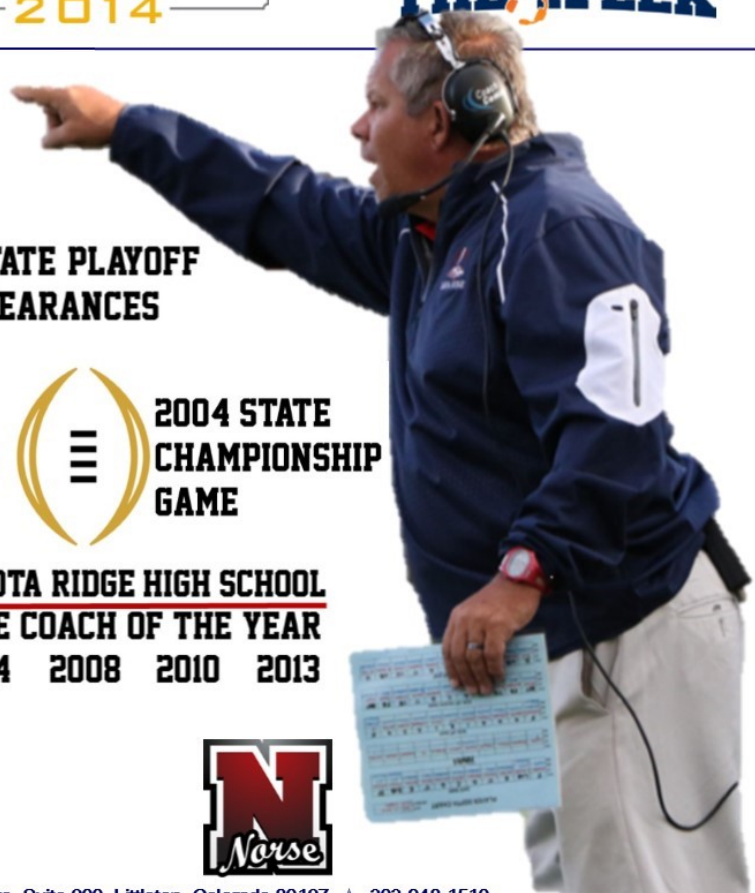
**STATE PLAYOFF SEMIFINALS  
2004 2008 2010**



**2004 STATE  
CHAMPIONSHIP  
GAME**



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



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EVERY SEASON STARTS AT



## EXCLUSIVE SHOP EVENT

### DISCOUNT EXAMPLES

RECEIVER GLOVES ..... \$55.00  
20% DISCOUNT ..... -11.00  
FINAL COST ..... \$44.00

YOUTH CLEATS ..... \$54.99  
20% DISCOUNT ..... -11.00  
FINAL COST ..... \$43.99

FOOTBALL SHIRT ..... \$54.99  
20% DISCOUNT ..... -11.00  
FINAL COST ..... \$43.99

LEAGUE APPRECIATION SHOP DAY



Saturday, July 22<sup>nd</sup> 2017

Dick's Sporting Goods  
SW Plaza Store Only

**20% OFF**  
THROUGHOUT THE STORE

Limit one coupon per customer. Must be used on one transaction. Discount applied before tax charges. Cannot be combined with any other offer, team discount or used for gift cards, licenses or previously purchased merchandise. Coupon valid on in-store purchases only. No reproductions or rain checks accepted. Returns or exchanges where a ScoreCard Reward or discount was applied may result in an adjusted refund amount. Excludes DICK'S Team Sports HQ Uniform and FanWear purchases. See store and DICKS.com/Exclusions for details.



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**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](http://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](mailto: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**



# The 3rd Annual Golf Scramble

Dakota Ridge Sports Association  
Red Rocks Country Club



**August 7, 2017**

**\$135  
player**

## Entry fee includes:

18-hole, 4 person scramble | Golf cart | Range balls  
Lunch | 2 drink tickets | Hole-in-one contest | Family  
access to RR Country Club pool & cabanas at 1:00pm.

Additional: Mulligans, 1 for \$5 or 3 for \$10, Hole Sponsor for \$250.

**1:00pm Registration | 2:30pm Shotgun**

Checks payable to: Dakota Ridge Sports Association. Mail to: DRSA,  
8844 E. Maple Pkwy #200 Littleton, CO 80127. Pay online at:  
[www.DakotaRidgeSports.org](http://www.DakotaRidgeSports.org)

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For more information contact Bill Stuebel at 303-828-2727 or [bill@teamvwp.com](mailto:bill@teamvwp.com)