

#### 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)

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 6

## Coach Woj's Update:

As our summer is under way we have many great things going on right now. We have over 200 participants for our summer speed and agility camp, our football team's lifting program is in full swing and our Varsity and JV teams just returned from the Colorado State University-Pueblo football team camp having claimed the championship for both the varsity and JV squads. Great job by all our players and coaches at the camp!

This year when the summer started we decided



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

with our football team to do a NFL style combine on the first day. The combine consisted of 135 pound bench press, vertical jump,

broad jump, 40 time, shuttle time. We had 85 players who tested and the players had a great time doing it. It really showed what athletic kids we have.

I would hope that you all have a great rest of your summer and that you will have a chance to come watch us play in the fall. If you ever need anything please don't hesitate to e-mail me at any time.

WELCOME TO THE FIGHT!!

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

## CONGRATULATIONS DAKOTA RIDGE FOOTBALL 2017 COMBINE TESTING AWARD WINNERS

TOP PERFORMER OL/DL  
**MCCORMICK #52**

TOP PERFORMER WR/DB  
**MONTOYA #21**

TOP PERFORMER LB/RB/QB  
**BARTLETT #33**

BEST BENCH PRESS  
**BARGER #48**  
33 REPS

BEST SHUTTLE  
**KISSINGER #14**  
4.35

BEST 40 YD DASH  
**SCOFIELD #2**  
4.46

BEST VERTICAL  
**REEDY #36**  
36"

BEST BROAD JUMP  
**HURLEY #25**  
9' 0"

## Upcoming Events/Dates

### Events for DRHS Football

- Varsity/JV summer weights as well as speed and agility camp are already in full swing each Monday, Wednesday and Friday starting at 8:00 am
- Freshman summer weights as well as speed and agility camp are already in full swing each Monday, Wednesday and Friday starting at 9:00 am
- Broncos 7 on 7 and Lineman Challenge 6/15
- 6/30 Money is due for Eagle Card sales
- 7/3 No Lifting or Speed Camp

### Events for DRHS Football

- 7/6 DRHS 7 on 7 at DRHS
- 7/9 Senior BBQ at Coach Woj's house at 4:00
- 7/10 DRHS Football Parent Meeting at DRHS @5:30
- 7/19 WaterWorld and last day of Summer lifting

### DR Youth, Community & Coaches

- Youth Football Registration is now open at: [dakotaridgesports.org](http://dakotaridgesports.org)
- 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

*“To be successful in football, as in life, a player must learn how to prepare to be great.”*

## Coach Neyen: Preparing to be Great!

Football season has started! All high school football players are now involved in a summer-long Speed and Agility / Strength and Conditioning regimen to become bigger, stronger, and faster. In fact, we just returned from the CSU Pueblo team camp where we won the final day of scrimmages! We do these activities over the summer to ensure our players are prepared and excited for the upcoming season as a team and individually. This investment in time and resources for our players returns a bigger, stronger, and faster team, but more importantly it instills confidence, maturity, responsibility, a spirit of continuous improvement, and a competitive determination in our players as individuals. As bad as we want to win as coaches of a very competitive high school football team we

strive to keep in mind our ultimate goal, preparing young men for the “real world”.

As a varsity linebackers coach, I teach our players to prepare for each play by reading and understanding the following before the ball is snapped: Know the down and distance, Know the defense called in huddle, Ball placement (hash mark or middle of field), Field awareness (landmarks such as sidelines, numbers, hash, goal posts, field/boundary), Formation reads (tight end, Double-tight, Overload, TE trips, TE trips opposite, No tight end-least number of receivers), QB in gun or under center, Number of running backs in the backfield, Placement of running back (To formation strength, Away from formation strength, On your side- check for lead), Place-

ment of receivers on our side (Single, Deuce, Trips, Combo routes, Motion). As you can imagine, sometimes it takes almost four years for players to master this skill. When was the last time you went through this pre-snap read while watching a Broncos game?

Football teaches us more than how to be tough and to hit hard. To be successful in football, as in life, a player must learn how to prepare to be great.



## ...Coach Neyen: Preparing to be Great Continued

Football teaches us how to study... to study to keep grades up, to study our playbook, to study our keys, and to study our opponent for weaknesses. Football teaches us how to overcome our weaknesses and to face our fears. Football teaches us to protect our family and to cheer on each other to be great. Football teaches us to be leaders. The following link will take you to a great article by Mike McCann which discusses the benefits of football in life: <https://blogs.usafootball.com/blog/63115-life-lessons-from-football-that-should-not-be-overlooked>

As a youth football player you are in a unique position to take advantage of all the benefits football has to offer. The benefits of learning how to prepare to be great at football will help in pre-

paring to be great at life. At Dakota Ridge we offer advice for players on how to become the best they can be. Some of that advice is common to all sports such as eat right, exercise, and increase strength. Some of that advice relates directly to improving skills at an individual position and some advice relates to being a good person and caring for others.

At Dakota Ridge, successful linebackers become "favorite" linebackers by preparing themselves to be able to dictate to and dominate their opponent. We want linebackers with a nose for the football! At DRHS, linebackers must have an aggressive, downhill playing style that leads to tackles for losses (TFLs). Linebackers need to be instinctive and fast to their

responsibility. "Trust what you see"... Linebackers study film so they can anticipate and act... Dictate and Dominate! There is no time to think; even a single false step could leave you on the wrong side of a hole. Proper fundamentals, technique, and angles are critical to your overall success. You must be the hammer when being blocked by offensive linemen. A linebacker must be mentally and physically tough. The goal of every linebacker should be to lead the team in tackles for loss.

Questions? Please feel free to email Coach Neyen at: [Eric.Neyen@jeffco.k12.co.us](mailto:Eric.Neyen@jeffco.k12.co.us)

**"Football teaches us to protect our family and to cheer on each other to be great"**

## Player Spotlight: Anthony Montoya

Anthony wears #21 for the Eagles and was a starter at cornerback as a junior for the defense.

As a junior Anthony was a top 10 tackler in terms of solo tackles because of his great tackling ability in the open field and he returns as the #2 player for the Eagles in this category!

The defense is hoping to continue to count on Anthony's ability to shut down teams' best pass catching threat as well. In 2017 he fin-

ished 3rd on the team in passes defended and is the leading returner in this category.

In addition to his skills on the field Anthony has continued to grow as a leader and was elected a captain for the 2017 season.

Check out Anthony's highlights at:

<https://www.hudl.com/profile/3979907/anthony-montoya>



# So You Want To Play College Football?

## *Recruiting Notes and Tips for Eagles Players and Parents*

By Coach Paul Sheehy

**Note:** This is another 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.

**"I'll cut to the chase: Prospect Camps are the single best way to get on the radar at schools you are considering or hoping to attend"**

In this installment, we talk about "Prospect Camps". The goal is for you to be recruited, but sometimes that starts off with you "recruiting" the school(s) you are interested in. You have to get on their radar as early and meaningfully as possible.

I'll cut to the chase: Prospect Camps are the single best way to get on the radar at schools you are considering or hoping to attend. These are run by the current coaching staff, so they get an up-close and personal look at you, and you get direct interaction with the coaching staff. Having said that, there are a few things you need to know about these, and an important note on how you prepare for these camps.

### **What Camps To Attend**

OK, there are a ton of camps advertised each summer to help get kids on the map in the college football recruiting world. Honestly? Far too many of them are just cash grabs by the camp organizers. If the camp is not one run by the university, on campus (or at a satellite campus), it's shouldn't be considered. (The lone exception to this – and this is a big one – is if you are a kicker, punter, or long snapper. More on this below.) This isn't youth football, where you're there to learn technique from USA

Football, or FBU, or a Broncos player, or from other youth coaches. If you're attending a Prospect Camp at this level, the intent is not to learn skills, it's to show off the skills you have in the hope that a school will offer you FREE COLLEGE. Yes, there will be coaching and teaching involved, but it's more refinement and specificity, than basic instruction.

Again, you've read this several times in this column: be realistic as to what level you are most likely suited to play. If you're a part time starter with average size, strength, and speed, don't waste your time or money trying to get noticed at Colorado or Nebraska. Be honest with yourself. If you're a lineman, how would you compare to our DI scholarship athlete from 2016, Keegan Cryder, for example? Ask your position coach and coach Woj for their input and suggestions.

Lastly, here's a great tip for getting more "bang for your buck": some universities host joint or regional Prospect Camps, where you can get in front of coaches from multiple universities. This summer, one that caught my eye was UConn. They have coaches from nearly 30 colleges attending, spread out over 8 different days. Before you commit to one of these, call and talk with the

coach to find out specifically what colleges will be represented on which dates. UConn is just an example, so be sure to look for these camps around the nation.

### **When To Attend Prospect**

**Camps** While most schools advertise their Prospect Camps for kids entering grades 9-12, realistically the best time to start attending these to be noticed and to develop a relationship with coaches is the summer after you've had a good amount of varsity playing time. So, if you start or play a lot as a sophomore, the following summer before your junior year would be great. This way, coaches can match up you as a player through film, and as an athlete and person at their camp.

Also, some schools offer Prospect Camps for incoming high school seniors only. If you are an incoming senior, you will want to select these camps over any other offered by the school. A good showing here and recruiting could be sped up throughout your senior season quite a bit.

For planning purposes, start to check college football team websites around March/April for a schedule of their Prospect Camps for that summer.



## ...So You Want To Play College Football Continued

### Preparing For Prospect Camps

This is it. This is your first shot to get in front of the coaches you want to impress. A great first impression, and you may set yourself up as a primary recruit, on your way to an opportunity for a scholarship. A bad first impression and you're likely irreversibly off their board and off their radar. Knowing this in advance, you need to workout and train like any Prospect Camp you are attending is Game Day, and you need to be at your performance level. If you are not there, don't waste your time or money going. You will most likely be timed in the 40 yard dash as well as other Combine-type tests. This is a big reason why we ran our DR Football Combine recently, to expose you to these tests. Work at them. Make no excuses, especially lame ones every coach hears from an underachieving player, such as, "oh, I did heavy legs yesterday"; "I tweaked my hammy earlier"; or "I had a little cold last week and missed a workout"; you get the picture. Whatever. Every coach has heard them all and they don't go to improve otherwise bad testing numbers. The numbers are the numbers, and your results are just as important as your game film to college coaches. Knowing all this, be prepared. Train for any Prospect Camp you plan to attend as hard as you can.

In addition to making yourself physically prepared to compete at a Prospect Camp, absolutely reach out in advance with a personal email or call to coaches at the school (head coach, position coach, recruiting coordinator) to let them know you will be attending, and how excited and anxious you are to both visit campus and perform for them. Also, it's a good idea to ask for any advice or suggestions in preparing for the camp, if for nothing else, to open the door to a dialogue with them, and to let them know you are taking this very seriously.

### Follow Up Reminder

You want to make a great impression at the camp, but also afterwards as well. Make sure the coaches know you are interested in their program, and that you are a conscientious person by following up with them after the camp. A simple thank-you email, call, or note always leaves a great impression.

### A Note on Specialists Camps

If you're a kicker, punter, or long snapper with college football aspirations, you have additional opportunities available to you. For you, there are a few private camps which have remarkable results in helping specialists obtain college scholarships, but for the best results you have to invest both time (attending several camps and clinics of theirs over a 1-2 year period), and money (cost of camps, plus travel, accommodations, etc.). The payoff is a potential college scholarship: FREE COLLEGE. A few of the top camps for specialists include: Jamie Kohl/Kohl's Kicking ([www.kohlskicking.com](http://www.kohlskicking.com)); Chris Sailer (for K/P) ([www.chrissailerkicking.com](http://www.chrissailerkicking.com)); Chris Rubio (for LS), ([www.rubiolongsnapping.com](http://www.rubiolongsnapping.com)); and Mike McCabe ([www.oneononekickingcamps.com](http://www.oneononekickingcamps.com)). Why are these different than private camps for other positions? Simple. Less than 15 D1 college football programs have a full time dedicated special teams coach on staff. It's usually a position coach who also coaches special teams or special teams duties are split up among various staff members. They really do not know how to evaluate specialists at the college level! So, they really rely on these camps for the evaluation process.

### A Few Upcoming Prospect Camps

Here is a sampling of a few upcoming Prospect Camps dates. For any schools you are interested in, just go their football website and you'll find information and usually a link to an online registration form.

- University of Colorado (D1/FBS) – June 22
- Colorado State University (D1/FBS) – July 20-21
- University of Wyoming (D1/FBS) – June 17
- University of Northern Colorado (D1/FCS) – June 14; June 19 at A-West
- Northern Arizona University (D1/FCS) – June 18
- University of Montana (D1/FCS) – June 16 (17 for Big Men); July 24 (Big Men) & 28
- CSU-Pueblo (D2) – July 22
- Colorado School of Mines (D2) – June 18, July 29
- Yale University (D1/FCS) – June 16, 17, 23, 24, 25; July 11, 12, 13
- University of Connecticut (D1/FBS) – June 10, 11, 16, 17, 20, 23; July 13, 15
- Nebraska Kearney (D2) – June 24 in Colorado Springs

### Still Have Questions?

Ask us! Our DR coaches are here to help you sort through this college recruiting maze!

If there is a specific topic you'd like addressed, send an email to [DRCoachPaul@gmail.com](mailto:DRCoachPaul@gmail.com) and I'm happy to add it to the list!

**“Make sure the coaches know you are interested in their program, and that you are a conscientious person by following up with them after the camp. A simple thank-you email, call, or note always leaves a great impression”**

**UConn 2017 FOOTBALL CAMP**

Schools also attending...

JUNE: 10 / 11 / 16 / 17 / 20 / 23 JULY: 13 / 15 [www.uconnhuskies.com/footballcamps](http://www.uconnhuskies.com/footballcamps) \*one-day camp is specialist camp



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 Stubblefield

### Football and Technology

Over the years we have seen the game of football transition across the board with regards to technology. From sideline play counting apps, speakers in helmets at the NFL level, and increased performance from our equipment. The game of Football is constantly seeking improvement to keep the game fun and safe at every level.

The most important is the technology behind the equipment. Mouth guards are better, chin straps are better, helmets are better and so are shoulder pads. Shoulder pads for instance are now constructed with aerospace-grade carbon fiber, which is not only stronger,

but it also weighs approximately 10% less. The pads also feature a military-grade buckle designed to reduce bulk and absorb high impact hits. A unique arch design also gives players more mobility in their shoulders to help them wrap up better and tackle opponents in a safer and more effective manner.

Helmets have also been constantly improving their quality and technology. Companies like Wilson, Xenith, Riddell, Schutt, and SG Helmets have all made strides to deliver a fantastic product. SG as an example has designed a helmet that is lighter than most, and has similar protection and technology to NASCAR driver helmets. Another example is the Xenith helmet. Xenith is

using technology that tightens the helmet around your head like a bicycle helmet or ski helmet and also have similar impact technology to a car bumper which absorbs impact and protects the head better during a tackle.

These are just a couple of examples and its important to recognize that All of these companies are doing everything they possibly can to continue to make this game safe at every level.

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<sup>®</sup> 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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