

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

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 3

Coach Woj's Update:

I hope that everyone has had a great start to 2017 and is looking forward to the spring and getting some nice warm weather. Many of our players are getting ready for the spring sports season. We have a lot of players who are playing baseball, lacrosse, rugby and running, throwing or jumping for our Track and Field Team. It really excites me to see our players going out for other sports and competing. Nothing better than getting a chance to compete and hang out with your friends all for a common good for the school.

Our players continue to work hard in the weight room and are really starting to develop some good team chemistry and working on becoming a great team. We are all looking forward to our spring camp coming up and then getting to the summer lifting and speed camp part of our training. CSU Pueblo team camp for the varsity and JV will be here before we know it. We must continue to get stronger and build team chemistry to help us in our goal of winning the Plains League Championship and making the playoffs.

I am looking forward to May 1

when we get a chance to see



Coach Woj
DRHS Head Coach

what our incoming freshman players can do and get working with them on preparing for a great 2017 season. We will be having our freshman camp on May 8-10 at Summit Ridge from 3:00 – 4:30 and will get a chance to evaluate and coach our freshman as they get ready to start their high school careers. We will also be hosting a freshman player/parent BBQ on May 10 at Dakota Ridge at 5:00 to give a tour and meet the families and welcome them to the Dakota Ridge Football family.

A couple of other things coming up is our youth Quarterback/Wide Receiver/Offensive Line camp beginning on Monday April 3 at 6:00 p.m. at Dakota Ridge. We host a camp every Monday night from April 3 – June 5 from 6:00 – 7:00 to

allow youth players the chance to work out and learn from our outstanding coaches at Dakota Ridge. I would hope you will strongly consider signing your youth son or daughter up for one of the camps on Monday. The cost is \$100 for the entire camp which is about \$10 per session. Great bargain to gain some extra reps and learning prior to the season. We also will begin our Summer Speed and Agility Camp on June 5 and it runs through July 7. Again another great chance to work on speed and agility prior to the season.

At Dakota Ridge we really want the community to feel like they are part of our program and school and have pride in what we do at our school. I have been here for 20 years and have loved every day that I come to work and what a great community it is.

If there is anything we can do to help you, please don't hesitate to contact me and look I forward to seeing you this spring at a camp and this summer for speed and agility work.

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

Events for DRHS Football

- V/JV Summer Weights begin on 5/31 at 8:00 am
- CSU-P forms and \$ due on 6/2
- Mattress Fundraiser 7:00-4:00 on 6/4
- Freshman Summer Weights begin on 6/5 after Speed Camp
- Speed and Agility Camp begins on 6/5
 - V/JV @8:00
 - Freshman @9:00
- CSU-P Team camp 6/10-6/13

DR Youth, Community & Coaches

- DR Youth QB/WR/OL Camp
 - Starts 4/3 (Mondays 6-7)
 - See registration sheets at the end of this newsletter
- DRHS Coaches' Clinics
 - Mondays 4/3-5/15
 - 7-8 following Youth Camp
- DRHS Open Practice on 5/15
- Youth Speed & Agility Camp
 - MWF Starts 6/5
 - See registration sheets at the end of this newsletter

“Special teams are about desire. Players have to want to be great on special teams”

Coach Sheehy: Special Teams Play

I am very fortunate that my time away from the DR football field is spent representing NFL players and NFL/NCAA coaches. Included in that group are special teams coordinators for the Broncos, Chiefs, Panthers and Browns, and numerous NFL kickers, punters, long-snappers and returners, so I'm always talking with them about what makes for great special teams units. We may talk about a particular punt return scheme or kickoff coverage, or a fake punt or field goal protection they like, but invariably, the conversation always turns to this: Desire.

Special teams are about desire. Players have to **want** to be great on special teams, and reflect that in the way they approach each and every special teams play. What our players, especially our younger ones, need to recognize is that special teams provides them with the

quickest opportunity to be on the field, make something big happen, and truly get noticed as a game changer. Years ago, special teams may have been an afterthought and just an aspect of the game you had to get through, but not in today's football. Today, with special teams plays comprising over 20% of the total plays in any given game, each play can change the momentum and even the outcome of a game.

There are 8 basic special teams units we need to get ready for each and every game:

- Kickoff and Kickoff Return, and along with those, we have a separate unit for our “Hands” team, or on-side kick return team;
- Punt, Punt Return, and Punt Block;
- PAT/Field Goal and PAT/Field Goal Block units.

Within each of those units, we may have 3-5 different

plays, schemes or situations to prepare for each week, so our kids are ready to perform with confidence no matter what the situation. We also don't simply use “stock” schemes; we make specific changes and adjustments each week based on the tendencies, strengths, and weaknesses we see on film for our next opponent.

Our kickoff return for a TD to close out the first half at Pueblo West last season? Our kids practiced that return during the week based on an opportunity we saw on film, and based on an in-game adjustment (thanks to 60+ mph winds that night!). Our blocked punt for a TD last season vs Gateway? We were pretty confident we were going to get one of their punts, and prepared for that block. The 2 blocked kicks we had vs Wheat Ridge? Yep...we worked it all week, and our kids took advantage of their knowledge going into the game. You get the picture.

...Coach Sheehy: Special Teams Play Continued

At Dakota Ridge, we are lucky that our head coach emphasizes the importance of special teams and allows for well over an hour of special teams practice each week during the season, with some aspect of special teams being practiced each and every day. Not only is that not common at this level, but it's a luxury as a special teams coordinator, and we are able to really focus on not only the basics like most teams, but on specific areas of improvement, opportunity, and nuance that other teams just don't get the time to focus on each and every week.

We are always trying to get better in everything we do. We definitely did some great things in 2016, and improved on the prior year in several categories: Our kickoff return unit improved by almost 4 yards

per return, from an average of 24 yards per return, to 27.7 yards, and despite a fewer number of returns, we had 2 returned for TDs in 2016, compared to 1 in the prior season; we improved from zero blocked punts or kicks to a whopping 6 in 2016 (3 punts, 3 kicks); we also had 2 punts returned for TDs in 2016 out of twelve chances, compared to just 1 TD out of 25 returns in 2015.

Areas where we will be focusing on really improving, and areas where we didn't fare as well in 2016 as we did in the prior season include our punting average (32.4 yard average in 2015, 28.8 in 2016); punts inside the 20 (6 in 2016, 2 in 2015); while our 10.8 yard punt return average in 2016 was excellent, it paled in comparison to our gaudy 24 yard average return in 2015; and while our kickoff coverage units

held our opponents to 19.1 yards per return (vs 25 in 2015), we did let up 2 opening kickoffs for TDs, which should not happen.

Special teams are a lot to take in, but they present great opportunities for kids, especially younger kids, to see varsity action if they are committed to them. Encourage your Eagles player to actively seek out spots on our various special teams units from day one, and he can be the one to help us change the momentum of a game with a great block, tackle, return, kick, or punt!

Questions? Please feel free to email Coach Sheehy at: DRCoachPaul@gmail.com

"Encourage your Eagles player to actively seek out spots on our various special teams units from day one, and he can be the one to help us change the momentum of a game"

Player Spotlight: Drew Dominic

Drew wears #6 for the Eagles and just finished up his first season as the starting QB.

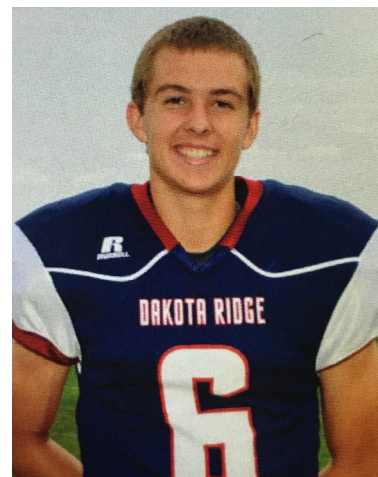
In his first year at the reins Drew was selected as a 1st team All-Conference QB and put up some pretty lofty number in 4A. He finished 5th in completion percentage and TD passes, 3rd in passing yards, and second in passing yards per game. Drew is the leading returning QB in 2017 in terms of passing yards per game for the 4A classification. Drew is not only an

exceptional QB, but he is also a multi-sport athlete who excels in the classroom!

Drew's leadership was great as a Junior and the coaches have high expectations for how he will lead the team through his senior campaign!

Check out Drew's highlights at:

<http://www.hudl.com/profile/3964430/drew-dominic/videos>



So You Want To Play College Football?

Recruiting Notes and Tips for Eagles Players and Parents

By Coach Paul Sheehy

Note: This is the second 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.

“we would like to be contacted by the athlete. It is a major turnoff getting emails from a parent or even a recruiting service”

In this installment, we will give some advice on really what colleges look for in a potential football recruit. Let's take a look at some great insight from a Q&A article in a June 24, 2016 *USA TODAY* interview with Adam Dorrel, head football coach at Northwest Missouri State. In case you didn't know it, he has led NMSU to 3 NCAA division II national championships over the past 4 seasons, and they've won 4 of the past 8 national titles. *USA TODAY High School Sports* has a weekly column on the recruiting process which is worth your time to check out. It isn't about where the top five-star athletes are headed but rather a guide to the process and the pitfalls for student-athletes nationwide. This interview was conducted for *USA Today* by Ross Hawley, the president of www.playced.com, a college recruiting service.

Q: How can a recruit get your attention? How can they get noticed by you and your staff?

A: The biggest thing with us is we would like to be contacted **by the athlete**. It is a major turnoff getting emails

from a parent or even a recruiting service, so to speak. Quite honestly, we don't even look at those emails because we know they are going to be slanted or biased. **We would really rather have that initial contact come from the athlete or even the high school coach of the athlete.** Like many other schools, we receive so many emails telling us to take a look at a guy and it can be hard to decide which ones you need to pay attention to. **It speaks volumes to a young man's character when he is handling his own recruiting process and we take notice of the guys that are doing that.**

Additionally, the easier the young man can make it on our coaching staff, the better. Get your ducks in a row and have an idea of what we are needing to see. Let us see a quick link to some game film. **Getting our attention isn't as hard as you think, as long as you are prepared in giving us a simple way to evaluate you.** Ownership of what you want is the key to the re-

cruiting process.

Q: What does the ideal recruit look like?

A: (1) **We want good human beings.** We are looking for guys that have a full resume. Boy Scouts, academic organizations and volunteer work are the types of things that stand out right away to us. Respectful young men that love to learn and get better.

(2) **You have to be a good student.** For us, you would be shocked to find out how little of time we spend on discipline and academics here. Through our experiences, if a kid is a good student, they are typically going to be the kind of kid that stays out of trouble. **We certainly aren't looking to recruit young men that are going to have eligibility issues, as well as discipline problems.** Those two usually go hand-in-hand and that doesn't get you on the field at this level.

(3) **Lastly, we want blue-collar guys that are unselfish.** There is a reason we have had success and it's because we have a team full of “we” players and not a team full of “me” players.

...So You Want To Play College Football Continued

Q: What is your advice to parents of student-athletes going through the recruiting process?

A: I am a parent, first and foremost, so please understand that. We love our kids so much and want the absolute best for them in anything they do. Unfortunately, that tends to really skew our perception of them. Quite honestly, it's hard for a parent to say anything critical of their kid, me included! Parents tend to have a tough time being realistic with their son or daughter's abilities. As college coaches, we have the same problem! But, **as college coaches, we understand that's a reality of parenting that can affect recruiting and we can't allow that to happen.**

It's so important for parents to encourage their kids to be accountable, especially during this process. Get your son or daughter to the campuses that they have interest in. Make sure the university is meeting their needs, academically. Make sure your son or daughter's desired major is offered. Things like that go a long way in helping your student-athlete make the right decision. **But after that, honestly, parents just kind of need to stay out of the way.** Our staff wants to deal with the young man we are recruiting because that is who we will be dealing with for the next four years!

Q: What is your advice

to student-athletes going through the recruiting process?

A: Be humble. Quit worrying about "swag" and the things that aren't making you better. It's so important for high school athletes to know that becoming a college athlete is so much more than the sport. . . Our coaching staff needs at least 3 references, aside from football coaches, to "sign off" on every kid that we recruit. Whether that be a principal, counselor or a teacher, we want to know what that player is all about, away from the field.

When evaluating a recruit, one of the big things for us is class attendance. We take a look through his high school transcripts and see if he is going to class like he is supposed to. **If he isn't, that's a major red-flag.** We don't bother recruiting a young man that can't get up and go to school every day. If he can't be disciplined enough to go to school, he certainly won't make it in the culture that is expected of our guys, here.

One final note on academics. Remember, your son is a "Student-Athlete". The honor and privileges of holding that distinction comes with great obligations and challenges. A true Student-Athlete finds a way to not only succeed, but excel at both. Neither academics nor athletics ever has to take a backseat to the other; he finds a way

to make them mutually thrive. It's a tough balance, for sure. But that's a challenge parents should really put to their kids. Strive to be great in both, academics and athletics, and write your own ticket to college.

Stress to your Eagles player that this is not just "parent-talk" or "coach-speak". This is a 3 time national championship head football coach talking about the recruiting process and what our kids need to know. Some great advice for all of our kids.

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!

"Stress to your Eagles player that this is not just 'parent-talk' or 'coach-speak'. This is a 3 time national championship head football coach talking about the recruiting process"



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 Loomis

Many times as coaches we find ourselves so enamored with scheme that we neglect the fundamentals. In almost any youth game, regardless of scheme, the teams that blocks and tackles better will come out on top. A team with an amazing backfield and terrible blocking up front will not likely have much success, but a team with a mediocre backfield and great blocking up front can be dominant. Unfortunately, many teams find themselves committing a majority of their best coaching resources to what many call "skill" positions. I prefer to call them "ball" positions as anyone who has ever watched a good offensive lineman at work knows that he possesses great skill. So what are some things that we can do to help our line develop great skill?

One of the most common issues for youth linemen is not firing off of the line, essentially the tendency to get in to a nice looking 3 point stance and then stand straight up before engaging their block which results in getting knocked into the backfield by any aggressive defensive lineman. A good drill to create some muscle memory for the low and fast fire off is what we call the tennis ball drill. There are different variations, some include bouncing the ball (doesn't work well on a grass field),

but the idea is to have the linemen fire out from their stance to grab a tennis ball before it hits the ground. You will need to experiment a bit with your players and adjust your distance accordingly. Hold a tennis ball out in front of you and drop the ball on the called snap count, they need to fire off using proper footwork (this is not a dive) and catch the ball before it hits the ground.

You can vary this by placing a tennis ball on top of a cone 3 yards ahead of two players. They have to fire off on the snap count, the player that gets the ball wins and stays in until someone beats him. You can run this tournament-style and crown a champion. This is a great drill for increasing violent initial contact. This also gets players used to firing off in to a gap which will help with angle blocking and combo blocks.

Before doing this drill make sure your linemen know and have "repped" their first step and power position repeatedly. We want to make sure that we are getting them in to a position to block with a solid foundation and good pad level which means they can't be lunging and diving which puts them off balance.

You can use the same cone and tennis ball with live blocking drills. Set up 2

cones, each with a tennis ball on top. Match up an offensive lineman and defensive lineman in front of each cone. The offensive linemen know the cadence and fire off, protecting the cone. Have a pre-set count that they must protect for (4-5 seconds). This can also be run as a race, the offensive lineman that can protect his cone for the longest period of time wins. If a defensive player wins then he becomes the offensive player for the next rep. Run 2 sets so you have at least 4 linemen engaged at any time. This drill will help teach the importance of sustaining blocks.

The more you can make work on fundamentals competitive the harder your players will work and the more fun they will have. Combine drills like these with drills that teach your players who to block within your scheme and you will have a great foundation to build your offense on.

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 is committed to developing complete players with a strong focus on fundamentals.



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**



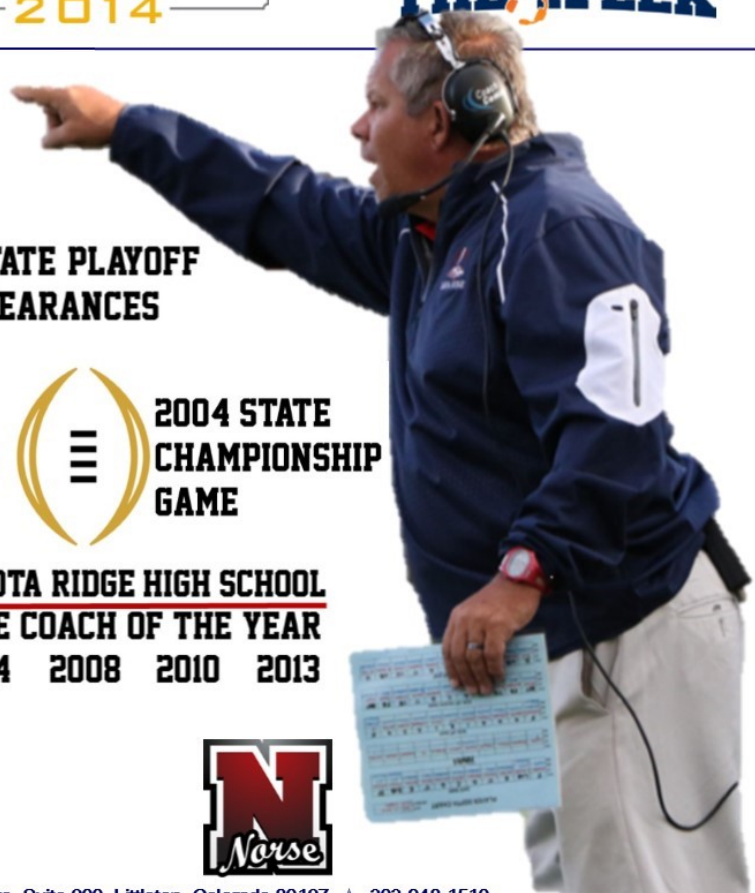
**STATE PLAYOFF SEMIFINALS
2004 2008 2010**



**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

CAMP FEATURES

This camp is designed for middle school and high school athletes looking to reach their full athletic potential, or younger students who are looking to improve their speed and agility in a fun atmosphere.

All sessions are designed to help increase strength, stamina, power, agility and many other qualities needed to succeed as an athlete.

Increasing speed and improving athletic ability are the most important developmental aspects of sports today. Speed is the cornerstone of all competitive sports, and this camp will help improve speed and overall athletic skills. This is a great opportunity for the endurance athlete to the college football prospect.

Athletes of *all* sports will benefit greatly from participation in this camp!

Camp Sessions will include:

- ◊ **Plyometrics**, (Explosive Power Training)
- ◊ **Resistance Training**
- ◊ **Hill Training** (Up & Downhill Training)
- ◊ **Form Running**
- ◊ **Coordination Drills**
- ◊ **Quick Feet Drills**
- ◊ **Change of Direction Drills**
- ◊ **Reaction Drills**
- ◊ **Cardiovascular Drills**
- ◊ **Strength Training**



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Staple Here

Dakota Ridge Eagles
Speed & Agility Camp
11763 W. Belmont Drive
Littleton, CO 80127

Attn: Ron Woitalewicz, Head Coach



SPEED, AGILITY & ATHLETIC CAMP

CAMP OBJECTIVES

Campers will improve their:

- ◆ Speed
- ◆ Running Form and Technique
- ◆ Explosive Power (Plyometrics)
- ◆ Foot Quickness
- ◆ Change Directions
- ◆ Reaction Time
- ◆ Lateral Quickness & Pursuit
- ◆ Coordination

Your Address

Name

Address

City, State, Zip

CAMP INFORMATION

Who: All male/female athletes grades 2-12

What: 5 Week Speed & Agility Skills Camp

When: Mondays, Wednesdays & Fridays

Monday June 5, 2017 to Friday June 7, 2017

Grades 2-9 9:00 — 10:15 am

Grades 10-12 10:30 — 11:30 am

Where: DRHS Football & Soccer Fields

Cost: \$85 per camper (includes t-shirt)

Please make checks payable to:

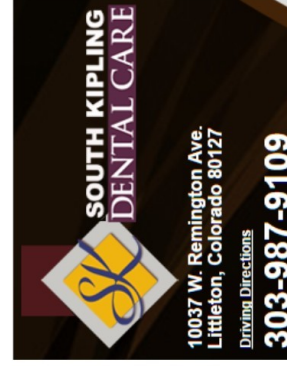
Dakota Ridge Eagles

REGISTRATION

To pre-register: Staple your check to the inside of this mailer, seal, and return via mail (postage required).

Walk-up registration: Day 1 or 2 of camp, June 5 or 7, 8:00 am

With special thanks to camp sponsor **Dr. John Offerdahl** at:



REGISTRATION FORM

Camper's Name: _____

Address: _____

Phone: (____) _____-_____

Email: _____

Age: _____

Sports you compete in: _____

School you currently attend: _____



Emergency Contact Name & Phone: _____

(____) _____-_____

Additional Information

For additional information, please call Coach Ron Woitalewicz at (303) 982-1902 (work) or (720) 838-3931, or via email at rwoitale@jeffco.k12.co.us



Parent/Guardian Consent & Waiver of Liability

I assume all risks and hazards associated with the above named camper's ("the camper") participation in this camp. I acknowledge my camper is in proper physical condition to participate in this camp, and he/she has no illness, disease or existing injury or physical defect that would be aggravated by his/her participation. I will inform the coach if this status changes. I further acknowledge that this risk may involve loss or damage to me or my property, including the risk of death, or other unforeseen consequences, including those which may be due to the unavailability of immediate emergency medical care. I expressly release, waive liability, discharge, hold harmless, indemnify, and covenant not to sue Dakota Ridge High School, Coaches, Supervisors, Volunteers, Jeffco Public Schools, or anyone otherwise associated with those individuals and entities liable for any damages, injury or illness which the camper may sustain while attending any session of this camp. I further understand that under no circumstances will any amounts paid by me for the camper's participation in this camp be refunded. I represent and certify that I have the legal capacity and authority to act for, and on behalf of, the minor in the execution of this Waiver of Liability and Release.

PARENT/GUARDIAN SIGNATURE

PRINTED NAME

Date signed: _____

EAGLES QUARTERBACK/RECEIVER CAMP

RON WOITALEWICZ – CAMP DIRECTOR

- HEAD FOOTBALL COACH DAKOTA RIDGE HIGH SCHOOL
- 32 YEARS HIGH SCHOOL EXPERIENCE
- 10 QUARTERBACKS WHO HAVE BEEN ALL-STATE
- 14 WIDE RECEIVERS WHO HAVE BEEN ALL-STATE OR ALL COLORADO

FOR:

- ANY ATHLETE INTERESTED IN PLAYING QUARTERBACK OR WIDE RECEIVER
- AGES: 8 – 17 YEARS OLD

WHEN:

- MONDAYS BEGINNING APRIL 3, 2017 – JUNE 5, 2017 (EXCLUDING MAY 29)
- 9 ONE HOUR SESSIONS
- 6:00 – 7:00 P.M.

WHERE:

- DAKOTA RIDGE HIGH SCHOOL (FOOTBALL FIELD OR GYM)
- C-470 AND BOWLES

COST:

- \$100.00
- CASH OR CHECKS PAYABLE TO: (DAKOTA RIDGE EAGLES)

CAMP OBJECTIVE:

TO OFFER QUALITY INSTRUCTION TO ANYONE WANTING TO PLAY QUARTERBACK OR WIDE RECEIVER. FOCUS WILL BE ON TECHNIQUES OF THROWING AND CATCHING THE FOOTBALL.

CAMP FEATURES:

- POSITIVE REPETITIONS FOR QUARTERBACKS AND RECEIVERS
- BREAKDOWN AND INSTRUCTION OF PASSING MECHANICS
- BREAKDOWN AND INSTRUCTION OF CATCHING THE FOOTBALL
- BREAKDOWN AND INSTRUCTION OF 3 STEP DROPS, BOOTLEG, HOW TO TAKE A SNAP, LEADERSHIP SKILLS
- BREAKDOWN AND INSTRUCTION OF RUNNING ROUTES FOR RECEIVERS

EXCELLENT CHANCE FOR PARENTS TO SEE KIDS IN ACTION DURING CAMP

WHAT TO BRING:

- APPROPRIATE SIZE FOOTBALL FOR AGE
- CLEATS, TENNIS SHOES, SHORTS, T-SHIRTS

NAME: _____	
ADDRESS: _____	
PARENT'S NAME: _____	
PARENT'S EMAIL: _____	
PHONE: _____	
AGE: _____	
PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 3, 2017	
YOU MAY REGISTER THE FIRST DAY OF CAMP AS WELL BEGINNING AT 5:30 P.M.	
<u>MAIL TO:</u>	<u>QUESTIONS:</u>
RON WOITALEWICZ	RON WOITALEWICZ
11763 W. BELMONT DR.	720-838-3931
LITTLETON, COLORADO 80127	rwoitale@jeffco.k12.co.us

EAGLES OFFENSIVE LINE CAMP

RON WOITALEWICZ – CAMP DIRECTOR

- HEAD FOOTBALL COACH DAKOTA RIDGE HIGH SCHOOL
- 32 YEARS HIGH SCHOOL EXPERIENCE
- 11 ALL STATE OFFENSIVE LINEMAN

MATT OSTERHAUS – CO-CAMP DIRECTOR

- OFFENSIVE LINE COACH DAKOTA RIDGE HIGH SCHOOL
- 15 YEARS EXPERIENCE COACHING HIGH SCHOOL OFFENSIVE LINE
- 13 STRAIGHT YEARS OF HAVING A 1ST TEAM ALL CONFERENCE LINEMAN
- HAS COACHED 9 1ST TEAM ALL STATE OFFENSIVE LINEMAN SINCE 2004.

FOR:

- ANY ATHLETE INTERESTED IN PLAYING OFFENSIVE LINE IN FOOTBALL
- AGES: 8 – 17 YEARS OLD

WHEN:

- MONDAYS BEGINNING APRIL 3, 2017 – JUNE 5, 2017 (EXCLUDING MAY 29)
- 9 ONE HOUR SESSIONS
- 6:00 – 7:00 P.M.

WHERE:

- DAKOTA RIDGE HIGH SCHOOL (FOOTBALL FIELD OR GYM)
- C-470 AND BOWLES

COST:

- \$100.00
- CASH OR CHECKS PAYABLE TO: (DAKOTA RIDGE EAGLES)

CAMP OBJECTIVE:

TO OFFER QUALITY INSTRUCTION IN THE AREA OF OFFENSIVE LINE PLAY WITH A FOCUS ON STANCE, STARTS, PULLS, DRIVE BLOCK, DOUBLE TEAMS, PASS PROTECTION.

CAMP FEATURES:

- POSITIVE REPETITIONS FOR OFFENSIVE LINEMAN
- BREAKDOWN AND INSTRUCTION OF OFFENSIVE LINE MECHANICS
- WORK ON PADS AND BLOCKING DUMMIES.
- EXCELLENT CHANCE FOR PARENTS TO SEE KIDS IN ACTION DURING CAMP.

WHAT TO BRING:

- HELMET AND SHOULDER PADS
- SHORTS, PRACTICE JERSEY, CLEATS, TENNIS SHOES

NAME: _____	
ADDRESS: _____	
PARENT'S NAME: _____	
PARENT'S EMAIL: _____	
PHONE: _____	
AGE: _____	
PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 3, 2017 YOU MAY REGISTER THE FIRST DAY OF CAMP AS WELL BEGINNING AT 5:30 P.M.	
<u>MAIL TO:</u>	<u>QUESTIONS:</u>
RON WOITALEWICZ	RON WOITALEWICZ
11763 W. BELMONT DR.	720-838-3931
LITTLETON, COLORADO 80127	rwoitale@jeffco.k12.co.us