

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)

IN THIS ISSUE

PAGE 2

• UPCOMING EVENTS/
DATES

• FRESHMAN FB 101

PAGE 3

• FRESHMAN FB 101
CONTINUED

• DRHS PLAYER
SPOTLIGHT

PAGES 4-5

• SO YOU WANT TO
PLAY COLLEGE FB!

PAGE 6

• YOUTH COACHES
CORNER

Navy Cardinal Insider

VOLUME 2, ISSUE 5

Coach Woj's Update:



As we get ready to finish year 20 at Dakota Ridge High School, I thought it would be a good time to give everyone a little history of the football program. I have been lucky enough to be a coach for the football program since day 1. The first five years I was the Offensive Coordinator at the school and have just finished my 15th year as the Head Coach. During this 20-year time period the overall record of the football program is 144-88.

Included in that is three League championships, 4 state semi-final appearances, and 1 state runner-up finish. Jay Madden (current head coach at Pomona) was the first head coach in school history. We all were at Alameda High School at the time and Jay asked many of us to come over to start the new program at Dakota Ridge so we all jumped on board and headed into this new adventure not knowing what to expect.

The first year, 1996, we had only sophomores on the team and we also had a freshman team. We did not get the luxury of playing a JV schedule with only sophomores, but had to play a full varsity schedule right away. Our first game in school history was against Regis High School who was ranked 5th in the state during the pre-season. We lost that game 45-0, and that was the score at half time. The next week we played Fountain Fort Carson who was ranked 4th in the state pre-season. We lost that game 48-0. It became a struggle to keep fighting and working to make sure we did not lose the kids. Week 3 came and we played Brighton. We lost the game 38-7, but the kids sang on the bus all the way home because we finally scored a touchdown. Week 4 started Jeffco league play against Lakewood High school. We won the game 34-24 and became the first program in Jeffco history to win their first ever league game. We finished that year 3-7 having beating Lakewood, Conifer and Evergreen. We played 5 homecoming games that

year, the only problem was that 4 of them were NOT our homecoming. Everyone wanted to play Dakota Ridge for homecoming to make sure they got a win. We lost our homecoming game to Alameda 68-10 and they went for 2 points at the end to try and score 70. I guess their message was that we all should not have left Alameda to come to Dakota Ridge. The good thing is that Alameda never beat us again at anything after that year.

In 1997 we had an entire team returning with mostly juniors. We finished the season 8-2 and won our very first Jeffco 4A League championship. We lost our first playoff game in school history to Mitchell High School from Colorado Springs. Looking back, I think our kids and coaches were just excited to have made the playoffs and it showed during the game. 1998 brought year 3 and a team full of really good seniors that had varsity experience for 2 years. We finished the season 9-1 and League Champions again. The playoffs were very different this year and we won our first ever playoff game against Cheyenne Mountain High School 49-0. We followed that game up with a victory in Grand Junction against Fruita, but at a cost. Our All Colorado Linebacker Scott Tongren was injured and so was our All State Running back Matt Bierman. We limped into the semi-finals against Rampart and lost the game 21-7 without 2 of our best players. Most people were disappointed to see Dakota Ridge and Rampart play in the semi-finals as people thought we were the 2 best teams in the state and should have played for the championship. Rampart ended up winning the State title that year beating Sierra.

Since that time we have had many great players come and go in the football program at Dakota Ridge. Jay Madden moved on to Mullen High School after the 2000 season when we

were a 5A program. I took over and we struggled during the 5A transition going 3-7, 4-6, 3-7. In 2004 we moved back down to 4A and finished that year with a school best record of 12-2 and lost to Thunder Ridge in the State Championship game. The program has just taken off from there and has been considered one of the top 5-10 4A programs in the state year in and year out. 2008 and 2010 saw our team go to the semi-finals both years losing to eventual state champion Wheat Ridge in those semi-final games.

We have played many memorable games in the last 20 years. In 2000 we beat both Columbine and Chatfield for the first time. We have a wall in our locker room that is the brick wall. On the wall we have painted bricks blue with the significant wins in school history so that our players see those games every day when they head out to practice. If you are ever at the school and want to stop by the locker room, I would encourage you to look at the brick wall and some of the history that represents about our football program.

I would not change a thing about coming to Dakota Ridge and having spent the last 20 years of my life in this football program. The players and parents over the years have made this a very special place to be at and I look forward to more great years of football at Dakota Ridge. We have built some great relationships between the coaches, players, parents and community. We are all a family in the Dakota Ridge Football program and I am honored to be called the Head Coach of such a great school and program.

**REMEMBER: DON'T SACRIFICE WHAT
YOU WANT MOST IN LIFE, FOR
WHAT YOU WANT RIGHT NOW**

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!
- Spring DRHS Football Camps
 - Freshman May 8-10
 - Freshman Player/Parent BBQ May 10th 5pm @ DRHS
 - V/JV May 15-18
- V/JV Summer Weights begin on 5/31 at 8:00 am
- CSU-P forms and \$ due on 6/2

Events for DRHS Football

- 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
- Broncos 7 on 7 and Lineman Challenge 6/15

DR Youth, Community & Coaches

- Youth Football Registration is now open at: dakotaridgesports.org
- 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

“ Freshmen football is the bridge for these student-athletes to competitive high school football from youth football”

Coach Luna: Dakota Ridge Freshman Football 101

Freshmen football is a cross-roads in a young man’s high school career that I am privileged to be a part of. In my career as a coach, it has been my preference to head coach freshmen football as it is such an incredible opportunity to guide young men into a high school career in a sport that I love and value. Freshmen football is the bridge for these student-athletes to competitive high school football from youth football, flag football and, in some cases, no football experience at all. It can be an overwhelming transition that I attempt to manage carefully. Freshmen football at Dakota Ridge High School is organized around the idea of supporting and preparing players for Varsity football, for success in the classroom and to be upstanding young men. To accomplish these goals, the foundation for the freshmen team are our core values which we call the Eagle Standards along with

Academic Accountability and Goal Driven Leadership.

The 2015 Freshmen Football team will help to demonstrate our core values. The 2015 team had 45 players, many of whom started their work in the spring or summer with our program through team organized weight lifting and speed and agility work. Based on the large team and the fact 17 of those players were “new to football”, I worked with my coaches to develop a set of goals to assure the safety and success of those brand new players while still providing safety with our more experienced players. So as a staff we are committed to: “Maintain and emphasize player safety.” To accomplish that goal, we use USA Football’s “Heads Up Tackling” instruction and even had our Coach Neyen the Dakota Coach Expert lead the Freshmen through the steps, along with 3 additional whole group reviews and individual instruction and correction for

our “New to Football” players. As a complement to our “Heads Up Tackling” approach, this year we will be teaching a Rugby style tackle advocated by Seattle Seahawks head coach, Pete Carroll which he calls “Hawk Tackling.” Along with this emphasis on safety, our program was also selected by Jefferson County Public Schools to wear Guardian Caps in all our practices which are a padded addition to the helmet meant to increase player safety.

As was stated above, the freshmen team has a set of core values the freshmen coaching staff call the Eagle Standards. Each athlete receives a laminated card like this one:



...Coach Luna: Freshman Football 101 Continued

Players are expected to carry the card with them, memorize the five core values, and put them into action. Also, all the teachers, administrators and coaches in the building also know of these Standards and may quiz a player or correct behavior based on the standards. For our program these five core values emphasize character. Players are expected to be honorable in the classroom and on the field which includes learning the school fight song and supporting teammates. They should put team first which is the sign of a mature athlete whose desire is to be part of something bigger than they are alone. They should listen to their coaches and hustle when called to move. As an Eagle, they are now part of a football family that competes to win which may require players to earn play time and work hard to earn more play time. Last-

ly, we have a 'One Voice' value which means that when coaches speak, players listen and when in a huddle when the signal caller speaks, players listen. These values are a vital part of our success but will be useless if we don't have fun which is a key part of my philosophy.

The transition to high school can be extraordinarily challenging for incoming freshmen. Most of them have not experienced block scheduling, longer classes or the rigorous expectations of a high school. So, in response to that freshmen football players coming into Dakota Ridge have team academic time every school day to support their academic success. I oversee that time, support them as a teacher in the building and motivate them to get grades up and strive for academic excellence. We also have an award freshmen football players can earn called the Golden Eagle Award which

should serve as an incentive to keep grades up. Along with that the freshmen coaches offer extra support at the end of practice during our Pride Time session for those in need of academic motivation.

It is an honor to work with these student-athletes. I value the youth coaches who have poured their teaching into these young people. I also value the parents and our booster club who do so much for our team, the players, and our community. Freshmen football at Dakota Ridge High School is organized around the idea of supporting and preparing players for Varsity football, for success in the classroom and to be upstanding young men that are goal driven.

Questions? Please feel free to email Coach Luna at:
Paul.Luna@jeffco.k12.co.us

“Players are expected to be honorable in the classroom and on the field which includes learning the school fight song and supporting teammates”

Player Spotlight: Kyle Scofield

Kyle wears #2 for the Eagles and was an all conference WR last year. He is the only starting receiver to return this season from 2016.

Kyle is a dynamic threat that the Eagles use in both the run and pass game. He finished the year as the team's 3rd leading rusher and averaged 9.2 yards per carry.

In the pass game he finished 2nd in yards per catch and he finished 3rd in both receptions and re-

ceiving yards. He is the leading returning player in each of those categories!

As Kyle moves to a new position this fall the team is looking for explosive numbers from him as well as for his roles as a team leader to grow!

Check out Kyle's highlights at:
<http://www.hudl.com/profile/3964412/kyle-scofield>



So You Want To Play College Football?

Recruiting Notes and Tips for Eagles Players and Parents

By Coach Paul Sheehy

Note: This is the **fourth** 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.

**"Coaches from
674 NCAA
college football
teams - your
potential future
universities and
scholarship
providers - ARE
here to judge"**

In this installment, we address an issue unique to this generation of athletes: **social media.**

"Who cares, it's just a Tweet."

"Yeah, but it was just one picture on IG."

"It's Snapchat... that picture will be gone."

"Only my friends follow me, and they know I was just messing around, so no big deal."

Yep. We've heard those, and if you're like most high school students, you have too - and may have said one or more of those statements. That's OK. We're not here to judge. But guess what? Coaches from 674 NCAA college football teams - your potential future universities and scholarship providers - **ARE** here to judge. What you put out there when you hit "SEND" becomes part of who you are, what you stand for or against, and what kind of person you are **perceived** to be. It all matters.

Several years ago, college admissions officers began

tracking and flagging social media posts and profiles of applicants. Coaches and admissions counselors actively monitor a potential player's social media presence and look for "red flags" into a player's character. Into YOUR character.

The solution? Simple. Be smart. Use common sense and logic. **And use one easy test before you hit "SEND": ask yourself, "how would my parents feel if they see this post?" If your answer is anything other than "proud and happy", don't send it.**

A few tips:

- DO send out "**Congratulations**" to friends, family, teammates, peers, etc.
- DO announce **positive, upbeat achievements of yours**, and **promote your involvement in positive things such as community service and school involvement**
- DO feel free to talk with friends - it IS social media - but watch what you say

- DO send out pics . . . **the ones your parents would be happy and proud to see and share**
- DO be engaging
- DO be authentic
- DO build your reputation
- DO NOT use profanity
- DO NOT go on extended rants about whatever happens to tick you off on that particular day
- DO NOT respond to personal criticism from fans, media, or opponents. They don't know you; you don't know them; *who cares*. **Move on.**
- DO NOT post pictures of you **even near** anyone drinking, smoking, or doing anything which would give the impression you're the party boy and not the committed athlete a team will shortly be offering you an opportunity you to be

When in doubt, just keep that thought in your head and don't post it out there for the world to see.

...So You Want To Play College Football Continued

PENN STATE



Herb Hand  @CoachHand

Dropped another prospect this AM due to his social media...Actually glad I got to see the 'real' person before we offered him

OKLA ST / ARKANSAS / COLTS



Coach Sings @CoachSings

Had to unfollow/stop recruiting a young man this evening. Still amazed by what recruits tweet/retweet! Colleges are watching!

SMU



Coach Justin Stepp  @coachjstepp

Came across a recruit's awful Twitter account today. Shame, the kid was a really good player. ON TO THE NEXT ONE. GET A CLUE!

DUKE



Derek Jones @dukecoachdj

Our jobs depend on the young men that we recruit. Your social media pages say a lot about your character, discipline & common sense!

*“What you put
out there when
you hit
"SEND"
becomes part
of who you
are, what you
stand for or
against, and
what kind of
person you are
perceived to
be”*

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!



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

"Well, we run a 3-4, the DT's line up in a 5 tech and we roll the coverage to the strong side."

"Oh", I say.

He continues, "The OLBs line up in a ghost 9 if there's a TE, so when they're double tight we have a 5-2 look"

"Um...OK" I reply, wondering if this "ghost" he is referring to is anything like the ghost runners we used to use in our backyard baseball games when I was a kid and we didn't have enough players.

"We're usually man up on the corners," (I TOTALLY know what that means!) "BUT we also like to drop the corners and run an inverted cover 2 part of the time" (wait...what?)

I can't help but be impressed, this guy knows a lot of cool football terms.

"What age group are you coaching this season?" I ask.

"7 and 8 year olds" he replies.

I quickly excuse myself and head home to burn my draft playbook and practice plans, then order \$1,284 worth of football for dummies style books online. I would later explain to my

long suffering wife that the many additional line items on our credit card statement were due to a brief reactive psychosis and that I had no recollection of ordering "The Lonesome Polecat Offense for Youth, a 38 Step Guide".

This is my foggy recollection of a conversation that I had with another coach prior to my second season coaching youth football. Following the conversation I spent endless (ok, so maybe 2) hours pouring over youth football resources. I reached out to an old friend that had been coaching youth football since before I was a youth to tell him about my exciting new offense and defense and how I was going to revolutionize youth football.

He listened quietly then started asking some questions about how I would adjust to certain situations. His questions helped me realize that I would be in deep trouble if facing a team that did anything unexpected because I didn't have an in depth understanding of these new systems. Then he asked me what I had planned to run before and how I would adjust to the same situations. I surprised myself and had reasonable responses to every scenario.

"Coach what you know" he said, "just because you've seen it on TV on Saturday or under the lights on Friday doesn't mean it's what's right for you and your team. How much practice time do you think you will invest arguing among the coaching staff trying to decide how to adjust to different situations in a system that you all are learning as you go?" He continued, "You already know a solid system, you can expand on that and try new things but use that as your foundation." He taught me that, on the football field, it doesn't have to be particularly fancy or complex to succeed, it just has to be well thought out and taught with confidence.

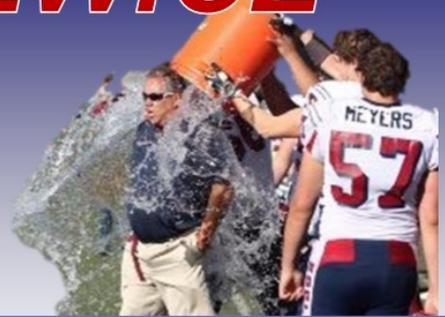
So as you give some thought to what sort of offense or defense you want to run, explore your knowledge base and commit to "coach what you know". Good luck this season!

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**



Refold here, This panel Showing

Dakota Ridge Eagles

Speed & Agility Camp

11763 W. Belmont Drive

Littleton, CO 80127

Attn: Ron Wotalewicz, Head Coach

Staple Here

EAGLE



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:



SOUTH KIPLING DENTAL CARE
10037 W. Remington Ave.
Littleton, Colorado 80127
Driving Directions
303-987-9109

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: _____