

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)

SCOTT CAVALLARO(F)

NICK MAY(F)

JOE WEGNER(F)

DRSA YOUTH FB

JOHN KELLNER

JOE CHRISTENSEN

MARK CUSICK

BILL STUBBLEFIELD

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Navy Cardinal Insider

VOLUME 3, ISSUE 2

Coach Woj's Update:

As we are a month into 2018 our football team has been working very hard and has had great energy and enthusiasm in the weight room this first month. We have begun our morning throwing sessions, our morning Offensive Line meetings and our Defensive Line work and Defensive meetings as we prepare for 2018. It is during this time that our 2018 football team will be made. Football is not a sport where you can just show up in August and expect to be great. The physical and mental preparation for football takes time and our kids and players are working hard to make sure that 2018 is a special year.

We have talked about loving the process involved in getting ready for 2018. Embrace the weight training, morning meetings, running, and making sure that they take care of the academic piece most importantly. We have talked about "Love the Process" and the "Process will love you back". When? you never know, but there will come a time either in a game or practice or a play that the "Process" will show you the love back. Our players will have to keep working hard and they will know when the love from the process gives back to them. When in the weight room or at practice, each day has to have the focus like that day has a history of its own. Don't look at external factors, but focus all your attention, effort, concentration, and discipline into that day

no matter if it is practice, weight lifting or what. Make that day have a history of its own. If we can do that every day we are



Coach Woj
DRHS Head Coach

preparing, we can live with the results of what 2018 will bring for the Eagles.

Our varsity schedule for 2018 has been released on we open on Friday August 24 vs a very good Rampart team who was a final 8 team in 2017. It will be a great challenge for our team to open against such a tough opponent. Then in week 2 we will travel to Orlando, Florida for our game against Spanish River High School at Wide World of Sports complex on the Disney World property. Again a game we will be looking forward to playing and enjoying a great team bonding experience at Universal Resort while we are there.

We will begin our youth QB/WR/OL camp in April for grades 3-7. The camp will run each Monday night from 6:00 – 7:00 at Dakota Ridge and we will follow that up with a free youth coach's clinic each night presenting a

different topic each Monday. You should receive an e mail from DRSA giving you the link and access for how to register for this camp. I hope we will have a great turnout and that we have a bunch of young kids excited to learn and get better at their craft no matter what that might be. Always look for a way to gain an advantage over your competition and remember that Work Beats Talent, when Talent Doesn't Work!

Speed Camp begins on June 4 and details for the summer will follow in the next couple of months. Again this is a chance for you as a player no matter the sport to work and get better by running and doing agility work in the off-season. We require all our football players at Dakota Ridge to attend the speed camp as we feel it is so important to our development.

I will leave you all with this and I think it relates to working hard in the off-season and loving the process:

"The character you possess during the drought is what your team will remember during the harvest"

Let us know if we can ever do anything for you and look forward to seeing you at camps.

Don't Flinch!
Ron Woitalewicz (Coach Woj)
Head Football Coach
Ronald.Woitalewicz@jeffco.k12.co.us

Upcoming Events/Dates

Events for DRHS Football

- 1/23 - 5/3 After School Weight Lifting at Summit Ride MS
 - Tues./Thurs. 3:00 - 4:00 pm
- 3/6 @6:00 pm - Meet the Coaches Night at DRHS
- 5/2 @6:00 - **Mandatory** Parent Meeting in DRHS Auditorium
 - Eagle Cards available this night to get a head start!
- 5/7 - 5/9 @3:00 - 4:30 pm Freshman football camp at Summit Ridge MS
- 5/9 @5:00 pm - Freshman player/parent BBQ at DRHS

Events for DRHS Football

- 5/9 Freshman Speed Camp forms/money turned in
- 5/24 Speed Camp forms and money for all remaining players is due by this date
- 6/4 Summer Lifting and Speed Camp begins (all 9-12 football players need to attend)
- Varsity/JV
 - Lift 8:00 - 10:00
 - Speed Camp 10:30 - 11:30
- Freshman
 - Speed Camp 9:00 - 10:15
 - Lift 10:30 - 12:00

DR Youth, Community & Coaches

- Coaches Clinics for youth football coaches EVERY MONDAY at Dakota Ridge HS
 - 4/2 - 5/21 @7:00 - 8:00 pm
- Youth QB/WR/OL Camp EVERY MONDAY @DRHS (See the registration forms at the end of this newsletter!)
 - 4/2 - 5/21 @ 6:00 - 7:00
- Speed and Agility Camp for grades 2 - 8
 - Mon.-Wed.-Fri. 6/4 - 7/6
 - 9:00 - 10:15 @DRHS
 - Registration coming soon!

“What is pattern reading coverage? It is a system for defenders that dictates defenders’ coverage responsibilities based on receiver distribution”

Coach Offerdahl: Zone Pattern Read Coverage Schemes

Playing defensive back requires that the best defensive athletes are matched up against the best athletes on the offensive side of the ball. Playing defensive back is not just a highly athletic position but also a complicated mental position. We must constantly react to the offense’s multiple formations and personnel that they put on the field. Including any changes in formation or motion that the offense does prior to the snap of the ball.

Last year Coach Duran wrote about the coverage schemes that we use here at Dakota Ridge. Included were man coverage, or cover 0, cover 2, cover 3 and cover 4. Traditional zone coverage has the defensive backs and linebackers go to a specific area of the field. This year I thought we might expand on Coach Duran’s explanation of our coverage’s and talk about what happens

after the snap of the ball.

Today’s spread offenses and multiple formations have made it necessary to adapt to what the offense is doing. Every week we meet on Sunday mornings for several hours to break down film and develop a different defensive scheme that is designed for that week’s opponent. Position coaches and coordinators generally break down opponent’s film on Saturday to be prepared for our Sunday meeting.

What is pattern reading coverage? It is a system for defenders that dictates defenders’ coverage responsibilities based on receiver distribution. It is employed in the context of zone coverage, but there are related concepts like “banjo/switch” coverage that are employed in man-to-man defenses.

To help us understand the difference between conventional zone coverage and pattern matching coverage let’s review traditional zone coverage. At the snap, once the defender reads it is a pass, he will drop to the area of the field he is responsible for, read the quarterback and react to the receivers entering his zone. The problem with this type of thinking is that there are definite gaps or windows between the zones that an offense can take advantage of.

For example in a cover 3 the known weakness is the seams and flats that a trained quarterback will attack.

Pattern reading is an inherently more aggressive approach than dropping to landmarks.

...Coach Offerdahl: Zone Pattern Read Coverage Schemes

Defenders are taught to aggressively “find work”. Defenders are taught to cover receivers rather than grass. While pattern reading is employed in the context of zone defense, it can be thought of as having some man defense characteristics. Every defender’s assignment is determined after the snap by pattern distribution rather than where they line up before the snap,

It seems like there is an infinite number of pass route combinations, but the truth is, there is a limited number of ways to distribute 2-3 receivers to a single side of the field. The pattern matching defenders only have to be concerned with where receivers are at, after the routes have developed, not how they got to these points on the field.

Let’s give you a specific example, defending the Y sail route combination. The Y sail is where, against a two

and three deep coverage, the #1 wide receiver runs a vertical route or go route. This carries the #1 defender or CB out of the play to create room for the tight end to run a corner route underneath. The running back would then run a route to the flat.

In a cover 3 sky, the pattern read responsibility would be as follows: The CB’s have deep thirds and lots of inside help. They will maintain outside press leverage with lots of contact on the receiver and stay over the top. The strong safety will initially drop to the seam to take away one of the traditional weak points of the cover 3. When the TE makes his break the SS will gain width underneath the corner route and get his eyes down to the flat to see if a flat route develops. The Sam linebacker will carry the TE route stem vertically and get underneath the route when the TE breaks to the outside. The FS has

the traditional deep third and breaks on the ball when the QB’s guide hand comes off the ball.

This creates several problems for the QB. Because defenders have not gone to traditional landmarks on the field, he’s not sure of the coverage. Second, if he realizes it’s a cover 3, the traditional seam weakness is not there. Third, the windows in the zone are much smaller because the defenders are finding work and getting on receivers immediately.

The weakness in this example is the back to the flat. Every defense has its weakness. By using a pattern read technique the defense has dictated the QB’s choice and is giving up the route that will do the least damage.

Questions? Please feel free to email Coach Offerdahl at: DrsOfferdahl@msn.com

“It seems like there is an infinite number of pass route combinations, but the truth is, there is a limited number of ways to distribute 2-3 receivers to a single side of the field”

Player Spotlight: Chris Freddolino

Chris wears #34 for the Eagles and is a returning starter at inside linebacker. Additionally, Chris is the only returning starter at the Fullback position on the offensive side of the ball..

In 2017 Chris averaged over 5 yards per carry and scored a TD while spending time at FB.

Defensively, Chris is the leading returner in tackles per game,

and 3rd in total tackles. He is also ranks 3rd among returning players in total sacks.

Chris is part of a great group of returning starters who are poised to lead the Eagles to another great year on the defensive side of the ball.

Check out Chris’ highlights at:

<https://highlightwww.hudl.com/profile/5372673/Chris-Freddolino>



So You Want To Play College Football?

Recruiting Notes and Tips for Eagles Players and Parents

By Coach Paul Sheehy

Note: This is the first 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.

"Players who pop out on tape may pique the interest of a college coach, but the first question they ask is, What's his GPA?"

Since each year we add an entirely new class of families to our Eagles football family, this is an updated – and somewhat recycled – article with some of the basics of college football recruiting.

Quick quiz. Which number is bigger in a student-athlete's life? 2.3 or 4.4?

Let's start with some basics.

Players who pop out on tape may pique the interest of a college coach, but the first question they ask is, **"What's his GPA?"** Without at minimum **2.3 GPA** in core courses, under NCAA rules, a student-athlete will not be eligible to compete as a freshman. As a practical matter, individual school admissions requirements, including those for scholarship athletes, are usually much higher than this minimum 2.3 core GPA. Having a core GPA hovering in the 2.3 - 2.7 range may eliminate a player from even being looked at further by many colleges.

The "core courses" all incoming NCAA freshmen athletes are evaluated on are: 4 years of English; 4 years of Math (Algebra I or higher); 2 years of Natural/Physical Science (including 1 year of lab); 1 additional year of either English, Math, or Natural/Physical Science; 2 years of Social Science;

and 4 years of "additional courses" which can include comparative religion/philosophy or a foreign language. In addition, 10 out of 16 core courses must be successfully completed by the end of junior year.

So the answer to the quick quiz is, a 2.3 core GPA is a far bigger number in a student-athlete's life than running a 4.4 forty yard dash. Without the minimum 2.3, a player will never get a chance to run that 4.4!

One more point to emphasize on the minimum core GPA. Notice the word **"minimum"**. Too many high school players mistake "minimum eligibility" as the standard to reach. It's not. It's the rock bottom, dirt floor of the grade basement. Don't hang around down there. Take the elevator to the grade penthouse and strive for a 4.0 GPA, and make colleges fight over you!

Register with the NCAA... today

Every player wanting to play NCAA college sports and receive a scholarship at the DI or DII level, needs to register and be cleared by the NCAA. It's a simple, free process done online at www.eligibilitycenter.org. The Eligibility Center (formerly known as the NCAA Clearinghouse) is an organization within

the NCAA that determines the academic eligibility for all NCAA DI and DII athletes. The NCAA charges \$80 to register, so be prepared for that. Over 180,000 potential college athletes register with the NCAA every year. Also, be sure to print out a Student Release form from their website, sign it, and bring it to your guidance counselor giving permission for your transcripts to be sent directly from DRHS to the NCAA. Got 3 minutes? Stop reading this article, jump online and get that done. Then come back though, there's more good stuff coming.

What if you SAT and decided to ACT?

OK, where does the ACT or SAT testing come in? In a nutshell, colleges and the NCAA use a sliding scale, where the lower the core GPA (above the minimum 2.3, of course), the higher ACT or SAT score is needed to qualify, and visa versa. For NCAA purposes, a "Combined SAT" score is used, where the Reading and Math sub scores are calculated; and an "ACT Sum Score" is used, where the English, Math, Reading, and Science sub scores are calculated. You can actually take the ACT or SAT an unlimited number of times, and the best sub score from each different test are used to determine initial eligibility requirements.

...So You Want To Play College Football Continued

Also, when registering for the ACT or SAT, be sure to use the NCAA Eligibility Center code (9999) so your scores are always sent directly to the NCAA Eligibility Center. *(Be careful, however, as each college may have different academic requirements when deciding upon admission to the school. The rules above apply only to NCAA eligibility rules to play college sports. Along those same lines, the NCAA does not require the writing portion of the SAT, but individual schools may.)*

What should we be doing?

Parents: There was a great article published recently on www.ncsasports.org (a recruiting service...but more on those in future *Cardinal & Navy* newsletters) on the "Parents Recruiting Responsibility". In short, don't be a "WE parent" who lives vicariously through their player, using phrases like, "we are interested in this college" or "we think that football program fits best." Make your student-athlete the one in charge of the recruiting process; and remember coaches really look for 3 things, which you can instill and reinforce in your player: Academics, Character (an athlete with character works hard, makes good decisions, and can become a team leader), and Effort (a good work ethic and desire to improve on the field and in the classroom speaks volumes as to the type of player a coach is getting). The article also stresses that parents need to be mentors and assistants to their student-athlete throughout the recruiting process, *but not his agent*. Create a timeline, create a plan, and help him follow it, but don't drive that bus yourself.

Rising Sophomores: Be sure you start now with taking the required core courses (your guidance counselor can help

you with this), developing great study habits and getting into a homework routine. Start now to get a jump on getting your GPA as high as possible. Register with the NCAA Eligibility Center. Freshman football is a transition; it's kind of like boot camp, where you just have to get through it. Now you are a part the varsity and JV program. Enjoy football! Impress your coaches and your teammates with your work ethic in the weight room, in all off-season workouts, in spring camp, and in summer workouts. Learn and understand your position and assignments. Become a leader.

Rising Juniors: This is "THE YEAR". Be sure you are on track with the required core courses. Do whatever you need to do to maintain

*"...remember coaches really look for 3 things, which you can instill and reinforce in your player: **Academics, Character** (an athlete with character works hard, makes good decisions, and can become a team leader), and **Effort** (a good work ethic and desire to improve on the field and in the classroom speaks volumes as to the type of player a coach is getting)."*

your GPA as high as possible, including taking summer classes to improve your GPA or get ahead. Register with the NCAA Eligibility Center if you have not already done so. Start to look at schools which interest you. Go to college "prospect" camps in the summer which are run by schools you have an interest in, and which you may have a realistic opportunity to both get into, and play at. If you played as a sophomore this past season, begin your recruiting profile by creating a Hudl highlight package and a Player Recruiting Infographic or resume immediately after the season. Our coaches are great resources to help you figure this part out. Develop more leadership skills and take on more responsibilities. For you, this upcoming junior season is very important in getting on college radars as a potential prospect.

Rising Seniors: You just finished your junior football season and you need to act now to get on the radar of colleges before your senior season! Be sure you are registered with the NCAA Eligibility Center, and at the end of this year, ask your guidance counselor sends your transcript to the Eligibility Center. Make sure you are on track to complete 10 of the required 16 core courses by the end of this year! Know where you are academically! You really only have the fall semester of your senior year left when it comes to grades for colleges to consider. Consider taking SAT/ACT prep classes, and when taking the SAT or ACT, be sure to include the "9999" code to have the results sent directly to the Eligibility Center, too. Narrow your list of schools where you

both can get in, and can play, and reach out to coaches to express your interest. Consider whether a recruiting service is right for you. If you haven't already done so, now is the final shot to attend college "prospect" camps in the summer which are run by your realistic "target" colleges. You only have 10-14 games left in your high school career...put great film out there each and every play! Build your recruiting profile with Hudl highlights and a Player Recruiting Infographic or resume throughout the season...do not wait until the end of the season. If you haven't done this...get busy! Be a leader in all ways.

Lastly, you may want to download one essential resource for all parents of potential college athlete, the NCAA "Guide for the College-Bound Student-Athlete" which can be found online at: <http://www.ncaapublications.com/productdownloads/CBSA17.pdf>

"Make your student-athlete the one in charge of 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

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.

*Soaring High
with Eagle Pride*

www.dakotaridgesports.org

Youth Corner with Coach Kellner

Only 175 days until football season! How to get involved

Entering my third year in the Dakota Ridge Football family, I can tell you it is just that, a great big happy family. I tell everyone, that we have the best parents, coaches and kids in the community. With that said, I am asking for all of your help, the key to a great youth organization are those that are in it and those that help grow it!

We are 175 days away from the start of the 2018 football season, but there is plenty we can do now as an organization to make 2018 successful.

SPREAD THE WORD—

Our youth program will enter its 3rd season in Pop Warner. Pop Warner is the oldest and most known youth program in the country. The competition has been tre-

mendous and everyone in our community should know just how great it is and how well our teams have done and will continue to grow. If there are events we can participate at the local schools, please let us know we would be happy to attend!

FUNDRAISING---We are always looking for new and innovative ways to help raise money for the youth football program. Sponsorships from local business can be a huge benefit and raise awareness to our program, see above, spread the word.

PARTICIPATE--- We are very lucky to be so closely involved with the high school program. We are also very lucky to have them volunteer their coaches' time and energy and allow us to use their facilities.

- Get your athletes and all their friends signed up for

the upcoming QB/WR and O-LINE Monday evening clinics starting APRIL 2ND.

- Also please look for information on a non-contact camp or flag football tournament hosted by the youth organization in MAY.
- And please come out to the contact camp ran by the high school staff this summer!

Football is 175 days away but let's start getting better today! Spread the word, raise community involvement and participate!!

Coach Kellner has served as both an assistant and head coach within the DRSA and was recently elected the President of DRSA Football! Coach Kellner is dedicated to the philosophies of the Positive Coaches Alliance (PCA) and is an exceptional Coach and resources to our players and other DRSA Coaches!



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**



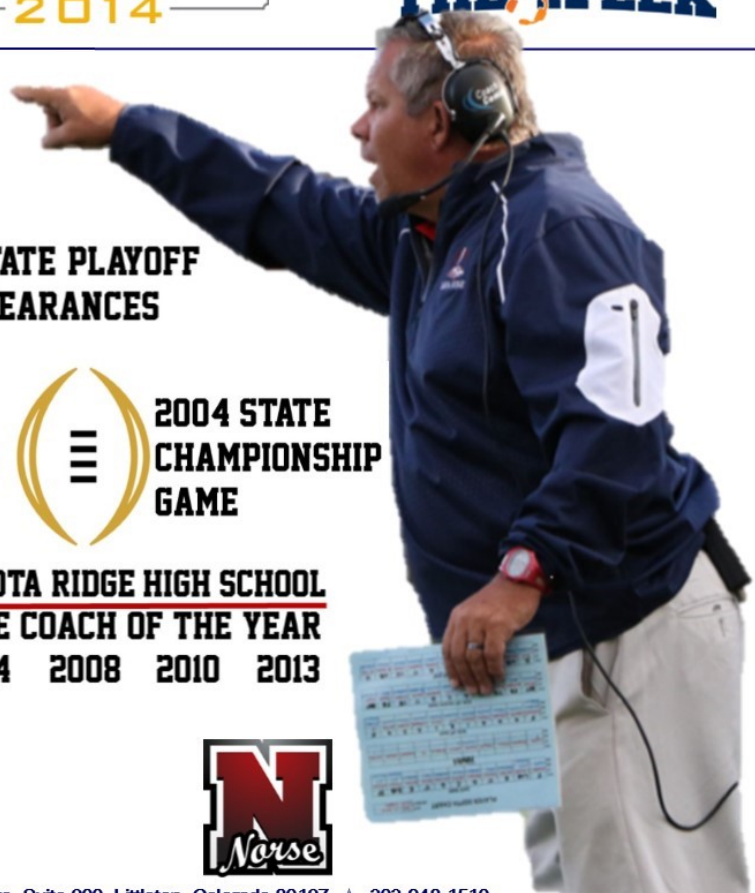
**STATE PLAYOFF SEMIFINALS
2004 2008 2010**



**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

Dakota Ridge Football Website: <http://leagues.bluesombrero.com/Default.aspx?tabid=893245>

EAGLES

QUARTERBACK/RECEIVER CAMP

RON WOITALEWICZ – CAMP DIRECTOR / JEREMIAH BEHRENDSEN – CODIRECTOR

- HEAD FOOTBALL COACH DAKOTA RIDGE HIGH SCHOOL
- 33 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
- GRADES: 2-7

WHEN:

- MONDAYS BEGINNING APRIL 2, 2018 – MAY 21, 2018
- 8 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

PLAYER'S NAME: _____

ADDRESS: _____

PARENT'S NAME: _____

PARENT'S EMAIL: _____

PHONE: _____

GRADE/AGE: _____

PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 2, 2018

YOU MAY REGISTER THE FIRST DAY OF CAMP AS WELL BEGINNING AT 5:30 P.M.

MAIL TO:

RON WOITALEWICZ

11763 W. BELMONT DR.

LITTLETON, COLORADO 80127

QUESTIONS:

RON WOITALEWICZ

EAGLES OFFENSIVE LINE CAMP

RON WOITALEWICZ – CAMP DIRECTOR

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

MATT OSTERHAUS – CO-CAMP DIRECTOR

- OFFENSIVE LINE COACH DAKOTA RIDGE HIGH SCHOOL
- 16 YEARS EXPERIENCE COACHING HIGH SCHOOL OFFENSIVE LINE
- 14 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
- GRADES: 2-7

WHEN:

- MONDAYS BEGINNING APRIL 2, 2018 – MAY 21, 2018
- 8 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.

PLAYER'S NAME: _____

ADDRESS: _____

PARENT'S NAME: _____

PARENT'S EMAIL: _____

PHONE: _____

GRADE/AGE: _____

PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 2, 2018

YOU MAY REGISTER THE FIRST DAY OF CAMP AS WELL BEGINNING AT 5:30 P.M.

MAIL TO:

RON WOITALEWICZ

11763 W. BELMONT DR.

LITTLETON, COLORADO 80127

QUESTIONS:

RON WOITALEWICZ

COACH WOJ WITH 2018 RETURNING ALL-LEAGUE PLAYERS



DAKOTA RIDGE

2018

FOOTBALL



FRI, 8/24
RAMPART
7pm, JEFFCO



FRI, 9/14
@VISTA RIDGE
7pm, VRHS



FRI, 9/28
VISTA PEAK
7:30, JEFFCO
HOMECOMING



FRI, 10/12
GRAND JUNCTION
4pm, JEFFCO
YOUTH NIGHT



FRI, 10/26
@WHEAT RIDGE
7pm, JEFFCO
PINK BCA



FRI, 8/31
SPANISH RIVER, FLA
6pm, ESPN WWS



SAT, 9/22
PONDEROSA
12pm, JEFFCO



THU, 10/4
@BEAR CREEK
6pm, JEFFCO



THU, 10/18
@CHATFIELD
7pm, JEFFCO



THU, 11/1
GOLDEN
7pm, TRAILBLAZER
SENIOR NIGHT



THE ROAD TO MILE HIGH

