

DRHS COACHES

RON WOITALEWICZ
(HC/DC/LB)

JEREMIAH BEHREND-
SEN(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

DAVID LOOMIS

MARK CUSICK

BILL STUBBLEFIELD

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Navy Cardinal Insider

VOLUME 3, ISSUE 1

Coach Woj's Update:

I would like to take this time to wish each of you a very Happy New Year. As 2018 arrives I am excited and thankful for the opportunity to get to coach our young men in the Dakota Ridge football program and also have the chance to interact and see the great young men that are the future of Dakota Ridge football as well. I really believe that coaching is having the chance to build relationships with players and their families and am excited for another chance to do that in 2018.

2018 looks like it will be a great year for the Eagles as we have a new league (Chatfield, Bear Creek, Golden, Wheat Ridge, and Grand Junction) for the next two years. We also open for the first time in school history with a zero-week game against a great opponent in Rampart. We have scheduled a very tough non-league schedule hoping that it will prepare us to compete and win our league championship in 2018. Three of our first four games are against teams who made the 2017 playoffs and two of those teams were in the final eight this past season. So the season looks to be exciting and challenging. Nothing better than playing football under the lights against quality opponents, making it fun for everyone.

After we open with Rampart,

we will again be traveling to Orlando, Florida for our 2018 game against Spanish River High School from Boca Raton, Flori-



Coach Woj
DRHS Head Coach

da. The Florida trip for our players is always a highlight of their high school playing career and it gives them a chance to play at the world class facility of ESPN Wide World of Sports on the Disney property. The trip will be a five- day trip with our varsity game being played on Friday night and the JV game on Saturday morning. The trip is always such a great bonding experience for our players and coaches and just adds to the excitement of playing high school football. We have all started fundraising for the trip and if you know of anyone who would like to donate to our players please let me know. They can do extra work for you or someone that you know and use the money earned to help pay their cost for Florida.

Some dates coming up to keep in mind will be our Quarter-

back/Wide Receiver camp and our Offensive Line camp for grades 3-7 starting on April 2. The cost for the camp is \$100 for 8 weeks of coaching on Monday nights from 6:00 – 7:00. I will have a flyer finished soon that we will send out for anyone interested in this great camp that we have been doing for 12 years. Also, our annual Speed and Agility Camp will begin on June 4 and run through July 6 for grades 2-12, and again we will be finalizing our speed camp brochure coming up soon.

If there is anything that Dakota Ridge football can help you with, please don't hesitate to contact us and we will do what we can to help you out. We love and are so proud of the Dakota Ridge Community and want all youth players to look forward to playing football for the Dakota Ridge Eagles one day. You don't want to miss out on this opportunity for what turns out to be memories of a life time.

I will leave you with this:

A TEAM IS NOT A GROUP OF PEOPLE WHO WORK TOGETHER! A TEAM IS A GROUP OF PEOPLE WHO TRUST EACH OTHER!

Rise as One!

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!

“Depth is so important because it allows for a great fake, it allows the QB to run downhill on their throws, and it gives them enough room behind the LOS so they do not cross it before the pass is thrown”

Coach Behrendsen: Boot Passing Game

Last January I spoke about the choices an offensive coordinator must make in terms of what type of system and plays their team will run. There are so many things to choose from and last year I spoke about the importance of a good Quick Passing Game. This year I want to take a look at implementing what I believe is the 2nd easiest pass system to implement at any level...the Boot Passing Game (these concepts could very easily be incorporated as a Sprint Out Scheme as well).

There are a few key benefits to a Boot Passing Game:

- Takes pressure off of your OL's ability to protect the QB for 3+ seconds
- Allows your QB to have a clear passing lane to see through
- Can be easily built into a progression passing system
- Allows the QB an easy avenue to run if his receivers are covered
- Can be run from a variety of

formations and personnel groupings

There are also a few key factors you must consider when building your Boot Pass Game:

- How will you set the edge of your protection so the QB can get outside?
- How can you make the action look like your best run plays?
- How are you going to teach your QB (Fake – Depth – Width – Hips)
- What distances will you run your routes at, needs to time up with the QB and his progression

When coaching the QB in the Boot Pass Game I use the phrase “Fake – Depth – Width – Hips” because I want the QB to be active in a great run game fake, I want him to initially get depth (8-12 yards behind the LOS depending on his age), then I want him to get his width to break the defense's contain, and finally I want his hips to be running in the direction of his

throw (I always say to have your belly button pointed at your target). We also try to make all of these throws on the run (we do not want to stop our feet). If the kids have done this correctly then they should be able to follow the path of the football to the WR without changing their direction. If they cannot do this, then their hips were not running in the direction of their throw and this will cause them to sacrifice accuracy on their pass.

Sometimes the issue is that they worry too much about getting width before focusing on having their proper depth. Depth is so important because it allows for a great fake (holds the rush so they are worried about contain right away), it allows the QB to run downhill on their throws, and it gives them enough room behind the LOS so they do not cross it before the pass is thrown. If you use the “Fake – Depth – Width – Hips” philosophy you will also be able to get your QB's running left or right on their Boot Passes regardless of what hand they throw with.

...Coach Behrendsen: Boot Passing Game

The next piece I want to discuss is the WR's routes and 3 pass concepts you could use. The key with the WR's is that the routes time up with the QB's action in the order you want them too. This will help the QB progress the way he is supposed to and allows him to deliver the ball on time!

In the diagrams on this page you will see 3 concepts:

- A Curl Flat Concept
- A True Flood Concept
- A Deep Comeback Concept build off of the Flood (Great for long yardage situations)

All of these concepts can be treated as a 2 or 3 man progression depending on how old your players are and what kind of arm strength your QB has. We use a 3 man progression in our system and in the diagrams we read them in the "stop light order - Green/Yellow/Red". The purple route is a backside route for us and it serves two purposes...

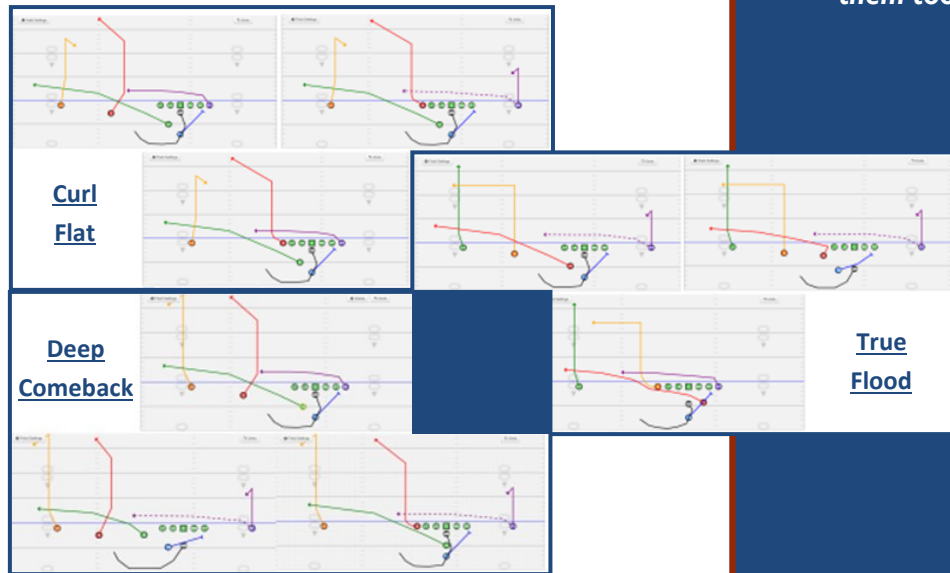
- With a WR we can run a "steal route (simple hitch)" against off coverage. The decision to throw this route is made pre-snap.
- With a WR or TE we can run a "double flat" concept to the wide side. We will always run this with a backside TE or if we are seeing tighter coverage against our WR's. This could serve as a check down route for us.

The last option for the QB is to run if they go through their progression and no one is open or if they simply have too much pressure to throw.

Because many QB's are good athletes and smart this is another good way to allow them options to make your team successful.

Questions? Please feel free to email Coach Behrendsen at:

jbehrend@jeffco.k12.co.us



"The key with the WR's is that the routes time up with the QB's action in the order you want them too"

Player Spotlight: Jered Garcia

Jered wears #1 for the Eagles and was an All-Conference tailback for the team in 2017. Jered accounted for 20 touchdowns, and was the only player to account for a touchdown in all 3 phases of the offense (rushing, receiving, and a touchdown pass).

In 2017 Jered recorded over 1250 yards of total offense and averaged over 5 yards per carry on the ground.

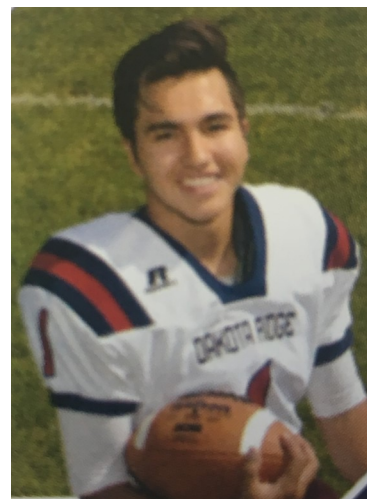
Jered is not only a great football

player but he works very hard in the classroom (3.8 GPA) and is a big part of the work the Eagles do in the community.

Going into the 2018 season the Eagles are expecting another great season from Jered and looking forward to his growth as a leader within the program!

Check out Jered's highlights at:

<http://www.hudl.com/profile/1915716/jered-garcia>





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

Losing stinks. To quote Brad Pitt's character from the movie Moneyball, "I hate losing, I HATE it. I hate losing even more than I wanna win". This pretty much sums up how I feel about losing.

Generally, all of us that are coaching and participating in youth sports are competitive by nature which makes losing sting. It hurts when you commit endless hours to preparation and practice then go out and get thumped. It hurts your players too; it hurts their pride, it often makes them feel like they've let their team down and will sometimes get players, coaches and parents pointing fingers and looking for people and things to blame for what can seem like an epic failure.

So in addition to being an expert in teaching football fundamentals, strategy, scheme and team dynamics, we need to be prepared to play psychologist a bit as well.

Don't ever plan to lose, but make sure to prepare for it. I like to treat losses much like I treat mistakes; they are an opportunity to learn and improve. I feel that you can learn a lot more about your team from a loss than you can from a win. Losses force you to see where you need to improve and can create great opportunities to get your team to band together in response to adversity rather than fall apart. How you handle these struggles within the game, immediately after and during subsequent team activities will set

an example for your players.

During the game; how do you deal with adversity? Are you yelling and screaming at players and officials, throwing clipboards and hats? It sounds silly, but I think we've all seen this from coaches at one point or another. What if you, instead, talk to players and officials? Find a way to try to fix or adjust what's not working in a constructive way instead of being adversarial with officials and breaking down players for things that aren't going as planned.

After the game (this is a tough one), set aside your frustrations, anger and personal pride BEFORE speaking with your team after the game. Avoid singling players out for mistakes and make sure to spend some time talking about in-game successes that you can build on. Make sure that players understand that this is a chance for improvement and that mistakes and losses are all a part of the learning process and will make us all better in the long run if we treat it as a tool rather than as a failure.

Commit some time to breaking down film after the game to see where things went awry then come up with a plan to improve those challenge areas during practices the following week.

Most importantly, control your emotional state and attitude towards adversity and set expectations ahead of time with your staff, families and players on how you will

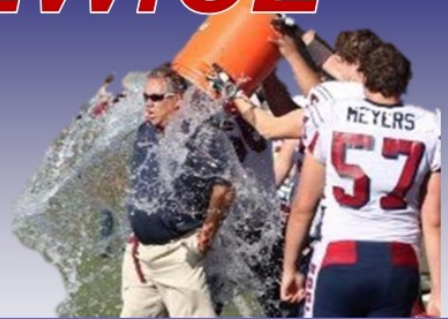
deal with frustrations as a team. One of our greatest victories this past season came in what was recorded in the standings as a lopsided loss. Down by 3 scores late in a game our boys came together and battled with all of their hearts. Our fans were going berserk, cheering and screaming at the top of their lungs in support of the kids. This spurred our boys on and they finished with their greatest effort of the day, taking the fight to our opponent who found themselves back on their heels and fearing every snap of the ball at the end of a game that they won handily. Even the opposing fans were taken aback at the loud, positive support that our fans exhibited, some wondering out loud if we were even aware of the score. This was one of the greatest moments of the season for our boys who learned in that loss that there is victory to be found in any situation depending on how we respond to adversity. We can accept the loss and quit or we can fight harder than we've ever had to before and leave the field exhausted and victorious even in a game we did not win.

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**



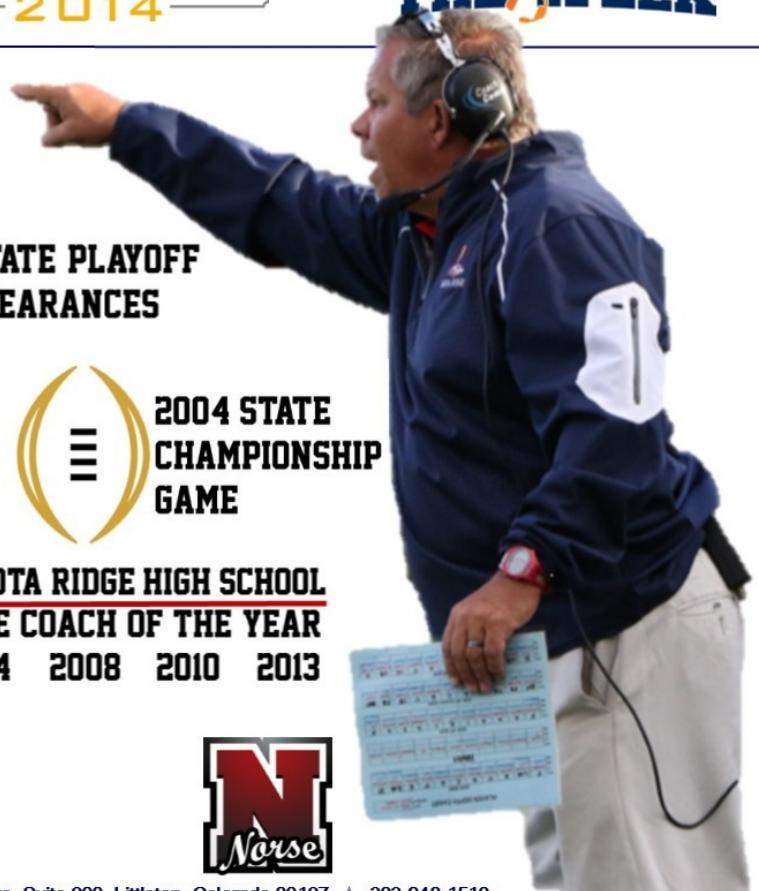
**STATE PLAYOFF SEMIFINALS
2004 2008 2010**



**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

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

WHAT TO BRING:

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

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
720-838-3931
rwoitale@jeffco.k12.co.us

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.
- EXCELLENT CHANCE FOR PARENTS TO SEE KIDS IN ACTION DURING CAMP.

WHAT TO BRING:

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

PLAYER'S NAME: _____

ADDRESS: _____

PARENT'S NAME: _____

PARENT'S EMAIL: _____

PHONE: _____

GRADE/AGE: _____

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