

DRHS COACHES

RON WOITALEWICZ
(HC/DC/LB)

JEREMIAH BEHRENDSEN
(OC/QB)

PAUL SHEEHY(STC/DL)

TIERRE DURAN
(JVHC/DB)

DUANE CRAIG(WR)

CHRIS FLYNT(WR)

JEFF HINES(DL)

MARK LEON(DB)

ERIC NEYEN(LB)

JOHN OFFERDAHL(DB)

MATT OSTERHAUS(OL)

JARED SCHULZ(RB)

GORDON STANT(OL)

NICK MAY(HFC)

SCOTT CAVALLARO(F)

VINCE GRISHMAN(F)

JOE WEGNER(F)

DRSA YOUTH FB

JOHN KELLNER

JOE CHRISTENSEN

MARK CUSICK

BILL STUBBLEFIELD

DAVID LOOMIS

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Navy Cardinal Insider

VOLUME 3, ISSUE 7

Coach Woj's Update:

I hope that everyone had a wonderful July 4th holiday and that we remember what a great country we all live in and the freedoms that we have in the United States. I hope you all had the chance to relax and spend some quality time with family and friends.

As we start to close out our summer weight training and speed camp, it has been a really good summer for our team. We had a very successful team camp in Pueblo, won our pool at the Broncos 7 on 7 tournament and beat Widefield at Dove Valley in the tournament before falling to a good Arvada West team. Our lineman had an outstanding lineman challenge at the Broncos lineman challenge as well. Our players have been working hard in the weight room to prepare for what proves to be an exciting 2018 football season. We have talked about attacking each lift and workout every time they are in the weight room and working to be the person that everyone wants on their team on Friday nights. We have gained strength and our agility and speed have improved over the summer. We have two weeks left before they get some well-deserved time off before we start on August 6.

We have a busy two weeks left. In the next two weeks we have our Dakota Ridge 7 on 7 tournament on July 10, Columbine Hog Olympics on July 13, senior BBQ

on July 15, parent meeting on July 16, and Pomona 7 on 7 July 17. We then finish our summer stuff on July 20 and an annual trip



Coach Woj
DRHS Head Coach

to Water World to finish off the summer. Therefore, as you can see it is a very busy next couple of weeks.

We will begin our fall practice on August 6. The varsity/JV will practice at 7:30 a.m. and the freshman will start at 2:30 in the afternoon on the 6th. So we have about 4 ½ weeks until we begin our quest for a league championship and a playoff berth. We will open our season on Friday August 24 at 7:00 against a very good Rampart football team at Trailblazer stadium. I hope that we can pack the house for the opener that night. We will then head to Orlando, Florida for a game against Hernando High School and play at the ESPN Wide World of Sports complex on the Disney property. It is such an exciting time for our players, managers and coaches.

Our league is much tougher this year and we are looking forward

to the challenge of playing against some very good schools and programs. Our league will be Bear Creek, Grand Junction, Chatfield, Wheat Ridge and Golden. Our non-league consist of Rampart, Hernando, Vista Ridge, Ponderosa and Vista Peak. It proves to be a very challenging schedule for us and will benefit us come playoff time.

I hope that we will have a great turnout for youth players registering to play in DRSA football, and remember we have rejoined JMFA for the 2018 season. We are the only area association playing in JMFA so what a great opportunity for our youth players to learn about Dakota Ridge football in a very competitive league. Please encourage your sons to play football because of what football teaches them and the experience will be unforgettable for them. It is the greatest game there is.

I hope you will all plan to attend as many of our varsity games as possible and please let me know if there is anything we can ever do for you. I would love to be the Jeffco School this season that leads all others in attendance at our football games so plan on making a night of fun out of it and joining us to watch some Friday Night Lights.

Don't Flinch!

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

Upcoming Events/Dates

Events for DRHS Football

- Speed camp will end on 7/6, but lifting continues until 7/20
- 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
- DRHS 7on7 7/10 @DRHS
- Hog Olympics @ Columbine HS on 7/13

Events for DRHS Football

- Senior BBQ @Woj's 7/15
- Spirit Pack Money Due 7/16
- Mandatory Parent Meeting held on 7/16
- Pomona HS 7on7 7/17
- WaterWorld 7/20
- **Official Start of Practice for the 2018 Season 8/6**
- [Season Opening Game](#)
 - August 24th @7:00 pm
 - Trailblazer Stadium
 - vs. the Rampart Rams

DR Youth, Community & Coaches

- Youth Football Registration is still open for 7th and 8th grade tackle football...as well as flag football
- Flag Football is offered for K-2
- Go to dakotaridgesports.org to register ASAP!
- Youth Contact Camp on 7/27 and 7/28...talk to your coach now for more info or email Coach Behrendsen at: jbehrend@jeffco.k12.co.us
- EagleFest Youth Football Scrimmages will be on Saturday 8/18...plan to stay at EagleFest for fun, games and food!!

“The Mike and Will linebackers must play in partnership and trust one another to each perform their job as the play develops”

Coach Neyen: Middle LB's...Hammer and Knife

Dakota Ridge has a long history of superb linebacker play. We have been fortunate to have many talented athletes and have been purposeful in their development. Each year the incoming freshman receive coaching from varsity coaches throughout the summer to help them prepare for the rigors of high school football. This opportunity allows these athletes the opportunity to understand our varsity philosophies and culture at an early stage in their development. For the last two years, all four of our varsity linebackers earned All Conference honors with one each year earning All State honors. This makes two years in a row we have had a Dakota Ridge linebacker represented in the All State game.

Middle linebackers are our primary run stopping players. The Mike and Will linebackers must play in partnership and trust one another to each perform their job as the play develops. They should understand that their role inside the box may change based on the direction of the play. They must conceptually understand how to dictate the direction of the ball carrier in conjunction with our outside linebackers. Philosophically, in a 3-4 defense the outside linebackers are force players to ensure outside contain. The strong side inside linebacker becomes a force player as well while the weak side inside linebacker becomes a spill player looking for the “weak side window” that will allow for the tackle for loss (TFL). This is what we call the “Hammer and Knife” run-stop technique. As a

coaching staff, we are constantly in search of new concepts, techniques and philosophies. Just as many of our players do, we attend several clinics and camps each year in order to continuously improve. The Hammer and Knife technique was shared with us by the linebackers coach at the Colorado School of Mines, Brandon Moore.

The hammer and knife run concept is a partnership between the Mike and Will Linebackers. It is a concept utilized when neither are blitzing. At the snap, each inside linebacker will read the play. We teach the inside linebackers to focus on the ankles of the deepest running back through the guards. The offensive lineman will typically allow for the quickest determination of direction on a run play.

...Coach Neyen: MLB...Hammer and Knife Continued

The direction of the play determines which side becomes the strong side or play side. The inside linebacker on the strong side of the play becomes the “hammer”. His job is to force the running back to have to stop and find a running lane in the opposite, inside direction. This often involves having to engage with a pulling guard or other lineman releasing to the second level. Inside linebackers should be very skilled at shedding the blocks of lineman in order to be free to make a tackle or dictate the direction of the play at the point of attack. The goal of the strong side inside linebacker in this situation is to engage the lineman at or behind the line of scrimmage by quickly

reading the play and a full speed attack downhill. Once the running back sees that the intended running lane has been closed, he should be looking for a weak side, inside lane. This is where the spill player should be. After the strength of the play is determined, the weak side inside linebacker becomes the “knife”. The knife’s responsibility is to slice underneath the blocking lineman. We call this the weak side window. If everyone in the box is doing their job, the knife will make the tackle behind the line of scrimmage for a TFL (tackle for loss).

At DRHS, linebackers must have an aggressive, downhill playing style

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

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

“Inside linebackers should be very skilled at shedding the blocks of lineman in order to be free to make a tackle or dictate the direction of the play at the point of attack.”

Player Spotlight: Gavin Jordan

Gavin wears #81 for the Eagles and is a returning starter in the slot WR position.

Gavin returns this year as 2nd on the team leader list in receptions, receiving yards, avg. yards per reception and was 1 of 10 Eagles in 2017 to haul in at least one TD! Additionally, Gavin averaged over 5 yards per carry as a relevant threat in the run game on the Jet Sweep.

Gavin has had a great summer of leadership and skill development and was recently recognized by Football University as an elite player at the wide receiver position and was invited to their Top Gun Showcase in Rock Hill, SC.

Check out Gavin’s highlights at:

<http://www.hudl.com/profile/5366418/Gavin-Jordan/videos>





LITTLETON, CO

DAKOTA RIDGE SPORTS ASSOCIATION

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*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 Christensen

Summer is in full swing, family vacations are being taken, Baseball is coming to an end and we all know what that means...

Football season is coming!

There is a lot of excitement around the Dakota Ridge Youth program this season. With the move to JMFA, I feel strong about the competitive edge going into camp with all of our teams. Last year, being my teams first year in tackle football, we learned a lot as a team. We learned how to lose, and also found ourselves on the other side, by winning a few games.

You are probably asking yourself, what does he mean they learned how to lose? Which is a

reasonable question. In a competitive arena, we always want to win, and we try to teach our young athletes how to prepare to do that every chance they get. With the coaching, parenting, and giving it our all, sometimes we come out on the other side (losing) and it's not as much fun. The boys I had last year learned no matter what, you keep fighting. By fighting you get better, and by getting better and trusting the process good things will happen. Never give up, no matter if you're up 35 or down 35. Real character is built in those times. When you're down, showing winning characteristics such as not letting your brother down, builds

winning in other ways.

So as we get ready to break for camp in a few weeks let's all remember that sportsmanship, character, and teamwork are things we need to always build on. Building character is so important because, in winning and losing, teams will be remembered these ages for their sportsmanship. Don't be the team that's remembered for bad character.

Coach Christensen is beginning his 2nd year as a head coach within the DRSA and will be heading up our 4th grade tackle team this fall. Additionally, Coach Christensen serves as the Vice President of DRSA Youth Football and has been a huge part of the continued growth and success of DR Youth Football



A **PLAYER** CAN MAKE A DIFFERENCE, BUT A **TEAM** CAN MAKE A MIRACLE



DAKOTA RIDGE

20 18

FOOTBALL

Coach Woj with 2018 returning all-league players

 FRI, 8/24 RAMPART 7pm, TRAILBLAZER	 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 6pm, TRAILBLAZER SENIOR NIGHT

THE ROAD TO MILE HIGH

* Chatfield game date/location subject to change based on TV coverage

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

**GRADES
2-8**

INVITATION TO ALL YOUTH FOOTBALL PLAYERS

**ONLINE REGISTRATION OPEN TO ALL KIDS IN THE
DAKOTA RIDGE – COLUMBINE – CHATFIELD AREAS**

DAKOTA RIDGE YOUTH FOOTBALL



- ✓ Join a youth sports program which is **family focused, community based**, and focused on **developing** each player as an athlete, student, and community member
- ✓ Join the **ONLY** option in South Jeffco to play in the **top youth football league** in the state, Jeffco Midget Football Association ("JMFA"), entering it's 74th season!
- ✓ Join the **ONLY** option in South Jeffco to play against **familiar opponents, high school rivalry teams**, all within **short travel times** to and from games!



**www.dakotaridgesports.org
720-407-4359**

**DAKOTA RIDGE FOOTBALL . . .
BIG TIME FOOTBALL.
SMALL TOWN COMMUNITY FEEL.**

Register online at www.dakotaridgesports.org



Dakota Ridge Youth Football is returning to JMFA in 2018!

We are excited to be the **exclusive** JFMA organization for the entire South Jeffco area, for **all** players residing in the Dakota Ridge, Columbine, or Chatfield high school articulation areas.

We're **different** than any other options available for a youth football experience, in the best of ways. Join the **one** organization focused on providing an enriching family experience, with that small town, community feel. And, we happen to think it's pretty Big Time Football, too!

We play against **familiar opponents** and some excellent **high school rivalry schools**, including Wheat Ridge, Lakewood, Bear Creek, Green Mountain, Golden, Arvada, Alameda, Englewood, and Standley Lake.

And, at \$225, the registration fee is the **lowest in the South Jeffco area** by \$75! **A better experience AND less expensive? That's a game-winner!**

Questions? Give us a call at (720) 407-4359 or email DRSA Football Director, John Kellner at DRSAOM@hotmail.com.



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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**

