

DRHS COACHES

RON WOITALEWICZ
(HC/DC/LB)

JEREMIAH BEHREND-
SEN(OC/QB)

PAUL SHEEHY(STC/
DL)

TIERRE DURAN
(JVHC/DB)

CHRIS FLYNT(WR)

MARK LEON(DB)

ERIC NEYEN(LB)

JOHN OFFERDAHL(DB)

MATT OSTERHAUS
(OL)

JARED SCHULZ(RB)

GORDON STANT(OL)

NICK MAY(HFC)

SCOTT CAVALLARO
(F)

DALTON FOX(F)

VINCE GRISHMAN(F)

JOE WEGNER(F)

DRSA YOUTH FB

JOHN KELLNER

JOE CHRISTENSEN

MARK CUSICK

IN THIS ISSUE

PAGE 2

- UPCOMING EVENTS/
DATES
- OFFENSIVE GAME
PLANNING

PAGE 3

- OFFENSIVE GAME
PLANNING CONTIN-
UED
- DRHS PLAYER
SPOTLIGHT

PAGE 6

- YOUTH COACHES
CORNER

Navy Cardinal Insider

VOLUME 4, ISSUE 1

Coach Woj's Update:

I would like to wish each of you a very Happy New Year in 2019. I hope that you all had a wonderful Christmas and enjoyed time with your family in the spirit of the season.

I am looking forward to 2019 as we begin our preparation for the upcoming football season. At Dakota Ridge, we will really be hitting the weight room hard and aggressive and will begin our morning meetings and sessions as we prepare to repeat as Jeffco League Champions in 2019. Our players are committed to working hard and advancing even further in the playoffs in 2019 and they understand that their effort and commitment to the offseason workouts is paramount in having that success. We have many players who have the attitude of I WANT TO BE IN THE WEIGHT ROOM; as opposed to I have to be in the weight room.

2018 was a great year with many memories and a legacy was left by that senior group and the 2018 football team. We were league champions, had many All Conference players and will have a few that will be signing to play college football in February. It was a season of difficulties, with the passing of Christian Friedrichsen (a senior), starting 1-3 and then

winning four of five, including beating Chatfield for the first time in 15 years, to win the 4A Jeffco League Championship.



Coach Woj
DRHS Head Coach

Our players never flinched and their hard work paid off in the end.

We just found out that 2017 graduate Keegan Cryder, who plays at the University of Wyoming, was just selected as a 2018 Freshman All-American for this past season for the Cowboys. Keegan is one of six freshman offensive linemen in the entire country who was selected as an All-American. He was the only player at Wyoming to have played all 771 snaps on offense during the 2018 season as a red shirt freshman player. We are all so very proud of Keegan. Great things happen when you play football at Dakota Ridge. We are looking for the next student/athlete who wants to be great and look forward to getting you all in our program.

There are a few things coming up that I want to make you aware of. We will begin our spring Quarterback/Wide Receiver and Offensive Line camps for grades 4-7 on April 1st. I would love to have every 4th – 7th grade football player attend our Monday night camp. It is an 8-week camp and it runs 6:00 – 7:00 for those interested. A great chance to meet the Dakota Ridge coaches and get some extra work in on the skills needed for those positions. We will be getting our Speed and Agility Camp flyers out sometime in March and would love to have all athletes, male or female, attend Speed Camp and work on getting better at their craft.

If you ever need anything, please do not hesitate to contact us at any time. Have a great 2019 and remember to play as many sports as you can and enjoy each one that you participate in.

WE/US/OURS!

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

“STAY AWAY FROM NEGATIVE PEOPLE. THEY HAVE A PROBLEM FOR EVERY SOLUTION.”

-Albert Einstein

Upcoming Events/Dates

Events for DRHS Football

- Jan. 22 - After school lifting at Summit Ridge (Tuesdays and Thursday from 3:00-4:00)
- Jan. 22 - First OL Meeting and Throwing Session
- Jan. 30 - First Defensive Meeting
- Feb. 5 - First DL Meeting
- Mar. 19 - Meet the Coaches Night at DRHS (6:00 in Gym)
- May 1 - Mandatory Parent Meeting 6:00 at DRHS
- May 2 - Last day of lifting at Summit Ridge

Events for DRHS Football

- May 6-8 - Freshman football camp at Summit Ridge (3:00-4:30...cleats, tennis shoes and athletic apparel)
- May 8 - Freshman player/parent BBQ at DRHS (5:00...players are free all other are \$5)
- May 13-16 - Varsity/JV football camp at DRHS (3:00-5:00)
- May 14 - Legacy of Champions
- May 17 - DRHS Graduation
- May 23 - Speed Camp money and forms are due

DR Youth, Community & Coaches

- Apr. 1-May 20 - Position Camps at DRHS for grades 4-7 held each Monday from 6:00-7:00, cost is \$100. **See the flyers at the end of this newsletter for more info.**
- June 3-July 3 - Summer Speed and Agility Camp for grades 2-12...**Flyer coming soon and will be available in this newsletter...you can also look for flyers in Friday folder in early spring.**
- Look for Youth Football Registration to open up in mid-February!

“Next we look at who our playmakers are and how we not only get them the ball, but how we get them the ball in situations that optimize their chances to be successful”

Coach Behrendsen: Preparing an Offensive Game Plan

Over the past few years watching my sons' youth football coaches I've really been able to gain a better understanding of what youth coaches are trying to implement and accomplish when preparing for an opponent. One thing I've noticed is that a number of coaches really do a good job of trying to collect video and scout information on their opponent each week. Many of them even meet as a staff each weekend to plan for their next opponent.

Because of that I wanted to take this opportunity to talk about some of the things we do as an offensive staff each week to prepare for our next opponent. This isn't totally inclusive of what we do, but is the things that I think would provide a great starting place for any staff who is just starting out with their game planning process.

Evaluate yourself each week

The first thing we do is grade and evaluate our own players and scheme. We take time to look at our core plays within

our run, pass and screen game. These are the plays we “hang our hat on” and are plays we try to establish each week as our strength and identity.

Next we look at who our playmakers are and how we not only get them the ball, but how we get them the ball in situations that optimize their chances to be successful. Within that process we are also grading our players to ensure we are truly identifying our best playmakers as well as identifying who are our weak players to see what we need to do to improve their play or if we should adjust playing time. These items together help us with our last piece of self evaluation, offensive tendencies.

If you are scouting your opponent you should of course assume they are scouting you. They are looking for situations in which you are predictable. It could be by formation, down and distance, personnel/player alignment, etc. You should take a hard look at yourself each week to see what tendencies

you are forming. Sometimes you will choose to stay true to a tendency because it's what you do, and other times you will choose to find ways to break that tendency the next week because you want to force the defense to play honest. Either way it's important to know what your tendencies are.

Evaluate your opponent

This one of course seems like common sense, but it's important that you have a focus on what you are looking for in your opponent's film. I like to start by trying to figure out what their base defense is and what players make up their base personnel. Then I like to look at a couple of additional situations to see how their scheme adjusts and if they have any tendencies or adjust any of their personnel. I'm looking to see if they change their front and/or coverage, do they bring in additional defensive backs, a pass rusher or maybe a big body to stop the run. We spend the majority of our time looking at 3rd/4th down situations (what I consider “last chance” situations to keep the drive alive) and Red Zone situations (our best opportunities to put points on the board).

...Coach Behrendsen: Preparing an Offensive Game Plan

Next we evaluate the entire personnel of the defense we are facing. We look at their size as well as their skill set (strengths/weaknesses). We are trying to establish who we think are the strongest players on the defense as well as the weakest players on the defense. This is a task that can be broken down really easily between your staff to focus on the part of the defense they coach against.

Time to start building a plan

Now that you've evaluated what your offense and players do well as well as what the opponent and their players like to do it is time to start developing your plan. I like to first look at how we're going to use our best/core plays in the situations we deem most critical (like 1st down, 3rd/4th down and in the Red Zone). Next we look at how we can connect our core plays to our best playmakers. If one of our best plays is the Jet Sweep and I have a player who is a fast, tough player that does great on the edge then I want to figure out how I'm going to get him

the ball with that play. It might not always go to him, but I want to do what I can to get him that opportunity whenever possible during the game.

Our next conversation is to take a look at how we are going to "protect" all of the plays we have just been looking at. What will our complementary plays look like so that we are avoiding tendencies and keep the defense honest so that they cannot key on one scheme or player in those critical situations. Early downs in a series or drive are a great chance to make the defense second guess what they've scouted as coaches or been told as players. Lastly, we take time to think about the best and worst players on the opponent's defense. We make a plan for how we are going to stop/beat their best defenders (maybe we want to double team a DT, run away from/read an aggressive DE, send 2 OL players to the same second level LB, or look to use certain routes against a good secondary player). We also look at how we can attack their

worst players and how we can get our best against their worst as often as possible. Once we've gone through all of this we can start building our game day call sheet.

Scripting Plays

My game day sheet covers a few scripted items (I leave others up to flexibility and feel for the game). I will script 1st down calls as a way to focus on breaking tendencies, keeping the defense honest, getting a look at what adjustments they make, and getting our playmakers the ball with our best plays. I also script 3rd/4th down as well as the Red Zone. Since we've spent so much time looking at these critical downs it's very easy for us to make decisions on what plays and looks to use in these situations.

Again this isn't fully inclusive of everything you might want to consider, but hopefully it gives you a starting point and a chance to think about what you want to focus on when preparing for your next opponent!

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

"Next we look at how we can connect our core plays to our best playmakers. If one of our best plays is the Jet Sweep and I have a player who is a fast, tough player that does great on the edge then I want to figure out how I'm going to get him the ball with that play"

Player Spotlight: Matthew Heitmann

Matthew wears #51 for the Eagles and is returning for his 3rd year as the starter at Left Tackle.

Matthew has twice been named 1st Team All-Conference and for 2018 he was also named 2nd Team All-State.

Over the past two years Matthew has developed into a strong 6'4" 250+ pound player who is dominant in both his

technique and effort.

For 2019 the Eagles are hoping for Matthew to continue on his trajectory as a player and as a leader as they push to capture another Jeffco League Championship.

Check out Matthew's highlights at:

<https://www.hudl.com/profile/7660673/Matthew-Heitmann>





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 Kellner

Dakota Ridge Return to JMFA a Success!

The Dakota Ridge Youth Football Association would like to think everyone who contributed to our return to the Jeffco Metro Football Association in 2018. It was a huge success and could not have happened without the countless volunteer hours put forward by our coaches and parents. We are looking forward to an even better 2019 season!

As an Association we had three teams qualify for the Carnation Bowl Championships. Our 6th Grade team coached by Erick Demgen had a dominant performance against Broomfield, 45-7,

capping off an undefeated season. Their performance on the field was impressive but the work this team does in the community might be even more impressive!

One of our 5th grade teams coached by Dan Kindle also capped off an undefeated season by topping Broomfield 20-7. We are looking forward to seeing continued success with Coach Kindle and his excellent job in building a fine team with great kids and parents.

Finally, our 4th grade team fought brilliantly in their season finale but fell just short against Golden, 6-13. Coach Joe Christensen and his team will be thirsty to get

back out there this coming season.

We are all very proud of our teams, coaches, players, managers and all our volunteers who represented Dakota Ridge so well this past season. As an association we are looking forward to the 2019 season and growing our youth football FAMILY! Please make sure to register for the 2019 season and spread the word, Dakota Ridge youth football is the place to be!

Coach Kellner has served as both an assistant and head coach within the DRSA and is starting his 2nd season as the President of DRSA Football! Coach Kellner is dedicated to the philosophies of the Positive Coaches Alliance (PCA) and is an exceptional Coach and resource to our players and other DRSA Coaches!



Congratulations Coach Woj!



Head Coach, Ron Woitalewicz
Dakota Ridge High School
2018 Jeffco League 4A Champions
[@RWoitale](#)

2018 JEFFCO CONFERENCE COACH OF THE YEAR





BEAR CREEK



GRAND JUNCTION



GOLDEN



CHATFIELD
YOUTH NIGHT



WHEAT RIDGE



MONARCH



RAMPART



VISTA RIDGE



VISTA PEAK



PONDEROSA



2019



DEFENDING 4A JEFFCO LEAGUE CHAMPIONS

DAKOTA RIDGE FOOTBALL

EAGLES

QUARTERBACK/RECEIVER CAMP

RON WOITALEWICZ – CAMP DIRECTOR / JEREMIAH BEHRENDSEN – CO-DIRECTOR

- HEAD FOOTBALL COACH DAKOTA RIDGE HIGH SCHOOL
- 34 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, WIDE RECEIVER OR ANY OTHER POSITION PLAYER LOOKING TO IMPROVE THEIR CATCHING ABILITY AND UNDERSTANDING OF ROUTE RUNNING
- GRADES: 4-7

WHEN:

- MONDAYS BEGINNING APRIL 1, 2019 – MAY 20, 2019
- 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)**
- PAY ONLINE AT WWW.DAKOTARIDGESPORTS.ORG

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

PLEASE FILL OUT AND RETURN OR BRING WITH PAYMENT

NAME: _____

ADDRESS: _____

PARENT'S NAME: _____

PARENT'S EMAIL _____

PHONE: _____

AGE: _____

PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 1, 2019
YOU MAY REGISTER THE FIRST DAY OF CAMP AS WELL BEGINNING AT 5:30 P.M.

YOU MAY ALSO REGISTER ONLINE AT WWW.DAKOTARIDGESPORTS.ORG

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
- 34 YEARS HIGH SCHOOL EXPERIENCE
- 12 ALL STATE OFFENSIVE LINEMAN

MATT OSTERHAUS – CO-CAMP DIRECTOR

- OFFENSIVE LINE COACH DAKOTA RIDGE HIGH SCHOOL
- 17 YEARS EXPERIENCE COACHING HIGH SCHOOL OFFENSIVE LINE
- 15 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: 4-7

WHEN:

- MONDAYS BEGINNING APRIL 1, 2019 – MAY 20, 2019
- 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)
- PAY ONLINE AT WWW.DAKOTARIDGESPORTS.ORG

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: _____

PHONE: _____

E MAIL: _____

AGE: _____

**PLEASE FILL OUT THIS PORTION AND RETURN WITH YOUR PAYMENT BY APRIL 1, 2019
YOU MAY REGISTER THE FIRST DAY OF CAMP BEGINNING AT 5:30 P.M.**

YOU MAY ALSO PAY ONLINE AT WWW.DAKOTARIDGESPORTS.ORG

MAIL TO:

**RON WOITALEWICZ
11763 WEST BELMONT DR.
LITTLETON, CO 80127**

QUESTIONS:

**RON WOITALEWICZ (COACH WOJ)
720-838-3931
rwoitale@jeffco.k12.co.us**