

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 6

Coach Woj's Update:

We have finished our first week of summer weight lifting and speed camp work. It has been a week of mixed emotions and feelings. Our kids have worked very hard in the weight room and doing speed work, but we have also had to deal with the loss of a beloved teammate, Christian Friedrichsen, who passed away from his battle with cancer. Christian was such a warrior in his battle and never quit fighting until the end. Christian was a young man who always had a smile on his face and never let anything get him down... including the cancer. He fought so hard to beat it, but in the end, he could not overcome the power of the cancer. He was a great teammate and player for the Eagles and we all will miss him. We will dedicate and play this season in his honor and never forget what he brought to the team and school.

When this is published, our team will just be returning from Pueblo for our team camp at CSU Pueblo. Team camp is a chance to bond as a team, work on our skills

and see what kind of football team the Eagles will have in 2018. It is always one of the



Coach Woj
DRHS Head Coach

highlights for our players to get to go to team camp and play football and bond as a group. It will be special this year as we keep the memory of Christian alive at camp.

We will host our summer 7 on 7 tournament on July 10 at Dakota Ridge with 12 teams coming over to play some all pass football and again another chance to get better at what our team needs to work on to get to our goal of winning a league and state championship in 2018.

We open play on August 24 vs Rampart High School from Colorado Springs and it proves to be a great game against a quality opponent. We will then travel to Flori-

da to play Hernando High School at ESPN Wide World of Sports on August 31.

I hope you all have a great summer and enjoy your time with friends and family.

I will leave you with this in regards to what many may be feeling about Christian and themselves:

Life is filled with challenging circumstances, but you can rise above them. Life is hard, but you are strong. The struggle is real, but so is your ability to overcome it. As Erwin McManus said, "Greatness is never born from easy circumstances. We can become stronger when the world becomes harder." So when adversity hits, don't run from it. Don't be scared of it. Face it. Take it on and keep moving forward. Murphy's Law is tough, but you are tougher.

Don't Flinch!

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

Upcoming Events/Dates

Events for DRHS Football

- 6/4 Summer Lifting and Speed Camp begins
- 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

Events for DRHS Football

- Florida Money Due 7/1
- Eagle Card Money Due 7/2
- DRHS 7on7 7/10 @DRHS
- Hog Olympics @ Columbine HS on 7/13
- Senior BBQ @Woj's 7/15
- Spirit Pack Money Due 7/16
- Mandatory Parent Meeting held on 7/16
- WaterWorld 7/20

DR Youth, Community & Coaches

- Youth Football Registration closes soon!!!
- Flag Football is offered for K-2
- Tackle Football is offered for 2-8
- 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

Coach Flynt has contributed 2 articles this month to help with WR instruction. This first one is designed to provide coaches and players with some drills to help improve WR play. The second article can be found at the end of this newsletter and goes over some specific coaching points to help with WR play.

Enjoy!

Coach Flynt: WR Drills

Tennis Ball Drills

- Have a pair of WR stand 10yds apart
- Give one a tennis ball
- Have them throw to each other
- Have them through high, low, waist level
- Have catching WR catch one handed

Goals

- 1) Allows more catching reps
- 2) Makes the WR track the ball with eyes
- 3) Forces WR to practice soft hands
- 4) Also force WR to practice correct hand position on low catches

Goalpost Drill

- Have WR stand behind goalpost or anything the receiver can wrap arms around with arms extended around goalpost
- Throw ball at goalpost

Goals

- 1) WR practices catching with hands
- 2) Doesn't allow WR to catch with body

Contact After Catch Drill

- Have WR catch any type of pass
- Coach has some sort of pad or even a swimming pool noodle
- After WR catches the ball coach creates contact with WR
- Not much contact just enough to make sure the ball is secured

Goals

- 1) Force the WR to secure ball immediately
- 2) Gets the WR use to contact after the catch

...Coach Flynt: WR Drills Continued

Distraction Catching

Distraction Drill- WR's line up face the line of distractors who are 15yards away. The coach is 10 yards away. On the snap of the ball WR and distractor run across field. Throw the ball to the WR pass the distractor and has to make the catch right after. A variation to this drill is have the distractor yell and wave arms but does not knock the ball.



Medicine Ball Get Offs

- This a simple drill but I really like practicing explosive starts
- Equipment needed Medicine balls, weight 8lbs at max
- Have a receiver take their stance and then give them the medicine ball
- Have the receiver explode out the stance
- After a step have them let go of the medicine ball. The ball should not fly up instead straight or down
- Have another player or coach stand 10 yards away getting the ball to the next receiver

Goals

- 1) Allows receiver to get more explosion from the starting stance
- 2) Makes a great warm up drill
- 3) One important note make sure a coach is watching for any false steps. Receivers that are not comfortable in their stance tend to false step.

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Enjoy!

Questions? Please feel free to email Coach Flynt at: CFlynt447@gmail.com

Player Spotlight: Tyson Demgen

Tyson wears #17 for the Eagles and is a returning starter in 2018 at the Safety position.

Tyson is the leading returning tackler for the Eagles as he recorded 35 total tackles during his junior campaign in 2017,

In addition to being a solid tackler Tyson also put his skills as a pass defender and a turnover creator last season as he is the 2nd returning player in terms of pass defenses and recorded 4 takea-

ways last year for the Eagles!

In addition to being a staple on the field for the Eagle's defense the team is looking for Tyson to be a solid leader in the back end of the defenses that has a combination of both experienced and young players vying for time on the field in 2018!

Check out Tyson's highlights at:

<https://www2.hudl.com/profile/5366398/Tyson-Demgen>



So You Want To Play College Football?

Recruiting Notes and Tips for Eagles Players and Parents

By Coach Paul Sheehy

Note: This is another 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.

"Podcasts are great resources, since unlike live radio, you can listen to them at any time, on your schedule. Almost every division I program has a podcast dedicated to it's own year-round recruiting news and scoops "

In this issue, we discuss some resources for both players and parents relating to college football recruiting. The focus here is information which is readily accessible on your own time, free, and in small chunks of info. Here it goes.

Podcasts

Podcasts are great resources, since unlike live radio, you can listen to them at any time, on your schedule. Almost every division I program has a podcast dedicated to it's own year-round recruiting news and scoops. These are good if you are honing in on a division I school and want to stay on top of things. I prefer the general recruiting shows to get information on a wide range of players, schools, trends, and topics.

Here are a few of the best ones out there:

High School Football In Colorado by 303Gonzo.com

Link: <http://www.blogtalkradio.com/303gonzo>

Focus:

"Gonzo" (Darrell Gonzales) is one of the few high school football guru's in the state of Colorado. He covers Colorado football in every corner of the state, with a strong emphasis on the Denver Metro area...including Dakota Ridge

SB Nation's College Football Recruiting Podcast

Link: <https://player.fm/series/1682443>

Focus: More of a national slant on the top schools, but the "expert" guests that come on the show are

well worth the time to listen in.

National Underclassmen Recruit Radio

Link: <https://player.fm/series/national-underclassmen-recruit-radio>

Focus: This has been around for 10 years, and focuses on recruiting, training, and football discussion for high school football players, coaches, and parents looking to play at the highest level. Each week we will have different athletes, coaches, and current and past national underclassmen athletes and coaches on to talk more about the exciting recruitment process and who is getting recruited, how to get better for the combines, and what coaches are looking for.

...So You Want To Play College Football Continued

Recruit Knowledge with Omar

Link: <https://player.fm/series/recruit-knowledge-with-omar-porter>

Focus: Host Omar Porter provides some great insight and advice to players and parents about all things college football recruiting.

Twitter

@Mark_Porter

Mark's expertise may lie in the state of Ohio, but his candid advice and comments are a must-read for any players and parents, anywhere in the nation. A "must" follow.

@303Gonzo

Like his podcast, Gonzo covers Colorado high school recruiting like no other, including player profiles, rankings, and news and notes from across the state.

@NCSA

The recruiting service NCSA (Next College Student Athlete) does nothing short of a great job with their free information distributed through their Twitter account. A definite "follow" if you ask me.

@247sportsdotcom

A relative newcomer in the market, they've hired away some top writers in the field from Rivals.com and Scout.com.

@ThaRinger

These guys run a free independent recruiting website, and are known to do a good job in their player evaluations as well. A national scope, but really, I find their focus is on the SEC.

@SimplyCoachO

Coach O also runs a recruiting website, but really his tidbits of info on his tweets is worth a follow.

@SifuSullivan

Run by former DI o-lineman and NFL veteran Marques Sullivan, this Twitter feed is packed with honest information and tips about the process.

@DeionSanders

Yes, THAT Deion Sanders. Brutal honesty is his hallmark in the area of college football recruiting. Not tied to any recruiting service, just flat out tells it like it

is. There is a lot of non-recruiting info he puts out there (and opinions, of course), but even those are entertaining at the very least.

@101Recruiting

A recruiting service, yes, but another outstanding resource for great tidbits of information 240 characters at a time!

@Rivals

OK, so Rivals is the "big kahuna" of college football recruiting. Yes, their the guys to doll out "stars" to recruits like Oprah passes out free gifts. Still, a great follow to keep on top of what's going on out there.

@Ver_Athletics

Verfi'd Athletics does a nice job of tweeting out great info and teases on topics covered on their website and through their recruiting services.

@303Gonzo

"Like his podcast, Gonzo covers Colorado high school recruiting like no other, including player profiles, rankings, and news and notes from across the state"

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

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

Coach Flynt: WR Coaching Points

Stance when DB is off

- Foot closest to QB is forward (since we count steps)
- Front foot is pointed to the 1-2 o'clock position for the left foot forward or the 10-11 o'clock position for the right foot forward
- Knee bent and should be over the toes
- About 90% of body weight over front foot
- Back foot should be about shoulder width apart
- Back foot should be comfortable in where they put back
- Back foot toes on the ground only the top 3 cleats
- Head should be over the front knee
- WR should be looking at the ball
- Hands up but not tight, hands need to be loose
- Head should be over the knee and turned to face the ball

Stance when DB is up tight

- Pigeon toed stance
- Back leg is up more to give a more stable stance
- Hands should be higher than the DB's but not over extended
- The body should be raised up and not down low
- I always tell my player that it is like a fighter stance

Catching (Just a few coaching points)

- Aim small miss small
 - Have the receiver focus on a small portion of the ball
 - If receiver focus on the whole ball he may miss it completely
- Soft hands
 - Elbows bent slightly and not straight, this gives some cushion when catching
- Fingers spread apart
 - Giving the receiver more surface area
- Keep your eyes on the ball throughout the whole catch
 - This is not just the catch but even the transition to securing the ball.
 - I always make sure the WR head goes down slightly to ensure they are watching the ball through out the catch

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Enjoy!



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>

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



DAKOTA RIDGE

20  18

Coach Woj with 2018 returning all-league players

FOOTBALL



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