

DRHS COACHES

RON WOITALEWICZ
(HC/DC/LB)

JEREMIAH
BEHRENDSEN (OC/QB)

DENNIS MAJEWSKI
(STC/JV HC/RB)

TIERRE DURAN (DB)

CHRIS FLYNT (WR)

JEFF HINES (DL)

MARK LEON (DB)

ERIC NEYEN (LB)

MATT OSTERHAUS (OL)

JARED SCHULZ (OL)

PAUL SHEEHY (DL)

PAUL LUNA (FHC)

KEVIN CROGHAN (F)

MICHAEL DELEON (F)

AUSTIN GAYLORD (F)

JAKE IANNELLA (F)

DRSA YOUTH FB DIRECTORS

JOEL MCMANN

MARK CUSICK

BILL STUBBLEFIELD

DAVID LOOMIS
(LEAGUE REP)

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COACH LOOMIS

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Coach Woj's Spotlight:

With spring break in the rear view mirror, we can change our focus and attention to finishing up a strong successful school year and what the summer will bring for us. It will be a busy time with testing, spring camps and planning for our summer lifting and speed camp. Our players are busy working hard in the weight room and fundamental work in the mornings. I am beginning to get a sense that they are excited for the summer to come and CSU Pueblo Camp to begin. First our players must really focus on finishing school strong in the classroom. Eligibility is determined by their grades this semester so we have to motivate and encourage our players to finish strong. I have no doubt they will and that they will help each other when needed.

We will be having our incoming freshman camp on May 9-11 where we will get a chance to see our future in action and get them excited about their upcoming experience playing high school football. We will follow that up with our Varsity/JV spring camp May 16-19 and make sure that we have all our offense and defense in place for when we get to CSU Pueblo camp June 12-15. The varsity will start summer weight lifting on June 1 and then our Speed Camp begins June 6 for everyone.

I encourage all of the youth parents and players to get registered for football for the fall and

the exciting things that joining Pop Warner will provide for our youth players and coaches. We are so excited for this new



Coach Woj
DRHS Head Coach

opportunity and I have no doubt our youth players and coaches will flourish in the Pop Warner league. It is going to be great for sure. Go to DRSA website and make sure to get signed up and encourage all your friends to do the same. Football is a great sport where you can make lifetime friends. We also want to encourage everyone to come to our "Community Information Night" for DRSA Youth Football and Cheer on Tuesday April 19th! It will be at 6:30 pm in the DRHS auditorium. There will be representatives from the DRSA football program, from the Rocky Mountain Pop Warner League, and from the DRHS football staff!

I would also like to make sure that you all get signed up for our summer Speed, Agility and Athletic camp we have at Dakota Ridge. It will begin on June 6 and runs through July 8. The camp is open for all boys AND

girls grades 2-12. We will have camp on Monday, Wednesday, and Fridays. Grades 2-9 will attend from 9:00 – 10:15 a.m. and grades 10-12 will attend from 10:30 – 11:30, and of course the famous Popsicle Fridays is always a treat.

Another camp option for you will be to sign up for the Von Miller camp on June 21-22 at Englewood high school. It is a camp hosted by Von Miller and I am lucky enough to have been asked to work the camp on those days. You can go to www.vonmillercamp.com to register. If you use the promo code "COACHWOJ" you will receive a 10% discount on your registration.

Last I will leave you with this: **If your coach is being tough on you and demanding, consider it a gift. They probably see something in you that you don't see in yourself.**

Finish school strong and make sure to get signed up for Speed Camp and football for the fall 2016. If you need a speed camp form please email me and I can send you a form or you can find the form to download on the DRSA website.

EMBRACE THE GRIND!

Ron Woitalewicz
Coach Woj
Head Football Coach

Upcoming Events/Dates

Events for DRHS Football

- DRHS Football Parent Meeting Wed. May 4th
- Spring Camps
 - Freshman May 9-11
 - Freshman Player/Parent BBQ May 11th 5pm @ DRHS
 - VJV May 16-19

Events for DR Youth/Community

- **FB Registration is OPEN!**
- DR Youth QB/WR/OL Camp
 - Monday's Mar. 28 - June 6
 - 6:00-7:00 pm
- Youth Speed & Agility Camp
 - MWF June 6th - July 8th
 - 9:00-10:15 am
- DRSA Youth Contact Camp
 - Aug. 1-2, 6:00-7:30 pm
- DRSA Youth Football Community Information Night
 - 4/19 6:30 pm at DRHS

Events for DR Youth Coaches

- Come to QB/WR/OL camp to hear DR coaches give position specific instruction. Starts Monday Mar. 28th
- DRHS Spring Camp (open to all youth coaches)
 - May 16-19
- DRHS Youth Coaches Clinic
 - May 18th
- DRSA Youth Football Community Information Night
 - 4/19 6:30 pm at DRHS

“Freshmen football is the bridge for these student-athletes to competitive high school football from youth football, flag football and, in some cases, no football experience at all.”

Coach Luna: DRHS Freshman Football 101

Freshmen football is a crossroads in a young man’s high school career that I am privileged to be a part of. In my career as a coach, it has been my preference to head coach freshmen football as it is such an incredible opportunity to guide young men into a high school career in a sport that I love and value. Freshmen football is the bridge for these student-athletes to competitive high school football from youth football, flag football and, in some cases, no football experience at all. It can be an overwhelming transition that I attempt to manage carefully. Freshmen football at Dakota Ridge High School is organized around the idea of supporting and preparing players for Varsity football, for success in the classroom and to be upstanding young men. To accomplish these goals, the foundation for the freshmen team are our core values which we

call the Eagle Standards along with Academic Accountability and Goal Driven Leadership.

The 2015 Freshmen Football team will help to demonstrate our core values. The 2015 team had 45 players, many of whom started their work in the spring or summer with our program through team organized weight lifting and speed and agility work. Based on the large team and the fact 17 of those players were “new to football”, I worked with my coaches to develop a set of goals to assure the safety and success of those brand new players while still providing safety with our more experienced players. So as a staff we are committed to: “Maintain and emphasize player safety.” To accomplish that goal we use USA Football’s “Heads Up Tackling” instruction and even had Coach Neyen, the Dakota Coach Expert, lead the Fresh-

men through the steps, along with 3 additional whole group reviews and individual instruction and correction for our “New to Football” players. Along with this emphasis on safety our program was also selected by Jefferson County Public Schools to wear Guardian Caps in all our practices which are a padded addition to the helmet meant to increase player safety.

As was stated above, the freshmen team has a set of core values the freshmen coaching staff call the Eagle Standards. Each athlete receives a laminated card like this one:



...DRHS Freshman Football 101 Continued

Players are expected to carry the card with them, memorize the five core values, and put them into action. Also, all the teachers, administrators and coaches in the building also know of these Standards and may quiz a player or correct behavior based on the standards. For our program these five core values emphasize character. Players are expected to be honorable in the classroom and on the field which includes learning the school fight song and supporting teammates. They should put team first which is the sign of a mature athlete whose desire is to be part of something bigger than they are alone. They should listen to their coaches and hustle when called to move. As an Eagle, they are now part of a football family that competes to win which may require players to earn play time and work hard to earn more playing time. Lastly, we have a 'One Voice' value which

means that when coaches speak, players listen and when in a huddle when the signal caller speaks, players listen. These values are a vital part of our success but will be useless if we don't have fun which is a key part of my philosophy.

The transition to high school can be extraordinarily challenging for incoming freshmen. Most of them have not experienced block scheduling, longer classes or the rigorous expectations of a high school. So, in response to that freshmen football players coming into Dakota Ridge have team academic time every school day to support their academic success. I oversee that time, support them as a teacher in the building and motivate them to get grades up and strive for academic excellence. We also have an award freshmen football players can earn called the Golden Eagle Award which should serve as

an incentive to keep grades up. Along with that the freshmen coaches offer extra support at the end of practice during our Pride Time session for those in need of academic motivation.

It is an honor to work with these student-athletes. I value the youth coaches who have poured their teaching into these young people. I also value the parents and our booster club who do so much for our team, the players, and our community. Freshmen football at Dakota Ridge High School is organized around the idea of supporting and preparing players for Varsity football, for success in the classroom and to be upstanding young men. Accomplishing these goals truly centers around our Eagle Standards, Academic Accountability and goal driven leadership.

GO EAGLES!

"Freshmen football at Dakota Ridge High School is organized around the idea of supporting and preparing players for Varsity football, for success in the classroom and to be upstanding young men."

Player Spotlight: Jon Freddolino

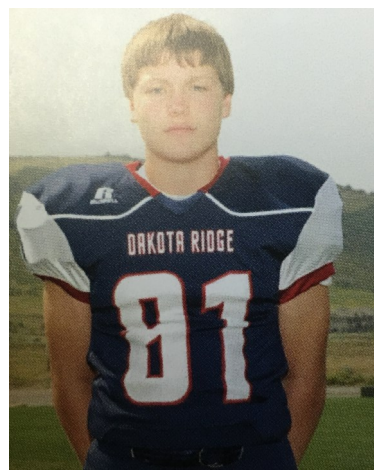
Jon is #81 for the Eagles and spent last season as a starting WR for the team. Jon led the Eagles in yards per catch at almost 29 yards per reception and also hauled in 2 TD's as a junior.

Going into the 2016 season the Eagles are looking for big things from Jon both on and off the field. The Eagles graduate 3 of their top 4 players in terms of

receptions and the new starters are going to really rely on Jon's experience to help them adjust to the varsity level as quickly as possible!

Check out Jon's highlights at:

<http://www.hudl.com/athlete/2674844/highlights>





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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 Coaches Corner by David Loomis

If you are anything like me game days can be a little overwhelming. Who's manning the chains? Is someone bringing the water jug and bottles? Do we have a water boy? Does someone have the video camera? Does it have batteries? Does little Joey have a ride to the game? Who is counting plays? Why is Robby wearing tennis shoes? We have 5 players that all forgot their mouth guards on the same day? Do we have a game plan?.....Oh yeah, that's your job too.

Some things that have helped me survive game days:

Script your first set of plays: Mike Shanahan always scripted his first series of plays while marching the Denver Broncos to two consecutive Super Bowl wins. That first series always seemed to go really well. One reason was likely that the players knew ahead of time exactly what plays that they would be running and showed up prepared to run them perfectly. Tell your players the plays and have them run through them in order the night before the game. This will do wonders for their confidence.

You can adjust as down and distance dictate but if you plan well you may find that you've planned for that as well. Make sure you take in to account things like which hash you will find yourself on after running your previous play.

Have a game plan: Know what you would like to do based on game situations. This doesn't have to be sophisticated, but give some thought to how you would like to react to situations that you may find yourself in. You will likely make better decisions if you have planned ahead instead of having to make a snap decision in the heat of the moment.

Think 2 or 3 plays ahead. I sometimes find myself calling a play, waiting to see what happens then taking a good 10 – 15 seconds to think about what play to call next. When you call a play, give some thought to how you can address the possible outcomes ahead of time.

Have a half time strategy: plan your time, make slight adjustments as necessary. Give the position coaches time with their players to talk about

what is and isn't working. Take a minute to address the team as a whole then have a plan for a quick warm up before they take the field for the 2nd half.

Have pre-assigned game day assignments: instead of asking for volunteers assign families to address various game day duties. You will likely find that most of your families enjoy being a part of the process and will appreciate the opportunity to contribute. The team isn't just the players on the sideline, the team is one big family and includes all of the families.

Lastly, do your best to control your emotional state. If you appear panicked, your players are going to see that and panic as well. Be calm, cool, collected and confident and your players will likely do the same.

This season Coach Loomis led the Dakota Ridge 5th grade team to a playoff appearance in their first year playing at the division I level, and is a year removed from Dakota Ridge's first ever Carnation Bowl championship. He will be providing an article each month to help address some of the situations and concerns that youth coaches encounter.



I AM A COACH BECAUSE...

I am a coach because of the **kids** and the **passion** I have for the sport itself. There is no other feeling quite like **helping** young athletes further develop their natural **persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection** with, and **respect** for, others, not only in competition, but in **life!**