



Stephen Ruempolhamer has been selected as the next head football coach at Denver East.

Ruempolhamer, a proven strength and conditioning guru, making the difference when students progressed from High School Athletics to Collegiate Athletics. Ruempolhamer's work started on the field but didn't end there prior to arriving at East High School, Ruempolhamer, was the Defensive line and Strength and Conditioning coach at Thomas Jefferson High School for three years as the leading force for sending students to compete at the collegiate level, at Division I, II, and III, on full and partial football scholarships. Upon successful seasons, lead the team to and through the playoff series. He then went to Mullen High School as Defensive Line Coach and Assistant Defensive Coordinator, curating a disciplined culture.

A native of Amsterdam, Netherlands, Ruempolhamer didn't get his American football passion until turning 16. It was in the Netherlands that he played in club teams for the city. He then moved to America and attended high school at Union High School, where he was inducted into the hall of fame in 2015. He then went on to play for Iowa State University, playing as a true freshman and became a team captain his senior year. During his time as a Cyclone, Ruempolhamer was the head of many upsets. In 2011, Ruempolhamer was the Captain of the ISU Football Team, where he led the team to a historical triple overtime victory, triggering the BCS playoffs system. After his Iowa State Football career, he was invited to play with the NY Jets, and Detroit Lions in 2012.

Ruempolhamer earned All Big12 recognitions his Junior and Senior year at Iowa State and a four-year letterwinner from 2008-2013. He graduated from ISU in 2012 with a bachelor's degree in Liberal Arts.

Ruempolhamer and his wife, Ariel, are parents of one son, Stephen Jr.