



Romeo Bandison (left) makes a point to Curtis Cunningham (50) and Eugene Goree (98). Photo Courtesy: Chris Kirchner



03/30/2010 B.G. Brooks, Contributing Editor

### Brooks: Bandison's 'Tough Decisions' Bode Well For D-Line

**BOULDER** - During the course of a 15-minute conversation with Romeo Bandison, there's an oft-repeated phrase that undoubtedly offers a clue as to how his work is going this spring.



"I've got some tough decisions to make."

For Bandison, Colorado's defensive line coach, that's a very good thing; those "tough decisions" are a signpost denoting progress. It shows his numbers are up. He's got bodies now, and the bulk of those bodies can play or are on a fast track of learning how.

In the first two weeks of spring practice, more than one of CU's linebackers or defensive backs has paid tribute to the D-line, noting that its experience and overall improvement has allowed the defense "to play faster" as a unit.

Bandison recognizes that, too, starting with the play of tackles Curtis Cunningham, a junior, and Will Pericak, a sophomore. Both, Bandison said, have had "solid springs... they look like old veterans.

They're growing up and starting to get like those last two guys we had (George Hypolite and Brandon Nicolas)."

For the bullish Cunningham and the stoic Pericak, that's well-received, well-earned praise. Hypolite and Nicolas, both holdovers from the previous coaching regime, have been the standard-setters among the current regime's down linemen.

But the 280-pound Cunningham, generously listed at 6-foot-1, and the 6-4 Pericak, who at 285 is 20 pounds heavier than last spring, appear ready to make their own marks.

"Yeah, we're striving to be the best players we can, and if that approaches the caliber of those two that's a very good compliment," Cunningham said. "We're going on pretty much another half season (with spring drills) of playing together, trusting each other and I think those are all good things."

Added Pericak: "It's a process... it would be a compliment to be as good as George and Brandon. But I think me and Curtis are working our way there; we're taking little steps and getting the little things right. Eventually, you want to get to be as good as them - even better. You just keep working at it."

Just over halfway through spring drills, Cunningham believes his biggest improvement has been in "playing with leverage . . . I'm not the tallest guy out there, but I play with the attributes given mestaying low and playing with leverage."

For Pericak, a converted tight end, improvement has come in reaching a comfort level that simply wasn't there when he made the position switch.

"I feel a ton more comfortable, especially with last year being my first spring (in the defensive line)," he said. "I hadn't had a spring in the D-line; I feel a ton more comfortable, getting the techniques down and the little things right - the footwork, things like that make a difference in the way you play."

That pair will be difficult to displace as starters, but Bandison expects them to be pushed. He was counting on sophomore Nate Bonsu, a powerful 290-pounder who played as a true freshman, to be among the chief pushers until Bonsu suffered a knee injury during winter conditioning work and underwent surgery that will keep him sidelined until August camp.

Then there's the enigmatic Eugene Goree, a 310-pound junior who annually tests out among the Buffs' strongest players. Thus far, Goree's most memorable performances have been in the weight room, but late last season Bandison began seeing a different Goree.

"At the end of last season, his work ethic probably quadrupled," Bandison said. "It was really good to see - and he took that into the off-season and he's done better in school. As long as he's been here, this is the most consistent he's been for a long period of time.

"I'm excited about that. It'll translate, there's no other way it can't, onto the field. I know he's got a motor - he's shown it. Maybe the light's come on. But you've got to show up and compete every day. That's what he's got to do all the time.

"But since October, November, he's come around and I'm excited for him. He walks around with a

smile on his face, he comes in and watches film . . . he's doing all the things he needs to do to be a good player."

The CU staff always has had high expectations for Goree, who was "very close to playing as a true freshman," Bandison said. But with Hypolite and Nicolas manning the two down spots, there was no need. Now, there is a need - specifically for quality depth.

Joining Goree in the "has the light come on?" category is Conrad Obi, a physically impressive (6-3, 280) junior who started as an end but has bulked up enough to play tackle.

"He's improving, and as we keep evolving in the defense and tweaking some things, it's starting to suit him more," Bandison said. "He's still got some things to work on, but he's gotten to the point where I feel like he's going to do the right thing all the time and we can depend on him."

Bandison admits that Bonsu missing spring drills will put the player in a "catch up" mode in August camp: "He needed the 'reps,' but he's a hard worker."

At end, Bandison's overall numbers are just as prevalent, although he hasn't found a consistent quarterback chaser comparable to former end Abe Wright.

Bandison's steadiest end is fifth-year senior Marquez Herrod (6-2, 280). A three-year letterman, Herrod led the Buffs last season with six QB sacks and could be even more productive this fall.

Sophomore Nick Kasa (6-7, 270) played as a true freshman until injury (knee) and sickness (mononucleosis) shelved him.

"He really started to show up right before got hurt... you could tell he was going to be a good player," Bandison said. "He missed out on seven or eight games - that's a whole lot of experience.

"There are a lot of things you can't figure out unless you play. You've got to get hit in the side of the head once in a while, O-linemen have got to cheap shot you - the sort of things you don't know until it happens in a game. He missed out on that. But he's looking good right now. He'll play a lot and help us."

In addition to Bonsu and Kasa, end Forrest West (6-1, 255) was a third true freshman who worked his way into Bandison's 2009 D-line rotation. Junior Josh Hartigan (6-1, 240) moved from linebacker to end and has done enough this spring to draw Bandison's interest.

"We run a three-man front with one defensive end and I've got four guys competing in there," Bandison said. "I keep telling them, 'I might redshirt one of you,' but I really don't see how I can.

"All my guys have done pretty well. You could tell after last year, with a lot of young guys playing, you can see now they're mature. They've gone through a season and have had a good off season under their belt. It's showing up.

"We've got good depth and there's not a lot of drop off in their (backup's) play. I've got some tough decisions to make - which is good."

Better than it's been, in fact.

**BUFF BITS:** Kicker Aric Goodman is scheduled to see a doctor Wednesday for an ailing right hip. Goodman has not practiced since returning from spring break.... The Buffs have Wednesday off, then resume practice Thursday. Their second spring scrimmage is scheduled for Friday (4 p.m., Folsom Field, weather permitting).

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### Richter gaining stronghold on CU line

Juco transfer earning reputation as strongest Buff in Hawk's program

**By Kyle Ringo** Camera Sports Writer Boulder Daily Camera

Posted: 03/31/2010 12:00:43 AM MDT



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Somewhere down the road when he is finished with school and his football career comes to an end, Eric Richter wants to catch bad guys.

The new addition to the Colorado offensive line comes from a family with some history in law enforcement. His cousin is a prison guard in Arizona and his great-grandfather served as a policeman.

Richter has just the sort of intimidating look that would work well with a badge and a gun. It wouldn't hurt that he's strong as an ox. That already has paid off for him in the form a scholarship to CU.

Richter might have become the strongest player on the team the moment he signed with the program in mid-December. Wide receiver Scotty McKnight was asked during a casual conversation a month ago before spring ball about Richter and what impact he might have.

"He repped 500 pounds three times on bench press," McKnight said with an "enough said" look afterward.

Coach Dan Hawkins learned of Richter's interest in law enforcement and encouraged him to do a ride along with campus police this winter. Richter said it made him want to serve the community even more.

"We just went to different dorms and busted up kids who were having too much fun in their rooms," Richter said with a smile. "It was fun just to be able to cruise around and see what it would be like when you get a call and see what's going on and try to take care of it. There was nothing majorwhen we went out."

The Colorado offense has been plagued in recent years by injuries and shaky play from its guards. The problem was such as an issue that coaches actually moved defensive tackle Eugene Goree to guard for a week in 2008, and he played offense in a game that season. They toyed with doing it again last year.

CU had at least eight scholarship offensive lineman on its roster in the offseason who have been in the program for at least two years and are candidates for playing time at guard.

Yet, coaches felt compelled to dip into the junior college ranks, where they found Richter, who appears well on his way to pushing his way to the top of the depth chart.

The 6-foot-3, 305-pound junior from Saddleback College in California, is competing this spring at left guard with Ethan Adkins, who was a starter last season, and Blake Behrens, who was a starter in 2008. Richter is running with the second-string line much of the time with six sessions remaining in spring ball.

"He's big and strong and physical," offensive line coach Denver Johnson said. "He's what we thought he was there. He's still trying to get it all figured out a little bit right now assignment-wise.

"You know, confused players don't play fast. You can still see the wheels turning and the mental gymnastics are going on inside his head. But when he is convicted and really assured of what he's doing, he's been pretty impressive. ... He's big

and physical and we certainly need that physicality."

Richter opted to attend junior college. He wasn't forced there by poor grades in high school.

He didn't get many scholarship offers as a senior, something he believes was a reflection on the reputation of his high school program. The offers he did receive came mostly from East Coast schools, and he didn't want to move across country.

He took a calculated risk that playing junior college football for a year or two would pay off, and he believes it has. Richter, the son of an aerospace engineer and nurse, said he is fitting in nicely in Boulder.

"I have always been like the leader on my teams back home," he said. "I feel like after a year here, I`ll be able to gain the respect that I need be able to just run with it and hopefully make a big impact on this team."

Richter said he doesn't feel pressure to earn starting spot this year. He has three seasons to play two, but he isn't putting any limits on himself either.

"Coach was saying they need to be more aggressive up front, and I think that's how my playing style was back home," Richter said.

He said much of what the Buffs do in blocking is the same as what he did with his junior college team. He said he occasionally finds himself confusing play calls with terminology he grew accustomed to the past two seasons.

Richter has made some progress over the past four practices and believes he will only need a few more before he is at a point mentally where he can play and react without having to think too much.

"I'd say by the time we get to the spring game, I'll be at that point," he said. "Even after this week, two more practices, three more and I think I'll be there."

Once he gets there, and the program welcomes back injured players such as Ryan Miller and Max Tuioti-Mariner and Matt Bahr, the line and the offense will be in a much better place.

#### **Notable**

Colorado has been fortunate this spring with good weather. The Buffs have been able to hold all nine practice sessions outside on the practice fields instead of in the bubble. ... Offensive linemen Bryce Givens and Max Tuioti-Mariner and wide receiver Andre Simmons were not at practice once again. ... Redshirt freshman quarterback Seth Lobato is spending some time at practice running pass routes as a wide receiver. ... Place-kicker Aric Goodman is recovering from an injury and walk-on place-kicker Marcus Kirkwood has been the most consistent performer in his absence.

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#### All Things Colorado Sports — Blogs — The Denver Post

MARCH 31, 2010, 7:49 AM

## Conversion of CU's Mahnke to LB going smoothly

By **TOM KENSLER** | No Comments

CU assistant coach Brian Cabral has a new addition to his linebackers corps and he says the kid looks like "a natural" — which is significant because junior Patrick Mahnke has played strong safety for two years.

"He's been a pleasant surprise," Cabral said of the 6-foot-1, 205-pounder. "I'm just pleased that he does a lot of things naturally, as a linebacker. He seems like he's more suited at linebacker (than at safety)."

A former standout at Mountain Vista High, Mahnke willingly made the move this spring, joking that he's a bit slow for a safety but fast for a linebacker.

Mahnke played in 12 games at safety as a true freshman in 2008, starting the Nebraska game. But he lost playing time to former tailback Ray Polk last season.

Cabral said the position change likely is permanent. As it stands now, Mahnke is working on the second team at the weakside ("will") inside linebacker spot behind sophomore Jon Major.

"In all reality, you almost look for big safeties to be linebackers in this game — they have to run," Cabral said. "But I just think Pat does a lot of things very naturally in terms of reading and hitting. He just sees things."

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#### All Things Colorado Sports — Blogs — The Denver Post

MARCH 30, 2010, 3:44 PM

# New CU guard Richter rising on depth chart

By **TOM KENSLER** | No Comments

It didn't take long for Colorado junior-college transfer Eric Richter to discover that at this level there's a big difference between working with the second team in practice and being relegated to third string.

Halfway through the four weeks of CU's spring drills, the offensive guard has progressed from the threes to the twos.

"I'm getting a lot more reps with the twos," Richter told me Tuesday. "I'm learning the physical and mental part of it rather than just the mental part.

"A lot of times they'll ask for 'Ones, twos, ones, twos, sometimes threes, then ones, twos.' It's a lot better being with the twos.' "

Richter, 6-feet-4 and 305 pounds, earned all-conference honors last fall at Saddleback College in the Los Angeles area. He was one of two junior college players signed by CU during the recently completed recruiting cycle.

Richter, who chose CU over San Diego State, was able to enroll early. Linebacker Evan Harrington from College of the Canyons (Calif.) will join the squad in time for August camp.

"Getting here early was huge," Richter said. "I feel like now that I'm able to go with the second group, everything will pull together and I'll be able to handle things from there."

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#### All Things Colorado Sports — Blogs — The Denver Post

MARCH 30, 2010, 8:30 AM

## **CU's Great Wide Hope**

By **TOM KENSLER** | No Comments



[1]

Colorado's <u>Brian Lockridge</u> <sup>[2]</sup>, right, is tackled by <u>Steven Hicks</u> <sup>[3]</sup>, left, during their scrimmage game in teh practice dome at the <u>University of Colorado</u> <sup>[4]</sup> in Boulder on April 17, 2009. (Mark Leffingwell, The Daily Camera)

Maybe that's what I should start calling Buffs sophomore defensive tackle Nate Bonsu, who may be the best and biggest (6-feet-3, 295 pounds) hope that a recruit from Texas will succeed in Boulder.

I thought of that Monday evening after CU coach <u>Dan Hawkins</u> <sup>[5]</sup> confirmed that sophomore cornerback <u>Steven Hicks</u> <sup>[3]</sup> is no longer on the team. A native of Tyler, Texas, Hicks redshirted in 2008 and was not credited with a tackle last fall.

I don't think Colorado recruits the state of Texas hard enough. And, of late, the Buffs' haven't had much luck with the Texans that were landed.

Hicks was one of two Texas kids to sign with CU in February 2008. The other, wide receiver Chance Blackmon of Tatum, left the program a year ago.

Buffs fans have some indication that the bad luck may be changing. Bonsu, from the suburban Dallas football factory of Allen, showed great promise last fall while leading true freshmen in tackles with 15. Bonsu is sitting out spring drills to mend from offseason knee surgery but said he will be ready by the start of August drills. I believe he has all-Big 12 potential.

Coaches are high on two redshirt-freshman wide receivers with terrific size, <u>Jarrod Darden</u> <sup>[6]</sup> (6-5, 210) and Terdema Ussery (6-4, 205). Both hail from the greater Dallas area. Ussery took this semester off to attend to family issues but is expected to be back and eligible for the 2010 season.

Last month, CU signed two defensive players from the Houston area: defensive lineman Kirk Poston (6 -2, 250) and linebacker Lowell Williams Jr. (6-1, 210).

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#### Does Speedy hold key to Buffs' run game?

By Patrick Ridgell © 2010 Longmont Times-Call

BOULDER — Rodney Stewart wasn't supposed to be the guy getting many snaps in practice this spring, what with the Colorado Buffaloes seeking running back depth and "Speedy" already a known commodity.

Nevertheless, Stewart is evolving. That's what he says about himself. That's what his coach says about him, too.

"He's finally starting to listen," running backs coach Darian Hagan said. "As a young player, they don't really listen and digest it all. They listen, but it's all mumbo-jumbo in their minds. But once ... they mature and get experience and you sit them down and you constantly reinforce what you're teaching, then it comes out. You can see it like that. He's a different back.



Colorado's Rodney Stewart, right, hopes to help the Buffs improve this year on last season's Big 12-worst 2.8 yards per carry. **Joshua** 

Buck/Times-Call file

"You can see, when he first got here, last two years, he was really sloppy with his ballhandling. That's gone. He's made a point to improve himself."

Stewart is different in some ways, but he's essentially the same back who, during winter 2009, brought punishment upon his accountability group when he was seen on campus walking without the boot for his broken leg. And he's still the same back who took a run right last season that was designed to go left, and scored a 13-yard touchdown on it.

CU would never douse Stewart's instincts. But he knows he needs to evolve. Here's what he said he's improving.

"My reads, knowing what every person on the line is doing, just getting smarter, putting more thought into the game," he said. "I think the two years of college has really helped me."

The Buffaloes called passes on their first 13 plays at Oklahoma State last November in their next-to-last game of 2009. They have few running backs this spring but a lot of receivers. Their offense could evolve into one that'll pass first, and second.

Regardless, improving last year's 2.8 yards per carry — a statistic that includes sacks — is mandatory. The Buffs were last in the Big 12 in yards per carry. No other program averaged less than 3.4 per.

Improvement hinges on several factors, not the least of which is better offensive line play. Offensive line coach Denver Johnson called last season's circumstances "the perfect storm." That storm featured Johnson's arrival in February and a turnover at offensive coordinator after spring drills. Johnson said there was a learning curve for everybody.

In 2009, Johnson became CU's fourth offensive line coach in five years. He said continuity among the coaching staff is showing benefits.

"I feel a little more confident about what we're doing, and I think the kids feel a little more confident about what we're doing," he said.

Hagan said the key is the chemistry between the offensive linemen, tight ends and running backs.

"If everybody is on the same page, trusting the guy in front of you, trusting the guy next to you, I think we can be really good," he said.

Said junior tailback Brian Lockridge: "We're as good as our line. ... They're doing well right now, but we need to continue to get better with them and move on with them."

And Speedy better stay healthy.

Hagan said he is carrying through on spring plans to give more work to walk-on Quentin Hildreth and former walk-on Cory Nabors, two of the four backs in camp right now. Lockridge is receiving his share as well. Hagan said Hildreth has shown he can contribute come September and they are all "playing their butts off."

But Hagan acknowledged Stewart "is a guy that needs to get touches."

In nine games over his first two seasons, including six as a sophomore in 2009, Stewart carried the ball 20 times or more. CU is 5-4 in those games. In eight of them, he rushed for more than 100 yards.

In addition to the broken leg that ended his freshman season three games early, Stewart also had a hamstring injury in 2009 that benched him at Toledo. His size (5-foot-6, 175 pounds) is not typical for a back who carries the load. But Stewart believes he can handle 20 to 25 carries a game.

No problem.

"I've had a lot of games where I had 20 carries," he said. "I had one game where I had 32. So I think if I lift right and work on the things my body needs to get 20 carries a game, I can definitely do it."

Said Hagan: "I think he can. I don't think we can pound him play after play, but I think he can hold up. He's powerful, in shape, well conditioned. He has the mentality for it."

**EXTRA POINTS:** Senior kicker Aric Goodman has been on the sideline this week. He said he "kind of has something going on with (his) hip." He said he did not know the extent of the problem and is working with doctors to receive a diagnosis. He said he did not know if it will keep him out for the rest of spring drills, which conclude Saturday, April 10. ... CU is scheduled to hold a scrimmage Friday.

Read Patrick Ridgell's CU sports blog at www.timescall.com/blogs/ridgell.





Wednesday, March 31, 2010

## **Thoughts from Boulder**

By David Ubben ESPN.com

Got back to Dallas yesterday, but not much time to rest. I'm headed to Austin today to get an early look at the Longhorns, the last team in the South on my checklist.

But first, a few thoughts on my trip to Boulder:

- Most of the players were pretty upbeat, but that's what you'd expect coming back from a nice 10-day spring break in the middle of practice. Even <a href="Scotty McKnight">Scotty McKnight</a>, who I got a chance to visit with briefly after practice, seemed in good spirits. His sprain and a chipped bone are welcome news after there was speculation that he had broken his leg. McKnight told me <a href="her could play through the pain">he could play through the pain</a> if he needed to, but the Buffaloes didn't want to take any chances.
- McKnight's absence could accelerate the growth of receiver <u>Toney Clemons</u>, who's fall debut should be much-anticipated. Monday was my first chance to get a close look at Clemons, and while he's far from a world-beater just yet, physically, he's every bit of 6-foot-2 and 210 pounds. Great size and great athleticism. By the end of the spring game, quarterbacks <u>Cody Hawkins</u> and <u>Tyler Hansen</u> should know just how much they can count on the Michigan transfer once season arrives.
- Said Hawkins of Clemons: "The best thing about Toney is not what he does on the field. I think it's the presence that he has around the guys in the locker room and in the weight room. He's a guy who really encourages a lot of competition. He's very, very confident, but he's not cocky. He's somebody who's very approachable to all the guys. He's a great leader for everybody on our team, and I think he's really helped our wide receiver group find an identity and play with a little bit of swagger. He's brought a lot of personality out of everyone on the team."
- Speaking of Hawkins, he returned from spring break relaxed and ready to get back to competing with Hansen for the starting job. Hawkins visited his sister in Oregon before heading to Boise to pay his brother Drew a visit. He also spent some time with other family in Idaho. "I personally feel really rejuvenated. Some people spend spring break going crazy and come back needing a break. But I got to sit back, relax a little bit and get ready to roll for spring ball again," he said. "Having a break is nice, but I think everybody's chomping at the bit to get going again." As for Hansen, he stuck around Boulder during his break.
- Colorado coach Dan Hawkins visited a couple schools during the break, but played it coy when pressed to reveal which schools.
- Hawkins has brought in referees to throw flags even during drills, just part of his campaign to eliminate the self-inflicted problems that kept Colorado from winning more than three games a season ago. "This spring we're real focused on penalties, Coach Hawkins is really on the penalties, the small details," said safety Anthony Perkins. "Just really the small details we haven't been good at taking care of so far."

- Nate Solder is big.
- I'll have plenty more on Colorado next week.

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