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Bannan's former CU teammates happy he's back

By **TOM KENSLE** |  No Comments

Two of Justin Bannan's former Colorado teammates, Jashon Sykes and Brad Bedell, gave a big thumbs-up Saturday when asked about Bannan signing as a free agent with the Broncos.

Sykes and Bedell work for their alma mater. Sykes is director of football operations; Bedell a technical intern with the offensive line. Sykes, Bedell and Bannan are all Californians. They arrived at CU as players in the late 1990s. Bedell and Sykes also played in the NFL.

Sykes said Bannan intends to make the Denver area his permanent home. They spent time together at Friday night's Nuggets game.

"Justin is excited," said Sykes, who played for the Broncos. "I know he is going to bring intensity with his passion and his will to win."

Sykes and Bedell both spoke about Bannan on Saturday following CU's first spring practice.

"Justin was a great Buff, he's been a great pro and he's a great free-agent signing for the Broncos," Bedell said. "He brings a hard work ethic. He brings some leadership. He's tough as nails.

"You need a tough-as-nails guy in that league because you're double-teamed every down. That's his strength. I'm happy for him."

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Friday, March 5, 2010

As expected, Jones, Strickland released

Associated Press

NEW YORK -- The [New York Jets](#) have released running back [Thomas Jones](#) and defensive back [Donald Strickland](#), as expected.

The Jets announced earlier in the week they would let Jones go Friday despite his setting career highs by rushing for 1,402 yards and 14 touchdowns and helping New York to the AFC championship game.

Jones was due a \$3 million roster bonus and a \$2.8 base salary.

Strickland spent one injury-plagued season with the Jets in which he played nine games and had two sacks. He dealt with a lingering quadriceps injury, a concussion and a broken pinkie during the season, and suffered a groin injury in the AFC Championship Game.

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