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Longmont, Colorado
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'Speedy' recovery

CU's Stewart: I'm finally 100 percent

By Patrick Ridgell

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BOULDER — If there is an encouraging sign coming from the Colorado football program as it prepares to open Big 12 play Saturday at No. 2 Texas (5:15 p.m., ESPN), it could be Rodney Stewart.

Stewart, coming off successive 100-yard games, said Sunday the hamstring he injured in August has finally come around to where he'll deem it 100 percent. The tailback said he practiced Sunday without the wrap he has worn since returning to practice. He also said he hopes to assume a larger role on special teams, and is trying to "show the coaches what I can do" as a punt and kick returner.

"It set me back a lot," Stewart said about the injury. "I missed a couple of games; I missed a couple of practices; I had to get back focusing on the rhythm of playing and what was going on with the plays. It's just good to be back."

Texas coach Mack Brown held his weekly news conference Monday, during which he fielded questions about not overlooking CU. He had some things to say about "Speedy":

"Tough as nails, quick as can be; he has really good vision, but he's never down," Brown said. "He just keeps fighting, and we saw that last year. He is a guy that really concerns you.

"Colorado is not running the ball quite as well as they were last year and our concern is that they will come in and try to run the ball against us, and by running, handle our pass rush and give Cody (Hawkins) time to throw."

Texas is fifth in the Big 12 with 12 sacks.

Stewart is fourth in the Big 12 with 90 rushing yards per game. He missed the Toledo game with the hamstring injury and had only six carries for 38 yards against Colorado State.

MORE FROM MACK: Brown said Cody Hawkins once attended a camp at Texas, so he has gotten to know the CU quarterback a little bit.

"Cody is a lot like Colt (McCoy, Texas' quarterback and Heisman Trophy contender)," Brown said. "He is tough, he's smart, he makes good decisions, and you're not going to rattle him. Every time he gets knocked down, he jumps up before they get off the field."

Brown also called the CU game important because of the number of Colorado ties his program has.

Two Longhorns — defensive tackle Lamarr Houston and safety Nolan Brewster — attended Colorado high schools.



Colorado's Rodney Stewart rushes for a touchdown against West Virginia during the first quarter Thursday in Morgantown, W.Va.

Jeff Gentner/AP

Four members of Brown's staff either worked or were raised in Boulder, including assistant athletic director Jeff Madden, who's in charge of Texas' strength and conditioning. Madden held a similar role at CU during Bill McCartney's tenure.

OMINOUS NUMBERS: Texas leads the Big 12 with 49.5 points a game and is second in yards with 521.2 per. CU is last in scoring defense, allowing 28 points per, and yards allowed, 408.8.

The Buffs have produced two plays of 40 yards or more while allowing 11. In its three losses, CU has allowed 20 plays of 20 yards or more. CU has allowed 14 touchdowns from scrimmage from distances that average 28 yards.

MORE TV: CU's Oct. 17 home game with Kansas will start at 5 p.m. and air on FSN. It guarantees CU of at least eight national television appearances, and it'll be CU's fifth night game in its first six.

Read Patrick Ridgell's CU sports blog at www.timescall.com/blogs/ridgell. He can be reached at pridgell@times-call.com.

All Things Colorado Sports — Blogs — The Denver Post

OCTOBER 5, 2009, 12:39 PM

More PT for CU's Kasa

By **TOM KENSLE** |  3 Comments

More game action is anticipated for Colorado freshman defensive end Nick Kasa on Saturday at Texas, CU coach Dan Hawkins said Monday.

Speaking on the Big 12 coaches teleconference, Hawkins said there likely will be a steady progression of playing time for Kasa. A 6-foot-7, 260-pounder from Legacy High in Broomfield, Kasa partially tore the MCL in his left knee on Aug. 17 and finally made his college debut Thursday night in the 35-24 loss at West Virginia.

Kasa was in for five plays and made a tackle.

Kasa told the CU website that he felt “pretty good” on the field. “I was kind of too cautious about everything. ... (But after Sunday’s practice) I feel normal and really good right now,” he said.

Last fall, Kasa was ranked by Internet recruiting sites as a national top-50 prospect. He later played in the Army high school all-star game in San Antonio.

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Texas vs. Colorado

Presented by



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TIME: 07:15 P.M. EST
VENUE: Darrell K Royal-Texas Memorial Stadium

Texas hasn't budged in the Top 25 since the preseason poll was released. If the Longhorns can keep it that way through the rest of the regular season, they would have a good chance of playing for the national championship.

Ranked second for the sixth straight poll, the Longhorns continue their quest for their second national title in five years as they host Big 12 rival Colorado on Saturday night.

Texas (4-0, 1-0) has justified its preseason No. 2 ranking with its third consecutive 4-0 start. The Longhorns, the only undefeated team in the Big 12 South, have won by an average of 34.3 points and remain on track for a shot at their first title since going 13-0 in 2005.

Texas had a particularly easy time in its last game Sept. 26. Heisman Trophy hopeful Colt McCoy completed 28 of 35 passes for 286 yards, three touchdowns and one interception, and four Texas players rushed for TDs in a 64-7 rout of UTEP.

The Longhorns outgained the Miners 639-53 and put up their highest point total since beating Colorado 70-3 in the Big 12 championship game in '05.

After Texas was idle last weekend, McCoy - the Heisman runner-up last season - attributed the blowout of UTEP to the chemistry the Longhorns built over the first month of the season.

"It's grown. It is coming along each and every week," McCoy said. "We understand that we have a chance to be really good. We don't want to blow it either. We've got to take care of business each week and this week is all about Colorado."

Coach Mack Brown said he has not had any problem motivating his team to play its best, even against opponents the Longhorns expect to beat. He said Texas is taking the same approach it did during '05, when it cruised through the season before stunning top-ranked Southern California in the national title game.

"What we said (in 2005) was if you all want to win the national championship, then you have to play like it every week," Brown said. "So we actually started taking our game, regardless of who it was against, and seeing how it fit against Southern Cal, and that's what we're trying to do now."

"We're trying to put enough pressure on our team that when they go out and beat a team 64-7 that there are still some things that we need to do better in order to win all of our games."

The Buffaloes (1-3) are another team the Longhorns should be able to handle. Heading into the opener of a Big 12 schedule that features five games against teams currently in the Top 25, Colorado has struggled without having played a ranked opponent.

The Buffaloes threw three interceptions and missed three field goals in a 35-24 loss at West Virginia last Thursday.

"When you play a good football team, you have to maximize your opportunities," coach Dan Hawkins said. "Bottom line, could we have won the football game? Sure. And I think you've got to leave it at that."

Colorado would have to sweep its remaining games, including a bowl, to meet Hawkins' preseason goal of "10 wins, no excuses."

Though a double-digit victory total could be out of reach, Hawkins was encouraged by his team's last performance. His son, Cody Hawkins, threw all three interceptions but also finished with 292 yards and two touchdowns.

Riar Geer caught eight passes for 113 yards, and Rodney Stewart ran for 105 yards and a score.

"Even though we lost this football game, that was our best effort by far," Dan Hawkins said.

Colorado lost its last four meetings with Texas by an average of 35.0 points, the most recent a 38-14 defeat at Boulder last Oct. 4.

McCoy was 23 for 30 for 262 yards, two touchdowns and two interceptions in that matchup. Cody Hawkins was 13 for 33 for 118 yards, one TD and no picks.

Colorado last defeated Texas on Dec. 1, 2001. The Buffaloes, then ranked ninth, upset the then-No. 3 Longhorns 39-37 in Austin.

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Weather

Morning clouds. Mild.

Hi Temp	Lo Temp	Wind	Humidity	Precip %
74°F	51°F	6mph/N	59%	2%

Team Stats

COLORADO					TEXAS				
Passing Player	Pct	Yds	TDs	Int	Passing Player	Pct	Yds	TDs	Int
Hawkins	50.7	1113	9	9	McCoy	73.4	1410	10	6
Rushing Player	Att	Yds	Avg	TDs	Rushing Player	Att	Yds	Avg	TDs
Stewart	80	310	3.9	3	McGee	45	258	5.7	2
Sumler	25	104	4.2	0	Newton	41	203	5.0	3
Receiving Player	Rec	Avg	TDs	Yds	Receiving Player	Rec	Avg	TDs	Yds
McKnight	30	11.2	3	337	Shipley	47	12.4	3	583
Geer	21	10.4	2	219	Buckner	29	11.5	4	333

Head to Head



Colorado Buffaloes
0-0



Texas Longhorns
0-0

PASSING		
1130	Net Passing Yds	1523
226.0	Passing Yds/Game	304.6
50.5	Completions Pct.	73.5
RUSHING		
417	Rushing Yds	875
83.4	Rushing Yds/Game	175.0
2.7	Rushing Avg	4.5

Key Players

Colorado



Cody Hawkins

Pass Att. 205
Pass Comp. 104
Passing Yds 1113
Passing TDs 9
Ints 9
Rushing Att. 13
Rushing Yds -89
Rushing Avg. -6.8

Texas



Colt McCoy

Pass Att. 184
Pass Comp. 135
Passing Yds 1410
Passing TDs 10
Ints 6
Rushing Att. 34
Rushing Yds 58
Rushing Avg. 1.7

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The diet of the CU football team

Nutrition for student-athletes is more than eating healthy

By Gina Yocom on October 6, 2009

It's 6:30 in the evening. It's raining and cold.

While most students are at home staying warm and studying for midterms, the Colorado Buffaloes football team is hard at work on the practice field where they have been for the past four hours running speed drills, tackle drills and running plays as if they could continue practicing all night.

So what are these athletes eating to have this kind of stamina?

While most students try to fit in a meal before morning and afternoon classes, and try to grab something cheap and substantial for dinner, the football team has a much bigger challenge.

Take Nate Bonsu for example.

Bonsu, the 6-foot-2, 295-pound defensive tackle, said he struggles to find time to eat the amount of calories and nutrition it takes for him to not only survive, but excel in practices and in games.

The freshman and Libby Hall resident said he always has to have a good breakfast, which usually includes eggs, meat and waffles, or whatever else he can grab.

Bonsu then tries to grab a lunch that consists of a lot of carbohydrates with a little bit of fat and protein that he said he needs in order to have energy out on the playing field.

However, finding time to eat is one of Bonsu's biggest challenges as a student-athlete.

"Finding time for breakfast, lunch, something before practice, and having classes in between—it's really hard to find time to eat right during the day," Bonsu said.

But to him, it's worth it.

"If you value how your body looks out there, then you better find time and make the right steps so you don't die out there," Bonsu said.



Protein accounts for 20-25 percent of a football player's diet, said Jeff Pitman, CU's director of strength and conditioning for student-athletes. (CU Independent/Lee Pruitt)

Weighing 295 pounds, living in a residence hall, and trying to get the amount of food needed to sustain grueling workouts everyday is not an ideal situation.

What is an ideal diet plan for a football player?

According to Jeff Pitman, the team's director of strength and conditioning, the ideal balanced diet for the football team is 60 percent carbohydrates, 20 percent to 25 percent protein and the rest of the calories coming from fat.

Pitman suggests that an average 6-foot running back needs to consume around 4,000 calories, and add another 500 to 1000 calories if they are looking to put on more weight.

He also stated that another big challenge is keeping the weight the players have gained in the offseason.

For offensive lineman Mike Iltis, nutrition is a huge part of his life.

Before practice, the 6-foot-3, 280-pound redshirt sophomore said he has already had a piece of fruit, breakfast (which usually consists of oatmeal and eggs), two peanut butter and honey sandwiches, and lunch (normally some sort of pasta).

After practice, Iltis said he has a protein recovery shake.

"It gives your body back the protein and carbs it burned right after, so your body doesn't feed off your muscles," said Iltis of the protein recovery shake.

Iltis' dinner normally consists of some pasta with meat and vegetables, and sometimes meat-pork or steak. He then finishes off with a sandwich or even more pasta.

So why are carbohydrates so important to these athlete's diets?

Pitman said carbs help give an athlete's body energy to perform in competition.

"What they are trying to do before the game is load up their muscles with energy and make sure their muscle glycogen stores are full so that they can last throughout the game," Pitman said.

Four hours before kickoff, the team meets for their pre-game meal. This is especially important in order to have nutritious, carbohydrate-rich foods.

Pitman suggests pasta, potatoes, sandwiches, nice lean meats, vegetables and fruit. He also stresses to avoid fats before the game because it will slow down digestion and even cause stomach problems.

For Bonsu, his favorite pre-game meal is a rib-eye steak with mashed potatoes and vegetables. Iltis said he likes rib-eye as well, or pasta with meat sauce.

For the rest of the student body, eating right means eating healthier. For the CU football team, eating right can mean having the energy to run the ball for that extra yard or that final push to make a tackle.

Contact CU Independent Staff Writer Gina Yocom at Gina.yocom@colorado.edu.

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Star-Telegram

Colorado should provide tuneup for UT run defense

Posted Monday, Oct. 05, 2009

BY JIMMY BURCH

jburch@star-telegram.com

AUSTIN — Although the Colorado ground game lacks statistical success this season, Texas coaches and players view the Buffaloes as a viable litmus test for the Longhorns' largely untested run defense.

Colorado (1-3, 0-0 in Big 12) builds its offense around a power running game, with three backs — Rodney Stewart, Darrell Scott and Demetrius Sumler — sharing the load. No. 2 Texas (4-0, 1-0) ranks second nationally in rushing defense, allowing 47.3 yards per game, but has posted those numbers against teams that run pass-oriented, spread offenses.

"The big question mark on our defense ... is, 'Can we stop the run?' " Brown said Monday. "We still haven't had the test we thought we would [in that department]. I'm sure Colorado will try to come in and run the football."

In many ways, Brown said the Buffs could serve as an ideal tuneup for upcoming games against No. 19 Oklahoma (Oct. 17) and No. 15 Oklahoma State (Oct. 31) because all three teams feature "downhill" ground games utilizing a fullback and tight end in their blocking schemes.

The primary difference: Colorado averages only 93.8 yards per game on the ground. That pales in comparison to the weekly production numbers of Oklahoma (185.5 avg.) and Oklahoma State (202.8).

Texas players insist Colorado's rushing stats are misleading because the Buffs have trailed in most of their nonconference games, which forced them to abandon the run early and pass more than expected.

"This is a great test," said safety Earl Thomas. "This gets us prepared for down the line. We've just got to hold up out there."

Texting Tebow

Texas quarterback Colt McCoy said he sent a text message to Florida counterpart Tim Tebow, urging him a speedy recovery from the concussion he suffered Sept. 26 against Kentucky. McCoy said he felt empathy for Tebow because he has had two concussions in his football career: one in high school, causing McCoy to miss three games, and one in 2007 against Kansas State. McCoy did not miss any games because of the 2007 concussion.

Co-starters at tailback

Coaches listed tailbacks Tré Newton and Vondrell McGee as co-starters on Monday's updated depth chart. Newton, a redshirt freshman from Southlake Carroll, made his first career start in a 64-7 rout of UTEP on Sept. 26. But McGee came off the bench to rush for a career-high 104 yards and a touchdown in that contest.

Mack Brown said four tailbacks could see significant time Saturday, including Fozzy Whittaker and goal-line back Cody Johnson, who has trimmed down to 242 pounds after hitting 260 in fall drills.

"If you ask me who's going to start, I wouldn't care," Brown said.

Cancer awareness

At the request of players, Mack Brown said school officials are seeking a way to raise awareness for breast cancer at Saturday's game against Colorado. The topic surfaced during a Sunday meeting, after pink-out promotions were visible during several NFL telecasts.

"Two-thirds of them raised their hands when I asked how many families were affected by it," Brown said.

'Wild Horn' warning

Mack Brown said he needs to see better red-zone production from the team's "Wild Horn" formation, which struggled against UTEP after a strong debut against Texas Tech. In the formation, receiver John Chiles shifts to quarterback, with Colt McCoy at receiver. Brown said he told players they need to "bust their tails and get it right" to keep the "Wild Horn" in the team's playbook.

"If we can't use it seven times a game, why have it?" Brown said.

Quiet weekend

Because heavy rains canceled a planned hunting/fishing trip, Colt McCoy said he watched lots of college football games over the weekend during Texas' bye week. He also watched his younger brother, Case, play quarterback and lead Graham past Bridgeport 49-48 on Friday night.

"He played good," McCoy said.

Jimmy Burch, 817-390-7760

[Looking for comments?](#)