



Toney Clemons focuses on one of this three receptions in Saturday's 31-13 win against Hawaii.  
Photo Courtesy: Associated Press



09/20/2010 B.G. Brooks, Contributing Editor

## Brooks: 'T-Clem' Makes His Point(s) In Buffs' Comeback

**BOULDER** - The wait was long for Toney Clemons. The weight was getting even harder to bear.

Since transferring from Michigan to Colorado two years ago and sitting out the 2009 football season, Clemons had prided himself on training hard, practicing hard and staying prepared.

A couple of mottos constantly resonate in his life, one being, "There is no such thing as luck, because luck is not needed when you are prepared and are hard-working."

And there's this one from the late John Wooden: "Talent is God-given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful."

"T-Clem" remained prepared and careful, but his patience was being tested. Throughout last fall's weekly scout team work and during spring drills, his coaches emphasized and reemphasized that his time was coming, a payday awaited.

In April, Clemons recalled, coach Dan Hawkins told him to stay loose, play loose, enjoy yourself and don't chase the game - "let it come to me. That's probably the best advice he's given me. He said my best performances would be when

### BUFFALO EXTRAS

- [→ Buy Tickets: National Championship Pack](#)
- [→ Buy Hawai'i Game DVD](#)
- [→ Gameday](#)

that happened."

OK, but when?

Projected in August as one of CU's freshly minted go-to receivers, the 6-foot-2, 210-pound Clemons, now a junior, caught three balls for 25 yards in the Buffaloes' season-opening win (24-3) against Colorado State and another three for 36 yards in the Bust at Berkeley (52-7, Cal).

As for the kind of afternoon others had envisioned for Clemons and he had envisioned for himself . . . well, it was still somewhere out there. As for ever achieving it and reaching the end zone, Clemons conceded concern, even a smattering of self-doubt, was beginning to seep in.

"I really was starting to doubt myself as a player . . . I thought I might *never* score a touchdown," Clemons said the day after he finally did.

A bit of background here is in order: In two seasons at Michigan, Clemons caught a dozen passes for 106 yards - but no TDs. His most recent trip to the end zone came as a high school senior (New Kensington, Pa.) in the fall of 2006.

That's a lengthy dry spell, and even after Clemons finally scored on a 73-yard pass/run Saturday in CU's 31-13 win against Hawaii he had to rub his eyes and hit the rewind button a couple of times while reviewing the game tape.

"It hadn't sunk in yet," he said. "I watched the tape and truly thought it wasn't me out there. I had trouble believing what I was watching. But now I really feel like a personal weight was lifted. I always keep telling myself that every time I get an opportunity I've got to maximize it. This is a big, big weight off of my back."

The long pitch-and-catch from quarterback Tyler Hansen to Clemons was CU's longest play of the five-year Hawkins era and it provided the bulk of Clemons' 85-yard receiving total (three catches).

Clemons is into visualization, and on Wednesday he told Hansen, "It's our week. I had a visual of making big plays and being instrumental in us doing something good."

If he couldn't foresee the specifics, he could continue to work on how it might happen. On the long TD play, he saw Hansen scrambling out of the pocket toward the sideline. Said Clemons: "He's great when he's on the move, great when he's playing free . . . and we do a lot of scramble drills."

Clemons merely did as he had been coached: He adjusted his route and made himself available for Hansen, who later said, "Scotty (McKnight) was about in the same place, but I had Clemons behind him so I chose him to throw the ball to."

Wise choice, noted Clemons: "He directed me and put the ball where it needed to be. He made a great play."

The score increased the Buffs' second-half lead to a more comfortable 24-13 and was the first of Hansen's pair of TD passes (the second came on a ricochet off of Clemons' shoulder pads to a grateful McKnight). It accounted for the last of CU's points in a 31-point second half that Clemons had more than a small part in inspiring.

At halftime, with the Buffs trailing 10-0, Clemons had something (a lot, actually) to say about the offense continuing to stumble over itself.

"I kind of took on the role of a vocal guy," he said. "A lot of guys don't want to do that . . . me, I like being in that spotlight. If I put my word on something, it's my bond. I've got to speak to guys; they look to me for a spark, for some charisma. If my energy is not in it, it trickles down to them. A lot of times I wear my emotion on sleeve, but I'm willing to do that."

"I told them if they don't have the goose bumps, if they aren't ready to represent our team, our university and Alfred Williams (Saturday was the former CU All-American's 'day' at Folsom Field), then don't go back out there for the second half. I'm just happy that guys got the message, responded and we came back out and played with that kind of character and heart."

Clemons' halftime address wasn't the weekend's only display of emotion. Clemons said he didn't see Hawkins head butt a helmeted player, but noted, "We need that from him. Teams take on the personality of their coach, and he's a passionate guy. It was the right time for him to let the emotion go, the right time to do it. He loves us and enjoys being around us. You've got to play hard for a guy like that."

The Buffs have a bye week before hosting Georgia on Oct. 2. It promises to be another inspirational Saturday as CU's 1990 national championship team will be honored with a 20th anniversary weekend celebration. Many of that team's players, as well as former coach Bill McCartney and his former assistants, have been invited to participate.

CU will use the week off, said Clemons, to its advantage by "getting guys healed, getting in the playbook . . . it comes at a great time. We've got some confidence rolling and have two weeks to prepare. We need that for a team like Georgia. We showed a lot of progress as a unit (offense) last week. We did a lot of things that a lot doubters didn't think we could do."

The Buffs' offensive performance in the second half against Hawaii "is a standard that we should be held to," he said. "We put a half together, now we've got to put a whole game together. We can't win games by giving the ball back (on turnovers). Penalties will kill you, too, but attitude will kill you just as fast.

"Saturday, we showed what we can be, we played to what we and others expect we should be. We've advertised ourselves as having lot of talent, now we have to play as advertised."

**Contact:** [BG.Brooks@Colorado.EDU](mailto:BG.Brooks@Colorado.EDU)

SHOW MENU



# College football coaches battle to find balance

## Big 12 notes

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

Posted: 09/21/2010 12:01:28 AM MDT

Major college football coaches make a lot of money trying to win championships, take their teams to bowl games and produce NFL talent, but they often pay the price with their health.

What coaches do to take care of themselves during the season was a popular topic Monday on the Big 12 coaches' teleconference in the wake of Michigan State coach Mark Dantonio suffering a heart attack over the weekend.

Dantonio's Spartans defeated Notre Dame in overtime on a gutsy fake field goal call by the coach, who found himself in a local hospital with chest pains just a few hours later. Dantonio is taking an indefinite leave of absence to recover. Offensive coordinator Don Treadwell is managing the program until Dantonio returns.

By all accounts, Dantonio is a 54-year-old who did his best to take care of himself and was thought to be healthy right up to the point when he began to experience chest pains, which is why news of his heart attack was such an eye-opener for others in the profession.

Based on comments from coaches Monday, it's clear they have a difficult time balancing the demands of the job in the modern era with eating right and getting enough exercise and sleep.

"We make sure in our schedule that guys can get some sleep and I want guys to get down there in the weight room and work out and get a little sweat going cause all that stuff is important," Colorado coach Dan Hawkins said. "It's hard. There is no question it's hard. It's a hard balance because you don't do a lot of other things, but we definitely try to encourage our guys to go for a jog and lift some weights and make sure you get some sleep. It is a grind though, no question."

Colorado coaches can be seen heading for the weight room or out to jog or walk along Boulder Creek around the noon hour most days. Hawkins generally tries to use a treadmill with a view of Folsom Field in the Dal Ward Center.

Many of his peers around the league said they also emphasize living a balanced life with their assistants, but talking about it and actually doing it is difficult from August through December.

Head coaches have myriad responsibilities that go well beyond spending three hours on the practice fields each day and the Xs and Os side of the job.

They deal with fundraising, recruiting, academics, alumni and community relations and an ever-growing media horde. They also deal with the personal problems of more than 100 players and the concerns of those players' parents. They also have personal lives of their own.

"There is no doubt you just wear yourself thin trying to win every game in the fall, and there is a lot on your plate," Texas coach Mack Brown said.

Missouri coach Gary Pinkel, who has been a head coach for two decades, says he usually works out three times a week in the early morning hours on Monday, Wednesday and Friday. Pinkel said it took him some time to learn how to take care of himself and be a successful coach at the same time.

Pinkel said he used to get "wired" for Saturday games by Wednesday but he has learned to delay that feeling. He said every Saturday morning in the season feels like a national championship game day to him.

"The intensity level and stress is beyond, I think, what anybody would ever imagine on a head coach," Pinkel said.

## Four-week stretch

### **crucial for Bears**

Few thought Baylor would go to TCU and win last week, but with quarterback Robert Griffin back on the field this season, few predicted a 35-point loss to the Horned Frogs.

Baylor is regrouping this week and still has reason to believe it could win six games and get to a bowl game for the first time since joining the Big 12 Conference 15 years ago.

Baylor has winnable games in each of the next four weeks at Rice, at home against Kansas, on a neutral field in Dallas against Texas Tech and in Boulder against the Buffs. The Bears already have two wins and must win three or four of those contests to have a realistic shot at the postseason. They end the year with four straight games against Big 12 South Division rivals.

### **Tigers lose Smith**

Missouri defensive end Aldon Smith suffered a broken fibula in a win over San Diego State and will miss this week's game against Miami (Ohio), adding to Pinkel's stress level. Pinkel said he has had players play with the same injury in the past and that might be possible for Smith after at least a week off. The bone is non-weight bearing.

"The good news is we're going to get him back, but the other is we're going to have some opportunities to play some of our younger guys who have played a lot, and their role will change a little bit," Pinkel said. "That's all good."

### **Bo says no**

Nebraska coach Bo Pelini said the one first-place vote his team received in the coaches' poll did not come from him.

### **Numbers game**

7 -- The number of times Colorado has rallied from at least 10 points down to win under coach Dan Hawkins.

### **Short yardage**

Eight teams in the conference are averaging at least 30 points a game. ... Oklahoma State is scoring so much its kickoff coverage team already has 24 touchbacks. The only other team in the league with at least 10 is Nebraska. ... Texas Tech defensive back Jarvis Phillips leads the nation with four interceptions. ... Texas ranks second in the nation in total defense and plays host to a UCLA team this week than ranks 118th in passing offense. Probably not a recipe for an upset in Austin. ... Brandon Weeden (OSU), Eric Hagg (Nebraska), Curtis Brown (Texas) and William Powell (Kansas State) were named Big 12 Conference Football Players of the Week.

### **Who is hot?**

Oklahoma State redshirt sophomore wide receiver Justin Blackmon is averaging 144 receiving yards per game.

### **Who is not?**

Baylor's offense is converting just 29 percent of the time on third down, including going 2-for-12 at Texas Christian last week.

Close Window

Send To Printer

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

---

SEPTEMBER 20, 2010, 11:08 AM

## Depth helping Colorado tailback spot

By **JOHN HENDERSON** |  No Comments

Colorado coach Dan Hawkins said Brian Lockridge's 100-yard game, combined with Rodney Stewart hitting the century mark also against Hawaii, provided proof that the Buffaloes have depth at tailback.

"We've always said you need about three guys to get yourself through the season and you don't want to wear on one guy," Hawkins said. "We have a young freshman kind of in the mix as well. Certainly having a few guys to keep them fresh and have the talent to carry the ball is a good thing."

Hawkins said he didn't use a Knute Rockne speech at halftime when trailing 10-0.

"It was pretty intense," he said. "But again, we kind of overromanticize those things. It was intense but we're trying to get some corrections and things laid down for the second half. You can't just come in there and yell and scream. There's got to be some constructive answers in there as well."

### More from All Things Colorado Sports

- [CSU runway models show off the 'pumpkin and alfalfa'](#) <sup>[1]</sup>
- [DU hockey team went down in financial flames](#) <sup>[2]</sup>
- [Hawaii coach not taking Colorado lightly](#) <sup>[3]</sup>
- [Colorado 111th in penalties](#) <sup>[4]</sup>
- [Cody likely to coach but not Colorado](#) <sup>[5]</sup>

### All Things Colorado Sports Recommends

- [Matt Duchene Peter Mueller Colorado Avalanche Burgundy game](#) <sup>[6]</sup> (All Things Colorado Avalanche)
- [Colorado Avalanche rookie Tyson Barrie has torn hamstring](#) <sup>[7]</sup> (All Things Colorado Avalanche)
- [Comcast to hike fees in Colorado](#) <sup>[8]</sup> (Cover the Spread)

<sup>[9]</sup>

---

ARTICLE PRINTED FROM ALL THINGS COLORADO SPORTS

**<http://blogs.denverpost.com/sports/2010/09/20/depth-helping-colorado-tailback-spot/12949/>**

URLs in this post:

[1] CSU runway models show off the 'pumpkin and alfalfa':

**[http://blogs.denverpost.com/sports/2010/09/20/csu-runway-models-show-off-the-pumpkin-and-alfalfa/12947/?source=ARK\\_sports](http://blogs.denverpost.com/sports/2010/09/20/csu-runway-models-show-off-the-pumpkin-and-alfalfa/12947/?source=ARK_sports)**

[2] DU hockey team went down in financial flames:

**[http://blogs.denverpost.com/sports/2010/09/20/du-hockey-team-went-down-in-financial-flames/12953/?source=ARK\\_sports](http://blogs.denverpost.com/sports/2010/09/20/du-hockey-team-went-down-in-financial-flames/12953/?source=ARK_sports)**

**The New York Times** Reprints

This copy is for your personal, noncommercial use only. You can order presentation-ready copies for distribution to your colleagues, clients or customers [here](#) or use the "Reprints" tool that appears next to any article. Visit [www.nytreprints.com](http://www.nytreprints.com) for samples and additional information. [Order a reprint of this article now.](#)

PRINTER-FRIENDLY FORMAT  
SPONSORED BY

October 15

September 19, 2010

## Trying to Get Unstuck at a Program Ready to Move On

By **JOHN BRANCH**

BOULDER, Colo. — Before Saturday's home opener against Hawaii, Colorado Coach Dan Hawkins was so fired up that he head-butted a player who was wearing a helmet. Hawkins took the field with his nose swollen and bloodied, if not broken.

"Got a little hyped before the game," Hawkins, scabs creating a road map across his nose, said later. "But I'm an old fullback. I'm used to playing with a bloody nose."

It provided a perfect metaphor for Hawkins's disappointing career at Colorado. He is bloodied but not out. Not yet.

It was nearly five years ago that Hawkins arrived from Boise State, a [breath of Zen-philosophizing fresh air](#) hired to restore order to a once-proud program that was [overwhelmed by scandal](#) under [Gary Barnett](#).

But the Buffaloes are 18-34 under Hawkins. With Colorado leaving the Big 12 Conference for the Pacific-10 Conference in 2011 or 2012, the matter of Hawkins's dismissal seems a case of when, not if.

Speculation through the summer was that nothing less than seven victories in the regular season and a bowl game at the end could save Hawkins. Colorado followed a somewhat clumsy season-opening victory over Colorado State with a 52-7 loss to its future Pac-10 rival California.

When California lost to Nevada on Friday night, 52-31, Colorado fans were quick to extrapolate. Tailgaters on an uncharacteristically cool September morning exuded a mix of annoyance and apathy at the state of the program.

When the Buffaloes jogged toward the locker room at halftime, trailing Hawaii, 10-0, in what The Denver Post called a ["crossroads game,"](#) they were booed. Far-flung fans on Internet message boards wondered if Hawkins could be fired during the game.

Then Colorado outscored Hawaii, 31-3, in the second half. The offense, in no-huddle mode, marched with precision. The defense suffocated the Warriors. Quarterback Tyler Hansen threw a pass that bounced off the hands of receiver Toney Clemons, flew 10 yards downfield and fell into the arms of his teammate Scotty McKnight, who took a couple of easy steps into the end zone.



Finally, things were falling into place.

Colorado had a comfortable lead and a stadium filled with people singing the fight song with unusual enthusiasm. It felt the way it used to feel at Folsom Field, the way it was expected to feel when Hawkins arrived.

"Coach Hawkins was telling me in the locker room, he was like, that was probably the best half since he's been here that we've played as a whole team," Hansen said.

As Neill Woelk of The Daily Camera in Boulder wrote, "[The torches and pitchforks crowd will have to wait.](#)"

Hawkins was asked if the victory could erase the onslaught of criticism tossed at him.

"No," he said with a chuckle. "No. Got to keep moving forward."

Colorado has a bye this week before playing Georgia on Oct. 2 in Boulder. Conference road games against Missouri, Oklahoma and Nebraska later in the season make for a daunting challenge. The Buffaloes do not roam well; they have lost 14 consecutive games outside Colorado.

That the combination of Hawkins and Colorado has not worked has fans more flummoxed than angry. [Hawkins led Boise State](#) to four Western Athletic Conference championships in five years and onto the road toward national prominence. His teams there were 53-11, including a combined 10-0 against Hawaii and Nevada.

When Hawkins was hired in December 2005, Athletic Director Mike Bohn called it "a perfect fit." Few argued. Hawkins was a New Age coach for a new age, an optimistic, multidimensional personality with a penchant for travel, a love of literature and an ear for jazz.

But there have been no winning seasons and few memorable victories. [Starting his son Cody at quarterback](#) for much of his tenure was regrettable, as much for the whispers of nepotism as for Cody's 11-17 record as a starter. Now a senior, Cody Hawkins backs up Hansen, a junior.

But trouble truly started a year ago after Hawkins predicted 10 victories for his team and expectations mushroomed. The Buffaloes went 3-9, and debate swirled over whether to retain Hawkins or fire him with three years left on his contract. That would have cost a few million dollars. Hawkins stayed. The countdown to his firing began.

Confusing matters now is that Colorado wants to enter the Pac-10 with momentum. The move's timing, however, remains uncertain. The university would have to pay the Big 12 a reported \$9 million to leave next summer rather than in 2012. But Colorado, the Pac-10 (which adds Utah next year) and the Big 12 (which is also losing Nebraska to the Big Ten Conference next year) all would rather move on.

Where Hawkins will be is the bigger mystery. For now, he is coaching Colorado, bloodied but not out.