

CU Buffs' Ray Polk named to Lott preseason watch list

By Kyle Ringo Buffzone.com Boulder Daily Camera

Posted:

Buffzone.com

Senior safety Ray Polk is one of 42 of the nation's best defenders named to the Lott Impact Trophy preseason watch list announced this week.

Polk will be one of the most experienced players on the CU roster this fall and he has developed a reputation as a tough guy not only for the hard hits he delivers roaming sideline to sideline but also because he plays hurt.

Polk played most of last season with a cracked sternum and a wrist injury. He led the Buffs with 59 solo tackles last season and finished with 80 total stops. Polk is one of eight Pac-12 Conference players on the list.

The Lott Impact Award is given annually to the Defensive Player of the Year who best exemplifies integrity, maturity, performance, academics, community and tenacity.

The award is named after former USC and San Francisco 49ers defender Ronnie Lott and is awarded by the Pacific Club IMPACT Foundation.