



# COLORADO BUFFALOES

OFFICIAL ATHLETIC WEBSITE OF THE UNIVERSITY OF COLORADO



*Mike MacIntyre says the Buffs generally enjoy each other's company.*

*Photo Courtesy: CUBuffs.com*



## Brooks: MacIntyre Sees More Cohesive Post-Spring Team

Release: 04/16/2013 Courtesy: CUBuffs.com

**BOULDER** – With his first spring in the rear view mirror and his first fall now taking priority, Colorado football coach Mike MacIntyre ended the on-field portion of the Buffaloes' April work on Tuesday with as much of a look ahead as back.

Based on 15 spring practices with his new team, MacIntyre expects the Buffs to enter the 2013 season a more competitive, cohesive and generally glad-to-be-together group.

That might be a small step elsewhere in college football, but at CU it could be a giant leap.

"To outside eyes it's a small thing, but from the inside it's very big," MacIntyre said Tuesday before the Buffs embarked on practice No. 15. "The way we practiced and the way we scrimmaged as the spring went on, it seemed like the young men enjoyed playing more. They were excited for each other, with each other, they were happy when other people made plays.

"They competed like crazy. The team was enjoying the work process (and) if they're enjoying their work process, they can get better. If they're not enjoying it, I don't think they can get better. I think it's a mental state and I think that's true in any business."

The Buffs' ended 2012 in a mental state that was close to total darkness, finishing 1-11 and losing by landslides. Anything that buoys their mental condition and rekindles lost energy can't be all bad, and players pointed to MacIntyre and his coaching staff as having accomplished that.

Back to full speed (and then some) after last season's knee rehabilitation, junior receiver Paul Richardson said he witnessed a daily increase of energy at his position during spring work. He credited position coach Troy Walters' handling of his "organizational chart" for the surge.

"He doesn't like to call it a depth chart; he calls it an organizational chart," Richardson said with a chuckle. "But a few of us have been around the block a couple of times; we know it's a depth chart. He shakes it up . . . we all got a better feel for each other and learned our roles in the receiving corps. We need to perfect those and we'll be a better, more potent and productive offense."

Junior quarterback Connor Wood took a quantum leap over last spring in his grasp of MacIntyre's offense and spring productivity. But Wood, who completed 11 of 16 passes for 205 yards and an 85-yard TD to Richardson in last Saturday's Spring Game, said his position as a whole had improved this spring under QB coach Brian Lindgren.

"I think so, absolutely," Wood said. "I think we're all more comfortable as a group. From throwing balls in warmups to playing in scrimmages, I think consistency with our accuracy as a whole improved."

Wood and fellow junior Nick Hirschman emerged as the spring's co-leaders at QB. Incoming freshman Sefo Liufau, who attended nearly a week of practice when the Buffs returned from spring break, will enter the duel in August. MacIntyre reiterated that a starter would not be named until Liufau has been given the opportunity to compete and the coaching staff can evaluate Liufau.

"We've still got a lot of water to go under that bridge first," MacIntyre said.

Overall offensively, he said through spring drills that unit said "picked up things pretty quick and executed them pretty well . . . but there's still a long way to go."

Offensive personnel that made him take notice over the past month included his quarterbacks – "They improved every day" – several of his running backs who "can make some plays" and a receiving corps that he believes goes at least five deep. He said the offensive line, which was missing projected starters Alex Lewis (guard) and Daniel Munyer (guard/center) due to injury, grasped schematic changes "pretty well" but needed to play more consistently.

Defensively, MacIntyre said as the spring progressed, "especially the last week, we were running to the ball better, tackling better and learning where our leverage angles were, where our help was. We have to really keep improving on that."

Defensive players who caught his eye included end Chidera Uzo-Diribe, linebacker Woodson Greer III, and backs Jered Bell, Kenneth Crawley and Greg Henderson. Once Bell, who has battled knee problems, was about four practices into spring work, MacIntyre said the junior "was flying around a little quicker and faster (in comparison) with the film I watched from last year."

Another area of importance before August camp begins is conditioning, and MacIntyre believes his players "understand the work ethic they have to get to." Conditioning from player to player – be it weight gain or loss, strength/speed needs, etc. – has been explained to all who need to hear it.

Said MacIntyre: "They've got the time, ability and resources to do that this summer, and that's critical."

Tuesday's practice, conducted in the team's indoor practice bubble, consisted mainly of MacIntyre and his staff laying the groundwork for the Buffs' player-conducted summer workouts. Players on offense, defense and special teams were given detailed instruction for position as well as team work, then told to run a "summer" workout.

In his final two seasons at San Jose State, MacIntyre saved the 15th spring practice for a similar purpose, getting the idea from a coaching acquaintance who left the college game for the NFL. "It was a huge benefit and

helped us tremendously,” MacIntyre said.

He and his staff are permitted to meet with the team three more times before the start of summer break – this Thursday, then Tuesday and Thursday of next week.

“We’ll keep learning, teaching, going over spring practice,” MacIntyre said. “It’s a very critical aspect of our program to help us this summer.”

**PERSONNEL MATTERS:** While tight end Vincent Hobbs and receiver Gerald Thomas did not participate in Saturday’s spring game, MacIntyre said both “are on the team.”

He added that each had “family issues” that kept them out of all or most of spring work. However, MacIntyre expects both sophomores-to-be to return in August if they meet requirements he has set for them.

MacIntyre also said he would wait until after spring semester finals to comment on the status of any other players: “We have a few that have to do things to make sure they stay on . . . we’ll know after exams.”

**SPRING AWARDS:** Previously announced spring award winners included Connor Wood (outstanding leadership), D.D. Goodson (most improved offensive back/receiver), Alex Kelley (most improved offensive lineman), Harrison Hunter (most improved defensive back), Woodson Greer III (most improved linebacker), Tyler Henington (most improved defensive lineman), Isaac Archuleta (most improved special teams player), OL Vincent Arvia (outstanding work ethic), ILB Brady Daigh (outstanding toughness), DE Derek McCartney (outstanding academics).

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

SHOW MENU



## Football: CU Buffs' Mike MacIntyre feels team can win in Pac-12

By Kyle Ringo Buffzone.com Boulder Daily Camera

Posted:

Buffzone.com

Prior to the start of spring football five weeks ago, Colorado coach Mike MacIntyre didn't want to offer any opinions about the talent he inherited based on what he had seen on film.

MacIntyre, who was hired away from San Jose State in December, wanted to evaluate every player in person on the practice fields and not go into that process with any preconceive notions.

So what does MacIntyre think now that the Buffs have completed all 15 spring practices under his watchful eyes?

"It's good talent. I think there are guys who can make plays," MacIntyre said Tuesday evening after the final practice. "I think we've got some speed. I think there are some guys that can run the football. Offensively, I think the linemen are athletic on things they can do. They can pull and move. I've been pleased with that.

"Defensively, I think we got better as the spring went along. I thought we started tackling better and started understanding leverage and where your support was coming from. I think we've got some linebackers that can run and hit. I think we've got some d-linemen as they keep improving this summer, are going to be good players. We've got to develop a little bit better pass rush and that comes with their work this summer how they improve it."

And what about the bottom line question everyone wants answered? Can he win Pac-12 Conference games with this roster?

"We better. Yeah, we can win games," MacIntyre said. "We've just got to find the right way to use all of them and everybody buying their role and being in phenomenal shape and really united. There are a lot of things you can do."

MacIntyre said the coaching staff began to find some answers this spring and the process will continue in August when players and coaches are allowed to return the practice fields together. Over the 3 1/2 months, players are responsible for running practices because the NCAA prohibits coaches from any on-field instruction between spring practice and fall camp.

Part of Tuesday's practice was dedicated to coaches showing players how they would like them to practice during the summer without them. MacIntyre said the work the players put in this summer and how serious they take it will be "gigantic" in determining how improved the program can be in 2013.

Coaches have devoted attention to fundamentals all spring and have even gone to the extent of practicing parts of the game that might be unnecessary elsewhere. MacIntyre wasn't happy with the enthusiasm players showed early in spring and that was part of the reason the offense and defense began practicing celebrating in the end zone some drills.

"I think any time you can add some type of enthusiasm or some type of excitement, even if you self-generate it, it ends up being contagious. Like you see somebody else smile and you're not smiling you kind of end up smiling right? So I think that's the whole idea behind that drill."

## Notable

MacIntyre said position coaches will meet with each player in the coming weeks to discuss their performance this spring and the areas in which they need to improve. Each player also has been given targets for weight gains or losses and strength and conditioning gains. Coaches are hoping players can meet those goals by the start of fall camp Aug. 6. ... MacIntyre said true freshmen could be needed to fill holes in the two-deep depth chart at linebacker and defensive back. He said there will be some true freshman who play on special teams as well. ... The team will elect captains before they go home for three weeks in May at the end of the spring semester. Those captains will then be responsible for reporting to MacIntyre throughout the summer.

Follow Kyle on Twitter:

@KyleRingo

## Concussions, off field developments force linebacker to give up football

By Kyle Ringo Buffzone.com Boulder Daily Camera

Posted:

Buffzone.com

Colorado spring football practices ended Tuesday with another goodbye from a player who has decided to give up the sport rather than risking another concussion.

Linebacker Kyle Washington saw some of his teammates for the first time in weeks at the Dal Ward Center before the last practice of spring. Washington did not participate in spring drills this year because of the lingering effects of concussions he suffered last fall and also because of several other difficult developments in his life.

Washington's mother, Tammy, suffered a heart attack three weeks ago and underwent open heart surgery. Also, one of Washington's friends recently died of overdose.

All of those events have taken a toll on him academically this semester in addition to his medical problems. He is leaning toward medically withdrawing from school this spring to avoid any bad marks on his record.

"It's real hard," Washington said of the realization that his football career is over. "Everybody comes in with the thought of possibly going to the league and having that taken away from you kind of makes things a lot harder. You kind of sit back and wonder who you are. You kind of lose some status, you lose everything that you thought you had really."

Washington played in 15 games during his career and made a total of 27 tackles on defense. He also contributed on special teams earning a total of 21 special teams points. He returned six kickoffs for 89 yards during his freshman year.

Washington said he suffered a concussion during a kickoff in a loss to Arizona State on Oct. 11. He missed the next four games because of injury but Washington said he practiced despite still experiencing concussion symptoms. He returned to play in the final two games of the year, having never fully recovered.

In an odd coincidence, Washington is roommates with another Buff, Will Harlos, who medically retired last season because of numerous concussions. Harlos also played through concussion symptoms at CU during the 2011 season without reporting them to team athletic trainers or coaches.

Washington and Harlos actually came to CU on the same recruiting visit in 2010 and joined the program in the same recruiting class in 2011 at the same position -- safety.

Washington said he was aware of the risks of continuing to play despite knowing he wasn't fully healthy, but he chose to do because of his love for the game.

"You just want to play," he said. "I mean, you work so hard in the offseason and then you hurt yourself and those games that you're out it kind of seems a little ridiculous. You feel like you're OK, especially as a football player, you feel like you're OK. That's what the sport is so."

That attitude began to change in the offseason during winter conditioning workouts when Washington realized he was still suffering concussion symptoms. He said he experienced blurry vision, became light-headed and felt

like he was going to fall during those workouts. He also wasn't sleeping well and had nearly constant headaches.

Washington has been seeing a concussion specialist and says he only now beginning to get back to normal. He said he was testing well below normal when he first began seeing the specialist and is now testing at average levels. The intensity of his concussion symptoms also has subsided.

Harlos chose to medically retire and remain on scholarship at CU. It will allow him to earn a valuable CU degree. Washington said he is wrestling with whether to do the same or transfer to an NAIA school closer to in Southern California where he said he has the opportunity to play basketball on scholarship. He still has a thirst to compete.

He averaged 22 points, six rebounds and four assists playing basketball for his high school during his senior season.

"That's probably where I'm going to end up trying to lean to cause it's hard to not play anything," he said. "It's easy to get grades when you have to to compete because that's your passion, but when you don't have to you ... When you have a busy schedule you know where everything fits, but when you have so much free time, you feel like you're a little bit less constructive."

Follow Kyle on Twitter: [@KyleRingo](#)

## CU Buffs receive offseason marching orders from coach Mike MacIntyre

By John Henderson *The Denver Post* *The Denver Post*

Posted:

DenverPost.com

BOULDER — Colorado finished with spring football Tuesday.

Now the real work begins.

A team coming off its worst season in school history needs more than 15 spring practices to reclaim respectability. What the players do on their own between now and the beginning of fall camp Aug. 6 will help determine how they do when the season begins Sept. 1.

"It's gigantic," first-year coach Mike MacIntyre said. "How guys do this summer and how they do their player-led practices is gigantic on us improving. Because you can really improve in the summer if you do that correctly."

As MacIntyre said goodbye to the players, they left with specific strength, conditioning and weight (gaining and losing) goals. The position coaches have met with every player to tell them what they must specifically improve and tailored offseason workouts for each position.

MacIntyre said every player will remain in Boulder over the summer. It won't just be for summer school.

"That also buys into camaraderie and leadership and coming together as a team when they're working together a lot during the summer," MacIntyre said. "We're preparing them for that. We're teaching them how to do that. If they do that, we'll really improve."

MacIntyre will name captains in the next couple of weeks. That will be a challenge with such a young team, but one senior who has already stepped up to take the summer monitor role is defensive end Chidera Uzo-Diribe.

Want a hidden reason Colorado has won four games the last two years? Summer workouts were more washouts.

"My last couple years here, I haven't really seen the senior leadership, and that's what's going to be needed on this team," Uzo-Diribe said. "Show the young guys what's going to be required to be run this summer and fall."

Uzo-Diribe already has a pile of movement and hand-placement drills. His summer reading will be the defensive playbook.

"Before, we would just go out and half (do) everything with the handwork and the footwork and the pass rush," he said. "But this year there has to be a bigger purpose in what we do this offseason."

Quarterbacks Connor Wood and Nick Hirschman, who appear to be neck-and-neck for the quarterback job, will throw to receivers twice a week in June and three times a week in July. Then freshman Sefo Liufau arrives for fall camp and competition begins again.

With a full spring to view his roster, MacIntyre believes he has something to work with this fall.

"There's good talent," he said. "We have guys who can make plays. We've got some speed. There's some guys who can run the football. Offensively, the linemen are athletic. They can pull and move.

"Defensively, I think we got better as the spring went along. We started tackling better and understanding leverage. We've got some linebackers who can run and hit."

John Henderson: 303-954-1299, [jhenderson@denverpost.com](mailto:jhenderson@denverpost.com) or [twitter.com/johnhendersondp](https://twitter.com/johnhendersondp)



---

## 49 in 49: OT David Bakhtiari

Posted Apr 17, 2013



Taylor Price  
49ers.com

@TaylorPrice49

Goal Posts Blog

Colorado's left tackle is the next player to be profiled on Best of the Bay Week.



**Our pre-draft series continues with a look at a college prospect with a familiar last name to 49ers fans.**

The younger brother of former 49ers linebacker Eric Bakhtiari is considered to be one of the top offensive tackles in the 2013 NFL Draft.

David Bakhtiari, a 6-foot-4, 299-pound tackle out of Colorado, is expected to be a third-round selection according to CBS Sports. He's also a local talent from Burlingame.

The younger Bakhtiari left Boulder after a 1-11 junior season, but did so with good intentions. He felt ready for NFL football. The athletic offensive tackle also posted impressive numbers at the 2013 NFL Scouting Combine (5.02, 40-yard dash and 28 reps on the 225-pound bench press).

The Colorado lineman's athletic gifts are impressive and also a result from brotherly support. The elder Bakhtiari who was released by the 49ers last season remains unsigned, but the thought of competing against one another has not been ignored by the close-knit brothers.

"We don't know who would be better, we've always kind of talked about it, I say I'd beat you on this and he says no I'd beat you on that," David said at the combine. "At the end of the day we're just going to have to put on the pads and do it one way or the other. We want it to happen really bad, but then again we don't."

Eric Bakhtiari was instrumental in his younger brother's decision to leave school early. He's also helped with David's pre-draft training.

David, seven years younger than Eric, respects his brother's path in the NFL and has learned from it.

The younger Bakhtiari has also grown from his challenging experiences at Colorado. A 1-win season would be tough on anyone, but Bakhtiari found ways to stand out on game tape. That's why he's considered to be one of the top tackles in the upcoming draft.

"I never went to a bowl game, but like I told every scout I went through so much adversity, but I was able to prosper in that adversity," the second-team All-Pac-12 selection explained. "I showed up week in, week out and played consistent ball. Think it spoke volumes about the kind of character I have, even when the game was pretty much, I was still out there making plays. That's definitely a good takeaway."

Bakhtiari, a redshirt junior, felt poised enough to leave school with one year of eligibility remaining.

"The biggest point I came up with was I felt I was mentally mature enough," Bakhtiari said. "I wanted to make this my career, I want to treat it like a full-time job, and I want to be surrounded by guys who also want this to be their job. And I understand, someone told me if you go to the next level, you're going to be taking a grown man's job, steady income from somebody, and I said, 'yes I understand,' and I was able to cope with it."

Bakhtiari is eager for any role he'll receive in the NFL.

"This is a once in a lifetime opportunity so I'm not going to close any doors," the Colorado product said when asked if his dream was to play for the Denver Broncos. "I've got all 32 doors open."

Bakhtiari lined up initially at right tackle as a redshirt freshman and played with a former first-round draft pick, Nate Solder. The two formed a bond when they played together and were able to reunite this past season when the 49ers played the New England Patriots on the road.

Bakhtiari moved over to left tackle to take Solder's place and maintains that's the position that he wants to stay at in the NFL.

"I can play any position," Bakhtiari said. "I don't think the height is an issue, at the next level you need to have the athleticism to play on the outside and I think I have athleticism to play on the outside and I have the leverage to play on the inside as well."

Bakhtiari's athletic play and long arms have him focused on playing tackle, but some teams have told him he could play at center.

The Colorado prospect has no problem with that position should he be selected to snap the football in the professional ranks.

"I tell them I would just love to play, I want to get on the field, left tackle, left guard, center, right guard, right tackle, extra tight end, whatever," Bakhtiari said.