



*Kirk Poston (91) made his first college start against Colorado State.
Photo Courtesy: Joel Broida*



Brooks: Poston Perks Up, Earns Starting Berth

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BOULDER - It wasn't that Kirk Poston believed his first two years in Colorado football were misspent, but entering Year Three he recognized he had to do something to get recognized.

So the sophomore defensive end from Houston got serious about his weight room regimen, brought a little more energy into spring drills and a little more than that into August camp.

In short, he hit the START button.

In the final week of preseason work, CU defensive ends coach Kanavis McGhee, who knows just a little about the position, was comfortable in proclaiming Poston as his most improved player.

Make that "vastly improved," noted McGhee. "He showed some good things and toward the end of camp we made the decision, 'Well, here's your shot to come in and do what needs to be

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"He's been here three years. It's one of those things of, 'Yeah, you're young, but you've been around here a minute. And although you're young, the leadership needs to come, too.'"

That can come in time. Right now, Poston is simply playing as if his time has come.

It's no surprise that Poston made his first career start last Saturday against Colorado State and registered the first tackles (five, four solo; a QB sack and a rundown) of his CU career.

All in all, it was a fairly solid start after Poston calmed his nerves and concentrated on his DE duties. "I was definitely nervous, but once I got out there I was OK," he said. "For the most part, I think it went pretty good; I made a couple of plays."

Not surprisingly, McGhee wants more. The 6-2, 256-pound Poston "did OK for it being his first time in that role," McGhee said. "But we're at the stage now where we're looking for high productivity. He made some plays, he left a lot on the field. We'll continue to work to find someone to work opposite Chidera (Uzo-Diribe). It's good to have someone like Chidera to set the tone of what we're looking for."

Uzo-Diribe, a junior, set the bar high. He started on the right side against CSU and produced a pair of sacks and three tackles for loss. That's McGhee's version of productivity, and if it was apparent to him it also will be apparent to every other CU opponent hereafter.

McGhee expects Uzo-Diribe to draw more attention from left tackle/tight end tandems in the weeks to come, which increases the pressure for the CU end opposite Uzo-Diribe to ratchet up his game. So there are no assurances that Poston will make his second career start this Saturday when CU plays its home opener at Folsom Field against Sacramento State (1 p.m.).

"The starter this week is undetermined," McGhee said. "Guys understand every day is a competition; they knew it in spring and fall camp. Everybody's job is up in the air every week - even Chidera's."

"I'm looking for two guys by the end of the week to stand out, to play that position for that week and for the betterment of the defense."

Competing with Poston are sophomore Juda Parker, the presumed starter opposite Uzo-Diribe when camp opened, and freshmen Johnny Stuart and Samson Kafovalu. Neither of the freshmen played in the opener.

CU coach Jon Embree said Poston "played with a mean streak" in August and submitted a better overall camp than Parker. But that hardly means Parker, who played in nine games last fall as a true freshman, is out of the picture.

Poston said he welcomes the weekly competition: "It's how you improve . . . I need to keep playing hard, practicing hard, pay attention to the plays, the formations."

He played in two games (at Stanford, at Arizona State) last season and believed he might have played more - thus, the sense of urgency when the season ended.

"I knew I had to do something," he said. "I worked hard in the weight room and just felt it was my time."

It was - for a week. Whether it continues is up to him.

YOUNG AND GETTING YOUNGER: With free safety Ray Polk definitely out this week with a high ankle sprain, CU's secondary loses its only senior starter. Also, experienced sophomore Greg Henderson is questionable with

the same injury. A determination on his status is expected by Thursday.

If both are absent, the Buffs could have a pair of starting freshman corners - Kenneth Crawley and Yuri Wright - and a starting freshman nickel back - Marques Mosley. The safeties would be juniors Terrel Smith and Parker Orms.

Mosley saw duty in the opener (17 snaps) and made three tackles. His nerves calmed after he "got that first play under my belt" and the speed of the game - believe it or not - seemed a little slower than practice.

"I think it had kind of slowed down for me with the preparation," he said.

Will Sacramento State target the young Buffs? "I guess they can try, but I don't think it's going to work too well," Mosley said. "I see them (Wright, Crawley) improving every day just like I am. I'm pretty sure they can hold it down."

The Buffs' biggest detriment to losing Polk, Mosley added, will be in back-end communications and not having Polk's size (6-1, 205) and speed.

Mosley, of Upland, Calif., attended the same high school (Upland) as Sacramento State defensive back Corey Sims.

WHERE'S THE RUN GAME? CU took its weekly coach's media luncheon off campus - all the way to the Millennium Harvest House - on Tuesday, and Embree fielded questions from the media as well as citizens/Buffs fans.

He knew he would be asked about his ground game, which netted only 58 yards against CSU. He started with the obvious - "We have to be better running the ball" - and said he was "very frustrated" with the lack of productivity.

The reasons for that, he said, are several: backs not making the right cut or read, linemen not being solid at the point of attack, and sub-par communication between both parties.

On a lighter note, Embree noted, "The receivers are involved, too, but we never had runs where the receivers were needed; we didn't get that far down the field."

But seriously folks . . .

"It doesn't matter what conference you're in or what level, if you can't run the ball it's going to be hard to win," Embree said. "I think we've run the ball effectively two times now in, what, 14 games? And that's not good enough. We've got to get it fixed. I've got some good ideas of ways to do that; we'll see how it works Saturday and as we continue to move forward."

IS IT EVER TOO EARLY (OR LATE) TO BE PATIENT? Not for a head coach. Here's Embree's take on patience after losing his second opener in as many seasons: "I know what it's like (for fans). Trust me, it's personal with me about this job, about getting it right. Being in it as a player, around it as an assistant coach, obviously this is a very special place. At the end of the day, 51 percent of the people wanted me hired, 49 percent didn't. The 49 (percent) are going to be the loudest when you lose. I can't control that, I can't do anything about that. All I can do is come to work and keep the players focused, keep them going and keep improving . . . We have a lot of young players and they can win some games for us. I'm not going to change my expectations; we should expect to go to a bowl every year. That's what it should be like around here. I'm not going to change those standards."

QUOTE OF THE DAY: A fan asked Uzo-Diribe whether he was a snowboarder or a skier. Uzo-Diribe's answer: "I'm a sleeper."

So he's obviously not a winter sports guy - unless it's hoops. He claimed he and receiver Paul Richardson, who's

sitting out the season while rehabbing a knee, were the football team's best basketball players and even offered an open invitation to any other twosome interested in challenging them.

After the football season ends, of course.

QUOTE OF THE DAY II: "I told them it's OK to be disappointed, but don't be discouraged. Discouragement leads to failure." - Embree to his players in the wake of the CSU loss.

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SHOW MENU



Football: CU Buffs using loss as motivation

By Brian Howell Buffzone.com Boulder Daily Camera

Posted:

Buffzone.com

Considering the Colorado football team has its sights set on reaching bowl eligibility this season, the Buffs can't afford to lose too many games.

Last week's game against Colorado State was considered one of CU's best chances to get a win this season, which is why the 22-17 loss seemed crushing to the Buffs.

Yet, with 11 to go, beginning with Saturday's home tilt against Sacramento State, the Buffs insist they aren't dwelling on the disappointing loss. Head coach Jon Embree also said he believes CU can reach a bowl game.

"Yeah, I do," he said. "I still do, and our players still do.

"You have to get back up and you have to get going again. The thing about (football), you fool around and you win a game you're not supposed to win, too. It happens all the time. You can't stop preparing. Nobody feels sorry for you."

The sky-high confidence CU (and every other team in the country) had going into the season took a hit with Saturday's loss, but it didn't knock the Buffs down.

"We've kind of already forgotten about the CSU game and we're now moving on ahead to Sacramento State," defensive end Chidera Uzo-Diribe said. "We don't work for just one game. We work for a 13-game season to help us get to a bowl game."

Embree said that, as a head coach, he has to play psychologist every week, but felt his team took a good mental approach into this week's preparations.

"I told them it's OK to be disappointed, but don't be discouraged," Embree said. "Discouragement leads to failure. I asked the leadership council how many of them felt like this after a game last year, or the team felt like they did on Monday, and they said one game. So, it's good to know that they care and that it bothers them that this happened.

"If that's true; if they are what I think they are, that'll help be the fuel that will keep them working and preparing and doing all the things you have to do. There's a lot of football left to be played."

CU shouldn't have much trouble gearing up for this week's game, which is the home opener at Folsom Field.

"It's big being at home," Embree said. "Obviously there is a different comfort level when you're at home. Getting a team from outside the state at this altitude, doing what we do in our no-huddle offense and getting that pace going. It will be good for a lot of things for us playing here at Folsom."

As far as Uzo-Diribe is concerned, it wouldn't matter where the Buffs were playing this week; the loss should motivate them.

"I feel like this loss is going to improve our preparation," he said. "We're going to come out here in practice harder than we did the last few weeks to make sure we get this win on Saturday. I'm still confident in our team. I've seen what we can do and right now we're just working on showing it on Saturday."

Poston makes impression

Kirk Poston has had a rapid rise. The sophomore defensive tackle was on the field for six plays in 2011, and then didn't get a lot of attention during preseason camp. Yet on Saturday, he was in the starting lineup and made four tackles for the Buffs.

"Kirk had a very good camp," Embree said. "He plays with a mean streak and all that. He had a better camp than

what Juda (Parker) did. (Defensive line coach Kanavis McGhee) felt like he was the better guy at that position to start there; that's why we started him."

Notable

Tuesday's weekly press conference was the first of several that was held in front of media and fans. Several dozen fans were in attendance for the press conference and luncheon on the Millennium Harvest House. Following media questions to Embree and Uzo-Diribe, fans were allowed to ask questions. Uzo-Diribe was asked if he's a skier or snowboarder. "I'm a sleeper," he said, drawing laughs from everyone in attendance. ... Embree said freshman Kenneth Crawley will continue to return punts. ... Embree singled out Uzo-Diribe, Derrick Webb and Will Pericak as defenders who played exceptionally well against CSU.

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CU Buffs' Embree talks to media, fans

By Brian Howell, Buffzone.com Boulder Daily Camera

Posted:

Buffzone.com

For the first time, fans and media mixed together in peppering Colorado head coach Jon Embree with questions on Tuesday.

This season, the Buffs are changing up the usual weekly press conference schedule to include fans. The first of those sessions was held Tuesday at the Millennium Harvest House, with the usual flock of media along with a few dozen fans.

"It's not bad, so far," Embree joked midway through the session.

In the past, the press conference has been held at the Dal Ward Center. While several of the weekly conferences will continue to be at Dal Ward, there will be four more at the Millennium Harvest House and two at the UMC in the Glenn Miller Ballroom.

"It's really an idea that was born through (CU sports information director) Dave Plati," Buffs athletic director Mike Bohn said. "There's so many wonderful things revealed in a format of the press conference, tough questions for our coaches, other input that maybe the Buff Club members don't have an opportunity to hear normally.

"We feel like it's a huge commitment to our transparency and an opportunity to really feature all the insides and outs of the program from our coaches and our players. We want to continue to allow our coach and our players to be themselves, but also to understand the wonderful role that they play in being the face of our program.

"We'll keep adding some new aspects of it, but we encourage people to come and give it a try and see how the interaction between the coach and the players and the media works and you might learn something about our players and our coach."

Embree talked about a variety of topics, including his disappointment in the Buffs' performance during a 22-17 loss to Colorado State on Saturday.

Embree said the Buffs remain committed to the no-huddle offense, and remain committed to junior quarterback Jordan Webb, who had an up-and-down game against CSU.

"I don't think Jordan was the issue with our performance on Saturday," Embree said.

In addition, Embree praised several players, including the freshmen who got into the action Saturday.

Facing Sacramento State on Saturday at Folsom Field, Embree said he hopes to see a better performance out of the Buffs.

"Defensively, better tackling; I'd like to see a few more turnovers," he said. "Offensively, we have to run the football, period. We need to be better running the football. That's what I'm looking for from an offensive standpoint, and better with our protection."

From fans, Embree was asked about several aspects of the game, in addition to being asked about the well-being of his sons and family.

Defensive end Chidera Uzo-Diribe also attended the press conference, and he wound up with the quote of the day. A fan asked Uzo-Diribe if he is a skier or a snowboarder.

"I'm a sleeper," he said.

Brian Howell: Buffs Blog

Christian Powell off to great start for CU Buffs

Posted on [September 5, 2012](#) by [howell](#)

Christian Powell hasn't been a Colorado Buffalo for long.

In the month or so that he's been in Boulder, though, he's already learned a valuable lesson. Bieniemy, you better be on top of your game.

A freshman fullback from Upland, Calif., Powell spent preseason camp impressing as much as he can from the Buffs' offensive coordinator and running backs coach.

"Coach EB, he's going to push you," Powell said. "Sometimes you may not like it, but think about it and you're like, 'Dang I'm glad he did that for me.' That's what it's about."

Powell, who is 6-feet and 235 pounds, was an impressive player in high school. In his first year, he rushed for 400 yards and seven touchdowns on 40 carries (10.0 per carry) and registered 90 tackles and a team-best 15 sacks on defense.

So far, he's adjusted well to college football, but it hasn't been easy.

"You're out here practicing all the time," he said. "It's something I'm not used to, but the season starting, it starts to be more fun. You're out here trying to work and get better."

After just a few weeks of practice and one game, Powell said he's already a better player.

"I definitely say I'm more in shape," he said.

Powell also said he's becoming a smarter player over time. "That's something I've learned here," he said.

In addition to learning from Bieniemy, Powell has benefitted from having two of his teammates for the ride. CU tailback Donta Abron and safety Marques Mosley were also stars in the recruiting class.

Powell spent much of high school career blocking for Abron, who was Upland's tailback for 1,000 yards and 33 touchdowns last year.

"I've been playing with him for four years, so we kind of have a good chemistry in the backfield as well," Powell said.

Having two teammates in Boulder has been good for Powell, he said. If that's not enough, Powell talks to his mother nearly every day.

Adjusting to life in Boulder and making an impression on the field, Powell and his teammates made the decision he made on signing day.

"I know this is a good choice," he said.

Against Colorado State last week, Powell gained 3 yards on his only carry and caught

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Buffzone.com

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Terry Frei: CU Buffs coach Jon Embree needs time to build program

By Terry Frei The Denver Post The Denver Post

Posted:

DenverPost.com

BOULDER — For the first time this season, Colorado scheduled five of its weekly football media luncheons at the off-campus Millennium Hotel, with members of the Buff Club also invited to attend.

The first of those five was Tuesday, with Buffaloes coach Jon Embree fielding the routine questions from media representatives first, then from the Buff Club folks second.

Surprisingly, even as Embree sifted through the ashes of Saturday's 22-17 loss to Colorado State, he was addressing a largely sympathetic fan audience. I've been at these types of functions other places where at least half the people in the room talk as if they believe their contributions — whether \$25 or \$2.5 million — gives them the right to call plays, or at least mandate the firing of the offensive coordinator.

That wasn't the case Tuesday. For example, one gray-haired woman with genuine concern asked for an update on Embree's children, and we learned that his son, Taylor, was cut by the San Diego Chargers, and that his daughter, Hannah, has just acquired her driver's license, leading to a fatherly alert to the drivers of Boulder.

But as I sat through the first of the media-public sessions, I couldn't help but think the scheduling was based on the assumption it would be coming in the wake of a victory over the in-state rival. A little gloating, if you will, before moving on.

Three days later, the loss to CSU remained a cold slap in the face for the Buffaloes, and perhaps as much because of what it seemed to foreshadow for the rest of the season versus the toll of a single defeat.

Unless that was a completely aberrational showing, this will be another season of struggle in Boulder.

There wasn't much evidence of this, at least not openly, at the Millennium on Tuesday. But we all know it's out there. And I'm finding some of the grumbling about Embree's work in only his second season to be laughably premature — and even contradictory. Why is it that so many of the same folks now at least grouching about Embree and his staff are those who screamed the loudest about Dan Hawkins, lamenting he was driving the program into the ground?

It's going to take time.

In Fort Collins, the cagey Jim McElwain has been guarded about overpromising, and he clearly understands his talent limitations in Fort Collins this season. It's going to take time there too, even given the lesser competition of the Mountain West.

Coaching salaries have jumped to ridiculous levels, and that shortens the fuse. But putting too much pressure too soon on coaches is ridiculous. Fire them as soon as after two seasons, as happened with Turner Gill at Kansas last year, and it proves them wrong for not loading up on junior college transfers or making other patchwork, quick-fix moves. Those sorts of moves get a staff through the transition years until it can recruit through a full five-year cycle, but they often come at a price of lowering standards on behavioral and academic fronts.

"As far as our fans, hey, I know what it's like," Embree said. "Trust me, it's personal with me about this job, about getting it right. Because having helped build it as a player, and being around it as an assistant coach, this is a very special place. At the end of the day, 51 percent of the people wanted me hired, 49 didn't. The 49 are going to be the loudest when you lose. I can't control that. I can't do anything about that.

"All I can do is come to work and keep the players focused, and keep it going, and keep improving. When it's going to happen, it's going to happen. We have a lot of young players, we have a lot of things going on, but there are some good players and they can win games for us. I'm not going to change my standard, I'm not going to change my expectations. We should expect to go to a bowl game every year. ... I'm going to keep working toward that every

year, every day. I'm going to keep the players working and focusing on that. You're always going to have adversity. Things don't always go like you want them to go. It's still just one game."

Yes, it was one game, but it left a lot of CU alumni telling our CSU friends: The beer's in the mail. We should be able to get over it.

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Colorado's new no-huddle look can get faster, coach Jon Embree says

By Tom Kensler The Denver Post The Denver Post

Posted:

DenverPost.com

BOULDER — Colorado unveiled a new hurry-up, no-huddle look on offense in the season-opening loss to Colorado State, but CU coach Jon Embree told reporters and boosters Tuesday that he wants an even faster tempo.

"As we get going and get comfortable doing it, we'll be quicker with that pace," Embree said during his weekly media luncheon that, for the first time, was held in a ballroom of a nearby hotel and included invited Buff Club members. Committing to a no-huddle system was more than a year in the making and had been his plan all along, Embree said. But last year's team "wasn't ready for it" because so much time and effort was spent adjusting the program to a new staff and a new culture.

"This (second) year is obviously the year we're going to do it and continue to refine it," he said.

Colorado expected glitches and growing pains with the no-huddle, and there were some issues. For one, Embree said the faster tempo made it a challenge for CU's offense to identify and key off certain players and positions on the Colorado State defense.

"Generally, you I.D. who the "mike" (middle) linebacker is or who you're going to double (block) or triple to," Embree explained. "With that tempo, seeing their defense ... we were a lot slower than what I want us to be. We'll be faster in the next game."

Embree said playing home games at altitude was a factor in his decision to install a no-huddle offense in year two. Other factors include dictating the game's tempo and making it difficult for the opponent's defense to make substitutions to counteract the offensive personnel that CU has on the field.

"You can create mismatches for the defense. That was the main reason," Embree said, "And as you wear down (the opponent), you ought to be able to run the ball better."

Embree: "Don't be discouraged." Colorado (0-1) hosts Sacramento State (0-1) at 1 p.m. Saturday, giving the Buffaloes an opportunity to focus on what's ahead rather than pouting about the past. Embree called the season-opening loss to Colorado State disappointing.

"I told the guys: 'It's OK to be disappointed. But don't be discouraged, (because) discouragement leads to failure,' " Embree said.

"If our players are what I think they are, that (loss to an in-state rival) will be the fuel that will keep them working and do all the things you have to do. There's a lot of football to be played. I was asked after the game if I still thought we could go to a bowl game. Yeah, I do. And our players still do."

Footnotes. Embree announced that senior free safety Ray Polk (high-ankle sprain) was ruled out for the Sacramento State game. Another usual starter in the secondary, sophomore cornerback Greg Henderson (mid- to high ankle sprain), is questionable. ... Saturday's game will mark CU's debut on the three-week-old Pac-12 Network. Former Buff Jeremy Bloom will serve as color analyst.

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The Field House — Blogs — The Denver Post

SEPTEMBER 5, 2012, 7:01 AM

Colorado coach Jon Embree disagrees with “targeting” call against Parker Orms

By **TOM KENSLE** |  No Comments

BOULDER — Members of the Colorado booster club were invited to the CU media luncheon Tuesday and then, after reporters had completed their work, the boosters were afforded a few minutes for their own questions.

Following up on a previous question by a reporter about the 15-yard targeting call against CU safety Parker Orms in the third quarter of the season-opening loss to Colorado State, a Buffs booster asked Embree if he thought the play should have been ruled a penalty.

“No, I never do,” Embree said.

Orms was called for targeting after a big hit on intended receiver Lou Greenwood on a sideline route. Orms hit Greenwood high. It was unclear if there was helmet-to-helmet contact.

CSU scored on a 32-yard touchdown pass on the next play to take a 16-14 lead.

“You know, as long as (the receiver) is in bounds ... it’s such a bang-bang play,” Embree said. “The officials are told, ‘When in doubt, protect the player.’ And I understand that because we have a player, (safety) Will Harlos, who can’t play for us any longer because of concussions.

“So I understand all that. But it’s still a violent game. And I still want my guys to play that game violently.”

In responding to the earlier question by the media regarding the penalty, Embree said he didn’t say anything to Orms afterward because those “penalties of aggression” happen during a football game.

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<http://blogs.denverpost.com/colleges/2012/09/05/colorado-coach-jon-embree-disagrees-targeting-call-parker-orms/24590/>

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