



By: CUBuffs.com

MacIntyre Says Buffs 'Spirited' In First Two-A-Day

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By: Lauren Lanier, Student SID

BOULDER – The Colorado football team concluded its first of five two-a-day practices on Monday, working in full pads during the morning session and shoulder pads and helmets in the afternoon.

For CU's defense, the morning session proved to be successful.

"Today was a good practice. Defensively, we came out there and today was our first compete day. We competed really well," senior defensive end Chidera Uzo-Diribe said. "We beat the offense 3-1, so it was a really good day for us."

The afternoon practice placed emphasis on special teams, with the remaining practice time spent on additional 11-on-11 work in shells.

"We came out this morning and we were spirited and got after it. This afternoon, a majority of practice was spent on special teams. I thought that went really well," coach Mike MacIntyre said. "We had a team period where in twelve minutes we got twenty-eight plays run, which is pretty good."

Colorado's coaching staff welcomes the opportunity to enhance their coaching skills through additional time in a second practice.

"With two-a-days, you get a lot accomplished in just one day. It's a crucial part of camp and proves the guys' toughness," cornerbacks coach Andy LaRussa said. "As coaches, it gives us a chance to work a lot of different phases and different concepts. It really helps the guys get better."

While two-a-days benefit CU's coaching staff, players are the ultimate recipients of the work that goes along with double practice sessions.

"As a player, two-a-days help us a lot," senior tight end Scott Fernandez said. "It's definitely draining but the improvements that come along with getting in two sessions a day is really rewarding."

"It gives us a chance to have a practice where we focus specifically on offense and defense and then another practice to focus mainly on special teams, all in one day. This is a really important step to us coming together and tweaking the things we need to get down before the season starts."

According to junior offensive lineman Daniel Munyer, while two-a-day practices can be

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exhausting, the team knows that the hard work will pay off.

"I'm not going to lie, sometimes it's hard to come out and give all-out effort with two-a-days, but you just have to realize that it's where games are won and lost," Munyer said, whose foot injury has limited his participation thus far in camp. "Putting in the effort now will help us in the long run."

Since camp's initial practice on Aug. 6, the tempo has picked up, something that the Buffs realize will help them when their season starts on Sept. 1 against Colorado State in Denver.

"It's going to make the games a lot easier," said Uzo-Diribe. "We've run so many reps out here and we're really tired but when it comes to the games, we'll be in such great shape and keeping up in the games will be easy for us."

MacIntyre believes that his players are headed in the right direction. "I feel like the players are starting to get the tempo and understand what we want," he said. "They are having fun with it, so that's good."

On Tuesday, the Buffs will practice from 8:35-11:30 a.m. before resuming their second two-a-day practice schedule on Wednesday. Additional two-a-day practices will be held on Friday, Aug. 16 and Monday, Aug. 19, with the final two-a-day drills taking place on Wednesday, Aug. 21.

NOTABLE: Former Colorado head football coach Bill McCartney made an appearance at Monday's practice New CU Athletic Director Rick George stopped by for the end of practice, rounding out his first official day on the job Offensive tackle Stephane Nembot sat out of practice due to a headache. After evaluation, the medical staff has ruled that the headache is due to sinus issues. He is expected to return on Tuesday, according to MacIntyre After Monday's afternoon practice, MacIntyre told the media that he has been impressed with young defensive ends Jimmie Gilbert and Derek McCartney. Defensive back Chidobe Awuzie has also impressed the coaching staff, as well as linebacker Addison Gillam. On the offensive side, receiver Devin Ross and quarterback Sefo Liufau have caught the attention of the coaching staff.

Colorado Buffaloes Football

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Howell blog: Jones hopes for big role in CU Buffs' attack

By Brian Howell, Buffzone.com Boulder Daily Camera

Posted:

BrushNewsTribune.com

Last season didn't quite go the way Tony Jones wanted it to go.

More than anything, the Colorado football team's 1-11 record surprised Jones. On a personal level, the season certainly didn't play out as projected.

Considered the leading candidate for the starting running back position a year ago at this time, Jones wound up with a backup role.

Losing his job to freshman Christian Powell and battling an ankle injury, Jones ran the ball just 63 times for 320 yards and three touchdowns. He caught 26 passes for 146 yards.

"It happens by the grace of God," he said of his disappointing 2012 season. "I'm not worried about myself. The first thing I have is my team. I'm going to cheer Christian on from Day 1. I cheer him on just like he cheers me on."

Powell, who led the team with 691 rushing yards in 2012, appears set as the starting tailback. Jones, now a junior, hopes to be a big part of the Buffaloes' up-tempo offense.

"He's had a good camp," head coach Mike MacIntyre said. "He's made some good plays; he's caught the ball good also out of the backfield and made some good runs. I've been pleased with Tony."

Jones is fighting with several talented backs for carries out of the backfield, but he's also had an opportunity to catch passes - out of the backfield and as a receiver.

"Whatever they want me to do - be in the slot, be outside or be in the backfield - I'm up for it," he said. "I'm definitely going to do whatever I've got to do to get on the field."

"I'm out here working hard, working hard in the film room, working hard in the weight room and just pretty much trying to have a good year."

During his career, Jones has 617 rushing yards and 53 catches. He has played in 24 of CU's 25 games since he arrived on campus.

Football: Several young CU Buffs making early impression

By Brian Howell Buffzone.com Boulder Daily Camera

Posted:

BrushNewsTribune.com

With a week of training camp now in the books, including three days of hitting, Colorado head football coach Mike MacIntyre was able to give a good assessment of the true freshmen on the Buffaloes' roster.

On Monday, the first-year CU coach pointed to several of the newcomers that have stood out so far in camp.

"The two young defensive ends have looked good to me, Jimmie Gilbert and Derek McCartney," MacIntyre said.

Defensive line coach Jim Jeffcoat also praised Gilbert early in camp. McCartney is the grandson of former CU coach Bill McCartney.

MacIntyre also said defensive back Chidobe Awuzie and linebacker Addison Gillam have been impressive early.

On offense, MacIntyre said a couple of the running backs have looked good. Also, receiver Devin Ross "has showed some good things and we'll see how he does under pressure," and quarterback Sefo Liufau "has done well as a freshman."

The Buffs also have six freshmen on the offensive line and MacIntyre is pleased that they have all received a lot of repetitions.

Follow Brian on Twitter: @BrianHowell33.

Football: CU Buffs' Greg Henderson doing things the right way

By Brian Howell Buffzone.com Boulder Daily Camera

Posted:

DailyCamera.com

Cornerbacks have a tendency to be brash on the football field. Especially the good ones.

Colorado junior Greg Henderson is one of the good ones, yet his approach to the game is a little different than many of his cornerback peers.

"He's a very humble young man, which is a testament to his family -- where he comes from and how he was raised -- but he's got the confidence of a corner, too," CU cornerbacks coach Andy LaRussa said. "It's a quiet fire, and I like seeing it when it comes out, that's for sure."

Henderson's quiet fire has led to him being one of the best players on the CU roster, while his deep love for family and an appreciation for his roots allow him to feel fortunate every time he steps on the field.

Henderson, who has started nearly every game the past two seasons, didn't grow up in a football home. In fact, he never played football until he was a freshman at Norco High School in Corona, Calif. That's when his grandfather, Claudell Kendrick, introduced him to the game.

"Before that, my mom (Wanda), she was not letting me play football at all," said Henderson, who played basketball instead. "(Kendrick) finally convinced her."

Henderson's father, also named Greg, never pushed him into football because he didn't know anything about it. The elder Greg grew up in Belize and "he just knew soccer and basketball."

While he didn't learn football from his father, Henderson did have the opportunity to spend his youth learning about the culture from which his father came. Henderson has made several trips to Belize, a small country in Central America.

Belize is home to many of Henderson's relatives, and also the beautiful Belize Barrier Reef. Many of the country's residents, however, live in extreme poverty, and Henderson saw that side of the country, too.

"It shows me that I'm truly blessed to live in America, the land of the free," he said. "I'm truly blessed."

That's why, despite CU's 4-21 record during his two seasons, Henderson is happy to be a Buffalo. He wasn't a highly regarded recruit out of high school. Rivals.com gave him a two-star rating, and CU was the only school from a BCS conference to offer a scholarship.

While that motivates him, he appreciates the fact that he's receiving a good education while being allowed to play the game he loves.

"I know (getting a scholarship) meant a lot because (Greg and Wanda) had to pay for two other

college educations," said Henderson, whose two older sisters, Sydney and Ashley, are college graduates.

Using his sisters as role models, Henderson hopes to graduate with a finance degree in December 2014. Henderson smiles when he talks about his family, which has meant so much to him in his young life.

"I always want to represent them in the right manner," he said. "My parents raised me well and I don't want to do anything to disrespect our family name."

Always cognizant of the name on the back of jersey, Henderson also keeps the memory of Kendrick at the front of his mind. Kendrick was the only grand parent Henderson really had a chance to get to know, but the man who introduced him to football passed away a year ago.

"Even though he's not here right now, I still think about him every time I step on the field," Henderson said. "He wanted me to play at a high level and make it to the NFL."

Only time will tell if Henderson will make it to the NFL, but he's certainly had the right attitude since arriving in Boulder. Despite being overlooked by many recruiters, Henderson came to CU determined.

"I had seen that nobody was talking about me when I first came in," he said. "I said, 'They're going to know who I am.' I came in and worked hard. You have to have a good work ethic. That's all I did. I just wanted to come in, play hard, play aggressive and give great effort."

As a true freshman in 2011, he earned a starting job right away and played more snaps on defense (823) than anybody on the team. No other true freshman in program history has played as much on defense.

"I had to grow up fast," he said. "It helped me to develop into a better player."

Last season, he battled a knee sprain early in the season, but started eight of the 10 games he played.

Although just 20 years old, Henderson is now a veteran leader who has the potential to get even better.

"I feel like he's got the chance and the tools to be one of the best, if not the best, corner in the Pac-12," LaRussa said.

Henderson agrees he can get better, but what he really wants is to see the Buffs get better as a whole.

"I just want to have a winning season and make it to a bowl game," he said. "We have all the talent in the world; we've just got to play with a lot of confidence. That's what you've got to have at corner and safety."

A little humility doesn't hurt, either.

CU Buffs look good at QB with Connor Wood, freshman Sefo Liufau

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

Posted:

DenverPost.com

BOULDER — Colorado's quarterback job is Connor Wood's to lose, but if he slips, the first-year staff won't panic.

Sefo Liufau, one of the prizes of coach Mike MacIntyre's first recruiting class, has been impressive through the first week of fall camp. Liufau is rotating snaps with sophomores Jordan Gehrke and Stevie Joe Dorman, but Liufau isn't playing like a true freshman.

"He's as impressive as any freshman I've ever coached," offensive coordinator Brian Lindgren said. "I'm thrilled. He's going to be a stud."

The Buffaloes have practiced in pads only three days, but Liufau is already showing the same poise he displayed leading his Bellarmine Prep team in Tacoma to the Washington state title game last fall.

"Just his maturity and his ability to remain calm under fire," Lindgren said of what has impressed him. "With the energy of practice and the first day in pads, there's hitting, the game's pretty physical, a lot of guys get lost.

"He's able to keep his composure. That's been very impressive to me. That's hard to see in recruiting."

Wood is getting most of the reps with the first team, while the others rotate in. The staff is giving Wood every chance to succeed after he showed improvement during the spring following spotty duty off the bench in last year's 1-11 disaster.

Wood has several advantages. The junior is more experienced than all of his competitors. He's stronger, at 6-foot-3, 230 pounds, and he has experience with the pistol formation from his redshirt year at Texas three years ago. His biggest challenge is consistency.

"There are eight to 10 plays where he's executing good and he's doing everything you want him to do. Then there are just a couple plays where you're thinking, 'Man, is he there yet?' " Lindgren said. "We're not on the same page on some things yet. We're still developing. He's not there by any means, but I'm pleased with his progress, definitely."

Lindgren has a history of turning little-known quarterbacks into stars. A year ago at San Jose State, junior college transfer David Fales was in a three-way battle up to a week and a half before the opener against Stanford. Fales won the job, and San Jose State took Stanford to the limit before losing, 20-17. Fales led the nation in passing percentage as the Spartans went 11-2 and won the Military Bowl.

Wood, meanwhile, has a lot to work with besides speedy receiver Paul Richardson, back from a torn ACL.

"(Wood) throws a real nice deep ball," Lindgren said. "With him, it's when he's under pressure, being able to step into the throw and not fade away. But you look at the addition of Paul Richardson, which he didn't have last year. That's a huge piece of being able to stretch the defense vertically."

Added MacIntyre: "Connor's made a lot of progress. I've been pleased with what Connor has done."

The Buffs practice Tuesday from 8:35-11:30 a.m. It's open to the public.

John Henderson: 303-954-1299, jhenderson@denverpost.com or twitter.com/johnhendersondp

CU Buffs football looking up, but it's from rock bottom

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

Posted:

DenverPost.com

Editor's note: Last of a three-part series looking at Colorado's athletic department. Today, the ebbing of the football program.

BOULDER — There came a time in nearly every Colorado football game last fall when radio broadcasters Larry Zimmer and Mark Johnson would glance at each other, an exasperated look of desperation creasing their faces.

Zimmer, who this season will broadcast Colorado football for his 40th year, had one overriding thought.

"They're just awful," he said. "From a broadcast standpoint, we're sitting there 28-0 down after the first quarter. What do you do the rest of the game? And with no hope. Mark and I would talk during a timeout, and we'd put a positive aspect on it.

"But where are we going to reach to find it?"

At the center of a fractured athletic program \$20 million in debt is a football program that has hit rock bottom. Football is the moneymaker for most major NCAA Division I athletic programs. At Colorado, it has been an anchor of late. Colorado hit bottom last fall, its 1-11 record the worst in its 113 years of football. It failed to win a home game. It surrendered 46 points per game, also a school worst.

The embarrassment cast a pall across Buff Nation and led to the firing of coach Jon Embree after just two years, with Mike MacIntyre brought in from San Jose State to try to rebuild.

"I wouldn't say I'm saddened," said Derek West, an offensive tackle from 1991-94 and president of Buffs4Life, a fundraising organization that helps former Buffs who need financial assistance. "I'm frustrated. I'm discouraged. On the national level, are we ever going to get back to where we once were? I don't know. Do we need to? I don't know that, either.

"But we need to be competitive."

How did a program that played for national championships in the 1989 and 1990 seasons and as recently as 2005 played for a conference championship find itself in the throes of a school-record seven consecutive losing seasons?

Those at CU point to the fallout from events in 2004, when two women filed lawsuits claiming they were sexually assaulted at a football recruiting party. Nine women subsequently came forward to allege sexual assault by football players. No players were ever named. No charges were filed, but the subsequent damage to Gary Barnett's program ruined careers and sent CU into a free fall.

Network TV trucks had set up camp near the Dal Ward Athletic Center. Barnett's pointed jab at

kicker Katie Hnida — "She was *terrible!*" he said — became the sound bite of a program America thought had run amok.

"That's when it started, and I don't think they ever really recovered," Zimmer said.

Then CU president Betsy Hoffman suspended Barnett from February to May. New, tougher recruiting restrictions were implemented, including a two-year ban on recruits staying overnight.

When the Buffs lost the 2005 Big 12 title game to Texas, 70-3, new athletic director Mike Bohn had all the ammunition he needed to fire Barnett.

"Hoffman never should've suspended him," Zimmer said. "She played into the critics' hands. And what he said about Katie was frankly true. He screwed up by saying that. But that's not something to be suspended for."

Bohn hired the hottest coaching candidate on the market, Dan Hawkins of Boise State, who seemed a perfect fit for Boulder with an outsized, quirky personality and a reputation as an offensive innovator. But doubts about his coaching chops surfaced immediately, as Hawkins lost his debut in 2006 to Montana State. CU plodded to a 2-10 record.

On the heels of two restricted, weak recruiting classes, Hawkins signed his son, Cody, a smart but athletically limited quarterback who started as a redshirt freshman. The presence of a coach's son scared off any blue-chip quarterbacks. Bohn fired Hawkins a day after CU blew a 28-point lead in the fourth quarter at Kansas in 2010.

For his second football hire, Bohn, after striking out trying to get interest from LSU coach Les Miles or Air Force's Troy Calhoun, hired former Colorado tight end Jon Embree for the bargain price of \$750,000. Embree had never been a head coach, or a coordinator.

Critics of the Embree regime say Buffs4Life applied pressure to hire him. Not true, West said.

"We strictly aid financial assistance for Buffs in need," West said. "I get frustrated with some people who publicly go on radio or in the media saying, 'Well, Buffs4Life have a huge agenda on who they hire.' We could give a rip about who they hire as head coach up there.

"We're trying to help out former Buffs."

The Embree era was a disaster. Bohn pulled the plug last fall after two years, four victories and increasingly empty stands that cost the department millions in game-day revenue. Bohn was fired in May, with new athletic director Rick George officially taking over Monday.

In comes MacIntyre, who took San Jose State from 2-10 to 11-2 in his three seasons.

CU has embarked on a \$170 million plan to upgrade facilities that includes a permanent indoor football practice facility. The first goal is raising \$50 million by December.

"We'll get there," MacIntyre said. "We'll get it done. Honestly, I can't worry about it. I have to focus on what I focus on. When that happens, it'll happen. I can't make an excuse off of it. I think we

have enough to recruit with now as we move forward. I'm trusting in (chancellor) Phil (DiStefano) and those guys to do it. That's what they told me. That's all I can go on."

Zimmer and Johnson just hope MacIntyre gives them something more to go on.

John Henderson: 303-954-1299, jhenderson@denverpost.com or twitter.com/johnhendersondp