

[Skip to content](#)

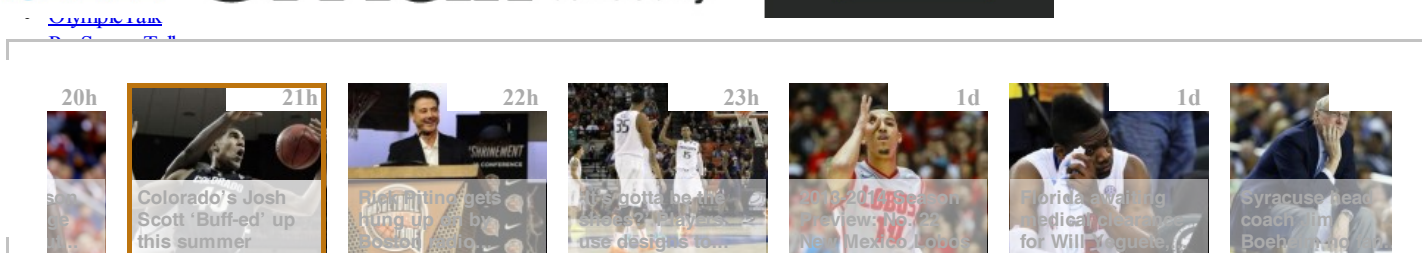
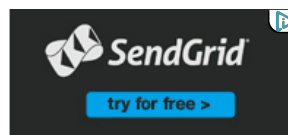
- [NBC Sports Home](#)
- [NFL](#)
- [NBA](#)
- [NCAA FB](#)
- [MLB](#)
- [NHL](#)
- [NCAA BK](#)
- [GOLF](#)
- [TENNIS](#)
- [AUTOS](#)
- [SOCCER](#)
- [MORE SPORTS](#)
- [NBC Sports Radio](#)

[NBCSports.com](#)

CollegeBasketballTalk

- [ProFootballTalk](#)
- [HardballTalk](#)

reliable SMTP email replacement from the leader in email deliverability



Colorado's Josh Scott 'Buff-ed' up this summer

[Rob Dauster](#)

Oct 3, 2013, 1:00 PM EDT

[Leave a comment](#)



AP

Josh Scott hit a wall midway through his freshman season.

Colorado's 6-foot-10 center went for double figures in 15 of his first 19 games, but he began to struggle late in conference play. A [brutal concussion](#) he suffered in February against Arizona State kept him out of two games, and he was never quite able to get back on track.

In an effort to better handle the rigors of high-major Division I basketball, Scott hung around the Boulder campus all summer, hitting the weights and the protein shakes like he was a Jersey Shore cast member. All told, Scott put on about 20 pounds of muscle, as he now checks in at 242 pounds, according to the Daily Camera.

"At first it was kind of an adjustment, but it feels good to be strong and not be able to get pushed around, so I like it," he said. "I'm excited to see how the strength is going to pay off (during the season). If I was able to do what I did last year at 220, there's no telling what's going to happen when I put on 240, so it's exciting."

Scott will be one of the best big men in the Pac-12 this season. He already has a solid back-to-the-basket game, but the added weight should help him hold position and finish through contact more effectively. It should also help him on the glass. With Andre Roberson graduating, the Buffaloes are going to need to find someone to hit the boards for them.

Scott should be that guy. Don't be surprised to see him chalk up double-double after double-double this year.

Follow @robdauster { 8,516 followers }

Tags: [Colorado Buffaloes](#), [Josh Scott](#)

[Skip to Comments](#)

Tweet { 15 }

Like { 3 }

[Email](#)

[« Newer 2013-2014 Season Preview: College Hoops Breakout Players](#)
[Older » Rick Pitino gets hung up on by Boston radio station](#)

More CollegeBasketballTalk

- [2013-2014 Season Preview: No. 21 UCLA Bruins](#)
- [2014 wing Trevon Bluiett no longer committed to UCLA](#)
- [Top 25 2014 prospect Goodluck Okonoboh commits to UNLV](#)

[Back to Homepage](#)

No Comments ([Feed for Comments](#))

Leave Comment

You must be [logged in](#) to leave a comment. Not a member? [Register](#) now!

[« Newer 2013-2014 Season Preview: College Hoops Breakout Players](#)
[Older » Rick Pitino gets hung up on by Boston radio station](#)

More CollegeBasketballTalk

- [2013-2014 Season Preview: No. 21 UCLA Bruins](#)
- [2014 wing Trevon Bluiett no longer committed to UCLA](#)
- [Top 25 2014 prospect Goodluck Okonoboh commits to UNLV](#)

[Back to Homepage](#)

Search

- [iPhone](#)
- [iPad](#)
- [Android](#)
-
- [About this Blog](#)
- [Send Tip/Feedback](#)
- [Login/Register](#)
- [Subscribe to RSS](#)
- [Add to Facebook](#)
- [Follow on Twitter](#)

Top Posts

- [2013-2014 Season Preview: No. 21 UCLA Bruins](#) 0
- [2013-2014 Season Preview: College Hoops Breakout Players](#) 0
- [2013-2014 Season Preview: No. 22 New Mexico Lobos](#) 1
- [Programs on the rise and the decline heading into 2013-2014](#) 0
- [Andy Kennedy: 'With Marshall things get sensationalized': he's right](#) 1