

Jayhawks Bulk Up, Slimmed Down For 2013 Season

BY GEOFFREY CALVERT
Associated Press

LAWRENCE, Kan. (AP) — It doesn't matter what the weather is like in Kansas. Doesn't matter the time of day, either.

Scott Holsopple will still be wearing sweats on the Jayhawks' practice field. During their three-walk fall camp this month, the strength and conditioning guru for coach Charlie Weis was drenched in sweat under the same sweatsuit, and the reason for the suffering — he calls it comfortable — is quite simple: "It lets me know I'm working."

Just the kind of guy you'd want working your football team into shape.

Holsopple said he doesn't remember what made him start wearing sweats every day, but he's done it for 13 years while working at Kansas, Florida, Kentucky and Marquette. It's become routine for him, and routine plays a big role in his philosophy when it comes to strength work.

"This summer it was 107 degrees and he still had on the same outfit," freshman quarterback Montell Cozart said. "We come outside saying it's hot. He says, 'What are you talking about? It's freezing out here.'"

Holsopple could emerge as one of the biggest reasons the Jayhawks win a Big 12 game for the first time in years this season, or improve on the lone victory that they managed in Weis' first year in charge of the program.

When quarterback Jake Heaps steps under center for the season opener Sept. 7 against South Dakota, he'll do so with 12 percent less body fat and 10 more pounds of muscle. Backup quarterback Jordan Darling will be standing on the sideline after dropping



Kansas coach Charlie Weis talks with reporters during the Big 12 media day at the Omni Hotel in Dallas, Texas, Monday, July 22, 2013. The Jayhawks host South Dakota on Sept. 7.

MAX FAULKNER/FORT WORTH STAR-TELEGRAM/MCT

ping 6 percent body fat in two months.

Weis is proud of the progress, too, as evidenced by Holsopple's before-and-after pictures.

"He comes in and shows you two pictures, and it's really disgusting," Weis said. "I'd say if he showed me 80

pictures, 75 of them are just like you can't even believe it's the same kid."

Just about every Kansas player credits Holsopple for helping them develop their bodies during the offseason, especially the freshmen who are on campus for the first time.

Cozart said he added 14 pounds of muscle this summer. Others experienced similar gains. But the biggest success story may have been senior offensive lineman Aslam Sterling, who slimmed down from 368 — which Weis admits was a generous listing — to 315 pounds for camp.

"I don't think anybody thinks they're that big until they see the before and after picture," Sterling said. "I look at the pictures now and I feel great about myself."

Holsopple gets results in the way one would expect: hard drills that players hate. But the workouts aren't just

about building strength. Holsopple wants them to develop mental toughness as well as learn how to hold each other accountable.

"You can be in great shape and strong, and if you're not together and united and fighting for the same cause, it's not going to matter," he said. "You're going to have a bunch of guys do well individually but not collectively."

Darling said the toughest part of the summer was the early morning workouts.

Holsopple would send players on six 300-yard dashes, then have them push a blocking sled weighed down by 45 pounds on each side back and forth across the field four times. They'd finish by running the Campanile Hill that sits just south of Memorial Stadium a staggering 13 times.

"We started at 5, lifted until 6:30, 6:40, then we're out there running, doing push-ups, sit-ups, up-downs, anything he could think of or wanted us to do until that sun rose up," Darling said. "If the sun didn't come up until 2 in the afternoon for some reason he would have kept us out there."

Eventually, getting up so early wasn't so bad. Neither were the workouts. Progress was being made, Darling said, and that's exactly why Holsopple was brought on board last year.

"I think anybody can go through anything one time," Holsopple said. "Things get difficult when you wake up the next morning, it's Groundhog Day, and you've got to go through the whole thing all over again. What makes training camp so tough, why the average person wouldn't be able to make it through, it's not the first day, it's not the second day, it's here we go again."

Hageman's Presence At Minnesota Is Unmistakable

BY DAVE CAMPBELL
AP Sports Writer

MINNEAPOLIS (AP) — Ra'Shede Hageman is perhaps the premier attraction on the team as his final season for Minnesota begins, and that's not a surprise given the acclaim he carried as a recruit four years ago.

His journey here, to leader of the Gophers and pro prospect, has included plenty of unexpected turns. His unmistakable presence is a triumph in itself, even before he begins to pressure the passer this fall.

"I've just matured a lot. It's like night and day," said Hageman, who turned 23 this month. The 6-foot-6, 310-pound defensive tackle is on all the preseason All-Big Ten teams, and he's widely projected as a top-50 NFL draft pick, something this program hasn't produced in eight years.

"I kind of want to leave a legacy," Hageman said.

As a child, with his mother bedeviled by drugs and alcohol, Hageman was in and out of foster homes until a Minneapolis couple adopted him. Stable family life didn't automatically bring happiness, and he struggled with his identity as a black kid with well-to-do white parents.

Once he flourished as a football and basketball star at Washburn High School, about six miles south of the university, Hageman signed with the Gophers in 2009 as one of the country's most sought-after tight ends.

Overweight by the end of his red-shirt season, Hageman was moved to defense for the following year. But his grades slipped badly enough he was ordered to sit out the last three games to focus on school. After making strides as a sophomore, Hageman was arrested for disorderly conduct, a charge that was later dropped, following a fight he was trying to break up at a campus bar.

Last season, Hageman finally broke

through with six sacks while starting every game. With that imposing frame and enough athleticism to still be able to put down windmill dunks — "you'd be surprised what I can do with the ball," he said — Hageman is poised for a big finish. He's certain to face double teams despite an experienced group of defensive linemen around him, but if all that off-the-field drama didn't faze him an extra blocker sure won't.

"Ra'Shede is hungrier than he's ever been. Ra'Shede is more focused than he's ever been," safety Brock Vereen said. "And without announcing that to the team, everybody's noticed it. When you have a freak of nature like that who has the ability and makes the plays like he does, guys are naturally going to follow him."

When coach Jerry Kill took over the job in 2011, Hageman's place on the roster was tenuous. But he heeded the

HAGEMAN | PAGE 9B

NFL Concussion Lawsuits Back In Court Next Month

BY MARYCLAIRE DALE
Associated Press

The NFL concussion litigation is set to heat up again early next month, days before the regular season gets underway.

More than 4,000 former players are suing the league over claims the NFL hid known concussion risks, leading to high rates of dementia, depression and even suicides.

Some believe the players' claims could be worth \$1 billion or more if they move forward in court. They range from the deaths of players like Junior Seau, Dave Duerson and lead plaintiff Ray Easterling to the medical care of players with disabling dementia to lifelong medical monitoring for those who are now symptom-free.

Former Green Bay Packers running back Dorsey Levens, after oral arguments in the case in April, said he signed on to the litigation on behalf of "all the nameless, faceless guys that are suffering that you never heard of, ... and people who have lost their lives, and the guys who are playing now, who are not really aware of the long-term ramifications of all these repeated head blows."

Senior U.S. District Judge Anita Brody, of Philadelphia, had been ready to rule in July

whether some or all of the players could pursue their claims in federal court. But she instead ordered the two sides to try to negotiate that issue and perhaps others, and report back to her by Sept. 3.

The season opens on Sept. 5 with Denver hosting Super Bowl champion Baltimore.

Sports law experts believe it's too early to expect a settlement because the two sides have not yet begun discovery, when they take depositions and exchange evidence.

"I think it's very unlikely that mediation will work at this stage," said sports law professor Marc Edelman of Baruch College. "Often times in class-action litigation, settlement occurs during or after the discovery."

A gag order prevents either side from commenting on the negotiations, which are being led by federal judge-turned-mediator Layne Phillips of Newport Beach, Calif.

The NFL calls player safety a top priority, but insists that claims should be handled through league arbitration, in accord with the collective bargaining agreement.

The league has instituted

NFL SUIT | PAGE 9B

Vikings

From Page 7B

million salary at age 36 kicked in, left a large void. His sure tackling and sage leadership won't be replaced. Success will hinge on the ability of Chris Cook, Josh Robinson and Xavier Rhodes to keep

opposing receivers from breaking loose in the secondary, produce some timely interceptions and pass breakups and, of course, stay healthy.

The last one on that list could be as tough to achieve as any. Cook, a second-round draft pick in 2010, missed 16 games to injuries over his first three years. Robinson, a third-round selection in 2012, and Rhodes, one of three first-round picks this year, each missed practice days with hamstring strains.

RIVALS RECRUITED: The modern history of the Vikings has included several chapters on former Packers who crossed the border to join their NFC North foes, most notably Brett Favre. That pipeline from Green Bay hasn't dried up yet, as evidenced by the arrival of wide receiver Greg Jennings and line-backer Desmond Bishop, both key contributors to the

Super Bowl champion Packers of 2010-11 and their 15-1 record the following season.

Jennings was limited by an abdominal injury to a career-low 366 yards last year, and Bishop missed the whole season because of a torn hamstring. But even though they might be past their primes, they can still help the Vikings compete with their friends-turned-enemies.

Jennings will be Ponder's best target, a savvy route runner with sure hands and a knack for the end zone who's being asked to mentor raw first-round draft pick Cordarrelle Patterson. Bishop missed training camp time due to a groin problem and has been behind Marvin Mitchell on the depth chart at the weak side spot, but the Vikings need a steady presence next to Erin Henderson, who has moved to the middle position for the first time.

DEFENSIVE TACKLE TANDER: Kevin Williams is 12 years older than Sharrif Floyd, so it's clear who will be manning the under tackle position next year and beyond. For now, the plan is a time share, to limit the wear and tear on the six-time Pro Bowl pick Williams and ease in the rookie from Florida, the first of those three first-round picks.

Williams has declined in

Andes Central Eagles

Football

8/30 Tripp-Delmont-Armour	7 p.m.	10/4 @ Marty Indian	2 p.m.
9/6 @ Colome	7 p.m.	10/11 Gregory (Parents Night)	7 p.m.
9/13 South Central (Homecoming)	7 p.m.	10/18 @ Gayville-Volin	7 p.m.
		10/24 @ Avon	7 p.m.
9/20 Scotland	7 p.m.		

Volleyball

9/3 @ Bon Homme	6:30 p.m.	10/5 Marion Tour.	9 a.m.
9/5 @ Avon	6:30 p.m.	10/8 @ Freeman	6:15 p.m.
9/10 Parkston	6:30 p.m.	10/12 Chester Classic	TBD
9/12 Corsica-Slickney	6:30 p.m.	10/17 @ Wagner	6:30 p.m.
9/17 Scotland	6:30 p.m.	10/19 Eagle Showdown	9 a.m.
9/19 @ Platte-Geddes	6:30 p.m.	10/22 @ Bridgewater-Emery (Emery)	6:15 p.m.
9/21 Cavalier Clash	8:30 a.m.	10/25 Mitchell Christian	6:30 p.m.
9/24 Tripp-Delmont-Armour	6:30 p.m.	10/28 @ Gregory	6:30 p.m.
9/26 Dakota Christian	6:30 p.m.		
10/1 @ Colome	6:30 p.m.		

Please Thank Your Local Businesses Who Sponsored This Calendar

FORT RANDALL
TELEPHONE CO.

563-2863

Centerville, SD

Centerville Tornadoes

Football

8/30 Scotland	7 p.m.	10/5 @ Irene-Wakonda	7 p.m.
9/6 @ Baltic	7 p.m.	10/11 @ Garrettson	7 p.m.
9/13 Parker	7 p.m.	10/18 Chester Area	7 p.m.
9/27 Viborg-Hurley	7 p.m.	10/24 @ Alcester-Hudson	7 p.m.

Volleyball

9/3 @ Beresford	5 p.m.	10/5 TVC (Alcester)	TBD
9/5 Canistota	6:15 p.m.	10/8 Alcester-Hudson	5 p.m.
9/10 @ Gayville-Volin/Scotland	4:30 p.m.	10/10 Freeman Academy	6:15 p.m.
		10/12 @ Oldham-Ramona-Rutland (Rutland)	6:30 p.m.
9/12 Avon	6:15 p.m.	10/17 Irene-Wakonda	7:30 p.m.
9/17 Baltic	6:15 p.m.	10/21 @ Niemo	6:15 p.m.
9/19 Marion	6:15 p.m.	10/22 Dell Rapids St. Mary	6:15 p.m.
9/24 @ Viborg-Hurley (Viborg)	6:15 p.m.	10/25 Freeman	6:15 p.m.
9/28 Elkton Inv.	9 a.m.	10/28 @ Flandreau Indian	6 p.m.
10/3 TVC (Alcester)	5:30 p.m.		

Cross Country

8/30 Beresford Inv.	10 a.m.	9/23 Alcester-Hudson Inv.	4 p.m.
9/7 Corsica-Slickney Inv.	9 a.m.	10/2 Parker Inv.	2 p.m.
9/11 Freeman Academy Inv.	3 p.m.	10/9 TVC (Irene)	9:30 p.m.
9/18 Freeman Inv.	1 p.m.		

Please Thank Your Local Businesses Who Sponsored This Calendar

Charles Mix Electric

A Touchstone Energy Cooperation

Lake Andes, SD 57356 (605)487-7321

Whalen Law
Office, P.C.

Timothy R. Whalen

301 Main St. • Lake Andes, SD

605-487-7645