

ASU Spring Practice Update

Written by Mike Flynn
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After an 11-day hiatus for spring break, Appalachian State University football resumed spring practice on Monday at the Sofield Family Indoor Practice Facility.

Monday's practice was the ninth of 15 permitted in the spring by NCAA regulations.

Having not practiced since March 3, Monday's session was a relatively brief one, as the Mountaineers worked for an hour and 45 minutes without pads. While the practice was fast-paced as usual, the day was dedicated mainly to fundamental drills and correcting mistakes from the intrasquad scrimmage that was held on the final day before spring break as opposed to a lot of 11-on-11 work and hitting.

In all, head coach Jerry Moore was please with the first day back on the practice field.

"It was a good day, especially for the first day back after a long break," Moore said. "Sometimes on the first day back from spring break, you'll see guys dragging a bit but everyone had a hop in their step today and we were able to have a good, hard practice. I was very pleased with the afternoon."

In addition to being able to enjoy some rest and relaxation, Moore said that spring break allowed a handful of Mountaineers to return to the practice field at full strength on Monday. Senior defensive tackle Anthony Wilson saw his first action since suffering a knee injury during the latter stages of the 2010 season while quarterback Kalik Barnes (shoulder) and defensive back Michael Frazier (knee) practiced without restriction after being limited earlier in the spring due to lingering effects from their ailments. Additionally, wide receiver Tony Washington returned to practice after missing some time before spring break due to a minor injury.

Appalachian's final six practices of the spring will all be conducted in full pads. ASU will hold its 15th and final session of the spring a day later than originally scheduled, next Thursday, March 24.