

Football Fall Camp Report: Aug. 18

Written by Mike Flynn
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A day after perhaps the most grueling day of its fall camp to date, Appalachian State University football dialed it back a bit during its two-and-a-half-hour practice on Thursday at Kidd Brewer Stadium. After practicing twice for a total of four-and-a-half hours on Wednesday, including a 146-play intrasquad scrimmage, Appalachian worked out in helmets and shoulder pads on Thursday. The practice was dedicated mainly to fixing mistakes that the coaching staff observed while watching film of Wednesday's scrimmage.

In addition to limited contact, Thursday's session also included relatively little 11-on-11 drills.

The most noteworthy news coming out of ASU's camp on Thursday was the return of a handful of Mountaineers who missed Wednesday's scrimmage due to minor injuries. Among those who returned to the practice field were senior wide receiver/running back Travaris Cadet (Miami, Fla./Central) and senior defensive linemen Chris Aiken (Austin, Texas/Reagan) and Chris Marshall (Hiddenite, N.C./Alexander Central).

On the flip side, Appalachian's medical staff announced that 6-6, 315-pound sophomore offensive lineman Regan Dufort (Fredricksburg, Va./Stafford), who has not practiced since last week, will miss an additional 4-6 weeks due to a leg injury.

ASU holds its next-to-last two-a-day session of the preseason on Friday with a pair of practices.

On Saturday, fans get their only chance to see the Mountaineers in action prior to the Sept. 3 season opener at Virginia Tech when ASU holds its annual Fan Fest at Kidd Brewer Stadium. The fun-for-the-whole-family event begins at 4 p.m. and includes the Apps' final intrasquad scrimmage of the preseason, autographs, photos, children's rides and a live concert by country-music star Corey Smith. Tickets cost just \$10 and can be purchased online at GoASU.com.