

Football Fall Camp Report: Aug. 5

Written by Mike Flynn
Sunday, 07 August 2011 09:10

Appalachian State University football officially began preparations for its much-anticipated 2011 campaign when it opened fall camp on Friday afternoon at Kidd Brewer Stadium.

Appalachian's first of 29 practices before the Sept. 3 season opener at Virginia Tech was a two-hour session on a pleasant 80-degree afternoon in the High Country. Per NCAA regulations, the Mountaineers practiced in helmets and shorts with no pads.

Head coach Jerry Moore was pleased with ASU's first official workout of the fall.

"I think all of the coaches were happy with what we saw," Moore said. "It was obvious that the players worked hard this summer — they came back in great shape, which is a testament to both them and (strength and conditioning coach) Mike Kent. I was pleased with the energy and the execution, considering it was the first day. I think that we have 95 very good football players out here right now."

Perhaps most importantly, the 95 Mountaineers that the NCAA allows to suit up for fall camp were all healthy and participated fully in the first practice of the year, including linebacker Lanston Tanyi, defensive lineman Anthony Wilson, tight end Trevor Sawyer and offensive lineman Graham Fisher, who are all fully rehabilitated from season-ending injuries suffered a year ago.

The only Mountaineer with any sort of ailment coming into camp was running back Travaris Cadet, who will participate fully but without a helmet in the initial non-contact workouts of the year after recently having his wisdom teeth extracted.

Football Fall Camp Report: Aug. 5

Written by Mike Flynn

Sunday, 07 August 2011 09:10
