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The Calls Have Begun

This past week has been really good. I have talked to both the Chiefs and the Titans and both say they are interested in me. Kansas City says I am definitely on their radar and they aren't sure whether they would draft me or bring me into camp. The Titans say it would be difficult to draft me, but they would definitely want to bring me into camp. All of the pro days are pretty much over now and things should be picking up. I can tell because I'm getting more and more feedback. The pro teams keep saying they are impressed with what I did at the pro day, so that has really helped me out. So far the Titans and Chiefs are the only teams I've heard from, but that is much better than it was two weeks ago. It is very exciting for me. I was getting a little nervous because I had a great pro day and I hadn't heard anything for the first couple weeks after it. I woke up one Sunday morning with a call from the Chiefs and that got me pumped up. It gave me a real good incentive to keep working hard. It shows that people are noticing what I'm doing.

I talked to Jerod Mayo on Saturday and he was saying he just got back from Detroit and they are very interested in him. They may try to get him in the first round one way or another. Since the NFL Combine and our pro day, his stock has risen so much. He is such a good guy and he deserves everything he has gotten.

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As for my schedule, I've been working out in the morning from 10 am to 12:30 pm every day at D1. It is kind of a mixture between running and lifting. On my leg days, which are Monday and Thursday, I am trying to cut back on the heavy squatting because I felt like my legs were breaking down a little and I had to give them a rest. I am concentrating on plyometrics and hang cleans and power cleans to get my explosiveness back and better. On my leg days, I do all my running and agility type stuff. After my pro day I took a little bit of a rest and just lifted. But now I am changing it up and not lifting as heavy on my legs.

On upper body days, I am doing heavy bench and heavy everything to get my core and my upper body to the strength it needs to be. I am pushing that as hard as I can right now. I don't really have to worry about injury to the upper body by lifting as much. You can do more damage to your lower body in football through heavy lifting than your upper body.

I am working every day at D1 from 3-9 pm to make the time go by faster. I am training kids, anywhere from ages 7-11 to personal training for college athletes. I have worked with Ben Bartholomew a little bit. I'm trying to prepare him so that he can make a good first impression because that is real important. I have also worked a little with Preston Bailey although I don't really know most of the offensive lineman drills so I leave that to our other trainers.

As for your question, Bill, I didn't get an agent until mid-February. They recruit you, but you also go out and put them through interviews. I interviewed three different agents because they are working for you and you have to get the right fit. At the same time, you are working for them. It is a give and take. You have to perform and do well at your pro day. You have to go into the NFL camps in shape and take on the challenges given to you because you represent them as well. My agent, Robert Arnold, is from Cincinnati and Jamie Redman is his Nashville guy. I am not real up on what other guys they have.

For the high profile guys, they will have agents calling them throughout their junior and senior years. I had three agents calling for me and they have hundreds. Mayo probably turned off his phone because he got so many calls. Guys like me, it is a little different because they are taking a risk on you, but if it goes right, it pays off great.

Regarding my diet; after the pro day, I was a little more lax on my diet. I have eaten a little harder lately. But now that we're getting closer to the draft, I will probably cut back on carbs after 5 pm again. I am getting stronger and more explosive than I was before. The last few months have been huge for me.

Finally, so you all know, I'm looking at putting together a small morning or

About this blog

Former UT players C Brown, Ryan Karl and Cottam are trying to get to NFL. They will be talking about their experien

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afternoon camp sometime after the draft with former UT players in Knoxville at D1. So hopefully some of you will come out. I think it will be a good time. More details to follow.

Posted by Ryan Karl on April 08, 2008 at **04:42 PM**

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Ryan,

Thanks for the answer; good luck with the calls; keep us posted on the results.

Posted by: Bill at **April 14, 2008 04:47 PM**

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