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Destination NFL

Less than two weeks till the draft

Unfortunately, there is nothing really new this week to report. I've started to get back on my diet and train real hard and do a bunch of position drills and things like that. I'm trying to get my feet back and get ready for an NFL camp. The main thing that I need to work on right now is getting my hips and feet and running back to where I was during my pro day when I was working out twice a day. My strength is where I need to be right now. I just need to get my speed and quickness back to where it was. I am working out for two or two and a half hours a day, so I'm still getting the time in. This is the beginning of the end in waiting. I need to finish strong and push myself so that I can be ready when the NFL comes calling.

I'd say the athlete that I was four months ago is 75 percent of what I am now. I was coming off a broken elbow and I wasn't in the greatest shape from the wear and tear of the season. I was probably 12 percent body fat then. I wasn't where I should have been athletically. After a full season of football, you kind of drop off a little and your body is in bad shape. Over four months, I have had a dramatic increase in speed, flexibility, strength and much more. D1 Sports has turned me into the athlete I need to be. You look back and think about times and wish you wouldn't have eaten a bad meal or relaxed and hung out for a little here and there, you wonder if every little thing gives you a slight advantage. But yet I can't get so focused that I get burnt out before I even start. I feel like I've come a long way.

I talked to Weston Dacus from Arkansas last night and Chris Brown and everyone is going through the same thing that I'm going through. They both have got an extra job to pass time. It is just a waiting game. You wish the draft and the mini-camps were two weeks after the pro day. It's like you sit and wait for a month and a half. It can be really frustrating.

My agent talked to the Giants, Patriots and Texans and they are all looking at me and they know who I am. They said they are going to see how everything goes. It is not as promising as the Titans and Chiefs, but we'll see. A lot of times you get picked up by teams that you've never talked to.

I wish I had more to share right now. As you can tell, I don't have much to talk about. So if you have anything you want me to talk about, let me know. I'd be happy to talk about UT or anything you'd like to talk about.

Posted by Ryan Karl on April 17, 2008 at 10:00 PM

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Comments

I was just wondering how long it was after the draft that you can expect to be invited to a work out.

Posted by: John at **April 18, 2008 11:31 AM**

If you attended the orange and white game, what are your thoughts on where the team is now?

I live in south Florida and the Dolphins need help everywhere; would enjoy seeing you with them.

Posted by: Bill at **April 21, 2008 8:58 AM**

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About this blog

Former UT players Chris Brown, Ryan Karl and Brad Cottam are trying to make it to NFL. They will be writing about their experiences here.

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