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Photo above / Cover photo: Hayley Hochstetler/Iowa State Daily
Jack Trice was the first black athlete ever to play for Iowa State when he took the field as part of the team Oct. 5, 1923. In that game against Minnesota, the first of Trice’s career, he suffered a broken collarbone in the first half. After continuing to play, Trice was trampled in the third quarter.

Trice died three days after that game, and more than 4,000 students and faculty gathered at a funeral on Central Campus.

Cyclone Stadium was renamed Jack Trice Stadium in 1997. It is the only stadium in Division I-A to be named after an African-American.
Prior to his first game, while in his hotel room, Trice wrote a letter to himself:

“My thoughts just before the first real college game of my life: The honor of my race, family and self is at stake. Everyone is expecting me to do big things. I will. My whole body and soul are to be thrown recklessly about the field tomorrow. Every time the ball is snapped, I will be trying to do more than my part. On all defensive plays I must break thru the opponents’ line and stop the play in their territory. Beware of mass interference. Fight low, with your eyes open and toward the play. Watch out for crossbucks and reverse end runs. Be on your toes every minute if you expect to make good.”
A football player who saw his former program, in Nebraska-Omaha, dissolve in March 2011, Justin Coleman found his way onto the Cyclones’ roster in an interesting way.

He was offered a walk-on position and after a visit to a spring practice and the spring game in 2011, Coleman decided to come to Iowa State and try to earn a scholarship the hard way by making an impression on the coaches in practice.

Then, on Aug. 4, 2013, Coleman was awarded a scholarship by head coach Paul Rhoads on the eve of Iowa State’s fall camp.

Then, in Coleman’s first game as a Cyclone, he took his first career catch and saw nothing but green — he ran 59 yards for the score. Coleman led the Cyclones in receiving against UNI with four catches for 104 yards. Not a bad start.

Iowa State brought in offensive line coach Chris Klenakis, and with him the vaunted pistol offense. Much like the offense Chip Kelly and the Eagles used against the Redskins in the first week of the NFL season, the pistol gives the quarterback the ability to read the defense right from the snap without tipping where the play is going.

“What the pistol does is it allows the quarterback to see like he’s in the shotgun and to catch and throw,” said ISU running-back Jeff Woody. “Here, you have the option to catch and throw, but you also have the option to hand it off or run straight downhill. It combines the best of the I-formation and the best of the shotgun offense.”

Here, Woody draws up a typical ISU play. The quarterback reads the defensive end (E) whether to hand it off and then the cornerback ($) whether to pass to the wide receiver (H) for a bubble screen.

In the pistol, the quarterback reads the defensive end to the left marked (E), whether to hand the ball to his running back. He also has the option to read the cornerback, marked ($), whether to throw a bubble screen to the receiver (H).
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[www.cityofames.org](http://www.cityofames.org)
Current Eagles linebacker talks about his transition to the NFL

By Dean Berhow-Goll
@iowastatedaily.com

Jake Knott finished his career as one of the most celebrated Cyclones in ISU history. During his senior year, he was invited numerous times to bowl, All-Big 12 and also invited to the Senior Bowl. He finished his career as a position all-division in Iowa State.

Knott went undrafted in the 2013 NFL Draft, but was invited to attend training camp with the Philadelphia Eagles. After surviving the roster cutting from 90 to a 53-man roster, Knott is a backup linebacker, primarily playing on special teams for his rookie year.

The Cyclones’ Steven Bruff talked with Jake Knott earlier this month.

What has been the biggest shock joining the NFL ranks? What has been the biggest challenge?
You have to go above and beyond everything else. Not just what they have you do at practice and camp, but you do at practice and camp, but you have to do a lot of things on your own. You have to make sure to take care of your body and that you’re well-rested and you’re watching extra film so everything else. Not just what they have you do at practice and camp, but you have to do a lot of things on your own. You have to make sure to take care of your body and that you’re well-rested and you’re watching extra film so you have to have a great coach and a lot of guys in the linebacker group that has helped me with that.

What coaches have helped you the most? Which player has been the biggest help or role model to you?
My position coach Rick Minter. Then one of the best veteran linebackers, Demeco Ryans, he really helped me out. He’s in the league and he was watching him go through things the right way and you kind of try to mold yourself after that.

What did the Cy-Hawk game mean to you when you were playing at Iowa State?
It’s obviously a huge game. Everybody makes sure they’re watching whether you’re an Iowa or an Iowa State fan, or neither; everybody’s watching it and in tune with what’s going on. The biggest thing I noticed was how important the game is to everybody. The small office bets that are going on, the cameras that are made over that game — it’s just cool to watch and fun to watch it all unfold.

Was last year’s game the most memorable Cy-Hawk game you’ve played in?
I would say so, with how it all came about. The recruiting process all the way up to that point, winning all games there at the end — it was a cool deal for me and I’m glad to say that we came out on top there.

How well do you remember your game-winning interception?
Well with that play I can describe it because it was a play that we saw before. A.J. [Klein] and I and I knew about it so we communicated about it and I was lucky enough to get enough of the ball to make a play and get it down with it. It all happened so fast, it was almost like it was happening in slow motion. Because it was such a big moment, it really came to ground and all of my teammates were all over me and then is when it hit me how important it was. Running over to the sideline and getting hugs from everybody and getting huge from my mom and my girlfriend — those are two people who have been with me the longest and know the me and know of how important that was for me.

Wasn’t A.J. Klein the first guy to get to you when you got to the sideline?
Yeah, he was the first. From going our freshman to sophomores years and just getting pounded by those guys, to our junior and senior years and the first time we made it to this program and being able to win those two games like that. A.J. and I have been through so much together that it meant a lot for both of us that it happened.

Do you remember what Rhoads said to you when you got to the sideline? What was that like for you?
Well I remember walking off the field with him and him just having his arm around me and [Jordy] Lenz and everything. I don’t remember exactly what he said, but he was the guy that brought me in and made that moment even possible. It all came together right then from the beginning.

How did Paul Rhoads recruit you? What was his pitch or selling point?
He gave me a scholarship offer. That was about it; that was all I needed. Just talking to him in was such a great, down-to-earth guy that it was different talking to him than any other of the coaches. It just felt right. I was really lucky to fall into such a great situation.

What’s your perception of the Cy-Hawk game right now? What does that balance of power look like in your eyes?
I think the whole state of Iowa has started to shift toward more Cyclones. That’s just me going back and forth through Des Moines and other parts of Iowa and seeing a lot more Cyclone stuff, which is awesome to see. To get that, you’ve got to win games. If Iowa State keep winning, good things will happen.
KICKING IT WITH CULBERTSON
"Bret, you’re about to go beat the Hawkeyes."

— MIKE BRANDTNER

By Dean Berhow-Goll
@iowastatedaily.com

It wasn’t that he forgot where he was supposed to be, or the immense gravity of the situation he was currently in - he was just taking a moment to focus.

Perusing the packed Jack Trice Stadium, he could actually feel the energy.

This was a moment he’d dreamed of when he walked on to the ISU football team four years earlier — it was a chance to win his team a game with one swing of his leg.

“You better get going,” Iowa State’s then-head coach Gene Chizik called over to him.

Coming back to the moment, it was the 2007 Cy-Hawk game, Iowa State trailing Iowa 13-12 with only five ticks left on the clock.

Bret Culbertson realized he was somehow the only member of his kicking unit not on the field yet — it was a chance to win his team a game with one swing of his leg.

“You better get going,” Iowa State’s then-head coach Gene Chizik called over to him.

Coming back to the moment, it was the 2007 Cy-Hawk game, Iowa State trailing Iowa 13-12 with only five ticks left on the clock.

Bret Culbertson realized he was somehow the only member of his kicking unit not on the field yet; they were waiting for him to come cement his place in Iowa State’s history books.

Then, right as he was leaving the sideline, Mike Brandtner — the team’s starting punter — grabbed Culbertson and said something which he will never forget.

“Bret,” he said, “You’re about to go beat the Hawkeyes.”

Then he trotted out to the 18-yard line and did just that.

But Culbertson doesn’t think of himself as a hero. He sees himself as just a part of the team, not the type of guy who assumes the hero kind of role. Sitting in the stands at Jack Trice Stadium six years after the game, he doesn’t look it either: six-foot-six tall, with his long limbs outstretched over the empty seats.

He doesn’t don the mop-top hair he had in college, either, which earned him the nickname “Shaggy,” based on the fictional cartoon character Shaggy on “Scooby-Doo.”

When describing the game six years later, he said it was the field-goal unit that made five field goals that day to beat Iowa, not just him.

“It’s not just that kick,” Culbertson said, recalling his field-goal unit like the game was only a few days ago. “Our field-goal unit went five-for-six. That’s not just me; that’s Matt Purvis on the snap, perfect every time. That’s Josh Griebahn, perfect hold every time; our guys on the line, perfect every time.

“They all did their job, it was just a matter of me doing mine. That sometimes gets lost in translation.”

It’s hard to believe that only six years and six Cy-Hawk games ago, Jack Trice Stadium wasn’t the one fans know today: with consistently more than 55,000 in attendance — 55,274 was the average attendance
Culbertson believes a few things have played into the growth of Iowa State’s game attendance, along with the team’s overall improvement since Chizik’s last year in 2007, when the team was 2-10.

Sitting in the stands on the east side, Culbertson points over to Iowa State’s brand-new, $26.2 million, 60,000-square-foot addition to the Bergstrom Indoor Facility.

“That’s a game-changer,” Culbertson said. “That facility right there, that’s going to change some decisions.”

But it’s not just the facilities; it also has something to do with the man whose office resides inside the shiny new building — Paul Rhoads.

He’s instilled confidence in every single one of his players and has the support of the whole fan base, along with the support of Iowa State — evidenced by the 10-year, $20 million extension he signed last spring.

The Paul Rhoads era has transformed Jack Trice into an anthill on game days, with people overflowing the hillside seating sections just trying to get a glimpse of what surprise that game might hold.

Jamie Pollard, who just began his ninth year as Iowa State’s athletic director, is most directly responsible for the massive facility upgrades Iowa State’s athletic program has seen throughout the last eight years.

But it’s not just the facilities. Pollard has inked stable and well-supported coaches like Fred Hoiberg with men’s basketball, Bill Fennelly with women’s hoops and Christy Johnson-Lynch with volleyball.

He knows Rhoads is one of the main reasons the program has not only seen growth when it comes to wins, but also in the fan base.

“Coach Rhoads has created a culture that our fan base can identify with,” said Pollard. “They see themselves in him: hard-working and honest passion.”

Culbertson was at the historical upset against then-No. 2 Oklahoma State on Nov. 18, 2011. Culbertson was shooting video for the athletic department. Once he knew he had enough footage, he found his friends in the upper deck to watch the rest of the game.

After ISU running back Jeff Woody crossed the goal line and the fans invaded the field, Culbertson was looking down into a sea of cardinal and gold — he could sense what leaps and bounds the program had made since his senior year.

“It was exactly 10 years ago that Culbertson was personally handed a letter from former Jamie Kohl, Iowa State’s all-time leader in extra points.

It was an invitation for him to attend Kohl’s kicking camp, a budding training
camp that was for snapping, punting and kicking specialists that was still in its early stages of development.

Exactly one decade later, Culbertson is a full-time employee and deals with the video editing at Kohl’s camp, which is regarded as the premier specialist camp in the nation.

“It’s unbelievable that exactly 10 years ago he handed me a letter and this year I actually got to travel around the country and invite guys to the camp myself,” Culbertson said.

Now 14 years into its existence, Kohl’s camp handles the top-100 rankings for ESPN.com, the team watching countless hours of film in order to properly rank each kicker and punter. The camp has even been choosing the kicker and punter participants for the Under Armour All-America Game.

“In that time we developed something we felt very passionate about,” Kohl said. “Our roots were very humble in the beginning and it continued to grow and people know we’ve done some really good things. Pro Bowlers, Super Bowl winners, guys who are doing at the highest level were guys that we took from high school to college to the NFL.”

In the last year, these camps have run BCS-level camps throughout the nation in top programs like Stanford, Arkansas, North Carolina State and even Florida.

It’s an everyday occurrence for Kohl’s cell phone to be lit up with coaches checking in on him, or more likely, asking him about a particular recruit and what his scouting report grade on the player is.

“There will be some days where I’ll have 10 to 15 coaches leaving me messages, texting and calling,” Kohl said.

Last year, 83 percent of Division I recruits went through at least one of Kohl’s kicking camps, according to Kohl. He said one major reason the number is so high is because in some programs, specialists aren’t able to showcase themselves to college programs.

“Because of our relationships we’ve built with college coaches and NFL coaches, they respect our opinion,” Kohl said. “The kids know that, and they come and have an opportunity to separate themselves because a lot of times they can’t do that in high school.”

Culbertson looks back at the state of Iowa State’s program when he was enrolled and the progress it has made in the past six years. And he thinks about the progress he’s made himself.

From a walk-on kicker just trying to get a chance in practice, to single-handedly beating the Hawkeyes, to being a full-time coach at the most prestigious and well-respected high-school kicking camp in the country — and he couldn’t be happier.

“I love impacting kids. I love watching them starting in high school and coaching them,” Culbertson said.

“Watching them get scholarships and them calling me so happy saying, ‘Hey I just got a scholarship offer,’ — I love it.”

The following Monday after Culbertson beat Iowa, former Greenlee School teacher Barbara Mack called him at 6:30 a.m. asking if he was coming to class after his memorable weekend.

“So I went to class and she pulled out this giant cake that said ‘Congratulations Bret’ on it. [She] made me come up and we all sang the fight song. You either love her or hate her, but if you hate her, there’s probably something wrong with you.”

EXTRA POINTS

Courtesy ISU athletic department

IOWA STATE DAILY GRIDIRON | 13

Sept. 13, 2013
CREATE A STYLISH GAME-DAY LOOK

By Jessi.Wilson @iowastatedaily.com

Creating a stylish game-day outfit is simple when taking everyday red and gold pieces from a wardrobe and combining them.

An oversized T-shirt — typically at least a size XL — is great for creating a comfortable cotton dress to wear to a football game. There are several YouTube and Pinterest tutorials detailing how to use these larger shirts in various ways, many of which do not require sewing or extensive design work.

One of the easiest methods to create a strapless cotton dress that shows one’s Cyclone pride is by pulling the neckline of an oversized tee over the head and arms, positioning it on the upper torso. By tucking the shirt sleeves into their sleeve holes, a pocket-like illusion is created. For those looking for a more functional dress, there is the option to sew the arm holes together to create pockets for the dress; however, this step is not necessary. Adding a fashionable belt to this garment will give the dress more shape and help define the waist.

For those looking for a stylish look other than a dress, take advantage of online tutorials teaching how to create a tank top from a typical T-shirt. Many of these how-tos do not require design work other than cutting.

Pairing a T-shirt with high-waisted or distressed shorts is another trend for football game day apparel.

Accessorizing the dress or tee will enhance style and ISU pride. Many stores carry hair accessories like bows, flowers and headbands often sold in cardinal red or gold — these colors are usually readily available in Ames. Hair accessories are an easy way to add a feminine touch to any football game outfit.

Adding a scarf in ISU colors is another way to decorate an outfit for game day; this addition will be especially nice as temperatures drop during the season.
IOWA HAWKEYES

QUICK FACTS

- **Location:** Iowa City
- **Type:** Public research university
- **Founded:** 1847
- **Enrollment:** 31,498
- **Student-to-faculty ratio:** 15:1
- **Nickname:** Hawkeyes
- **Mascot:** Herky the Hawk
- Iowa plays football at Kinnick Stadium, which seats up to 70,585 people.

The Hawkeyes have had one Heisman Trophy winner in program history: Nile Kinnick won the award in 1939.

Iowa has been to 26 bowl games in program history, owning a 14-11-1 record in those contests. The most recent bowl game for the Hawkeyes was a loss to Oklahoma in the Insight Bowl in 2011.

The first meeting between Iowa and Iowa State in football was during the 1894 season; the game resulted in a 16-8 ISU win.

Iowa and Iowa State did not meet between the years of 1934 and 1977, at which point the series was renewed and became known as the Cy-Hawk rivalry.

Iowa holds a 39-21 lead in its all-time series against Iowa State. Since the rivalry was renewed in 1977, the Hawkeyes hold a 23-13 advantage against the Cyclones.

Famous attendees of the University of Iowa include Tom Brokaw, Ashton Kutcher and Diablo Cody.

KIRK FERENTZ

- **Experience:** 15th year at Iowa (101-75), 17th overall (113-96)
- **Bowl record:** 6-4
- **Hometown:** Royal Oak, Mich.
- **College:** Connecticut (1978)
- **Family:** wife, Mary; daughters Joanne and Kelly; sons Brian, James and Steven
- Ferentz is tied for third place among BCS schools in his tenure at the University of Iowa. He is currently in his 15th year as coach of the Hawkeyes.
- Before becoming the head coach at Iowa, Ferentz served as the offensive line coach for the Cleveland Browns/Baltimore Ravens from 1993 to 1998.
- All three of Ferentz’s sons have been on the football team at Iowa with his youngest son, Steven, as a redshirt freshman in 2013.
- Ferentz’s oldest son, Brian, is currently in his second year on his father’s staff as the offensive line coach.
- Ferentz’s record against Iowa State as a head coach is 6-8. Only Ohio State has as many wins (8) against Ferentz in his tenure at Iowa.
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