

## **SECTION #6**

### **BUILDING THE ROSTER**

## Player Recruitment

Games are won and lost at the indoor/arena level by the level of talent on the field. Our goal each season is to find the best possible talent in our league. Over the past four seasons we have been very successful in recruiting and signing top level talent from around the country.

### **Recruiting Philosophy**

Our recruiting philosophy is to locate the best possible players to invite to training camp regardless of location. We want to find the most talented players at each position and we will work tirelessly to secure the best roster possible. We would like to have as many local players as possible but only if they fit the criteria that we are looking for when building our roster.

### **Recruiting Timeline**

Our recruiting process is a year-round activity as we build relationships and contacts to locate the best possible players for our franchise. The general timeline is from around three weeks from the completion of our season until about one-month prior to our training camp report date. The most active portion of this recruiting process generally occurs between the months of October and January. Players will often sit on contract offers or wait for better opportunities to arise prior to signing and returning their contracts. We will sign top- quality players at any point in the year if they will improve our team.

### **Recruiting Management & Organization**

The recruiting process is managed in a very efficient manner. All film and contacts are cataloged and organized for later review. A master recruiting database is created which can be accessed by any member of the staff who are involved in the recruiting process. Our director of player personnel ensures that all paperwork is completed in a timely manner.

### **Promotion of our Players**

We will do everything in our power to promote our players and their accomplishments each week. It is important for a developmental pro league to showcase their players to the next level and provide opportunities for exposure to better opportunities.

### **Dealing with Agents**

It is often a necessity to deal with player who have representation by an agent. It is important to develop a good working relationship with the agent as they can be a source of quality talent. The player agent will often attempt to negotiate a salary that is greater than the league guidelines. We will uphold the integrity of our team and league. At no time will we negotiate salaries that are higher than the contracted amounts with player agents or representation.

# Training Camp Roster Targets

## 37 Man- Projected Training Camp Roster

- (3)- Quarterback*
- (2)- Full Back*
- (8)- Wide Receiver*
- (6)-Offensive Line*
- (5)-Defensive Line*
- (4)-Linebackers*
- (8)-Defensive Backs*
- (1)-Place Kickers*

## Player Development

There are four areas of emphasis in our player development program. These are never ending and can constantly be worked on and improved to ensure the success of our program. This will give our players a sense of ownership in the development of our franchise.

1. Attitude- We must not get out worked in a game. Every team and every player at this level can play. We must have a hard-working attitude that is developed and cultivated. It takes a total team effort of 20 players working in unison to be successful at this level.
2. Conditioning- We must be in better shape than our opponent. We want to wear down the opposition in the second half of games. It is the responsibility of our players to ensure that they are taking proper care of their bodies at all times. The two most critical portions of the football game occur in the final minute of the first and second half. We must ensure that we are in optimum condition and have total focus during these periods.
3. Technique- We must be technically proficient in all areas. We must understand how our technique relates to the scheme and the unique rules of this game. This is the difference between a good team and a great team.
4. Preparation- We will be tactically proficient by understanding the total gameplan each week. We must understand that there is a reason for everything that we do on the field. Film study, meetings, and on-field work will allow us to prepare for victory each week. You will not outwork people at this level. We need to ensure that we are optimizing the use of our time in preparing for success each week.

## In-season Roster Management

One of the most important elements of managing our player personnel deals with in-season roster movements. It is important to foster an environment of continuous improvement each week as we move towards the league playoffs. We will constantly look to improve our franchise by signing top quality talent and top quality members of the community.

### **Training Camp Roster Movements**

The goal of training camp each season is to build our final roster. My philosophy is to make the decision to release players who are struggling to fit into our system as soon as possible so that we can focus on the players who we intend to keep on the roster. This allows our final roster players to receive maximum reps during camp.

### **Weekly In-Season Evaluation by Position**

Each week we will evaluate the performance of each member of our roster. If we feel that a player is not performing to our level of expectations we will replace him in the line-up and look to sign a suitable replacement. There are times in which we feel a player can no longer contribute to our team or is a disciplinary problem which will lead to his release from the team.

### **Injury Considerations**

Injuries will play a critical role in our roster management. We must be prepared to deal with injuries by having quality players on our in-active roster and practice squad, and by searching for quality free agent players who are available to fill the positional void. We will not release a player who is injured, and the extent of the injury will determine if the player is placed on the in-active roster or will receive injured reserve designation.

### **Player Advancements**

It is understood and expected that players at this level will search for advancement. As an organization we will do everything possible to promote our players to the next level (NFL, CFL, UFL, AFL). It is a positive for our franchise if we are able to consistently get our players opportunities to showcase their ability on a larger stage.

### **Consistent Improvement**

As we evaluate our roster each week during the season we are looking for a consistent and improving level of play. Each positional area is evaluated and players who are not performing to our standards will be placed on the in-active list or released if we are able to sign a player who we believe will be a better fit for our program. This is ultimately a business and we need to do what is best for our franchise regardless of it is week #2 or week #14.


### **Practice Squad**

Players who are not on our active roster each week will be relegated to the practice squad. It is important that these players can perform at a high level in practice and also be called upon for active roster duty if necessitated by injury or performance. Players who refuse assignment to the practice squad will be immediately released. With our roster limitations we must have committed and dedicated practice squad players to ensure optimum weekly preparation.

### **Daily Monitoring of Professional Football Transactions**

We will constantly monitor and evaluate the player transaction logs from all major professional leagues. Consideration will be placed towards player transactions in other professional indoor/arena leagues and the CFL, UFL, and NFL.

## Sample Player Evaluation

<b>Erie Storm - Player Evaluation</b>						
		Date		2010		
		Evaluator:		SL		
Player	School	Ht	Wt	Position	Proj. Position	DOB
Mike Fazio	Edinboro	6'4	295	Center	Center	8/1/1987
40 Time	Bench	Shuttle	Cone	Vertical		
N/A	N/A	N/A	N/A	N/A		
<b>Notes:</b> Will participate in California, PA Pro Day. Agent is Kip Washington, has some NFL Interest						
Characteristics Grade						
<b>GRADE SCALE</b>						
2 = Poor						
3 = Below Average						
4 = Average						
5 = Above Average						
6 = Good						
7 = Very Good						
8 = Exceptional						
9 = Rare						
Measurables	6- Height 6'4 ..weight 295...very long reach...athletic and regarded as a team leader					
Speed/Agility	6- Very agile and athletic player..long reach...great technique in pass pro					
Evaluation	6- Could be a top level center in the indoor game...Experience pass protecting in a spread offensive system in college..Very athletic and agile...excellent on shotgun snaps...can play all positions on the offensive line					
Work Ethic Character	7- His line coach at Edinboro University Anthony Peluso reports that Mike has an excellent work ethic and the ability to excel at the center position at this level. During his tenure at Edinboro he was not a discipline issue for the coaching staff.					
College Experience Summary	6- Played at the Division II level in the PSAC...All-PSAC performer at center as a senior..Very versatile player who has played all three positions on the offensive line during his career.					
Professional Indoor/Arena Exp. Summary	N/A- Mike graduated from Edinboro University in December 2009. He will be an indoor rookie in 2010. He does have player representation and has received NFL interest.					
Summary	6- Fazio has a lot of potential at the center position. His collegiate experience in a pass heavy system will aid his transition to the indoor game. His long reach and strength will be an asset in pass protection. Coaches report an excellent work ethic					
Overall Grade						
Overall Strengths	6- Excellent in Pass Protection....Great Athletic Ability and Range...Regarded as an extremely tenacious hard-worker...Team Leader...High Character Individual					
Overall Weakness	5- Only competed at the Division II Level....Indoor/Arena Rookie...Has been bothered by a knee injury that forced him to miss the final 3 games of his junior season...Is a little light in body mass..could face problems vs. a bullrush with a bigger noseguard					
Overall Summary	6- Could be an excellent player for our franchise in 2010 at the center position...excels at the details...extremely hard worker...great technique and ability in pass protection...local player					
Final Evaluation:						
Contract Offered. Projected to compete for our starting center position in 2010.						

## **John Dudley: Erie Storm hit make-or-break portion of season**

Shawn Liotta won't know for another week whether to thank the AIFA schedule maker or to curse him.

By the grace of a scheduling quirk, Liotta's Erie Storm will play the unbeaten Baltimore Mariners each of the next two weekends. With three weeks to go in the regular season and the Storm squarely on the playoff bubble, facing the league's top team could be either a blessed opportunity or the first few lines of the Storm's season eulogy.

The Storm (7-4) need two wins to lock up a postseason spot. That means, at the very least, they need a split with the Mariners, who haven't lost at home in two years and are 10-0 this season. Erie finishes with a road game against Fayetteville (2-9) on June 19 after visiting Baltimore on Saturday and hosting the Mariners at Tullio Arena next weekend.

As tall orders go, it's up there.

But Liotta says it's not nearly out of reach.

"I don't want to take anything away from what Baltimore has done," Liotta says. "Anytime you're undefeated after 10 weeks you're having a great season, and they have a great coaching staff. But it's not like they are overwhelming teams with talent as far as playmakers go. What they do best is they don't give you second chances. They don't turn the ball over, and they make you turn it over." In a manic league centered around the passing game, Baltimore is a different animal. The Mariners run the ball, on average, about 20 times a game. They routinely settle for field goals and are content to manage the game and burn the clock. And they have forced 28 more turnovers than they have committed. "They're a much different team than we are, because if we never run the ball I'm happy," Liotta says. "But they've been successful and we've been successful, so I think we match up well."

The best scenario for the Storm is to steal a win on the road Saturday and give themselves a chance to sweep the Mariners, which would make Erie the league's hottest team heading into the final week of the regular season. But they'll have to do it shorthanded. Receiver Denayne Dixon, the former Edinboro and Gannon standout who has emerged as a favorite target of quarterback Rod Rutherford, will miss at least one more game with a hamstring injury. The Storm also will be without starting left guard Ron Idoko.

Taking Idoko's place is Anthony Peluso, the former Edinboro lineman who played for the Erie RiverRats before becoming an assistant coach at West Virginia Wesleyan. Liotta says Peluso "unretired" to join the Storm for this crucial stretch, and it's a classic Liotta move. The coach has again shown his chops this season by finding players to fill roles, including Dixon, a college tight end who has adapted to the fast-paced arena game.

"It continues to amaze me the way Shawn is able to use his connections to go out and get players when we need them," says Bill Stafford, spokesman for the Storm's ownership group. "He's done a great job of getting us in position to play for something at the end of the season."



# Rats set sights on title despite roster changes

By BOB JARZOMSKI

Some are battered, and some have scattered, but all that matters for the Erie RiverRats is that there is an AIFA division championship within their grasp. Only 14 players left Florence, S.C., healthy last week after the RiverRats' five-game winning streak was smashed by the Phantoms. Erie native and former Pittsburgh Steelers defensive back Jovon Johnson is off to the CFL. Two other veterans went their separate ways. But the RiverRats are 8-3, and a half-game behind the Reading Express in the Eastern Conference's North Division going into tonight's game at the Tullio Arena against the Canton Legends. The fact is, the 'Rats are four snaps from being 4-7 after escaping with close wins four times.

"Those close wins show the character of this team," said coach Shawn Liotta, who has had to perform a high-wire juggling act by constantly re-shuffling the roster while holding practices in Butler, more than 80 miles from Erie. The two wins over the Legends (1-9), who won their first game last week, are perfect examples. Erie won at Canton 38-24 on March 15, thanks to Roosevelt Benjamin's 50-yard fumble return when the Legends were going in for a go-ahead touchdown, and 50-48 in Erie on May 3 on Rod Rutherford's fourth-down touchdown pass to Brandon Jackson with 14 seconds to go.

"That's the way it is in this league," Liotta said. "A team could be considerably different one week to the next."

That will be the case for the RiverRats tonight in their next-to-last home game of the season, with the June 7 meeting against the Express (8-2 and with an early season win over the RiverRats) looming as a must-win situation. Erie also would have to win at Reading in the season finale to claim the division title and conference top seed. Last week's 57-27 loss to Florence snapped the RiverRats' five-game winning streak since former Pitt star Rutherford arrived to become the indoor football team's third starting quarterback. The 'Rats were short-handed even before that game. Jackson was out with a broken foot -- he might return for the playoffs -- and wide receiver/former quarterback David Dinkins could not make the trip because of job commitments. Darmel Whitfield was the only experienced receiver.

"We brought in new receivers for one day of practice, and that's hard for them to work into the offense," Liotta said.

Offensive lineman Anthony Peluso injured a bicep in the loss and is doubtful for tonight.

The defensive side of the ball has significantly changed.

The crowd-pleasing Johnson, a safety who electrified the fans with his big-play capabilities, reported to the Winnipeg Blue Bombers camp this week. Veteran defensive back Chris Blackshear, unhappy with management, was released, and defensive lineman Eddie Robinson, who comes from Cleveland, has left the team.

"The Erie fans will see (defensive back) Robb Butler for the first time," Liotta said of the former San Diego Chargers and Kansas City Chiefs practice team member who saw NFL action. "We also brought in other players who played with us in Pittsburgh last year that should step in very well for us."

Liotta praised Johnson for his contribution to the club. "Jovon was a difference-maker for this team, and always went all-out for us," Liotta said. "Last week, he really didn't have to make the trip to Florence and risk an injury and jeopardize his chances to play in the CFL, but he did, and he played very hard for us there. It goes to show what a person he is, and he has such great character. I can only hope he does well, and gets a shot at the NFL again."

# Example - In-Season Roster Movements

## RiverRats sign former Pitt QB Rutherford

Former Pitt quarterback Rod Rutherford signed with the Erie RiverRats this week and will start against Baltimore on Friday.

Rutherford took most of the snaps in practice this week. He will be the RiverRats' third starting quarterback in six games this season.

Rutherford played two games this season with Wilkes-Barre-Scranton of af2, completing 55 percent of his passes for 488 yards, 11 touchdowns and three interceptions. He was released by the team a week ago in a quarterback shuffle.

"We weren't actively looking to bring another quarterback in, but we couldn't pass up the opportunity to bring in such an accomplished player as Rod Rutherford to our team," coach Shawn Liotta said.

At Pitt, Rutherford threw for 6,724 yards, 60 touchdowns and 30 interceptions. He was all-Big East as a junior, when the Panthers won the Insight.com Bowl. In his senior season he threw for a single-season record 3,679 yards and tied Dan Marino with 37 touchdown passes.

Rutherford was not drafted into the NFL. He joined the Carolina Panthers as a member of the practice squad in 2005. He was with the Pittsburgh Steelers in 2006 and played with Hamburg of NFL Europe in 2007.

Game time Friday is 7 p.m. at Tullio Arena.

-- staff report

## Erie RiverRats Add Robb Butler from AFL

May 16, 2008 - [American Indoor Football Association \(AIFA\) Erie Storm](#)

(Erie, PA) - Head Coach Shawn Liotta of the Erie RiverRats of the AIFA announced the signing of DB Robb Butler to a contract for the remainder of the season. Butler practiced with the team this week and will be activated for this weekend when Erie visits Huntington in a rematch of last week's thriller, won by the Rats 47-43.

Butler (6'0" -217) comes to Erie after playing earlier this season with the Kansas City Brigade of the AFL. After college, he was signed as an undrafted free agent by the NFL's San Diego Chargers. Butler began the 2004 season on the practice squad, but was eventually added to their active roster, appearing in 5 NFL games as a safety and kick returner. He was a member of the practice squad of the Baltimore Ravens in 2005, and the Kansas City Chiefs in 2006 and 2007.

Butler, a native of Pittsburgh, PA, was a high school teammate of RiverRats QB Rod Rutherford, and joined him at the University of Pittsburgh, where he played for three seasons at wide receiver. He transferred to Robert Morris College and became an NFL prospect after his two seasons in 2002-2003. As a junior in 2002, he recorded 29 receptions for a team-leading 459 receiving yards. He switched to defense before his senior season and was named first-team T-AA All-American after finishing the year with 84 tackles, a pair of interceptions, 7 pass breakups, and two forced fumbles from his strong safety position.

"We're thrilled to be able to add an NFL-level talent like Robb to our roster. It also should benefit him tremendously that he already got to experience the indoor game earlier this season with Kansas City in the AFL. We believe that Robb will help fill the void we'll have in our secondary when Jovon Johnson leaves for the CFL in the next few weeks. But until then, we'll have both of them back there, which should make our defensive secondary even stronger," commented Coach Liotta.

## RiverRats Sign Former Penn State Standout

May 10, 2007 - [American Indoor Football Association \(AIFA\) Erie Storm](#)

Pittsburgh, PA - Pittsburgh RiverRats Head Coach Shawn Liotta is proud to announce the signing of former Penn State University Standout to a contract for the remainder of the 2007 season. Yisrael (6' / 190) a WR/DB joined the team this week and will be in the lineup when RiverRats face the Erie Freeze this Saturday. He joins the team after spending the beginning part of 2007 on the roster of the New York Dragons of the Arena Football League.

Yisrael played at Penn State from 2000-2003 where he was a three year letterman, captain, and starting safety. He finished the 2003 campaign as the team's second leading tackler with 93 total tackles and 3 interceptions and earned 2nd team All-Big Ten accolades. Yisrael signed with the Pittsburgh Steelers in 2004 and attended the teams 2004 training camp.

Yisrael had several pro workouts before signing with the Wilkes-Barre-Scranton Pioneers of Arena Football 2. The explosive WR/DB showed his outstanding talent as a two way player rushing 17 times for 43 yards and 5 tds, accumulating 34 receptions for 687 yards and 9 tds, and was tied for the second most tackles on the team with 61. Yisrael earned several ironman of the game awards while playing with the Pioneers prior to signing a contract with the New York Dragons.

"Yaacov Yisrael instantly makes our football team better," commented RiverRats Head Coach Shawn Liotta. "We are very proud to have Cov and his outstanding talents with us here in Pittsburgh as we make our late season playoff push. He is a tremendous player and an even better person. RiverRats fans will enjoy watching him play over our final two home games. When you look at his experience and where he has played, we are very excited about seeing him in action this week vs. Erie."

## Johnson signs with Winnipeg

From staff reports

Erie's Jovon Johnson has signed with the Winnipeg Blue Bombers of the Canadian Football League.

Johnson, a defensive back for the Erie RiverRats and a Mercyhurst Prep graduate, is expected to join the team for training camp later this month. The team's first preseason game is June 12.

Johnson, 5 feet 9 inches and 177 pounds, played in three games for the Pittsburgh Steelers in 2006. In 2007, he played the end of the season with CFL Saskatchewan, helping the Roughriders win the Grey Cup - Canada's equivalent of the Super Bowl.

Johnson's signing was announced today along with the signings of another import player, receiver Romby Bryant, and running back Jacques-Olivier Lumbala.

Terms were not disclosed.

"All three of these players join us with impressive football resumes, either at the collegiate or pro level," said Bombers general manager Brendan Taman. "We expect all three of them to make a serious push for roster spots when training camp begins."

Johnson told the Times-News last week that he expected to sign with Winnipeg after receiving offers from the Bombers as well as Saskatchewan.

"It wasn't like I didn't enjoy Saskatchewan," Johnson said last week. "It was a good experience. It's just that there were a few things behind the scenes that weren't as good as they could have been, and I'm ready for a change."



# Open Tryout Camps

## Philosophy and Timeline

Our organization will host three open tryout camps each year prior to the season. The goal of these camps are to provide an opportunity for players to tryout in an effort to be selected for our training camp roster. We will charge a fee for attendance in the camp, and require all participants to sign participation and insurance waivers prior to participating in the camp. We will plan three tryout camps prior to the start of the season in February. Our goal will be to host camps in early October, late November, and mid January. The open tryout camps are operated by our coaching staff. The coaching staff and front office must do a good job of promoting the camps in-advance to ensure that they are well attended.

## Public Relations Opportunity

The open tryout camps can be a great opportunity to promote our franchise and the up-coming season. All media print and television will be invited to cover our camp, and in the past we have invited members of the media to tryout at our camp and write about their experience. These camps are a great opportunity to receive positive media attention during our off-season.

## Search for “Local Talent” & Uncovering the “Diamond in the Rough”

These camps provide an opportunity for not just invited players, but any athlete who wants an opportunity to showcase himself to our coaching staff. We have been able to uncover a few “diamonds in the rough” and some local talent who have contributed to our camp roster over the past four seasons. These athletes have flown under the radar for a number of reasons, and these camps provide us an opportunity to evaluate their skill level and ability.

## Tryout Format & Evaluation Process

The format for our tryout camps are non-contact combine based. It is important that we have a well structured system for running our open tryout camps with an emphasis on structure and time management. We want to ensure that all participants have an opportunity to showcase themselves for our coaching staff. If there are any participants we are interested in signing we will initiate the process following the completion of the camp. All other players are thanked for their participation and urged to continue to follow their dreams of playing professional indoor football. It is important that every player who attends our tryout camps are treated in a professional and respected manner regardless of their ability.

Erie Storm Open Tryout Camp		
Time		
7:30	8:00	Camp Registration
8:00	8:05	Coach Liotta - Address Participants
8:05	8:10	Intro Camp Format
8:10	8:25	Flex/ Form Run
8:25	9:25	Timing - 40, L, Pro Shuttle
9:25	9:30	Break - Individual Organization
9:30	9:50	Individual Drills
9:50	9:55	Break- Group Organization
9:55	10:20	Group Drills
10:20	10:25	Coach Liotta - Dismiss Participants



# Long shots follow football dreams

By [Tricia Lafferty](#), TRIBUNE-REVIEW

Monday, August 21, 2006

These were the dreamers.

Forty-six of them, of all sorts. Former high school football stars, athletes fresh out of college, semi-pro players and even guys who have been out of football for years worked on Sunday to achieve one goal: to take their skills on the gridiron to the next level.

The pro-football hopefuls gathered at the Rostraver Ice Garden in Belle Vernon for a three-hour open tryout hosted by Shawn Liotta, head coach of the Pittsburgh River Rats, the area's newest arena team and a member of the American Indoor Football League. Of that group, Liotta said he'll keep up to five players, then fill the rest of his roster with standouts such as franchise player David Dinkins, who became the first member of the River Rats when he signed with the team yesterday.

At the registration table, everyone's arm was tagged with a large, silver number for identification. On this day, no one was much more than a number. "I just don't know when to quit. I'll never stop," 41-year-old Ralph Guzzo said. "I'll be coming to these things when I'm 70 with a cane."

Guzzo hasn't played organized football since 1990, but that didn't stop him from hustling through the 40-yard dash despite being clocked at 6.47 or fighting through linemen drills in which he fell and almost shattered his glasses. The 6-foot-1, 257-pound Guzzo was, to his credit, going up against former Indiana (Pa.) University and Johnston Riverhawks linebacker Jovalle McKenzie in the drill.

The compilation of players was unique, ranging from former Nebraska wide receiver Scott Aguglia to 45-year old Jim Barron. Barron, of Whitehall, had never played football but thought he'd give the River Rats a shot.

"I've been working out and running for 30 years -- longer than most of these guys have been alive," he said. "I'll catch anything they throw at me. That's all I know."

Barron was missing midway through the tryout. Maybe his sore hamstrings got the best of him after two 40-yard dashes. Maybe he thought he couldn't compete with the younger guys, such as Yermah Tita, whose best 40 time was 4.38. Derek Vikari's 4.44 wasn't bad, either. John Dennis, of Castle Shannon, wasn't as speedy, but the 6-foot-4, 311-pound lineman garnered applause from his competition when he hustled down the line.

"I'm here because I love the game," said Dennis, who played at West Chester University and once tried out with the Steelers but hasn't played football in two years. "I want to play. Everyone here wants a chance."

For wide receiver Damien Duggan, it's an opportunity for redemption. After graduating from North Catholic in 2003, he could have played football at West Virginia, but he was academically ineligible. Shaler graduate John Lennon never had the opportunity to play beyond high school because he couldn't afford to put himself through college.

"I had a big problem in college with tuition. Being adopted, I had no one to pay for me, so I had to pay for it myself, and it didn't work out for me," Lennon said. "I couldn't play in college, but I want to play. I always wanted to play. I just wanted to come out and see what I can do."

Ryan Howell was quite curious what he could do because, he said, he's been "sitting on the couch and playing video games for a few months." He impressed himself and bystanders when he ran a 3.93 in the shuttle run.

Wide receiver Tavis Laws was confident in his abilities. That's why he drove four hours from Northern Virginia and is willing to relocate if he makes the River Rats -- one of four tryouts on his schedule along with trips to Arizona, Maryland and Texas. After choosing baseball over football, Laws attended Shepherd University on a baseball scholarship. He could have played for the Atlanta Braves but didn't want to move away from his wife, who was pregnant at the time with their 2 1/2-year-old son. Laws made the switch and ventured to Belle Vernon because, he said, "I want to play pro ball."

"When you are an athlete I guess, you just pick it right back up," Laws said.

That wasn't so easy for the athlete tagged No. 24. Playing quarterback/wide receiver on Penn State's intramural co-ed flag football team two years ago was much less challenging than completing a 40-yard dash, a shuttle run, a broad jump and receiver drills. Assuming the fastballs from former North Allegheny and IUP quarterback Brian Eyerman were too tough to handle, it was a good idea to sit out that drill.

After all, No. 24 wasn't necessarily a dreamer. She was just the journalist writing this story.