

CATEGORY FIVE MINUTES WITH COACH TY WISE

By: Brian Bosarge

BRIAN BOSARGE: Today I have the pleasure to speak with new Bryant Strength and Conditioning/Offensive Line Coach, Ty Wise. Coach, let me first ask you to tell our readers about your background.

TY WISE: I grew up in Pensacola. I played football there at Washington High School. I was fortunate enough to go play collegiate football at the University of Miami. I then played professional football for about four years. I started out with the Eagles. I then went to the Bears. After that, I played in NFL Europe for the Barcelona Dragons. I then played with the 49ers. I had a few significant injuries that caught up with me and ended my playing career. My coaching career actually began at Washington High School. This past year I had the chance to go to Florida International University, and be a strength coach down there. And now I am here at Alma Bryant.

BB: Talk about your time at the University of Miami, and tell us about some of the guys you shared the field with there.

TW: I played with a lot of good football players down there. The first guy that comes to my mind is Ray Lewis. When I first got to Miami, I was a young freshman center and had to face him everyday as a middle linebacker. Edgerrin James was a guy I blocked for. Clinton Portis was a true freshman when I was a senior. I played with receivers Santana Moss and Reggie Wayne. I played with tight end Bubba Franks. I played beside offensive tackle Bryant McKinnie, who was the 7th overall pick to the Vikings when he came out. Defensively, I played with Dan Morgan, Damione Lewis, Ed Reed, and a whole bunch of other folks who have gone on to the NFL.

BB: Coach, tell us about what brought you here to Alma Bryant High School.

TW: I have three children. Their grandparents live in Pensacola. I have a brother that lives in Mobile. My family is all over the state of Alabama. I have family in Andalusia, Troy, and I also have family just over the state line in Mississippi. Being in Miami, like 700 miles or so away, with three children that miss their grandparents, aunts, uncles, cousins, we were looking to get back up this way. I had the opportunity to interview with Coach Cottrell, and it went well. We just started talking about what we are going to build here, and I got really excited about it. I felt like I had a job to do here and I wanted to be a part of it.

BB: Coach, let's talk about how the summer workouts have gone so far.

TW: We've learned a lot. I think that is probably the best thing that can be said. The guys have come out and put a lot of effort in. We are doing a lot of things they have never done before. It is challenging their strength, it is challenging their balance, and it is challenging their coordination. We are trying to re-teach things like proper technique on

certain lifts, so we can be efficient on certain things and not risk injury. Overall, I have been very happy with how things have gone the first few weeks.

BB: What can we expect the rest of the summer and going forward into the fall?

TW: We will continue to build on strength, speed, agility and power. Our last three weeks of the summer will be more geared toward power. I will use the camp for conditioning. We are really not conditioning the guys too much right now. We are just trying to teach them how to run, and to try to condition their bodies to be efficient when they run.

BB: Ok coach, well thank you for your time this evening. I look forward to working with you all year. On behalf of almabryantfootball.com welcome aboard.

TW: Thanks a lot, I am glad to be here.

QUESTION OR COMMENTS SEND AN EMAIL: brian_bosarge@yahoo.com