

# BOWL NEWS

12.31.09



## Air Force Enjoys Break from 'Regular' Routine

By Jim Benton, [www.armedforcesbowl.com](http://www.armedforcesbowl.com)



**Fort Worth, Texas, December 28, 2009** - Air Force Academy football players are starting to enjoy how the 'other' half of the regular college world lives as they prepare this week for Thursday's seventh annual **Bell Helicopter Armed Forces Bowl** that will be played at Amon G. Carter Stadium.

Stepping away from their regular military academy routine, the Falcons went through their third practice on Monday at Kennedale High School and since the Air Force Academy is on break for the holidays, the players have the rare opportunity to concentrate on nothing but football.

Air Force players don't have to be concerned about early wake up calls, trigonometry, calculus or aeronautical engineering assignments or military duties.

"It's a lot nicer," junior defensive back Reggie Rembert (pictured) said. "We don't have to wake up at 6:30, we get a little more sleep and get to have a little more fun."

A brisk wind kept the temperature cool during practice but senior defensive lineman Ben Garland was enjoying the break from the demanding school schedule.

"It's a blast," he said. "It's so relaxed. It's like a vacation with your friends. Every afternoon we get to play against each other, have fun, hit each other hard then go back and just hang out, watch movies, study film and just really enjoy life."

Senior offensive lineman Nick Charles called this week special.

"It's awesome," he said. "It's really an eye-opening experience. It's not often you get to be with the people you love most and be in such an atmosphere where you are practicing with them for something you have been working on all year. You get to play around a little bit, hang out and have dinner."

Air Force coach Troy Calhoun says this week has been beneficial for his players.

## Air Force Enjoys Break from 'Regular' Routine, December 28, 2009, Page 2

"It's a special time for them," Calhoun said. "They probably get more rest. They get more interaction with one another. You just get to know your teammates better. Just the friendship part of it makes it a pretty valuable five days.

"They laugh and cut up some. There's some good-natured needling that goes on."

Houston practiced Monday at Carroll High School and both coach Kevin Sumlin and quarterback Case Keenum, the nation's passing and total offense leader, downplayed the fact that the Cougars will be facing the Falcons for the third time in 16 months.

"We play the same teams every year," Sumlin said. "But this is a bowl game."

Air Force defeated the Cougars 31-28 on September 13, 2008 in a game played in Dallas because of Hurricane Ike. Houston beat the Falcons 34-28 in last December's **Bell Helicopter Armed Forces Bowl**.

"These are two totally different teams," Keenum said. "It will be a totally different game than last year."



**Jim Benton** - Jim Benton was a sportswriter for the Rocky Mountain News in Denver for 41 years until the paper folded last February. He started as a high school beat writer four decades ago. Since then, he has covered a variety of sports including college football, basketball and hockey, professional hockey, football, baseball and basketball, tennis, golf, bowling, soccer, horse racing and NASCAR. Benton is a Denver native and a graduate of the University of Denver.