Gymnast redshirted to sidelines

DORITY from page 20

score that barely missed All-American status.

The sophomore from Kearney, Kendig said, was showing good improvement during the preseason.

"It takes away a lot of our depth and flexibilit,." Kendig said. "Surgery went well and we know it's a healing process both mentally and

"When this thing heals, and she feels good, I think she will come back with a stronger vengeance."

But for now, Dority's new role is to be there for her teammates.

'Its hard for her to sit along the sideline and just watch," Brink said. "It means so much to us to have her sitting there and cheering us on and knowing that she is behind us."



Football team awaits season; takes break from public eye

By Brandon Schulte

Staff writer

It's been almost two months since the Nebraska football team was last seen in action.

And it's likely another two months before they'll be seen again.

Now the team is out of sight and out of mind to most observers, as the winter sports take center stage. But the NU players and coaches hope the work done during this "off period" will focus them squarely in the limelight next fall.

Defensively Coordinator Craig Bohl said the dreary winter months following the season are the best time to reflect and build on last season.

"The first thing we want the players to accomplish is a foundation of strength, speed and power," Bohl said. "They get bigger, stronger and faster right now.

"What we try to accomplish as

coaches is to take a critical look at what we did last year. We want to see what we did well and not so well to stay on the cutting edge and make the necessary adjustments."

Coming off a 12-1 season that culminated in a 31-21 victory over Tennessee in the 2000 Fiesta Bowl, the team doesn't have many adjustments to make, Bohl said.

But a No. 2/3 finish in the national polls will only increase motivation for the team to make those changes, Iback Dan Alexander said.

"We still need to improve a lot to hopefully go undefeated next season," Alexander said. "Being that close to a national title and not getting it, being one step away has motivated everyone to work harder to play for the national

NCAA regulations prohibit coaches from direct coaching contact with players until spring practice starts at the end of March. So the coaches try to stay in contact with the

players at the position they coach, and they formulate plans for spring prac-

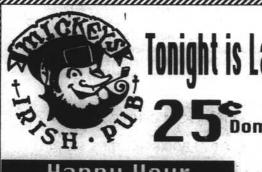
"We obviously try to have daily contact with them," Bohl said. "We try to see how they're doing with winter conditioning. What you do is to try to stay in the loop with them."

Therefore training regimens are set up by the strength coaches under Boyd Epley and by the players themselves.

The players workout with others at their positions in specialized workouts. Alexander said it's in these group workouts that the team chemistry comes together and eventually, leaders emerge.

"This is the time when that kind of stuff starts getting established," he said. "No one person is the leader, but the seniors help to set up regulations.

"The coaches aren't allowed to have contact and discipline us, so the seniors step up to be the coaches. They are the leaders and the motivators."



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