

Ready to ride



ANDY HEINTZ/Colby Free Press

Tom Pardee got on his bike and got ready to go on a 24-mile ride during the second annual Iron Athlete Triathlon on Saturday. Pardee finished third out of 12 athletes with a time of 2:44.17.

Boy's basketball program will feature new coaches

Andy Heintz

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The Colby High men's basketball program will have a brand new coaching staff this season.

Varsity men's basketball coach Beau Sheets, junior varsity coach Barry Lucas and freshman coach Godfrey Reide have all decided not to return this year.

Sheets resigned as coach after accepting a job to be the boys varsity basketball coach and the assistant football coach at Wind River Middle/High School in Pavillion, Wyo.

Freshman volleyball coach Kacie Goetz will also not be returning to coach this year.

The high school has yet to officially hire replacements for these coaches.

Denver Broncos coach brings old school style to team

ENGLEWOOD, Colo. (AP) — Club Med under Mike Shanahan has given way to Club Dread under Josh McDaniels.

The 33-year-old rookie coach of the Denver Broncos is going old school, bringing not only Bill Belichick's offensive philosophies with him from New England but also his mentor's approach to training camp.

And that means putting his players through full-pads practices most of the time.

"Hopefully very physical," McDaniels said of the type of camp he wants to see when things get going Friday morning. "We want to establish that as our style of play. We're going to do everything we can at a great tempo because that's the way games are played."

"So, we want to simulate what happens on game day as much as we can at every practice and get our players into that mindset day in and day out."

In recent years, Shanahan favored less and less hitting at

camp, both for safety reasons and because he figured with the load of offseason workouts, he pretty much knew who was roster-worthy from Day One. Some of his practices last summer were basically walk-throughs in shorts at half-speed.

McDaniels, who replaced Shanahan in January after the Broncos missed the playoffs for the third straight season, needs to see what he has, especially the defensive front seven. He's also trying to instill a wicked attitude in a defense that ranked at or near the bottom in every statistical category last year.

"If that's what you want your identity to be ... then you've got to go out and do it," McDaniels said. "It's not just going to show up in September if you haven't done it. We're going to practice the way we feel we need to practice in order to establish the style of play that we want to win with this year. That's going to be a physical style on both sides of the ball. It's hard

to practice that way when you're not in pads."

He'll pepper his schedule with a few non-padded practices here and there.

"We'll gauge the health of our football team and what we need. But right off the bat, we're going to try to get after it," McDaniels said. "We haven't been able to evaluate the offensive line or defensive line in terms of how physical they play all spring. We're looking forward to some of those evaluations starting to become clear."

McDaniels also is departing from his predecessor's style of designating certain key veterans as once-a-day guys who don't have to participate in the afternoon or evening workouts on two-a-days.

"Everybody runs things differently, that's football," wide receiver Brandon Stokley said.

"The coaching staff is going to do whatever is best for us to get us ready to win games."

Kansas City Chiefs' coach to test player's condition

KANSAS CITY, Mo. (AP) — Kansas City Chiefs coach Todd Haley says he expects his players to arrive at training camp already in shape, and he'll determine quickly who is not.

The Chiefs open camp Friday in River Falls, Wis. Haley will use the day to have all players run three 300-yard shuttles in times that have been set according to position.

"Over time, it's proved, at least in my opinion, to be one of the better conditioning tests," Haley said. "If you haven't been working or kept your weight where it needs to be, you'll struggle."

Those who don't make the allotted times risk be-

ing held out of the first practice on Saturday. And they could be held out until they pass the test.

"Hopefully, nobody will have to experience (failing the conditioning test)," he said. "It's part of the physical. This is something that has to be done. We'll take each case on a case-by-case situation. Maybe someone's had an injury or some other issue. We'll use common sense in this."

Haley says there's not enough time in camp for players to work themselves into shape because of everything else they need to do to get ready for the season.

Rockies' pitcher sets franchise record

NEW YORK (AP) — For Johan Santana, it was just another outstanding July. To Jorge De La Rosa, it was a second straight month to remember.

De La Rosa set a franchise record by winning his seventh consecutive start as the Colorado Rockies beat New York 4-2 on

Thursday night, earning a split in the day-night doubleheader and snapping the Mets' five-game

winning streak.

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