



Photos courtesy UOSID

# Duck Attack

## in the PAC-10

The University of Oregon doesn't let a low-key image interfere with having one of the best football programs in the country

With the lion's share of media attention going to USC and other Pac-10 powerhouses such as UCLA, Stanford and California, the University of Oregon's Ducks tend to fly under the radar. Perhaps this is why last year's 10-game winning season had many college football fans wondering, "What just happened?" But make no mistake: the University of Oregon is a team that has established a tradition of winning that makes the alumni proud.

The University of Oregon opened its doors in 1876 and has established itself as an affordable place to get an amazing education. Nestled in the heart of Eugene, Oregon, the university's park-like campus borders a recreational wonderland of fertile green valleys and plains, hiking trails and clean air. Equally impressive is the school's knack for winning football games and its history of regularly seeing its graduates go on to play on Sundays. Further, the school is

ranked seventh in the NFL Hall of Fame Inductees.

### Miracle Tenure

Mike Bellotti heads the coaching staff for Ducks football. A former head coach (1984-88) at California State University, Chico, Bellotti became the offensive coordinator for the Ducks in 1989, taking over as head coach in 1995. He started off with a bang that first year, finishing with a 9-3 season and a berth in the Cotton Bowl. Since then Bellotti has led Oregon to nine bowl games, with four wins, and produced an 11-1 team that was ranked second in the country. He is the 16th-winningest active Division IA coach in the country and is



on his way to becoming the coach with the most wins ever in the school's history.

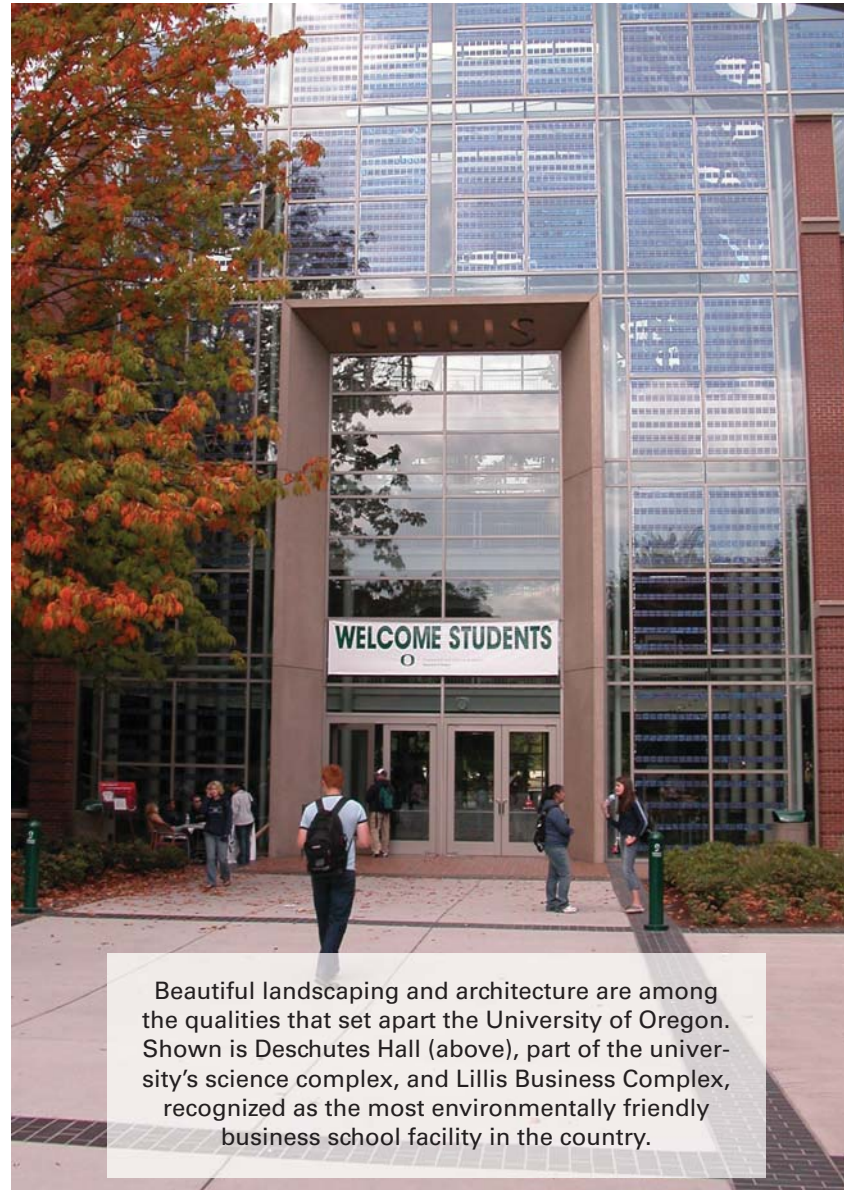
The Ducks are known for their high-octane offenses. In eight of the past 11 seasons the Ducks averaged over 400 yards total offense, scoring 30 or more points in 100 games; and in five of the past 10 years Bellotti's teams ranked in the top 25 in the country in three major offensive categories. But if there's one trait that separates them from the competition, it's discipline, as they have won 41 of 50 games by a touchdown or less.

One glitch in the Ducks program occurred in 2004 when the team won only five games. But the following year they reminded the gridiron world that you can never take the Ducks for granted. In 2005 their spread offense averaged 300 yards per game passing and 34.5 points a game. They also showed their poise with nail-biting wins over Fresno State (37-34), California (27-20 OT), Washington State (34-31) and Arizona (28-21). Their only losses were to USC, which went on to play in the National Championship Game, and to Oklahoma, which won by a field goal in the Holiday Bowl.

One of the superstars of the 2005 squad was defensive tackle Haloti Ngata, a 6'5", 338-pound junior from Salt Lake City. He was the PAC-10's Co-Defensive Player of the Year and one of the top three finalists for the Outland Trophy. Ngata set aside his senior year to enter the draft, going in the first round to the Baltimore Ravens. "Haloti's been a tremendous player in our program – a great ambassador for the program – and he's done everything I've ever asked of him," says Bellotti. "I wish him well, and I want him to be successful."

In addition to Ngata, three other Ducks were picked for the pros, and two more signed as free agents, in the 2006 NFL Draft: WR Kellen Clemens (NY Jets), WR Demetrius Williams (Baltimore), DC Justin Phinisee (Tampa Bay), TE Tim Day (Chicago) and LB Anthony Trucks (Tampa Bay). Despite the losses of these big-gun players, the Ducks have reloaded with a team that shows promise for post-season celebrations.

For 2006, the Ducks welcome back six starters on defense and seven on offense. One of the key offensive players is 234-pound sophomore Jonathan Stewart, a 4.34 tailback who power cleans 385, bench presses 410 and has a 38.5 VJ. Last season he touched the football (rushing, receiving and kick-off returns) 72 times that resulted in nine touchdowns, and his 33.7-yard average on kick-off returns led the nation. And with senior center and Outland Trophy watch-list selection Enoka Lucas



Beautiful landscaping and architecture are among the qualities that set apart the University of Oregon. Shown is Deschutes Hall (above), part of the university's science complex, and Lillis Business Complex, recognized as the most environmentally friendly business school facility in the country.







With a 385 power clean, a 410 bench and a 4.34 forty, running back Jonathan Stewart is a juggernaut on the gridiron.

leading the charge, expect some big numbers again from Stewart. Lucas is a 6-4, 299-pound two-year starter. Lucas should be on the short list for the Outland Trophy, which has been awarded annually since 1946 to the best offensive or defensive lineman in college football.

On defense, senior free safety J.D. Nelson is making everyone's pre-season list and has been nominated for consideration for the Bronko Nagurski Trophy, awarded annually to the best defensive player in college football. Last year the 5'11", 219-pound Nelson had 64 tackles, five passes defended, one interception and one forced fumble.

### Duck Strength

In the area of strength and conditioning, for the past 18 seasons Jim Radcliffe has headed a year-round pro-

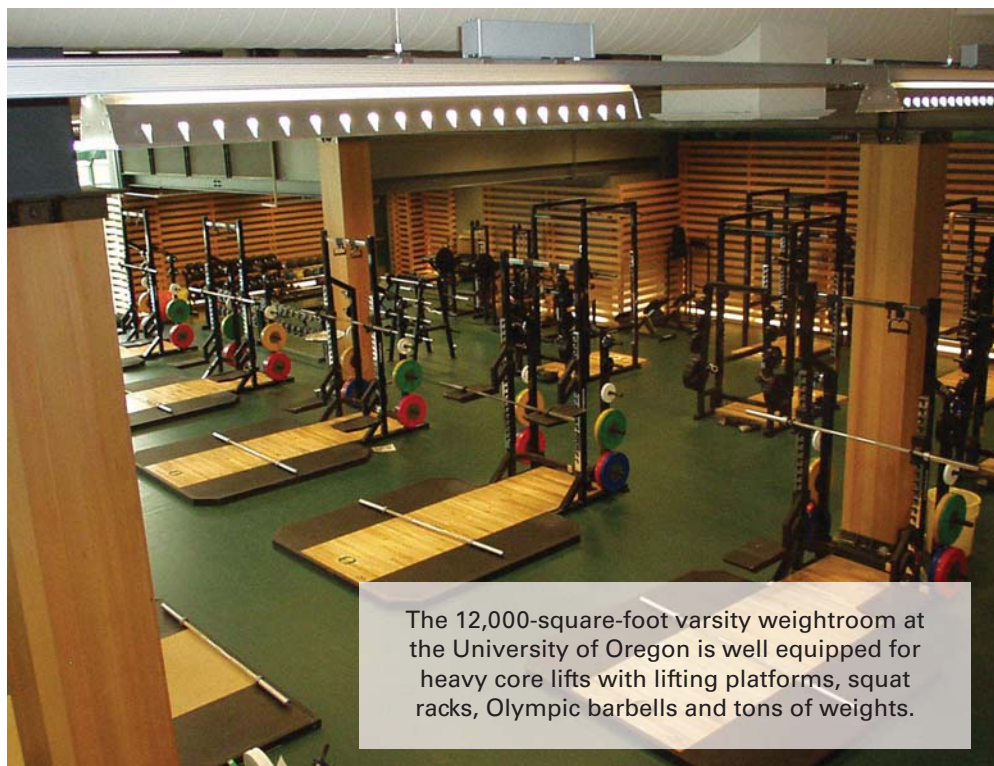


Head Coach Mike Bellotti is one of the winningest coaches in the history of Oregon football.



Defensive tackle Haloti Ngata of the 2005 Ducks was a first round draft pick and will be playing on Sundays for the Baltimore Ravens.





The 12,000-square-foot varsity weightroom at the University of Oregon is well equipped for heavy core lifts with lifting platforms, squat racks, Olympic barbells and tons of weights.



Senior free safety J.D. Nelson is a strong contender for the Bronko Nagurski Trophy, awarded annually to the best defensive player in college football.



An outstanding offensive line helped the 2005 Ducks average 34.5 pound a game. Senior center Enoka Lucas, who should contend for the Outland Trophy, will provide leadership for the 2006 line.

gram that emphasizes speed, strength, flexibility and agility. The 12,000-square-foot varsity weightroom was designed to represent the philosophy of the program and is therefore well equipped with lifting platforms, squat racks and free weights in addition to a wide variety of benches and machines.

This past year the Ducks made it clear from their off-season conditioning program that they were not going to be outmuscled or outrun on the field. Here are some outstanding achievements of several of their players: Jerome Boyd (LB), 4.33 forty; Ryan DePalo (DB), 313 power clean; Brian Paysinger (WR), 4.34 forty; Blair Phillips (LB), 405 squat; Jon Pope (LB), 374 power clean, 420 squat, 35-inch vertical jump; Matt Toeaina (DL), 368 power clean; Chris Vincent (LB), 4.35 forty; Jaison Williams (WR),



## FEATURE STORY

341 power clean.

Fans coming to Eugene to watch the Ducks view the action in Autzen Stadium, which is consistently ranked among the nation's top 10 venues to watch a college football game. The Ducks will also offer a surprise in the upcoming season, with new uniforms with an advanced design and technology that will reduce the weight of the uniforms by 28 percent when dry and 34 percent when wet. The uniform designs are a result of a two-year process involving designers Tinker Hatfield, Nike vice president for special projects and an Oregon alum; and Todd Van Horne, creative director of U.S. sport apparel at Nike.

Now that the Oregon Ducks are set for some sleek moves this fall, maybe the elite college football teams will have to share some of the media spotlight. But even if the team manages to elude fame yet again, the fans will still pack the stands. In Oregon they love their Ducks! **BFS**

Autzen Stadium is consistently ranked among the nation's top 10 venues to watch a college football game.



The Ducks' new uniforms have an advanced design and technology that will reduce the weight of the uniforms by 28 percent when dry and 34 percent when wet.



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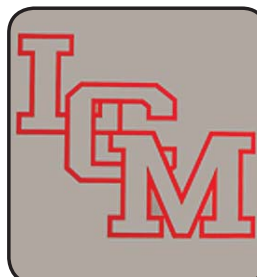
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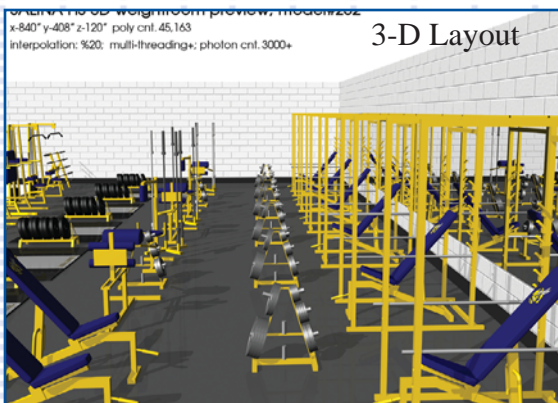
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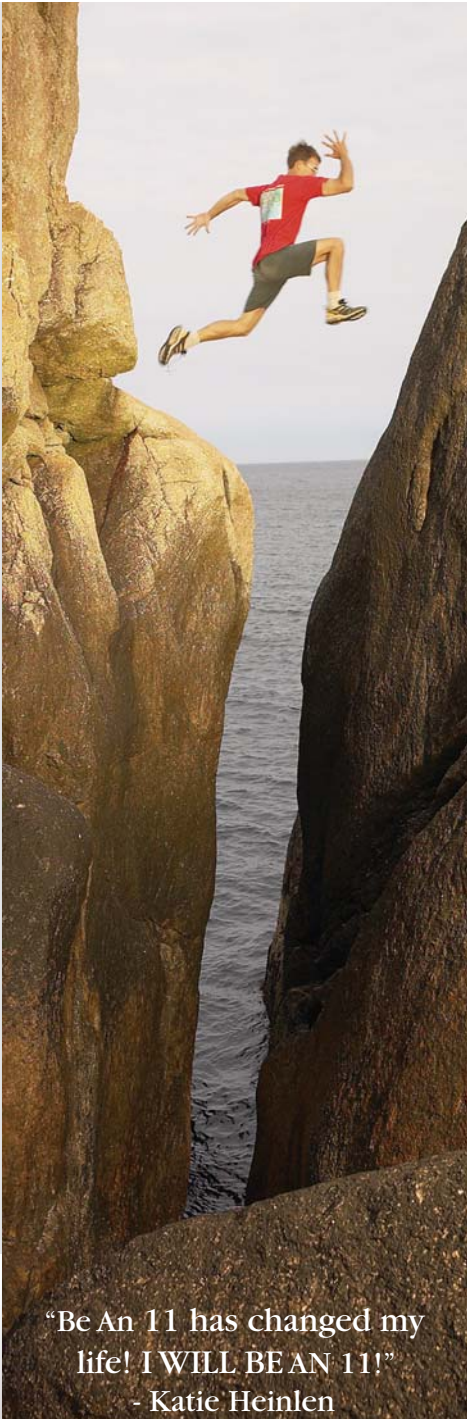
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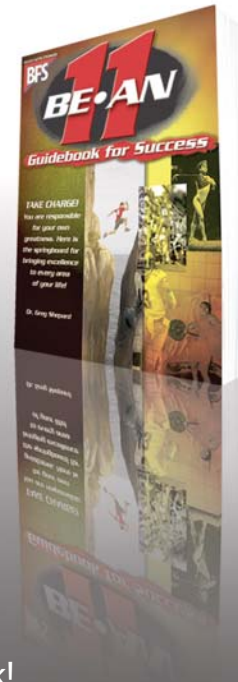
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