Written by Jim Ecker Thursday, 14 August 2014 21:27 -



Brian White had some big news to share with Sammy Lizarraga last February.

First of all, White was going to become the new head football coach at Kennedy High School. And second of all, the Cougars were going to throw the ball a lot more this season.

Make that A LOT more.

Lizarraga, a promising quarterback with a strong arm, was all ears.

"When I got the job, he was one of the first kids I went up to and started talking to," White said this week. "I said, 'Hey, things are going to change a little bit for you, Sammy,' and his eyes lit up."

White, 43, spent eight years as an assistant coach at Kennedy and moved into the top job when Tim Lewis resigned to become the head strength and conditioning coach at the school.

The Cougars finished 8-4 last season and reached the third round of the playoffs with their Stack-I power rushing attack behind a big offensive line, running the ball 500 times and throwing it only 126 times.

That's a ratio of nearly 4-to-1, but that's about to change.

White installs new offense at Kennedy

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Lizarraga was Kennedy's second-string quarterback behind Derek Jacobus last year but never threw a pass in limited action. Now he's the starter and White plans to put his strong right arm to use.

"He does want to throw the ball," said White. "He does have a big arm. He can fling it. And he throws bullets. Sometimes they're a little tough to catch, he throws them so hard."

Lizarraga is an all-state pitcher and catcher for the Kennedy baseball team. Now he'll be pitching for the Kennedy football team as well.

Shaun Beyer, another talented athlete, is the No. 2 quarterback this year and could be used in running situations when he's not working as a wide receiver.

"Shaun can run. And he loves to run," said White. "He's a phenomenal athlete. He can go up and catch the ball, too. He's got great hands.

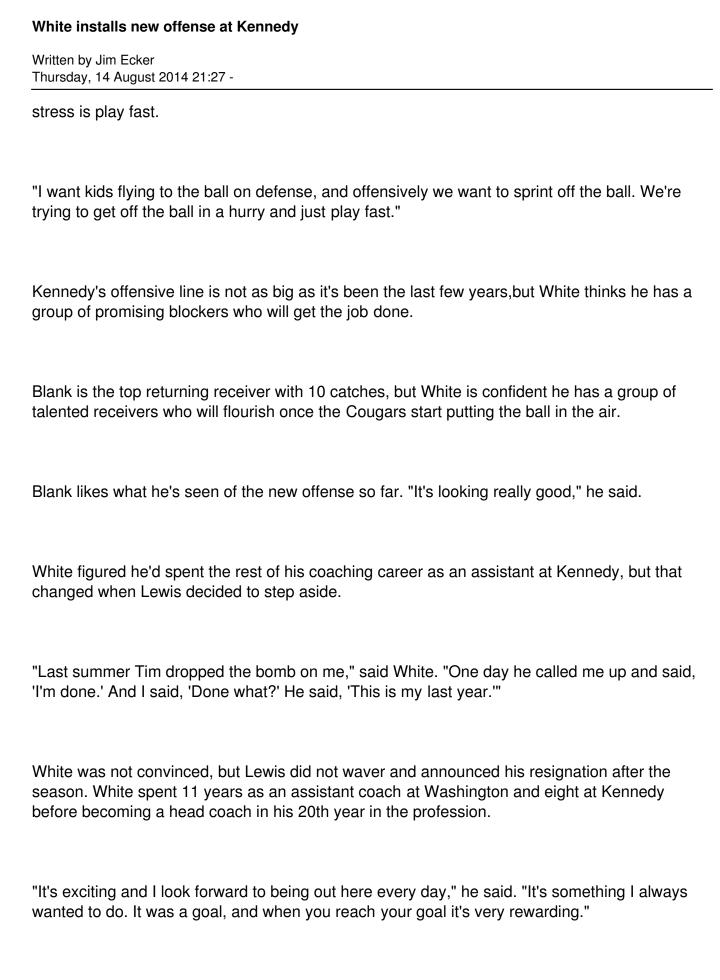
"He's going to be on the field non-stop offensively and defensively. We just don't know where you're going to see him all the time. He's a great asset for us.

"It's kind of nice having Sammy and Shaun," White said.

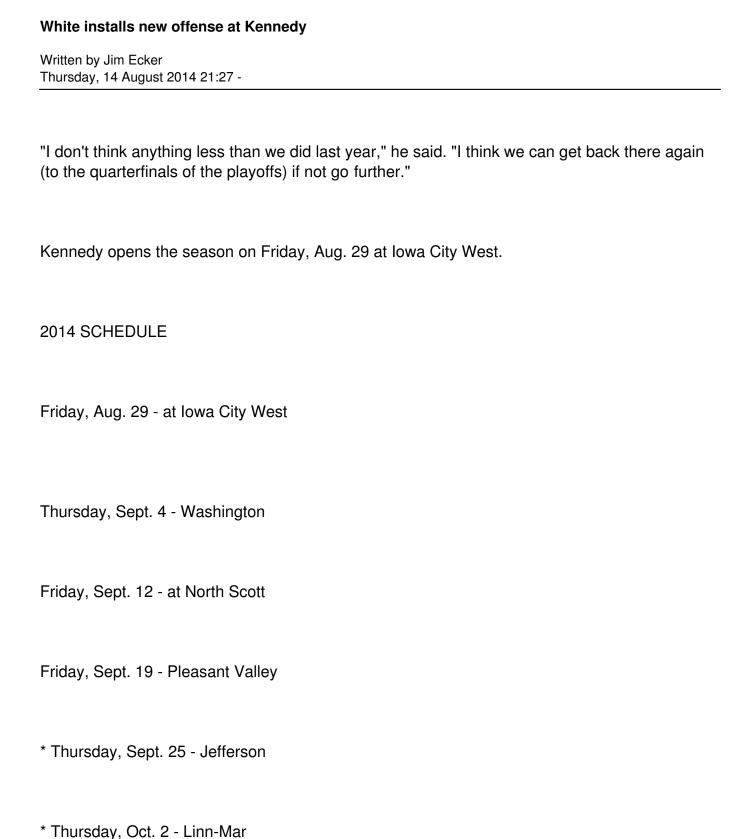
White plans to have a balanced attack this year with Logan Wedo, Terrance Hall and Jay Blank the primary ballcarriers. The emphasis will be on speed with fast players and a quick tempo.

"Our offense is going to be completely different from last year," said Hall, who has fully recovered from a broken arm and gained 20 pounds of muscle to 205.

"The kids are catching on fast," said White. "They're playing fast. The big thing that I really



Hall, a linebacker and running back, is confident the Cougars will have another successful season.



* Friday, Oct. 10 - at Waterloo East

* Friday, Oct. 17 - at Cedar Falls

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* Friday, Oct. 24 - Waterloo West

* District Games