

Maliki Wilson used his great quickness and agility to rush for 1,273 yards as a 160-pound scatback for the Xavier Saints last season.

Imagine what he might do this year as a 200-pound tailback with more power and even more speed.

"I feel a little faster than last year. I worked hard on that," Wilson said before practice Tuesday.

"I'll be able to hit a lot harder this year. The defense will have a little tougher time trying to handle the weight with it, too."

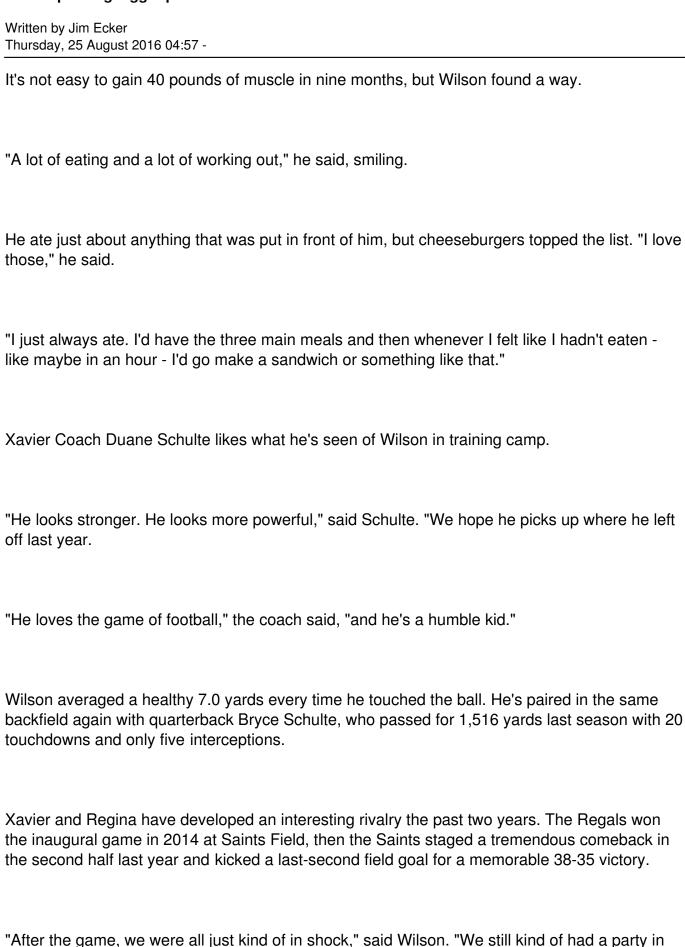
Wilson was not boasting. He never has, never will. But he's confident heading into the big showdown with Iowa City Regina in the season opener at Saints Field Friday night.

The kickoff is scheduled with 7 p.m. with no preliminary game.

Wilson said he feels a lot stronger this season. And even though he gained about 40 pounds in less than a year, there does not appear to be an ounce of fat on him.

"I totally worked on the weightlifting part," he said. "It should all work out pretty good."

Wilson packing bigger punch for Saints



the locker room, but we were almost in shock. Hopefully it's not that way again this year.

Wilson packing bigger punch for Saints

Written by Jim Ecker Thursday, 25 August 2016 04:57 -

"We've been preparing really hard," he said. "We're going 110 percent all the time, and the coaches are making sure we do."

Marv Cook has built a football dynasty at Iowa City Regina with their six state titles in a row. Cook, a former Hawkeye All-American and NFL all-pro tight end, reached out to Schulte for some advice when he became Regina's head coach and Schulte was glad to help.

"Marv and I did meet when he first took the job, up in my classroom for about four hours," said Schulte.

"We didn't really talk schemes and X's and O's. It was more organization and how you do things. I don't know what they're doing down there, day in and day out, but whatever they're doing is right.

"Obviously the coaches know what they're doing and they've got good players," said Schulte.

"And who they're playing - they're just better than them. It's pretty simple, I guess, when you put all three of those together."