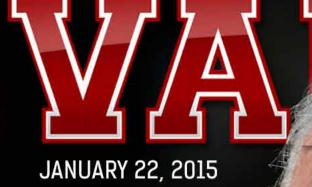
THE OFFICIAL DIGITAL MAGAZINE OF THE WISCONSIN BADGERS





STILL CLIMBING

BO RYAN NOW SITS ATOP THE BADGERS' ALL-TIME WINS LIST BUT WITH LESSONS LEFT TO TEACH, HE'LL KEEP REACHING HIGHER





NO SLOWING DOWN

That bounce in Bo Ryan's step? Ask his players, past and present, and they'll tell you the Badgers' mentor gets his energy from getting on the court to do what he does best — teach.



FOOTBALL

STRONG LEADERSHIP

Few are more familiar with what makes the Badgers successful than alum Ross Kolodziej, who returns to run Wisconsin's weight room.

'HEROIC' BACKCOURT

Badgers thriving on the toughness of Josh Gasser — 'Captain America' to his teammates — and the efficiency of Bronson Koenig.



FEATURES

IN [FOCUS] The week's best photos

BEHIND THE DESK *Autonomy a fine first step*

THE VOICE *Badgers' recipe remains*

BY THE NUMBERS Facts and figures on UW

WHAT TO WATCH Hoops, hockey and more

ASK THE BADGERS How did you spend break?

BADGERING Michael Lihrman (Men's Track) INSIDE MEN'S BASKETBALL

SCROLL FOR MORE



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'Captain America' leads heroic guards

B y the time Iowa's Fran McCaffery got to seethe and fume in a team huddle Tuesday night, Wisconsin had already jumped off to a 13-4 lead on the strength of three straight 3-point hits from Frank Kaminsky, Bronson Koenig and Josh Gasser — and a string of defensive stops, not to be taken lightly.

It was the defense, in fact, that fueled the offense. "People always talk about confidence offensively and knocking down shots," Gasser said. "But you can also get confidence playing defense. Once we got some stops in a row, we became more and more confident with what we were doing."

Citing how they "zapped them" from the start, which may have broken Iowa's spirit on offense, Koenig said, "We got through the screens and forced them to shoot tough jump shots and we also did a good job of rebounding and limiting second chance points. We got a lot of energy off of our stops, too."

The Badgers held the second-highest scoring offense in Big Ten play — second only to UW — to 17 points in the first half on 7-of-25 shooting (1-of-7 from beyond the arc) and it paved the way for an 82-50 rout of the Hawkeyes, who were intent on making a statement at the Kohl Center.

Instead, it was Captain Amer-

ica that stated his case. Besides his usual solid floor game, Gasser had everyone "Marveling" at his toughness, especially Frank Kaminsky, who accorded him fictional superhero status after Gasser injured his shoulder while fighting through a Gabriel Olaseni screen.

"Josh is Captain America," Kaminsky chortled. "Josh is the

GASSER ON KOENIG: WE ALL KNOW HOW GOOD OF A PLAYER HE IS; HE JUST HAS TO REALIZE IT HIMSELF. THE MORE MINUTES HE GETS, THE MORE HE'S REALIZING T AT.



hero of our team."

Gasser, a former high school quarterback, had a brief locker room pit stop before returning to the game. But he was reluctant to go into great detail afterwards. "It's all good; I'll be fine," said Gasser, who pointed out that collisions were an occupational hazard "when you're always chasing screens."

Rather than dwell on his condition, he wanted to talk about Koenig, the sophomore point guard who has taken over for the injured Traevon Jackson. Koenig has scored in double-figures in three straight games. "He has been playing awesome; he has really been running the show for us," he said.

In addition to posting a 39to-9 assist-to-turnover ratio overall, Koenig has found his shooting touch in the Big Ten converting 10-of-18 shots from 3-point range (.556). That's the second-best percentage in the conference. He has knocked down three triples in each of the last two games.

"He's just playing more and more confident each game and more aggressive and that's what we need out of him," Gasser said. "We all know how good of a player he is; he just has to realize it himself. And the more he plays, the more minutes he gets, the more he's realizing that."

Prior to this recent stretch, Koenig had not played more



LUCAS AT LARGE

BY MIKE LUCAS » UWBADGERS.COM



than 27 minutes in any outing at Wisconsin. "My body is starting to adjust to playing 30-plus," said Koenig, who has played 31, 37 and 34 minutes over the last three games. "Once I get used to it, I'll feel really comfortable."

Coming off the bench through the 13 non-conference games, Koenig shot just 38 percent from the field and only 28 percent (10-of-36) from beyond the arc. Since moving into the starting lineup, he said the difference has been the "coaches giving me more confidence to let it rip" on offense.

Why has that been such a big deal? "I'm not coming out (of

the game), so I know that I need to just keep shooting," said Koenig, who had 13 points against Iowa. "My shot wasn't feeling that good from the start (2-of-7 in the first half). But I kept shooting and some eventually went in."

Koenig sounded more pleased with his ball-handling than his shooting. He didn't have a turnover. Nobody else did, either. The Badgers were credited with just one turnover on a shot clock violation on an air ball. "That's what we preach," Gasser said proudly, "taking care of the ball."

Now the Badgers must take

care of business Saturday at Michigan. Gasser has some fond memories from playing in Ann Arbor. Last year, he had 13 points to complement Kaminsky's double-double (25 points, 11 rebounds). As a freshman, he had the game-winning bank shot as time expired.

"Obviously it was way back when," Gasser said wistfully of his buzzer-beater against the Wolverines in 2011. "I feel like I've had almost two basketball careers here (pre- and post-knee surgery) since then."

Kaminsky probably can't wait to see what Captain America will do for an encore.





Autonomy is a positive step forward

talked to our players before the Outback Bowl about the pendulum and how the momentum of a game can swing back and forth. It's something I've always talked about to my teams.

When you lose the momentum, you have to stay positive and make a play to swing it back in your favor. And when you have momentum, you have to capitalize on it and put the pedal to the floor.

Russell Wilson struggled for more than three quarters against the Packers. But he stayed with it, he never lost confidence, he never let negative thoughts get into his head and he just kept playing.

We never saw him have a bad day like that when he was here. But in crunch time last Sunday, he made things happen, he made great throws, he used his feet, and he did what he to do.

It was just unbelievable for him to overcome what he did and for the Seahawks to win the way they did. I've never had anyone like Russell. I don't think many people have.

Guys go through their whole career without getting to a Super Bowl. He has won one already and has a chance to win another in his third year. That's not bad for a guy who was too short to play.

There was a nice article on Darrell Bevell, now Seattle's offensive coordinator, in USA Today. Darrell and Russell have been good for each other. He thinks and sees the game as a former quarterback.

Another one of our former players, Ross Kolodziej, is now in charge of our weight room. Ross was very talented and gifted as a defensive lineman. I know that he'll do a good job.

Bringing back anyone who has been here before, particularly in the early years, is important because they know how to win here and they know why we've won.

It's about an attitude, being tough, being physical. It's about playing smart and playing with discipline. It's about having good chemistry as a team.

These are all the things that we've built our program on; all the things that we've been consistent with the last 25 years. Our former guys understand it because they've been through it.

It all starts in the weight room with hard work in the offseason and it carries over to the summer. The older guys teach the younger ones how to work and there's no compromise.

That carries over to the playing field and it builds attitude. Guys believe they can win; they're tough-minded. That's how we did it. Ross went through it; so did Mac, Chris McIntosh. Mac visited with some of our offensive linemen at the bowl site and it was pretty cool to see him answer their questions and share with them what we've done here in the past to be successful.

I'm fired up about having Mac involved in fundraising with our development office. He'll add a lot. He's very bright and loyal to the university. And we're going to try and get him involved in some other areas of athletic administration.

Last weekend, I was happy to see the full cost of attendance legislation pass at the NCAA convention. We just needed to do something for our student-athletes. This is a big step.

It's exciting that 15 student-athletes — who live it had a voice and a vote in the process. I understand they were very vocal, intelligent and impressive with what they brought to the table.

This was a historic convention because of the autonomy granted to the Power 5 conferences. In the past, anything dealing with money was voted down because so many leagues couldn't afford it.

Now, we can take a harder look at things and make decisions based on what's best for the student-athlete and what's best overall.

This is all very positive moving forward.



Badgers follow formula to near perfection

n February 28, 2008, the Badgers shut down Michigan State 57-42. It was the fifth victory in what turned out to be a seven-game winning streak to secure a regular-season Big Ten title. On that night, the Badgers committed one turnover.

Naturally, head coach Bo Ryan had to mention that right away. "That's too many," said Ryan with a straight face. Well, sort of. "We got on Joe (Krabbenhoft) in the locker room. His teammates did."

Once the coach was done having a little fun in the moment, he added "But our guys do value the ball."

Under Ryan, they always have. And there is every reason to believe they always will.

On Tuesday night against a talented and deep Iowa team, the Badgers were nearly flawless. Once again, they were guilty of just one turnover. A shot clock violation early in the second half. A team turnover that did not show up on the statistics screen until the game's final minutes.

After such an impressive effort, you might wonder if the head coach brought up Dakota Joe.

"If you think we didn't talk about Joe Krabbenhoft in the coaches' locker room, you're mistaken," said UW assistant Lamont Paris (side note: Krabbenhoft is an assistant coach at South Dakota State, where he no doubt gets on his players when they commit a turnover).

During the grind of a Big Ten season, if you can have a little laugh now and then, go for it. Then Paris turned a bit more serious.

"The guys did a good job. They pressured us in the half court. They picked us up three-quarter court. Guys did a good job handling it and attacking, and knowing when to be aggressive and when to pull out and run some offense."

There was every reason to believe the game with the Hawkeyes would be close. Recent history says as much, and chances are when they meet again a week from Saturday in Iowa City, it will be a much tighter contest.

However, a couple of nights ago at the Kohl Center, the Badgers simply were superb. The 82 points might catch your attention. Posting 16 assists on 29 buckets might get your attention.

That is excellent, but so was the defense. It is something Ryan and his staff always talk about. It is an area of this team that has needed work. Yes, it is just one game, but perhaps on Tuesday the Badgers showed what they are capable of doing at that end of the floor. Wisconsin held the Big Ten's second-highest scoring team to 17 points in the first half, the final three coming on a buzzer-beating 3-point heave from Jarrod Uthoff.

"You look (at the statistics) and see only two fast break points — that was a point of emphasis," said Paris. "We were proud of what we were able to accomplish defensively."

Now it is onto Michigan, where the Wolverines will be without leading scorer Caris LeVert for the rest of the season. He suffered a broken foot in the final seconds of last Saturday's twopoint victory against Northwestern.

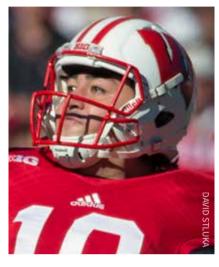
In their first game without the star junior, Michigan beat Rutgers 54-50. Expect plenty of defense at the Crisler Center. The Wolverines have struggled to score, and for the most part, teams have struggled to score against them.

It is a different-looking Michigan team from what fans are used to seeing, but John Beilein's group is 5-2 in conference play. ESPN's College GameDay crew will be there, and no doubt the building will be noisy.

For the Badgers, home or away, the formula remains the same. Bring your defense and protect the basketball. Do those two things, and you always have a chance.

ASK THE BADGERS

HOW DID YOU SPEND WINTER BREAK?



RAFAEL GAGLIANONE Freshman • Football

I went home (Sao Paulo, Brazil) and saw the family and saw a bunch of friends and spent my time on the beach. It was in the 90s every day so I went surfing in the morning with my dad — he was a professional surfer back in the day — and then hung around the house and in the pool. We'd be in the pool until 9:30 at night because it was so hot. It was awesome."





KATIE CHRISTNER Senior - Softball

I spent New Year's Eve in Pennsylvania with my dad's family, so I was able to watch the Steelers game with my family. I'm originally from PA, so my family has some big Steelers fans. Although the Steelers lost to the Ravens, it was really fun to watch the playoff game with my family."



JOE NAUGHTON Sophomore • Men's Soccer

I travelled to a small village in Ecuador through a student organization called Engineers Without Borders, where I lived in a bamboo hut without electricity for about two weeks. As a group, we were working on a water supply project that will allow the people of the village to have access to clean water. We were also able to interact with the people of the village and fully immerse ourselves in their culture. It was an awesome experience and inspired me to continue to pursue similar projects in the future."



TAYLOR FRICANO Sophomore - Volleyball

I went to Vermont to visit my uncle and his family. It was the most beautiful state I have ever been to. I went climbing in the Green Mountains and saw some amazing waterfalls, including Texas Falls (photo). I also went to a dairy farm that is owned by friends of my uncle and saw how they made milk and cheese. It was a great vacation!"





In his first season competing at Wisconsin, **Michael Lihrman** had a debut to remember in the indoor weight throw. He went undefeated in six competitions, became the first Badger since 2007 to win an individual national championship and also broke the NCAA Division I record in the event. During the outdoor season, Lihrman broke the Big Ten record in the hammer throw and again earned first-team All-America honors. Lihrman opens his final season with the Badgers on Saturday when UW hosts Minnesota in a dual meet at The Shell at 11 a.m.

Were you pleased with how last season went?

"I think it went great, given the circumstances. I went through a lot of the season with an injured back, so being able to do what I did, even while going through pain, was pretty incredible. I'd say that what I hit last year surpassed my expectations for even what I would hit this year."

After battling some injuries last year, how is your health?

"I feel great! I think this is the longest I've ever made it without getting injured. Every year since my freshman year at UW-Stout I've gotten injured and sat out for at least a month, or more, and this is the first year that I haven't had to sit out during my preseason — which is the most important part because that's the time that you can work hard and get really strong. It'll be interesting to see what happens this year with the fact that I haven't had to sit out once."

- SCROLL FOR MORE -

ALL ABOUT MICHAEL

Year: Senior Height: 6-5 Events: Weight Throw, Hammer Throw Hometown: Rice Lake, Wis. High School: Rice Lake Last College: UW-Stout

QUICK Qs FOR MICHAEL

Last movie you saw? "Unbroken."

Favorite vacation spot?

"I don't think I have a favorite vacation spot, but I have a favorite way of traveling, which is cruise ships. I love cruise ships."

Favorite food? "Ravioli."

Do you have any pre-meet rituals?

"Basically, the day before I try to eat as much as possible and I drink as much as possible, and I try to limit myself as to what I'm doing."

Favorite ice cream? "Raspberry gelato."

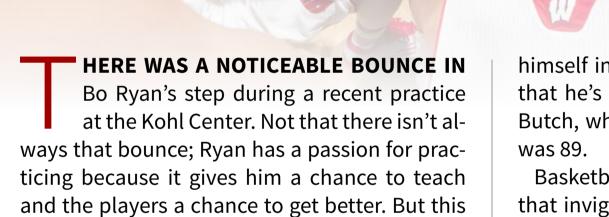
Dream job?

"One day I would like to own my own business, whether it's a hotel like my parents own, or maybe more simple fast food joints, things that are kind of easy to run."

EVER ENERGIZED

WITH PRACTICES THAT NEED PLANNING AND LESSONS THAT NEED LEARNING, WISCONSIN'S ALL-TIME WINNINGEST COACH ISN'T SLOWING DOWN — IF ANYTHING, BO RYAN IS PICKING UP THE PACE

BY MIKE LUCAS - UWBADGERS.COM



"He had this jolt of energy," observed fifthyear senior Duje Dukan.

was a little different.

Basketball is Ryan's stimulant. Always has been. Still is after 31 years as a college head coach, 14 at Wisconsin; 947 games overall; 721 wins, 338 with the Badgers, 161 in the Big Ten; all of which has set him apart from Bud Foster and Walter Meanwell as the winningest coach in school history.

While still young at heart, there may be some days, by his own admission, when he feels like he's 67. Just the other day, for instance, he was walking past a framed photo in the reception area of the Kohl Center basketball office and he stopped in his tracks and retraced his steps.

Moments later, he confessed that every time he walks past this particular wall hanging, celebrating last season's Final Four trip, he looks at himself in the picture and can't help but think that he's looking more and more like his dad, Butch, who passed away in August of 2013. He was 89.

Basketball was more than an elixir, something that invigorates, for the Ryans. It was a way of life, not unlike competition. Why wouldn't you want to compete, they'd ask? Why wouldn't you want to be the best at what you do whether you're shooting marbles or flipping baseball cards against the wall?

So here he was on Sunday night, in his element, in his classroom, doing what he loves to do best, teaching and coaching, getting his players ready for what's next. He likes to frame everything by saying of his team, "It's still a bunch of guys who are trying to have their next game be their best game."

And he's the facilitator. As for the aforementioned jolt of energy, he was at a loss for words to explain, other than the fact he loves "situational" basketball and a chunk of this practice was devoted to clock management and executing set plays in the final seconds of a game with or without the lead. No such scenarios arose Tuesday night, in what might have been the Badgers' most complete game of the season — a thorough 82-50 shellacking of rival Iowa.

But at Sunday's practice, the team staged multiple inbounding scenarios at both ends of the floor, full-court and half, a timely exercise given

the injury to senior Traevon Jackson, who's out indefinitely. Taking over is Bronson Koenig, and Ryan wanted to drill his young point guard on every potential end-of-the-game situation.

That extended the practice well beyond the norm — that and Ryan's penchant

for telling stories; one of which that he shared Sunday dated back to his first job as a prep head coach when he was making \$12,000 at Sun Valley High School in Aston, Pennsylvania, five miles from his beloved Chester.

"Because of how the other team's players were driving into my guys, we had a bunch of guys foul out and they had a bunch of guys foul out," said Ryan, throwing up his hands, much like he still does now when an offensive player drives into a defensive player and the block-charge

ALANDO TUCKER: Explain Coach in one word? I don't know that I could do it in one word. I would have to say 'leader.' When he leads, everyone follows. doesn't go his way.

"I can't remember the number of overtimes," Ryan said, picking up the storyline, "but we go up by three points and they call their last timeout. I might have been down to five guys and I didn't want to go into another overtime; so

I'm not taking any chances, we can't give up a 3-point play.

"There's about five or six seconds left in the overtime. There was no 3-point shot back then





have to inbound. The guys got up and everybody's happy. We won."

How did his UW players react to Sunday's story? "It makes sense after you think about it," Ryan contended. "And what's really neat is when these guys are working the (summer) basketball camp and they're coaching their own teams, you should see some of the things that they come up with."

There are a few players, Ryan believes, that would make a good coach; Josh Gasser, for one. "He's such a competitor," Ryan said. "He doesn't get cheated. He plays hard on every possession. That's what (Ron) Rainey always said about me. He kind of figured that I would go into coaching, I guess."

Rainey coached Ryan at Chester High School and Wilkes College.

"Nigel is another one," said Ryan, putting sophomore Ni-

and the clock was not going to stop on a basket. It was going to keep running. I reminded my players in the huddle, 'The only way we don't win this if you foul and they make a bucket.'"

And then he told them something else that drew all sorts of strange looks and shrugs from his players. "As soon as the official hands the ball to their in-bounder, I want all of you to sit down on the court, all five guys," he instructed them. And he was serious, though he confided, "I did that on the fly."

The ball was inbounded against Ryan's defense — five players sitting on the floor. "They scored on a lay-up with like two seconds to go," he said, "and you get five seconds to bring the ball in, and with the clock moving, we didn't gel Hayes on any list of players with coaching savvy. "There are some things that run around up there in his mind that are interesting. He's always tuned-in; Nigel is always tuned-in to everything that is going on around him.

"He responds. And you really don't have to tell him the same thing a lot of times. We've got some guys on our team that you've got to tell them the same thing 100 times. Not Nigel. But he's got some other things in his mind that he would like to do (with his future).

"He's in a nice position. He made the Dean's list and he's a good player on a good team," said Ryan, adding that he doesn't have a problem with Hayes referring to him as "William" during a presser "I've heard him call me 'Pops' and

THERE ARE A LOT OF TEAMS THAT ARE ABOUT THE SAME. WHO'S GOING O STICK THEIR HEAD UP?

'Dad.' You can call me anything. Just don't call me late for dinner."

OK, so he's more Rodney Dangerfield than Jerry Seinfeld. How many times do you think Alando Tucker has heard that one-liner or something comparable? Tucker played five seasons for Ryan and left as the school's all-time leading scorer. Tucker, who's now playing in France, was at Sunday's practice.

"It's hard to describe him in words," Tucker said when asked. "I always liked to say when I was here that he was the ultimate father figure. He's a great leader and super caring. Explain Coach in one word? I don't know that I could do it in one word. I would have to say 'leader.' When he leads, everyone follows."

After the practice, Tucker visited with Ryan in his office. "I told him, 'I remember sitting down with you the first time and you were sitting on that same couch,'" Ryan said. "He was a young impressionable kid. But he was on a mission to do well for his mom and give her a better life.'"

STEVE GOTTER

Tucker's picture hangs from one of the office walls, along with the other first-team All-Big Ten players that Ryan has coached here: Kirk Penney, Devin Harris, Mike Wilkinson, Brian Butch, Jon Leuer and Frank Kaminsky. "It's probably not fair to the second-teamers," Ryan lamented.

Each has been a link in the chain, a thread in the story. "The guys stayed true to what we were teaching them," Ryan said, "and their voices in the locker room were echoing what we were saying as coaches. When the two are on the same page you can be successful in a lot of endeavors."

Sports or otherwise. To this point, Ryan's greatest success may be off the court in raising money and awareness in the fight against cancer. This, too, has been a team effort. Along with his wife, Kelly, they have a long track record of

supporting research through the American Cancer Society.

The Ryans have been tireless and generous in their fundraising, while also rallying the campus around the "Make Bo Pay" campaign. "Kelly and I thought, 'Why don't we do something with the students and the players so the players connect with the students?" he said.

The connection has never been stronger.

On the floor of Ryan's office, there's an enlarged check from the "Shooting Down Cancer" event in October which raised over \$275,000 for Coaches vs. Cancer. Ryan is seated in a chair on the opposite side of the office. Warren Taylor is peering over his right shoulder.

Taylor played in the early '20s for Walter Meanwell. The life-sized reproduction of Taylor, one of the first UW basketball players ever photographed, is a reminder of a bygone era. "Doc Meanwell really spearheaded taking the dribble out of the game," Ryan said. "He wanted pass, cut; pass, cut." Ryan could probably live without the dribble. He has survived without the zone.

"Probably deep down inside and years from now it will be special," UW associate head coach Greg Gard said of Ryan breaking Meanwell's record for Big Ten wins against Purdue. "He has the utmost respect for the coaches who have come here before him.

"Obviously, Doc Meanwell is someone he has talked about a lot. He has studied him and knows the history. That part is special to him just because he appreciates and respects the history of the game and what people have done."

Gard has been at Ryan's side for all 161 Big Ten victories at Wisconsin. Has there been a common denominator? "It's been grind-it-out, find-a-way, hard-hat basketball," he said. "They haven't all been pretty. There have been a lot of ugly ones.

"His personality has rubbed off on a lot of the teams that we've had in terms of, 'You have to fight and scrap to succeed.' There's going to be a grinding moment in each game and season. And he has instilled that in the players.

"The culture has been established on how we do things and what is expected. When you have that ingrained, it kind of perpetuates itself. The upperclassmen know what it takes to be successful and they pass it on to the younger guys.

"The culture," Gard continued, "and the expectations and how you go about your business day-in and day-out doesn't change. That's the thing about him. He doesn't change. Whether we go 16-2 or 10-8, nothing changes in terms of his preparation and approach and how he goes at it each day." So what is the personality of this group of players? "Just survive," Ryan insisted. "That's what we're trying to do right now. We've got to develop some more depth. We've got to get Zak (Showalter) more reps in practice. There's a fine line with this group."

But the resources are still there to carry them

GREG GARD:

"The culture has been established on how we do things and what is expected. The upperclassmen know what it takes to be successful and they pass it on to the younger guys. The culture and the expectations and how you go about your business day-in and day-out doesn't change.

That was echoed by Dukan after Sunday's lengthy practice. "He has his system and what he thinks is going to work and guys buy into that system," he said. "Guys get better and the team develops as well. Chemistry is one of the biggest things." as far as they want to go. "We give them teaching points after every game," said Ryan. "So if they're gobbling up the teaching points and they did last year — they'll get better. And that's what they've got to do."

Although Wisconsin was the preseason favorite, there's a lot of

gridlock at the top of the Big Ten standings. "There are a lot of teams that are about the same," Ryan agreed. "Who's going to stick their head up?"

Who's going to have that jolt of energy? Stay tuned and don't be late for dinner. **#**



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BY MIKE LUCAS *UWBADGERS.COM* Ross Kolodziej enjoyed an unlikely NFL career, but his lengthy stay in the league was no accident. And no one will be surprised if the work ethic he brings back to the Camp Randall weight room helps the Badgers continue their championship course.



ISCONSIN'S NEW STRENGTH AND conditioning coach Ross Kolodziej has been known to send out a daily text message to inspire and motivate with a quotable quote or scriptures.

But the 36-year-old Kolodziej is not about bravado in his weight room.

"Talk is cheap," he said. "Words don't belong in there. Work does."

Of course, he makes exceptions for instructional cues and coaching. That's about it.

"We're not going to spend a lot of time," he said, "hooting, hollering and U-rah-rahing."

Kolodziej subscribes to what Mike Tyson once

said about unlocking the truth.

"Everybody has a plan 'til they get punched in the mouth," Tyson reasoned.

You don't have to take that literally. And you don't have to limit the application to sports.

It's not the adversity but how you respond to the adversity that is the broader suggestion.

Fighting back can't be minimized.

"So really just make it your plan," Kolodziej said. "That's going to be our approach."

And if you have to rely on signage on walls to reinforce what should be ingrained, good luck.

"If you can't get up to train and play this game," he said, "you're not going to last very long." olodziej still has a small scar at the base of his right thumb, a battle scar; a reminder of his playing days with the Badgers and so much more.

As a true freshman, Kolodziej appeared in the first three games of the 1996 season as a reserve defensive lineman, a 3-technique. He had shown plenty of promise, too, for an 18-yearold.

But in advance of the Big Ten opener against highly-ranked Penn State, he was executing a rip move in practice and got his thumb caught in a teammate's thigh pad. It was a gruesome sight.

"So began the journey," Kolodziej recalled.

The injury required surgery and Kolodziej missed the remainder of the season. But UW later petitioned the NCAA and he was granted

a medical redshirt, preserving that year of eligibility.

Eying the scar now, he said, "It's always a reminder of what it takes and what you have to do to persevere in this game; nothing is given to you and there's always going to be adversity.

"Just like this (holding up his hand), as minor as it was, it still could have thrown you off your path and gotten into your head. You have to stay focused and committed on what your purpose is."

The 6-foot-3, 286-pound Kolodziej went on to start 45 games on the D-line for the Badgers; and he was truly one of the unsung members on teams that won back-to-back Big Ten titles and Rose Bowls. In the weight room, Kolodziej attained legendary status. He set records for the squat and clean. Kolodziej and nose tackle Chris Janek would routinely bend the bars with the weight they were lifting.

Kolodziej was a special athlete. He established new standards for his position group in the 40yard dash, the vertical jump and pro-agility drill. He also threw the shot put for the UW track team.

Despite being overshadowed by his higher profile linemates — Tom Burke, Wendell Bryant and John Favret — he was still taken in the seventh round of the 2001 NFL Draft by the New York Giants.

That began a seven-year odyssey in the NFL with the Giants, San Francisco 49ers, Minnesota Vikings and Arizona Cardinals. In 2005, he started 14 games for the Cardinals.

> "Every year I was competing for a job," Kolodziej said. "When I went with the Cardinals in '04, I was really the 15th defensive lineman on that roster. That year, I ended up starting four games.

> "It's really not where you start, but where you finish and how you go through that process and approach. Your preparation and focus has everything to do with it.

> "How you go about your business — staying in your lane — is what I took away from my time in the NFL. It's getting to know yourself and what your strengths and weaknesses are.

> "The truth is, there's no replacement for hard work and knowing what you're supposed to do.



That's how I survived," admitted Kolodziej, a Stevens Point, Wisconsin, native.

"I knew the playbook inside and out. I could play multiple positions. I showed up on time for meetings. I did what was asked. I didn't complain. It's not a complicated formula."

When Kolodziej left school to pursue his career in professional football, he was 10 credits

shy of his degree; some unfinished business that he addressed in 2009 by returning for classes at the UW.

"My family was in Arizona and we were comfortable I guess you could say," he said. "I could

have easily done whatever for the rest of my days and made it work, but the degree was important."

Obviously, it wasn't easy leaving home, wife Miriam and the kids; they now have two boys and two girls. "But I was determined," he said. "And it meant a lot to me to come back and get it here."

While he was on campus, Kolodziej stopped by the weight room one day to visit with one of his former teammates, Ben Herbert, who had just been named the UW strength and conditioning coach.

Herbert invited Kolodziej to monitor what was

going on in the room to see if he might have some interest in this area, and that led to Kolodziej serving as an intern on Herbert's staff.

Kolodziej quickly came to the conclusion, "This is what I want to do."

But then he got an offer that he couldn't refuse; an offer to resume his playing career, at age 31, with the Las Vegas Locomotives of the United Football League, which opened its doors in October 2009.

The Locomotives, coached by Jim Fassel, who

"THAT'S WHAT THIS GAME IS ABOUT; IT'S THE ULTIMATE TEAM SPORT WHEN YOU GET A GROUP OF MEN FOCUSED ON A SINGLE GOAL AND THEY'RE PRETTY MUCH UNSTOPPABLE."



guided the New York Giants into Super Bowl XXXV and had drafted Kolodziej, won back-toback championships in Kolodziej's two seasons in the UFL.

"I just love the game and I love everything about it," he said of his motivation to prolong his playing career. "I love the offseason prep that leads into training camp that leads into the season.

"When you're around a great group of guys which we had a lot of places I've been and obviously here (with the Badgers) — that's what it's all about.

"When you can find a collective group of men that can set their egos aside and really buy in and say, 'We're going to go out and do this and this...' "I knew the playbook inside and out," Kolodziej said of his time in the NFL. "I could play multiple positions. I showed up on time for meetings. I did what was asked. I didn't complain. It's not a complicated formula."

"And then when you see it happen, and everybody knows why it happened, because it wasn't just because of me, it was because of the guy next to me and the guy behind me ...

"That's what this game is about; it's the ultimate team sport when you get a group of men focused on a single goal and they're pretty much unstoppable."

In 2012, Kolodziej retired from football, for good, and returned to Madison; this time as a graduate assistant coach on defense with Bret Bielema's final team at Wisconsin.

After Bielema left for Arkansas, Kolodziej caught on with Paul Chryst at Pittsburgh. He was an assistant on Todd Rice's strength and conditioning staff in 2013 and replaced him the following year.

"I learned a lot from Todd; he's brilliant biomechanically," Kolodziej said. "I grew a ton and I learned a lot about how he (Rice) goes about the process. It's something I've always been cognizant of.

"Every coach I've ever played for, I've taken notes on how they approach things; how they teach and instruct. What are their methods? What's their progression? It was a good opportunity to grow."

That growth was accelerated when he was calling his own shots at Pitt.

"Now you're dealing with the administration and the budget," Kolodziej said. "You're managing your assistants and dealing with a lot more of the macro-things with players."

A lot more was coming across his desk, but he welcomed the increased workload and interaction since it related to student-athlete welfare as a whole and went beyond just the weight room.

"I loved it because you really got to know the players and got to build the relationships that are the reasons why I do this," he said. "This is not about me, this is about the guys.

"It's seeing them when they walk in the door as freshmen and hopefully seeing them when they're walking out of here as champions with an opportunity to play on Sundays."

Kolodziej was delighted to add "Big Ten" champions to that statement after Chryst accepted the Wisconsin job and brought Kolodziej along with him to share in the homecoming.

"When I look at the foundational principles of what guides me and where I always go back to as a reference point," Kolodziej said of UW, "this is that ground floor and what everything is based on."

Kolodziej has deep respect for his Badgers mentors: athletic director Barry Alvarez, who once coached him; and director of strength and conditioning John Dettmann, who once trained him.

Given this backdrop, Kolodziej noted, "To say that you can help a guy realize his dream is what it's all about, and now to be able to do that for these kids at this place (Wisconsin) is pretty special."

The UW weight room has its own unique personality, making it special, he proposed.

"Number one, when you think of Wisconsin as an institution, you think smart," Kolodziej said. "Just to get into the building, they're going to be smart kids.

"Then when you start exploring the athletic side of things, they're tough guys; they're physical guys; they do the right things; and they're detailed in their approach. "I think that's one thing that has separated this program from others over the last 25 years. We have smart, tough, dependable guys that focus on the details.

"They don't let little things slide. Every little thing is important and they understand how that does affect the outcome on the field."

Kolodziej met Tuesday with the returning players; many of whom he already knows.

On what was discussed during the meeting, he said, "We laid out what is going to be expected from them, how we're going to start and where we will finish at the end of the winter training cycle.

"We made it clear on what we're going to do. We instilled the expectations. Moving forward, we're trying to eliminate as many questions as possible."

Kolodziej is not about imposing his will on others; no questions asked or answered.

"It's not going to be, 'Here's the template," he

said. "That's not how it works. Each individual is going to respond a little bit differently whether that's motivationally or physiologically.

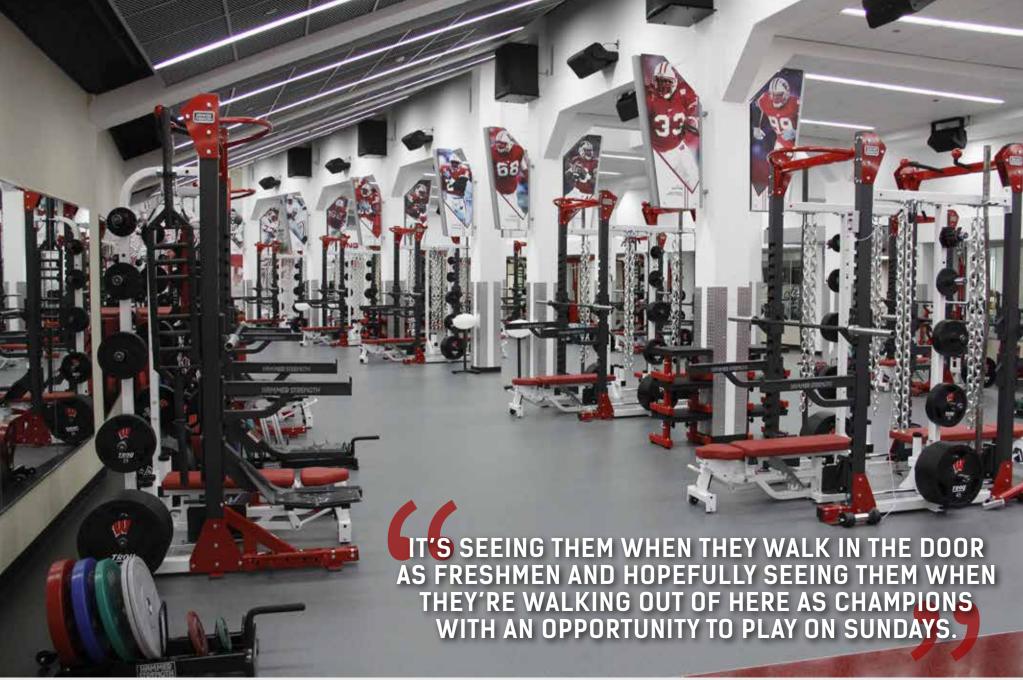
"These kids have a lot on their plate — academically and socially. You have to get to know them and be in-tune with where they're at.

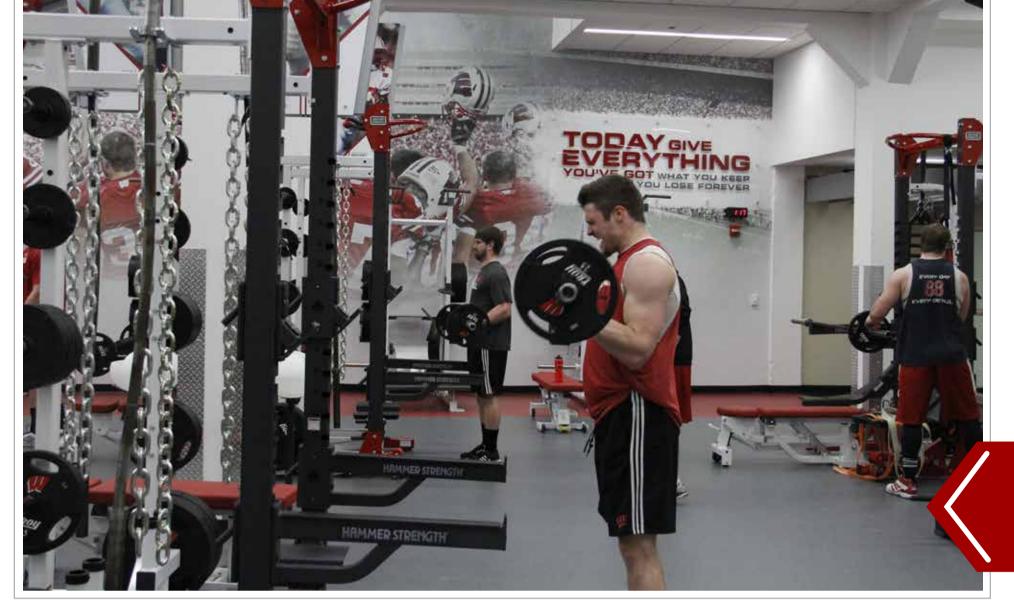
"There could be a group of guys that you can push. And there may be some guys, whatever the circumstances, where you have to be willing to adapt..." He paused and stressed, "In a sense."

He smiled and continued, "At the same time, the core still has to be the core. The core values can never change."

There will be no changes on the football strength staff beyond Kolodziej's hiring and Evan Simon's departure. Jamil Walker, Jeff Zuhlke, Billy Breider and Micah Cloward are all being retained.

After former UW head coach Gary Andersen left for Oregon State, Alvarez put Walker in charge of





getting the players ready for the Outback Bowl, and Walker was invaluable in that capacity.

Kolodziej likes having a confident decision-maker like Alvarez at the top of the flow chart.

"It's always great to have an AD who has been in the trenches," he said, "and it never hurts to have the guy who built it — who laid the foundation of the program — as your AD."

It doesn't hurt, either, Kolodziej acknowledged, to have already developed a trust and bond with Chryst and offensive coordinator Joe Rudolph, a former All-Big Ten guard for the Badgers.

"Rudy is one of those core foundational players that helped put this program on the map," he said. "He'll do an outstanding job recruiting by identifying the type of guys that fit and work here.

"Paul is great; he's a Wisconsin guy who really embodies the core values of what this place is about. If you understand how it works, and come in and do the work, great things can happen."

Kolodziej is expecting nothing less. "A lot of

programs talk about being family and being special," he said. "But this place is special and it is family."

Everybody who steps into the weight room will be challenged to carry on the tradition. And he plans on opening his door to any former UW players who want to come back, like he has, to reinforce it.

"It only gives more credence to what this place is about and how it was built," he said. "As many people as we can have echoing the same message for these young guys, only makes it stronger.

"I'm a pragmatist," Kolodziej went on. "What's the difference that makes a difference? I always try to dissect, as everyone does at the end of the year, why did that team win the championship?

"If you're not in it to win championships, I don't know why you're doing it. You always have to deconstruct why people have had success doing it a certain way.

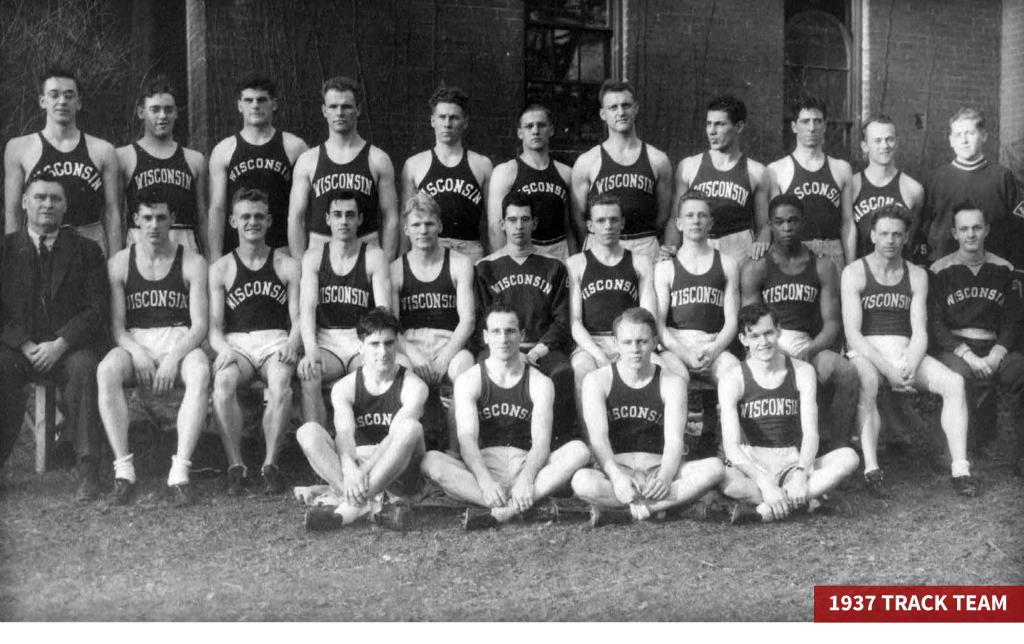
"But it's pretty easy here because the formula has been tested and it's very true. I don't think we'll have to spend a whole lot of time on what the expectations are." **#**

THE BADGERS HAVE ESCHEWED THE TRADITION OF EASING INTO A SEASON AND EMBRACED AN EXCITING OPPORTUNITY TO RENEW THEIR DUAL-MEET RIVALRY WITH MINNESOTA.

WNEL17

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BY A.J. HARRISON - UW ATHLETIC COMMUNICATIONS



HE LAST TIME THAT THE WISCONSIN and Minnesota track and field programs met in a dual meet in 1978, the Blues Brothers made their debut on Saturday Night Live and Wisconsin director of track and field and cross country Mick Byrne was finishing up his collegiate track career at Providence College.

The Border Battle foes rekindle their rivalry on

Saturday at The Shell, as the Wisconsin men meet the Gophers for the 96th time in program history and the women's squad faces off with Minnesota for the fourth time.

"It's bragging rights," Byrne said. "We have quite a few kids from Minnesota on the team. They have some Wisconsin kids. There's going to be a lot of energy in there from the fans, the coaches and the athletes on the track."

"Obviously Wisconsin is the biggest rival that we have in every sport, whether it's collegiate or professional sports," said Matt Bingle, Minnesota's director of women's track and cross country. "The rivalry runs deep for many, many people in Minnesota. There's a lot of pride on the line."

Both Wisconsin teams lead their dual-meet rivalries with the Gophers. The UW men own a 73-22 lead in a series that dates back to 1900. The Badgers and Gophers missed their year-

MALACHY SCHROBILGEN: "Everyone knows how heated the rivalry is between Minnesota and Wisconsin in every sport. Now we have the opportunity to actively add to that history."

ly meetings only seven times from 1900 to 1978, and in many years met during both the indoor and outdoor seasons. The Wisconsin women faced Minnesota in 1976, 1977 and 1978, winning

all three showdowns with the Gophers.

But as teams focused on going to larger competitions in the 1980s, dual meets with Minnesota and other Big Ten teams faded away. Many Badgers, including sophomore Malachy Schrobilgen, are excited to restart the rivalry in a head-to-head form. "Everyone knows how heated the rivalry is between Minnesota and Wisconsin in every sport," Schrobilgen said. "Now we have the opportunity to actively add to that history.

"It will be great to have the Gophers in town

and I'm beyond excited to be able to go out this weekend as we look to protect our turf."

Dual meets are once again trending up in the track and field world. The Badgers faced Missouri in a pair of duals last season, marking the first time

since the 1990s that Wisconsin had competed in a dual meet. The men's team went 2-0 against the Tigers, while the women split the duals. "It's something that we have tried to do for a few years now," Byrne said. "It's the direction that our sport is going. At the end of the day, we talk about times and I think there is too much emphasis on times.

> "I think year-in and year-out we see kids walk off the track and they are disappointed if they don't run a certain time. They would rather run a fast time and finish in the middle of the pack than win a race with a slow time. We have to get back

to head-to-head competition, that's what our sport is all about.

"At the end of the day, fans want to see a com-

petition, just like a football or basketball game. You have a winner and you have a loser."

The Badgers and Gophers aren't the only Big Ten schools competing in duals this year. In-state rivals Indiana and Purdue met last weekend, while Michigan and Michigan State face each other next week.

The head-to-head competition not only makes for shorter meets, but also makes the format easier for non-track fans to follow.

"We've recognized that our invitational meets are way, way too long and boring," Byrne said. "And this type of tight competition, four athletes from each team, I think people can relate to the head-to-head competition.

"Our kids are very excited about competing. It's not about them getting that specific distance, height or time. It's about them beating someone from Minnesota."

The meet marks the Badgers'

MICK BYRNE:

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winner and you have a loser."



second competition of the year — they hosted the Wisconsin Open last weekend — but many athletes will make their season debuts this weekend.

"I think that it's going to be an exciting meet to open up with," said junior Molly Hanson, a Dodgeville native who earned second-team All-America honors last year. "The coaches and athletes are really getting hyped up about facing another Big Ten school in a dual, so it should be a fun meet to compete in and watch."

Unlike most early-season competitions, in which teams might rest some top athletes, the Badgers and Gophers agreed to compete their full rosters on Saturday. Among the UW athletes competing will be reigning weight throw national champion and NCAA Division I record-holder Michael Lihrman, 2014 Big Ten pentathlon champion Deanna Latham, and Kelsey Card, who set Big Ten records in the shot put and discus at the 2014 USA Outdoor Championships.

"We signed a contract and in the contract that's part of the deal, that we run our top athletes," Byrne said. "They'll have all their top athletes and we will have ours. No one gets a bye unless they're injured or we're redshirting them.

"You can't go into a competition like this and not bring your top guns."

Lining up a dual meet meant the schools had to mutually clear a date on their schedules to make it work.

"I've wanted to do a dual with them for a long time. It is just a matter of getting together with Minnesota," Byrne said. "They see the direction that the sport is going, and it was a matter of clearing our schedules and understanding how important it is for our athletes and our fans that we do something like this.

"I think we are going to see more and more of this. There's talk about adding on another dual meet next year with another Big Ten school. More and more people are talking about it as they see the importance of having the team score."

"I think these duals are a cool way to rekindle some interest in track and field," Hanson said. "This is very clean-cut as compared to other meets we have; there's going to be a winning team and a losing team and I think that will get the fans and teams more fired up." INSIDE MEN'S BASKETBALL

BY PATRICK HERB



Next man up: Badgers don't miss a beat

Koenig, Showalter & Dukan playing their part

osing a starting player is never good, but when it's a veteran starter, the loss figures to be a significant blow to any team. That was the concern when senior Traevon Jackson suffered a foot injury during Wisconsin's lone Big Ten road loss at Rutgers.

This season's Badgers have refused to miss a beat, however. As cliché as it may be, the "Next man up" mantra is one awfully fitting for UW's response since Jackson's setback.

Filling Jackson's void has been done by committee thus far for UW, inserting Bronson Koenig into the starting lineup, while also bumping the minutes and roles of guys like Zak Showalter and Duje Dukan in the rotation.

While not always guaranteed to leave his mark in the stat sheet, Showalter has become a spark plug for the Badgers during his time in Madison. Arguably the best pound-for-pound athlete on UW's roster, Showalter is best known for bringing plenty of energy, intensity and hustle onto the basketball court with him each and every time he checks in.

That's all head coach Bo Ryan asks of him.

"Just what he's been giving us," Ryan said of his expectations.

SCHEDULE (17-2, 5-1)

Home games in **bold**. All times CT. *RECENTLY*

at N'western	W, 81-58	
Purdue	W, 62-55	
at Rutgers	L, 62-67	
Nebraska	W, 70-55	
#25 lowa	W, 82-50	
UP		
at Michigan	6 p.m.	
at lowa	11 a.m.	
Indiana	6 p.m.	
Northwestern	4:30 p.m.	
at Nebraska	8 p.m.	
> Complete Schedule Buy Tickets		
	Purdue at Rutgers Nebraska #25 Iowa UP at Michigan at Iowa Indiana Northwestern at Nebraska	

BY KELLI GRASHEL



Junior class making a major difference

The three starters have stepped up this year

hen players become upperclassmen, they are expected to step up. It's a new leaf to be turned. More is required of them. They have to show leadership on and off the court in addition to contributing more during their playing time.

That's a lot of pressure for some players, but the three starting juniors on the Wisconsin women's basketball team have handled it well. Dakota Whyte, Nicole Bauman and Tessa Cichy have answered that call this season and are embracing their roles on the team.

"We go into every game thinking we can win, and there's obviously things you can take away from every game," Cichy said. "In our minds, we can beat any type of team, whether it's an athletic team, a half-court team, a transition team or a big team, and I think one of our issues right now is putting wins back to back.

"We win one and then maybe we drop the next one, so I think what we should probably focus on now is putting wins back to back, and I think that will help us because we know we can beat anybody."

SCHEDULE (7-10, 3-4)

Home games in **bold**. All times CT. *RECENTLY*

Jan. 6	Penn State	W, 65-46
Jan. 11	at Indiana	L, 69-52
Jan. 15	at Purdue	W, 65-56
Jan. 18	Rutgers	L, 73-63

COMING UP

Jan. 22	Nebraska	7 p.m.
Jan. 25	at Michigan State	1 p.m.
Jan. 29	Ohio State	8 p.m.
Feb. 1	Illinois	2 p.m.
Feb. 8	lowa	2 p.m.
> Complete Schedule Buy Tickets		



Rumpel steals another game with stops

Senior goaltender giving Badgers a chance

hen freshman defenseman Jack Dougherty got down on his knees and made a save in front of an open net last Friday at Minnesota, it didn't officially count as a save. It went into the official stats as a blocked shot, but it saved a goal. Senior goaltender Joel Rumpel was at the opposite post after making a play, but Dougherty saved the day.

It was a rare occurrence as of late — Rumpel not in position to make a save — at least rare without contact from an opponent preventing him from being in the right spot.

"Rumpel has made 40-plus saves in three of the last four games so I guess I just owe it to him to help him out every once in a while," Dougherty said when describing the play.

Rumpel was spectacular that night, stopping 19 of 20 Minnesota shots in the first period and keeping the Badgers in the game until they could score twice in the third to tie the game. Rumpel and the Badgers went on to capture an extra Big Ten point with a shootout victory. In all, the goaltender made 47 saves in the contest.

Rumpel returned to the ice less than 19 hours later and posted a similar performance. He faced 21 first-period shots on Sat-

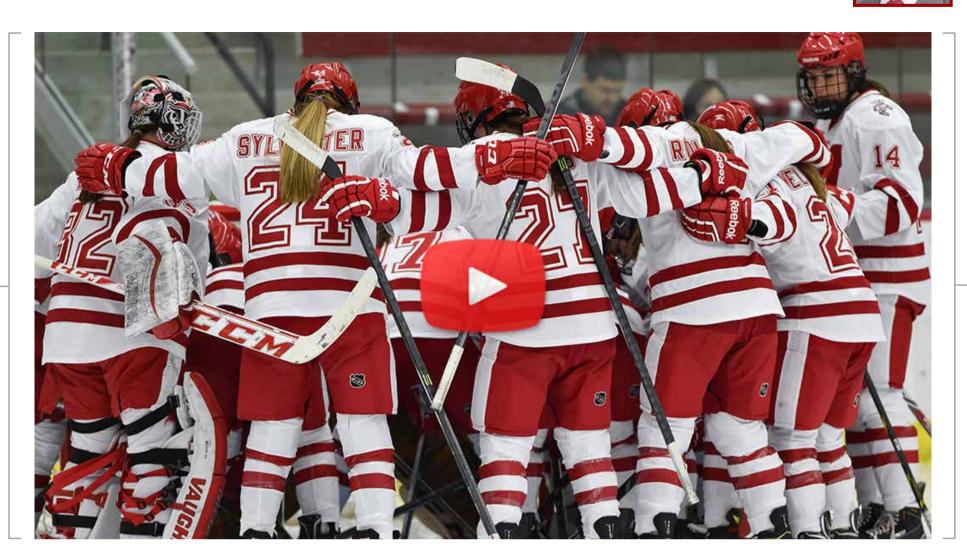
SCHEDULE (2-13-3, 0-2-1-1)

Home games in **bold**. All times CT. *RECENTLY*

Jan. 9	#2 Boston U.	T, 3-3 (OT)
Jan. 10	#2 Boston U.	L, 6-1
Jan. 16	at #16 Minn.	T, 2-2 (OT)
Jan. 17	at #16 Minn.	L, 5-2

COMING UP

Jan. 23	#16 Michigan	8 p.m.
Jan. 24	#16 Michigan	7 p.m.
Jan. 30	Minnesota	8 p.m.
Jan. 31	Minnesota	7 p.m.
Feb. 6	at Penn State	5:30 p.m.
Feb. 7	at Penn State	1 p.m.
> Complete Schedule Buy Tickets		



Non-conference test awaits No. 4 Badgers

UW meets No. 7 Clarkson in top-10 showdown

or the final time this regular season, the Badgers will meet an opponent outside of the WCHA, as No. 4 Wisconsin faces No. 7 Clarkson of the East Coast Athletic Conference Friday and Saturday at LaBahn Arena.

The series marks the first time the two teams have matched up. The Golden Knights are the 32nd NCAA Division I team Wisconsin has faced in its 16-year history.

Clarkson became the first team outside of the WCHA to win a national title last year, defeating Minnesota in the NCAA championship game, and the series is a unique one for the Badgers.

"What makes it fun, is the history of Clarkson's program, being the defending NCAA champions and one of our former players, Meghan Duggan, is an assistant coach there," UW head coach Mark Johnson said. "There's some things within that equation that make the weekend enjoyable and, even though it is non-conference, there are some things very important about the series."

"It's a huge series," senior Brittany Ammerman said. "They are the reigning champs, they are ranked in the top 10, so to get two wins against them would be huge, especially in the second

SCHEDULE (18-4-2, 14-4-2)

Home games in **bold**. All times CT. RECENTLY

Jan. 10	at #2 Minnesota	L, 4-1
Jan. 11	at #2 Minnesota	T, 1-1
Jan. 16	Bemidji State	L, 2-1
Jan. 17	Bemidji State W	, 2-1 (OT)
COMING	UP	
Jan. 24	#7 Clarkson	2 p.m.
Jan. 25	#7 Clarkson	Noon
Jan. 30	Minnesota State	7 p.m.
Jan. 31	Minnesota State	3 p.m.
Feb. 6	#6 Minn. Duluth	7 p.m.

Feb. 7 **#6 Minn. Duluth**7:30 p.m.

_ INSIDE WRESTLING ______ BY KELLI GRASHEL





No. 17 Badgers work to stay atop conference

Wisconsin prepares for challenging weekend

he Wisconsin wrestling team will be back in action after a beneficial week off. The Badgers used the break to get in some hard training before going into a stacked weekend against Michigan on Friday night and Michigan State on Sunday afternoon.

The Badgers are coming off of a successful run that saw them defeat No. 19 Northwestern 30-15 and Purdue 22-13 the weekend of Jan. 9-11.

"It was a great week for the Badger wrestling team," Wisconsin head coach Barry Davis said.

Isaac Jordan recorded his sixth pin of the season at Northwestern over No. 7 Pierce Harger. He will face No. 10 Taylor Massa of Michigan this week. Connor Medbery defeated his second ranked opponent of the season at Northwestern but he will take on another this week in the Wolverines' No. 8 Adam Coon.

"Michigan will present a big challenge as they have nine individuals ranked in the top 20 at their respective weights and are ranked higher than we are at six of the weights," Davis said.

But it is a challenge they have been waiting for.

SCHEDULE (7-1, 5-0)

Home events in **bold**. All times CT. *RECENTLY*

Dec. 11	Indiana	W, 45-0
Dec. 13	at Nebraska	W, 23-14
Dec. 29-30	at Midlands	7th place
Jan. 9	at N'western	W, 30-16
Jan. 11	Purdue	W, 22-13
COMING U	כ	
Jan. 23	at Michigan	6 p.m.
Jan. 25	at Michigan St	t. 1 p.m.
Feb. 6	Rutgers	7 p.m.
Feb. 7	at Blugold Op	en All Day

> View complete schedule

THIS WEEK IN BADGER HISTORY



FIRST FLIGHT

JANUARY 29, 2000: Bobby Myers, who also started as a free safety on the football team, tied the UW indoor record in the high jump. Myers cleared 7 feet, 3 1/4 inches in his first competition on the track, qualifying him for the NCAA championship.



RECORD RACE JANUARY 28, 1995: Amy Wickus broke the Badgers' school record and all-time Big Ten mark in the indoor 600 meters with a time of 1:27.77.

-MORE THIS WEEK-



SECOND HELPING JANUARY 25, 1988: The men's basketball team set a single-game record for the most points in a half with 67 in the second period against Iowa. The Badgers lost to the 16th-ranked Hawkeyes, 104-89.



USA! USA! JANUARY 27, 2009: Women's hockey coach Mark Johnson was named coach of the U.S. women's team for the 2010 Olympic Winter Games. The U.S. won a silver medal in Vancouver.