

TRAINING CAMP 2014

WEDNESDAY, JULY 23, 2014

The Washington Times

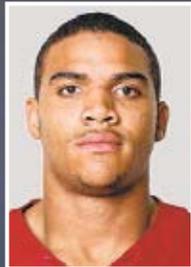
SECTION D



Morris



Jackson



Reed



Lichtensteiger



Hatcher



Orakpo

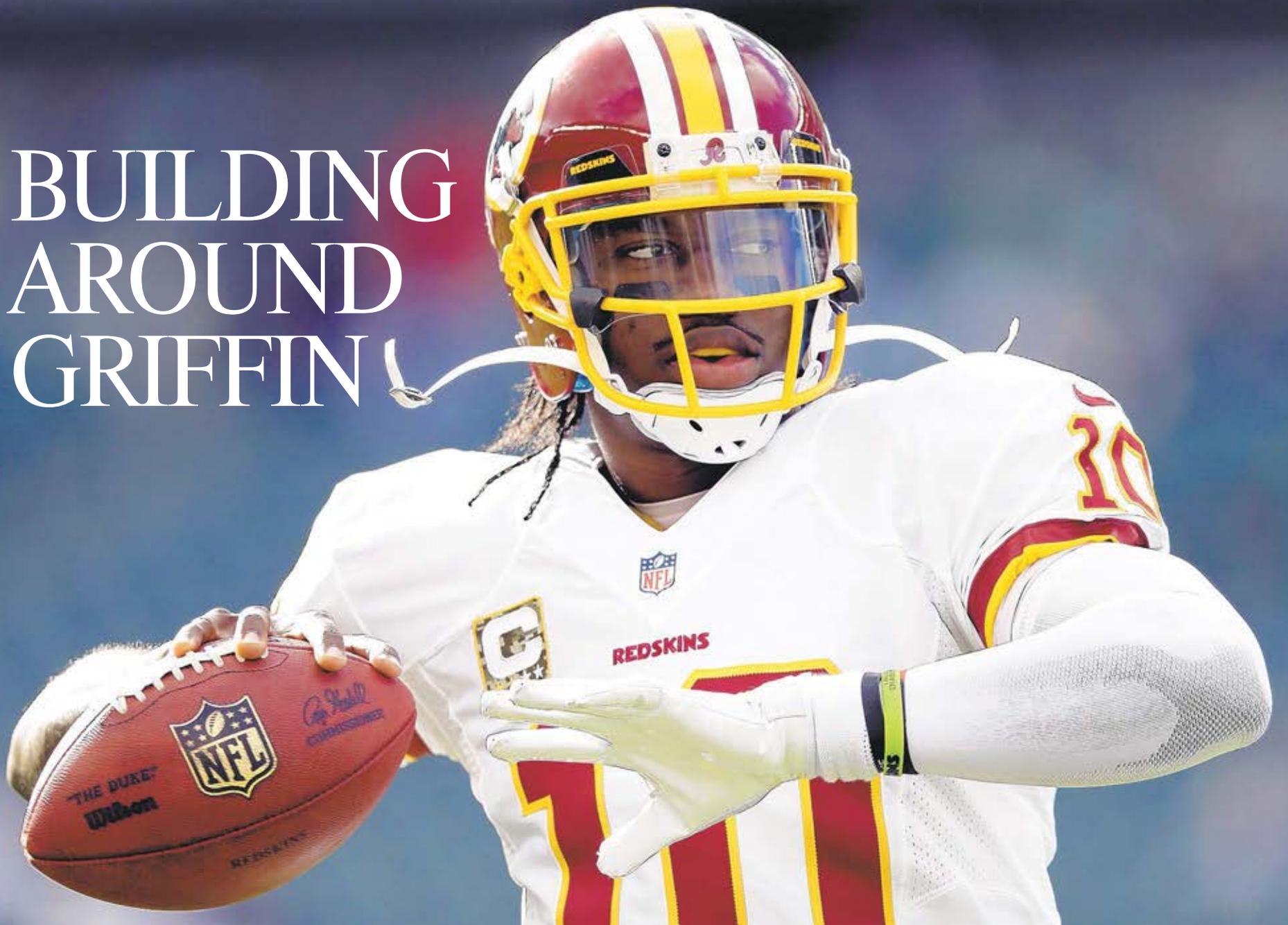


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BUILDING AROUND GRIFFIN



BOOST TO ARSENAL

Roberts, Jackson upgrade receiving corps **4**

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Can cash in next year thanks to franchise designation **11**

TEMPT YOUR PALATE

There's something for all tastes in Richmond **14**

RG3, Gruden perfect together — for now

Year 1 of the Robert Griffin III-Jay Gruden Era is upon us. And like most newlywed couples, they look wonderful together.

Griffin is fully recovered from the knee injury that severely hampered his performance last season. He seems happier and more relaxed, partially due to the absence of a knee brace and partially due to the absence of coach Mike Shanahan.

Gruden is eager, energetic and enthusiastic, raring to start his first training camp as an NFL head coach. Son of a football lifer, brother of a Super Bowl-winning coach, Gruden is anxious to make his own mark under the family name.

Griffin and Gruden seem perfect for each other at this stage of their respective careers. They're prime candidates to grow old and gray together — which is about 10 years for such duos — poised to join the ranks of Tom Brady-Bill Belichick, Eli Manning-Tom Coughlin, Drew Brees-Sean Payton and Ben Roethlisberger-Mike Tomlin.

Many thought Griffin and Shanahan were in it for the long haul, too, thought they could re-create the synergy that existed in Denver when the coach and John Elway won back-to-back Super Bowls together. Shanny was the old-school pro who would develop the budding star in RG3.

But Shanahan didn't shape and mold the young QB.

He bent and nearly broke him instead. Shanahan might as well have been another defender delivering

crushing blows as Griffin failed to slide.

We'll never know what might've happened if RG3 wasn't injured in the disheartening postseason loss against Seattle. That led him to rush back and led Shanahan to OK it, suspect moves at the time that are clearly boneheaded in hindsight.

The feel-good from an unexpected NFC East title in 2012 drained steadily during another 3-6 start last year, which this time wasn't followed by a miraculous run to the playoffs. Griffin's and Shanahan's reputations deservedly took hits, each man appearing to blame the other for individual and collective shortcomings.

But unlike recent years when seasons crumbled, dysfunction ran amok and name plates changed on the coach's office, the team believes it has a franchise quarterback. That's what separates Gruden and Shanahan from predecessors Marty Schottenheimer, Steve Spurrier, Joe Gibbs and Jim Zorn.

The team sold us on Griffin-Shanahan and it was marvelous for a moment, before all the cracks and flaws surfaced. Now the Griffin-Gruden pairing is supposed to restore our faith that Washington can be more than a controversial NFL laughingstock under owner Dan Snyder.

Snyder has been consistent if nothing else, alternating between proven entities (Shanny, Schotty and Gibbs) and unknown commodities (Spurrier, Zorn and Gruden).

Perhaps he can coax Mike Ditka out of retirement if this doesn't work.

But Gruden has plenty of weapons to stave off unemployment, none more important than RG3's faith and confidence, though Alfred Morris, DeSean Jackson and Pierre Garcon aren't bad, either. Hired for his fine work as the Cincinnati Bengals offensive coordinator,



ASSOCIATED PRESS

Redskins quarterback Robert Griffin III and first-year coach Jay Gruden seem perfect for each other at this stage in their careers. But many thought Griffin and former coach Mike Shanahan were in it for the long haul as well.

Gruden is charged with keeping Griffin happy, healthy and productive.

"The quarterback has to be the biggest threat at all times," Gruden said earlier this month. "But the biggest thing is we have multiple threats. The key is to distribute the ball evenly and make sure everybody feels part of the offense.

"It's just a matter of getting people involved. We're excited about the game plan, knowing that on every play there's somebody different who can hurt you."

The risk-reward factor dictates that RG3 be less of a threat with his legs. As exciting as it was when he took off on read options, the prospect of him being carted off was all too real. The more he stays put and scrambles only as a last resort, the quicker he can develop as a pocket passer and take full advantage of his outside receivers and emerging tight end Jordan Reed.

That's not to say Griffin will resemble Andy Dalton, Gruden's QB in Cincinnati. Dalton, who has started and played every game, has 455 rushing yards in his

three-year career.

RG3 had 468 rushing yards after his first seven NFL games.

Gruden said "sprinkles" of read option will remain in the team's playbook, which apparently hasn't changed dramatically outside of some terminology.

"Some of the things we've done with [Griffin] the past two years are similar," first-year offensive coordinator Sean McVay said. "Some are also different. ... He's recognizing some of the looks and audible situations. We've given him the option to call things at the line of scrimmage and he's shown himself fully capable of doing that."

We saw what RG3 was fully capable of doing two years ago. That was before his knee buckled and his relationship with Shanahan collapsed.

Those ugly memories will be cast aside if this new union blossoms.

If not, here's hoping the honeymoon lasts longer than one season this time.



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Offensive arsenal gets needed boost

Talented Jackson, Roberts upgrade receiving corps

By ZAC BOYER

THE WASHINGTON TIMES

The Washington Redskins thought they had found a future starting wide receiver in March when they lured Andre Roberts away from the Arizona Cardinals.

They couldn't have imagined then that just two weeks later, former Philadelphia Eagles standout DeSean Jackson would fall into their hands as well.

In Roberts and Jackson, the Redskins have significantly upgraded their receiving corps, adding players whose talents are unlike anything they had during quarterback Robert Griffin III's first two seasons.

Now, the hope is that under first-year coach Jay Gruden and new offensive coordinator Sean McVay, the Redskins will be able to utilize their new acquisitions' abilities — and those of wide receiver Pierre Garçon — to help them take a significant step forward in the passing game.



Jackson



Roberts

"I feel like we've got a whole bunch of targets on offense that Rob can throw to, and I feel like the defense is not going to be able to double-team or anything like that with so many weapons," said tight end Jordan Reed.

The Redskins' passing attack was pedestrian last season, as the team ranked 16th — just inside the top half of the league — with 234.4 passing yards per game.

Griffin, returning from offseason surgery to repair torn ligaments in his right knee, was asked to

throw the ball an average of 35 times a game — a significant increase over the 26 attempts he made per game during his rookie season.

At times, that worked. He threw for 298 yards and two touchdowns in a 45-41 victory over the Chicago Bears on Oct. 20, and he threw for 291 yards in a 30-24 overtime victory over the San Diego Chargers two weeks later.

Often, though, it didn't. Griffin threw for more than 300 yards in each of the first three games of the season, all of which the Redskins lost handily. He completed a season-high 75 percent of his passes on Dec. 1 against the New York Giants, a nationally televised loss at home, and though he had three touchdown passes on the road against the Minnesota Vikings on Nov. 7, the Redskins



ANDREW HARNIK/THE WASHINGTON TIMES

Pierre Garçon (88), who broke Art Monk's single-season record with 113 receptions in 2013, was Redskins quarterback Robert Griffin III's only reliable receiver last season. The Redskins ranked 16th with 234.4 passing yards per game.



ANDREW HARNIK/THE WASHINGTON TIMES

Redskins tight end Jordan Reed (86), who finished second on the team with 45 catches for 499 yards, emerged as a playmaker during a rookie season hampered by injury.

choked away a 13-point third-quarter lead in a 34-27 loss.

His problem, frequently, was his targets. Garçon, who broke Art Monk's single-season record with 113 receptions in 2013, was Griffin's only reliable receiver. Joshua Morgan, now with the Chicago Bears, opened the season as the starter opposite Garçon but clashed with the coaching staff and saw his playing time dwindle.

Leonard Hankerson should have made the jump last season, his third in the league, but tore the ACL in his left knee on Nov. 17 and isn't expected to be ready to practice when training camp opens. Aldrick Robinson, also in his third season, was given an opportunity when Hankerson went down but struggled to catch the ball with consistency.

Reed, who finished second on the team with 45 catches for 499 yards, emerged as a playmaker during his rookie season but was often hampered by injury. He missed the final six games of the season because of the lingering

effects of a concussion.

That's why the Redskins brought back 35-year-old Santana Moss, who, despite serving as the full-time slot receiver and playing only 48 percent of all offensive snaps, was still second among wide receivers with 42 catches and 452 yards.

It's also why an influx of talent was needed.

"We're just going to keep implementing our system, and we have to move people around and make sure everybody can play more than one spot because you never know who's going to get injured or not be available from a game-to-game basis," Gruden said last month during the Redskins' offseason workouts. "It's important for people to be in multiple positions, and the guys mentally who can handle it will have the edge up. Obviously, you want to look into the physical skill set of each player, but right now, it's a great competition."

Roberts, who signed a four-year, \$16 million contract, had his role diminished last year when new Cardinals coach Bruce Arians tabbed second-year wide receiver Michael Floyd as the starter opposite Larry Fitzgerald. At 5-foot-11 and 187 pounds, Roberts can play both outside and in the slot, though his greatest contributions will likely come when the Redskins deploy three-receiver sets.

Jackson, brought in on what's essentially a three-year, \$24 million contract — the fourth year written into the deal can be voided — will understandably be the featured attraction. He played in all 16 games last season for the first time in his six-year career and set or matched career highs with 82 catches for 1,332 yards and nine touchdowns.

His straight-line speed will be his greatest asset, and if he's not open, the distraction his presence is likely to cause will open up other targets underneath.

As the offensive coordinator for the Cincinnati Bengals the last three seasons, Gruden oversaw a passing offense that improved from 20th to 17th to eighth.

The additional talent out wide, and an offseason for Griffin without injury concerns, should help the Redskins make a similar climb in the coming years.

"I think we have a good group of guys here," Jackson said last month. "Playing against them the past couple years and now being a part of them is very interesting. But I like it, so it's all good."

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TRAINING CAMP SCHEDULE

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24 8:35 a.m. Practice 4:10 p.m. Walkthrough	25 8:35 a.m. Practice 4:10 p.m. Walkthrough	26 8:35 a.m. Practice 4:10 p.m. Walkthrough
27 8:35 a.m. Practice 4:10 p.m. Walkthrough	28 8:35 a.m. Practice 4:10 p.m. Walkthrough	29	30 8:35 a.m. Practice 4:10 p.m. Walkthrough	31 8:35 a.m. Practice 4:10 p.m. Walkthrough		

AUGUST

					1 8:35 a.m. Practice 4:10 p.m. Walkthrough	2 10:35 a.m. Fan Appreciation Day
3	4 8:35 a.m. Practice* 4:10 p.m. Walkthrough	5 1:35 p.m. Practice*	6 8:35 a.m. Practice*	7	8	9 2 p.m. Practice
10 8:35 a.m. Practice 4:10 p.m. Walkthrough	11 8:35 a.m. Practice 4:10 p.m. Walkthrough	12	13	14	15	16

* Team scheduled to practice jointly with the New England Patriots



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ZAC BOYER'S BREAKDOWN: POSITION-BY-POSITION

In what is shaping up to be an annual tradition, all eyes will again be on **Robert Griffin III** as he returns to the field after his first full offseason as a professional.

Griffin, who needed surgery to repair the LCL and ACL in his right knee at the end of his rookie season, spent much of last summer rehabilitating that injury and was not able to play in a game until the start of the regular season. His numbers were up and down; though he threw more passes, he completed fewer of them, leaving him with a lower quarterback rating, additional interceptions and practically the same number of passing yards.

This year will be significantly different, the team hopes; after a stand-out rookie year, Griffin regressed a year ago, only hitting his stride after nearly two months of the season had passed. In March, Griffin organized a series of workouts in suburban Phoenix for several of his offensive teammates, hoping that the extra time spent together would help carry into this season.



THE WASHINGTON TIMES

Robert Griffin III must prove he can be a top-level quarterback after a subpar year.



THE WASHINGTON TIMES

Kirk Cousins returns to serve as Robert Griffin III's top backup under center.

when Griffin was benched for the final three games in 2013, and though he had an opportunity to audition for starting roles around the league, his haphazard decision-making and his overall struggles dampened his hype.

Filling out the stable of signal-callers is **Colt McCoy**, the one-time collegiate standout at Texas who has struggled to find a fit during four years in the league. McCoy started every game he played during his first two seasons with the Cleveland Browns, but fell behind **Brandon Weeden** in 2012 and spent last season as the backup to **Colin Kaepernick** with the San Francisco 49ers.

He also appears to be rejuvenated working with new coach **Jay Gruden** and offensive coordinator **Sean McVay**, and how they come together will manifest itself in the playbook. Gruden, who will call his own plays, has said that Griffin's legs will be an asset, but he will not require the quarterback to run as frequently as he did during his first two years under then-coach **Mike Shanahan** and then-offensive coordinator **Kyle Shanahan**.

What Griffin must now prove is that, regardless of what's asked of him, he is capable of being a top-level quarterback — something that seemed certain after his record-setting rookie year but significantly less so last season.

Should something happen to Griffin, **Kirk Cousins** will return to serve as his backup despite significant discussion during the offseason of potential trades. Cousins stepped in



THE WASHINGTON TIMES

The biggest change for running back Alfred Morris will come as the Redskins move from the zone-blocking scheme run under the Shanahans the last four years to incorporating more of a power game this season.

The diminished role of the run game — specifically, the missing threat of **Robert Griffin III's** legs — had a trickle-down effect on **Alfred Morris** last season. After piling up 1,613 yards on 335 attempts

RUNNING BACK

as a rookie in 2012, Morris saw significantly fewer carries last season, finishing with 1,275 yards on 276 attempts. That doesn't mean he was any less productive; in fact, his 4.6 yards-per-carry average was just a hair shy of the 4.8 yards he averaged per carry as a rookie.

Morris wasn't trusted to shoulder the running game as much as he was during his first year, when he routinely carried the ball more than 20 times a game. In fact, Morris never cracked the 20-carry mark in the Redskins' first seven contests — a good number of which found Washington in a sizable early hole and unable to recover.

The biggest change for Morris this season will come as the Redskins tilt away from the zone-blocking scheme run under the Shanahans for the last four years and toward incorporating more of a power game. Morris was familiar

with a traditional running scheme in college at Florida Atlantic, and the biggest question lingering when he was drafted by Washington was how receptive he'd be to the shift in philosophy.

Very, as it turned out; Morris' combined 2,888 yards over his first two seasons were more than any other player in the league during that time except the Minnesota Vikings' **Adrian Peterson**.

What also will change for Morris will be how involved he is in the passing game. While with the Cincinnati Bengals, **Jay Gruden** placed an emphasis on his running backs being

able to catch the ball out of the backfield — something Morris did only 20 times during his first two seasons. That role was primarily left to **Roy Helu**, the third-down back who once caught a team-record 14 passes in a game in 2011.

While his ability as a receiver, and his breakaway speed, should help Helu make the roster, the Redskins will have decisions to make with regards to the rest of their running backs — **Evan Royster**, **Chris Thompson**, sixth-round draft pick **Lache Seastrunk** and undrafted rookie **Silas Redd**.

For as much as **Pierre Garçon** relished being the focal point of the passing game last season, when he broke **Art Monk's** single-season record with 113 receptions,

he will find himself with significantly more help this year. No unit has been infused with more talent than the wide receivers, who gained a three-time Pro Bowler in **DeSean Jackson** and a reliable inside-outside threat in **Andre Roberts**.

Garçon's emergence last season was a bright spot for the Redskins. After a toe injury hampered his first season in Washington and restricted him to playing in only 10 games, Garçon demonstrated every bit of ability to be the marquee player the team expected it acquired when it signed him during the 2012 offseason. He surpassed 100 receiving yards in five games — including against the Chargers in Week 9, when he caught seven passes for 172 yards.

Adding complementary pieces, then, was a priority for the Redskins, though obtaining a player of Jackson's caliber didn't seem possible entering free agency. The 5-foot-10, 178-pound Jackson was released by the Philadelphia Eagles in late March after six seasons with the team amid concerns about his behavior and his fit in the locker room. He started all 16 games last season for the first time in his career, and appropriately responded with career-best numbers: 82 catches for 1,332 yards with nine touchdowns.

He and Roberts, who initially expected to start opposite Garçon when he left the Arizona Cardinals in March, will help the Redskins stretch the field in the passing game unlike they've been able to do in Griffin's first two years.

They'll also be pushed by several players with significant experience, including **Santana Moss**, who was signed to a non-guaranteed one-year contract in



THE WASHINGTON TIMES

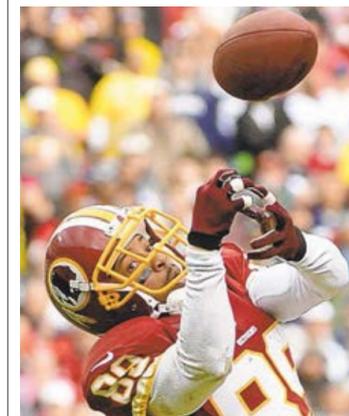
The Redskins signed Pro Bowler DeSean Jackson after the Eagles released him.



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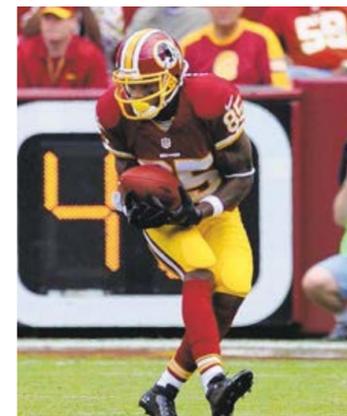
Andre Roberts, formerly of the Cardinals, was signed to help stretch the field.

March and will essentially attend camp on a tryout. **Leonard Hankerson** is still recovering from a torn ACL in his left knee and likely won't be ready for the start of camp, while **Aldrick Robinson**, **Nick Williams**, fifth-round draft pick **Ryan Grant** and a host of undrafted free agents will have to fight for spots.



ANDREW HARNIK/THE WASHINGTON TIMES

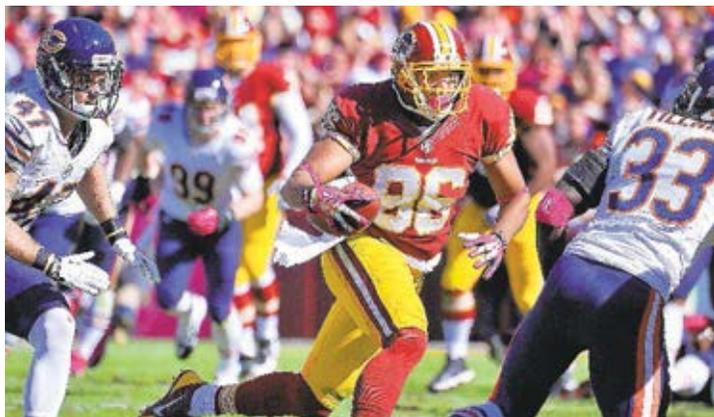
Santana Moss will attend training camp on a non-guaranteed one-year contract.



THE WASHINGTON TIMES

Receiver Leonard Hankerson is still recovering from a torn ACL in his left knee.

ZAC BOYER'S BREAKDOWN: POSITION-BY-POSITION



THE WASHINGTON TIMES

The Redskins believe they could have a potential game-changer in tight end Jordan Reed (86), who battled a long list of ailments last year.

The Redskins believe they could have a potential game-changer in **Jordan Reed**, who became **Robert Griffin III's** security blanket when he was able to get on the field last season.

Reed, a 6-foot-2, 237-pound quarterback-turned-wide receiver-turned-tight end, battled a long list of ailments last year, including entering the season with a strained quadriceps and bruised knee and eventually battling a strained hamstring and a concussion that cost him the last six weeks of the season.

Reed said in May that he didn't recover from the concussion, which he initially tried to hide from the coaching staff, until after the season ended. Though he was bothered by concussions in college, including two that caused him to miss practice time while at Florida, Reed said the last concussion was "a fluke thing" and doesn't expect any future troubles.

While **Fred Davis** is gone — not only a free agent, but facing a lengthy league suspension should he resurface — one of the Redskins' most reliable players, **Logan Paulsen**, will be back. Paulsen doesn't have elite speed, but he's a quality blocker who started all but two games last year and had 28 catches for 267 yards and three touchdowns.

Behind Paulsen is the great unknown. **Niles Paul**, a special teams ace, is still trying to establish himself as a tight end after making the conversion from wide receiver prior to the 2012 season. The Redskins also drafted a tight end out of Indiana, **Ted Bolser**, who looked unpolished during offseason workouts, but was

The first hint that a shake-up was coming on the offensive line was back at the NFL combine in February, when **Jay Gruden**, addressing the Redskins' needs during the free agency signing period, said that the coaches "can work with what we have."

OFFENSIVE LINE

The undersized, fleet-footed player coveted by the Shanahans for their zone-blocking scheme hasn't been valued highly in the past by Gruden, who quickly made that known by releasing 6-foot-3, 300-pound starting center **Will Montgomery** in March as the free agent signing period got underway.

With the release of Montgomery, a Centreville native who had been with the team since 2008, the Redskins shifted left guard **Kory Lichtensteiger** to center and signed **Shawn Lauvao**, a 6-foot-3, 315-pound guard formerly of the Browns. They also picked up 6-foot-4, 325-pound guard **Mike McGlynn**, a seven-year veteran, and drafted a pair of offensive linemen in Virginia's **Morgan Moses** and Nebraska's **Spencer Long**.

All the shifting means the Redskins will have several starting gigs up for grabs during training camp, and the right side of the line will be the focus. The 6-foot-6, 318-pound Moses, drafted in the third round, will push incumbent



THE WASHINGTON TIMES

The Redskins have shifted Kory Lichtensteiger (78) from left guard to center with the release of former starter Will Montgomery.

Tyler Polumbus to start at right tackle, though he'll have to prove the inconsistency and lack of focus that hampered him during his senior season are in the past.

Also under fire is **Chris Chester**, the starting right guard during each of the last three years, but his job seems more secure as Long continues to recover after tearing the MCL and PCL in his left knee during

his senior season and **Adam Gettis** and **Josh LeRibeus** need to prove themselves worthy.

Perhaps the most competition will happen at the bottom of the roster, where nine backups will fight for, at most, four spots. Moses and Long figure to have two of them. Can Gettis, LeRibeus and **Tom Compton**, also entering his third season, finally establish themselves as reliable backups?

The acquisition of **Jason Hatcher** from the rival Dallas Cowboys will be slightly muted as training camp begins with Hatcher still recovering following arthroscopic surgery last month on his left knee. Hatcher, entering his ninth year, was handed a somewhat onerous four-year, \$27.5 million contract by the Redskins in March as they sought to increase their pass rush.

Hatcher, 32, had a career-high 11 sacks last season, but he did so while working as a defensive end in a 4-3 front for the first time. With the Redskins, he'll mostly be back to manning right end in a 3-4 alignment, but the team signed him knowing that his greatest success will come when he's able to pressure the interior of the offensive line. For that reason, they will

incorporate Hatcher into their nickel pass rush, which should help the unit's overall productivity.

With Hatcher out, and last year's starter, **Stephen Bowen**, still recovering from microfracture surgery on his right knee, the Redskins turned to part-time starter **Jarvis Jenkins** to fill the gap on the right side during offseason workouts. Assuming Jenkins' old spot is **Chris Baker**, the nose tackle-turned-defensive end who signed a three-year contract in February and is a favorite of defensive coordinator **Jim Haslett**.

Barry Cofield will continue to start at nose tackle, but his future appears a bit dimmer after trailing off a bit late last season and underdoing sports hernia surgery in the summer. A host of other defensive linemen, including **Doug Worthington** and new acquisitions **Clifton Geathers** and **Frank Kearse**, will try to stick as backups.

The Redskins signed former Dallas Cowboys defensive end Jason Hatcher to a four-year, \$27.5 million contract in March in an effort to increase their pass rush.



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The Redskins signed former Dallas Cowboys defensive end Jason Hatcher to a four-year, \$27.5 million contract in March in an effort to increase their pass rush.

Orakpo vows contract won't be an issue

Seeks big season in deal's last year

By **BRIAN McNALLY**

THE WASHINGTON TIMES

Redskins linebacker Brian Orakpo may yet sign a long-term contract with the team that drafted him five years ago.

In that ideal future, Orakpo, chosen No. 13 overall in the first round of the 2009 draft, would retire in a Washington jersey, bask in the adulation of the home fans at FedEx Field and head into retirement with a handful of franchise records, including most sacks. He has 39.5 in his career and Dexter Manley holds the record at 80.

That day may never come now. Orakpo, 27, and the team couldn't come to an agreement on a long-term contract this past spring. Instead, he was designated as the franchise player and eventually signed a one-year deal worth \$11.45 million. That means if he has a big season, Orakpo, a three-time Pro Bowler, can cash in on the open market. But it also means his future in Washington is in flux. But he's determined not to make his status an issue for his teammates or himself.

"You can talk about contracts and this and that. Throw all that out the window, man," Orakpo said. "I'm signed for the 2014 season. I need to go out there and make plays. I need to go out there and be a force. That's what I've been working extremely hard at because this defense relies on myself to go out there and make big plays so we can get off the field. I'm not really a pressure guy."

Orakpo meant pressure in the outside sense — from media, fans and even coaches and front-office staff — because on the field he is very much a pressure guy. He finished with 10 sacks last season to lead the Redskins. That's the most he's had since his career-best 11 as a rookie in 2009. He's never reached double digits outside of those two seasons. Orakpo also recovered two fumbles and returned an interception for a touchdown last year. He played in 15 games, another big step after he was limited to just two in 2012 thanks to a pectoral muscle tear.

Defensive coordinator Jim Haslett remains on staff after the firing of Mike Shanahan following last year's 3-13 debacle. But Orakpo can expect to be used with more variety this

season, according to new coach Jay Gruden. That means less dropping into coverage, less focus on simply containing the opposition's run game first.

The team also added help on the defensive line with the signing of Jason Hatcher, drafted linebacker Trent Murphy and tried to solidify the secondary with safety Ryan Clark. Brian Baker, who has coached formidable pass rushers throughout his career, was hired to be Gruden's outside linebackers coach. It remains to be seen if those moves in totality will help Orakpo. But versatility is usually a good thing for any player or team.

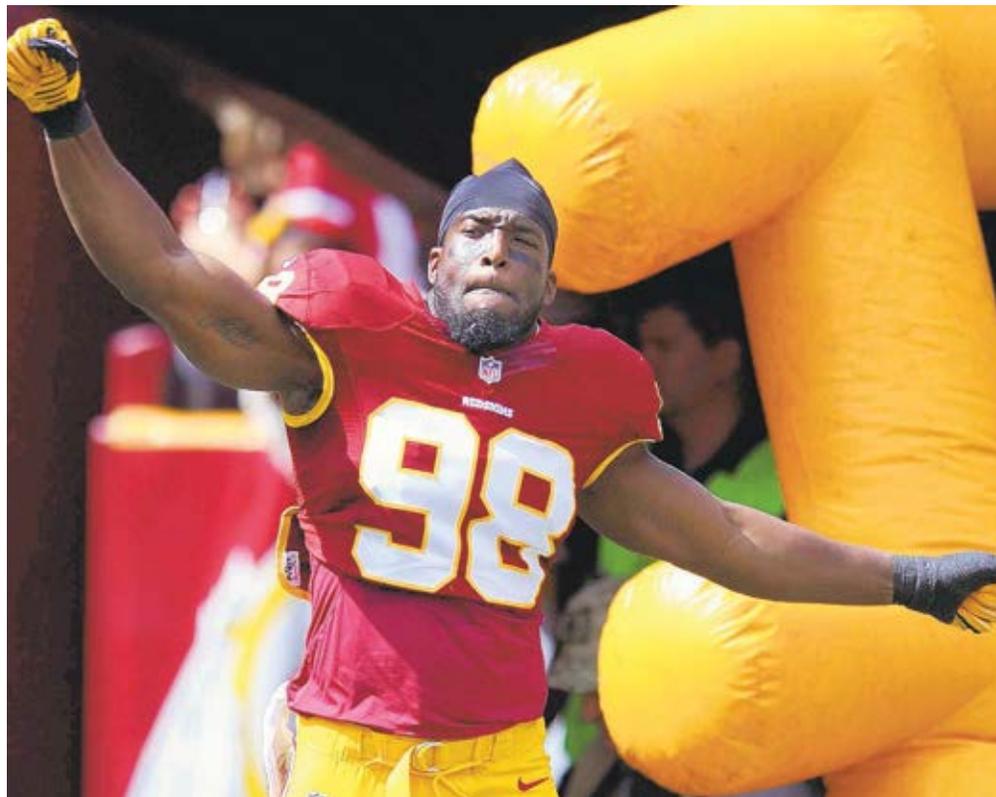
"It's the ability to get matchups," Gruden said. "You might not want to have Orakpo on the same tackle every down, you might want to put him on the opposite side tackle — you might want to put [Murphy] over there. It's about matchup football and trying to get your right people on the people you want them to rush against."

If Orakpo does put together another productive year, the Redskins could easily lose him. Pass rushers on the open market heading into their age-29 season are rare commodities. They will cash in. It's a risk Washington has prepared for by drafting Murphy, though the team should still be in the mix for Orakpo if he becomes a free agent next March.

Throughout the offseason, Orakpo worked with Baker on hand placement. His aggressive style of rushing sometimes leads to envelopment by offensive tackles. Orakpo, in a sense, blocks himself because he gets into the body of men who are bigger than he is. The goal prior to training camp was to keep his speed going around the edge of a blocker, but have better hand placement so he can get past them and to the quarterback.

It's those little things that he hopes add up to a big season and a payday that keeps him with the Redskins. Few players on the roster have more on the line in 2014.

"These coaches express to me that I'm that guy. I need to go out there and be a force that we all know I can be," Orakpo said. "Like I said — no pressure on myself. Go out there and do my job. Don't do more than I can do. But at the same time, go out there and make plays. I got a bad taste in my mouth from last year and that's something I need to erase."



THE WASHINGTON TIMES

Redskins linebacker Brian Orakpo says when it comes to the last year of his contract, "throw all that out the window, man. I'm signed for the 2014 season. ... I need to go out there and be a force."

The retention of **Brian Orakpo** on a franchise deal — one year, \$11.45 million — solved one problem during the offseason, but posed another.

Orakpo doesn't believe, in his sixth season, he has to prove himself as an elite outside linebacker. But members of the coaching staff, many of whom are unfamiliar with his ability, believe he does. That could motivate Orakpo this season, but the constant headache that comes with that schism will echo louder than the contract talks did last year.

One bonus for Orakpo is that he finally will have a dedicated outside linebackers coach to work with as **Brian Baker** was hired by **Jay Gruden** to focus on the position and oversee the pass rush.

That hiring should work wonders for **Ryan Kerrigan**, who is entering his fourth season but seemed to hit a plateau last year without adequate coaching. It will also help give second-round draft pick **Trent Murphy** a better shot of contributing in his first year as a situational rusher — something fifth-round pick **Brandon Jenkins** wasn't afforded last year as a rookie.

The biggest loss, of course, will be that of **London Fletcher**, who announced his retirement in December after 17 seasons. His replacement, **Keenan Robinson**, was



ANDREW HARNIK/THE WASHINGTON TIMES

Outside linebacker Ryan Kerrigan (91) should benefit from the hiring of coach Brian Baker.

the standout of offseason workouts, showing an advanced knowledge of the defense and, at times, calling plays. How he fares in a game will be the bigger test; Robinson's first two seasons ended because of a torn pectoral muscle, and he didn't play a down last year after injuring himself on the first day of training camp.

Perry Riley returned to the Redskins on a three-year deal on the eve of free agency, but his production, while solid, was unspectacular last season. He should also benefit from having a dedicated inside linebackers coach, **Kirk Olivadotti**, but will be pushed by two players — **Darryl Sharpton** and **Akeem Jordan** — who were starters elsewhere last season.

ZAC BOYER'S BREAKDOWN: POSITION-BY-POSITION

A position that has been in flux for nearly a decade is there again with the Redskins opting to bring back last year's starter, **Brandon Meriweather**, and **Ryan Clark** to serve as their stopgap safeties.

Left unimpressed by the few safeties in this year's draft class, the Redskins will hope Meriweather and Clark can be somewhat serviceable this season as **Ba-carri Rambo** and **Phillip Thomas** continue to develop.

Meriweather missed three games last season, including one after he was suspended for repeated hits to the head, and will need to stay on the straight and narrow to avoid what could be another costly suspension. With

..... Clark's signing, he'll move back into the box as a strong safety — a

SECONDARY position that suits his aggressive nature better than last year, when he was left patrolling the deep field. Clark, 34, has started and played in all but five games since the start of the 2008 season, and the Redskins hope he has at least one more year left in which he can adequately patrol the backfield.

Thomas represents the great unknown, and if he's healthy, he could force his way onto the field. The second-year safety out of Fresno State missed nearly his entire rookie year after sustaining a Lisfranc sprain of his left foot in the first preseason game a year ago. Rambo started three games last year and will need to improve his tackling and his reads. The only other player who could have been part of the conversation this season, **Tanard Jackson**, was again suspended for a violation of the league's drug policy and his career is likely over.

At cornerback, the Redskins made a commitment to **DeAngelo Hall**, who had one of the better seasons of his career in 2013, and will rely upon the continued development of **David Amerson**, a second-year player who was on the field for nearly two-thirds of all defensive snaps as a rookie. **Tracy Porter**, **E.J. Biggers**, **Richard Crawford** and **Chase Minnifield** should compete for time as the nickelback, with Porter the early favorite.



ANDREW HARNIK/THE WASHINGTON TIMES

Brandon Meriweather will move back into the box as a strong safety — a position that suits his aggressive nature.



THE WASHINGTON TIMES

Kai Forbath (2), Redskins kicker for the past two seasons, has struggled to reach the end zone on kickoffs.

A n area that was neglected entirely last season, from coaching to players, was one of **Jay Gruden's** top priorities this offseason.

In addition to hiring one of the top young assistants in the game, **Ben Kotwica**, a former combat helicopter commander in the Army, the Redskins signed **Akeem**

SPECIAL TEAMS **Jordan** and **Adam Hayward**, who were their teams' special teams captains last season, and brought in others who have significant experience in the forgotten phase of the game.

Washington also spent its final draft pick on a kicker, selecting Arkansas' **Zach Hocker** primarily because of his leg strength. **Kai Forbath**, the Redskins' kicker for the better part of the past two seasons, has struggled to reach the end

zone on kickoffs, and while it's unlikely that the team keeps both players, the one who demonstrates the most consistency during training camp should win both jobs.

Sav Rocca, the Redskins' punter the last three years, was cut in late February, and the Redskins will enter camp with former New York Jets starter **Robert Malone** and **Blake Clin-gan** battling for the job.

Perhaps the most intriguing competition will be among the return specialists. **Richard Crawford**, the Redskins' punt returner in 2012, tore the ACL in his left knee late last preseason and missed the year. **Nick Wil-liams**, who tried returning both punts and kickoffs at the end of last season, was inconsistent. The most intriguing option is **Andre Roberts**, who handled both jobs for the Cardinals as a rookie in 2010 but has not consistently done so since.



ANDREW HARNIK/THE WASHINGTON TIMES

Demand from fans in Richmond to see Robert Griffin III and the Redskins at training camp is great enough that the team will hold a lottery for tickets to Fan Appreciation Day.

Redskins call Richmond their summer home

By **BRIAN McNALLY**
THE WASHINGTON TIMES

Team one of few that still travels for training camp

The training camp trip is ingrained in football culture, a traditional, rigorous bonding exercise meant to prepare a team for the upcoming season.

But this is the modern NFL and nothing ever stays the same. There are still two-a-days held under a hot summer sun. Players still scrap for precious roster spots and tempers still flare. But more teams have decided to hold those endless practices at home rather than subject their players to weeks away from their families and friends.

ON THE ROAD

The Redskins are part of the dwindling number of organizations committed to a training camp away from their own headquarters. For the second year in a row, they are headed to Richmond for camp. From July 24-Aug. 11, the team will practice at a facility built by the city of Richmond in 2013 and sponsored by Bon Secours Virginia Health System.

The team hoped to expand its massive fanbase into central and southern Virginia, where its games draw high television ratings anyway and interest in the team already is strong. The city hoped to generate added tax revenue and increase tourism in the heart of summer. Bon Secours estimates that 165,000 fans attended training camp last year, including over 25,000 for Fan Appreciation Day. Now, the team is ready for a second stint in Virginia's capital with a better idea of what to expect.

"We're all looking forward to Richmond," Washington

quarterback Robert Griffin III said. "And not to necessarily get away from our families or anything. But to get there and be together as a team and put the pads on and get ready for the season and actually practice and play against other people. I think it's time for that."

For the previous 10 years, the Redskins trained at their organizational headquarters in Ashburn. Only 13 of 32 NFL teams travel for training camp anymore, a practice that used to be standard across the league.

The majority now hold training camp at their headquarters or — in the case of the New England Patriots, Cleveland Browns, San Francisco 49ers and Cincinnati Bengals — at their home stadiums. Gone are the days when teammates shared spartan college dorm rooms, as Redskins players did for 38 years at either Dickinson College in Carlisle, Pennsylvania or, from 1995 to 1999, at Frostburg State University in Frostburg, Maryland.

But while the amenities are better now, traveling to Richmond and living in a downtown hotel is still a different dynamic than staying home — even if it's not quite the experience NFL players had for years. Plus, the offseason is broken up into chunks. With rookie minicamp and organized team activities and veteran minicamp taking up much of May and June, the downtime is limited, especially for teams that made deep playoff runs the previous season.

Training camp long ago ceased to be about playing your way into shape. In a way, where the practices are being held is irrelevant.

"We haven't had any bickering or any arguing or any fighting," new Redskins coach Jay Gruden said after the team's veteran minicamp last month and prior to the five-week break before camp. "Overall, I feel like the team together is coming along great and the unity is where it needs to be at this point. Then we when come back to training camp with the knowledge of the system and people knowing one another, hopefully we can take off from there."

Fans in Richmond get a bonus this year with the Patriots coming to town for three days of practices with the Redskins prior to their Aug. 7 preseason game at FedEx Field. That should help break up the monotony following 18 practices — a morning session and an afternoon walk-through — over the course of 11 days beginning Thursday.

Players are only off on July 29 and Aug. 3. The Patriots then come to town Aug. 4-6. Demand from fans in Richmond and the surrounding area is great enough that the Redskins announced they would hold a lottery for tickets to Fan Appreciation Day and for the three days of practices with the Patriots.

"We've been to Richmond before so we kind of know what to expect," Griffin said. "But at the same time we have a different group leading us — a different head coach. [Gruden is] gonna have a different schedule for us ready to go. But training camp is training camp. Everybody's ready for the grind and then everybody is ready to play after that."

There's something for all fans' palates

Best places to eat in Richmond

By **DANA CRAIG**

SPECIAL TO THE WASHINGTON TIMES

After you've seen a few conditioning drills, gotten a sneak peek of the latest formations and snagged an autograph or five, there should be only one thing on your mind when exiting the Redskins' training camp.

Where are you going to eat?

The training facility has food and non-alcoholic beverage vendors on-site, but why not make the most of your trip to Richmond by visiting some of the great local restaurants around town?

Considering the feverish growth of **GET GRUB** Richmond's restaurant

scene in the last five years or so, Virginia's capital city has something for just about any palate. While you could spend every meal between now and the end of camp at a different eatery, a good jumping off point is starting with some of fun and filling options located within walking distance — or a short car ride away — from the facility.

MAMA J'S — 415 N. 1st St., (804) 225-7449, mama-jskitchen.com

If you're looking for simply delicious, stick-to-your-ribs home cooking at reasonable prices, look no further than Mama J's. Located about two miles from camp in Richmond's up-and-coming Jackson Ward neighborhood, this family-run establishment serves everything from pan-fried catfish with corn muffins to some of the best mac 'n' cheese around. Be sure to check out the daily specials — such as meatloaf, chicken and dumplings or turkey wings — and leave room for homemade cakes and cobblers.

LUNCH/SUPPER — 1213-1215 Summit Ave., (804) 353-0111, lunchorsupper.com

A 15-minute walk will put you right in front of Lunch and Supper, sister restaurants both serving, well, lunch and supper. Housed in neighboring buildings, the two rustically eclectic dining spaces serve a good variety of sandwiches, such

as The Summit Avenue made with grilled chicken, bacon, cheddar and Cannons BBQ sauce on a challah roll. Dinner entrees, such as a 6-ounce bacon-wrapped bistro filet with blue cheese cream sauce, will fill you up without emptying your wallet.

BURGER BACH — 10 S. Thompson St., (804) 359-1305, www.burgerbach.com

This New Zealand-inspired gastropub, located in the Carytown area, serves sustainably raised beef and lamb burgers, raw and roasted oysters (from Virginia and beyond) and plenty of alcoholic libations. Try the Wellington burger with New Zealand blue cheese, HP sauce, sautéed mushrooms, caramelized onions and garlic aioli. House-made dipping sauces, such as jalapeño remoulade and basil pesto aioli, are a must with Burger Bach's fresh-cut fries. Quarters are tight, so make friends with your neighbor at the long communal table or at a coveted patio spot.

THE SAVORY GRAIN — 2043 W. Broad St., (804) 592-4000, www.thesavorygrain.com

In the mood for New American comfort food made with locally sourced, seasonal ingredients and an excellent microbrew selection? Check out The Savory Grain, a 12-minute walk past the Science Museum. Grab a seat at the bar and sample the wares of Richmond breweries, such as Ardent, Isley and Strangeways. Or, settle into one of the cozy tables in the warm dining room, and nosh on everything from tempura-battered calamari with grilled jalapenos, chorizo and a fried egg to succotash-stuffed quail with sweet corn sauce.

COMFORT — 200 W. Broad St., (804) 780-0004, www.comfortrva.com

An award-winning Richmond mainstay from Jason Alley — he also owns Pasture, another great downtown spot — Comfort lives up to its name by using classic Southern, ingredients to give comfort food a modern twist. The fried okra and banana pudding are legendary, but chef Travis Milton, who



KNOW BEFORE YOU GO

■ Admission is free, but high demand may result in ticket lotteries for certain dates (Aug. 2 and Aug. 4-6).

■ All visitors and bags are subject to search upon entering the facility.

■ There is no seating available for fans, but you may bring blankets or lawn chairs.

■ Outside food and beverages are allowed, and there will be vendors on site selling food and beverages.

■ Redskins players and coaches may be available for autographs and pictures following practice sessions, schedule permitting.

■ The following items are prohibited at the facility: alcoholic beverages, illegal drugs, weapons, firearms, glass bottles, video cameras and animals (except certified guide dogs).

Parking options

■ There is no parking available on-site, but the city of Richmond provides parking spaces at the locations listed in this section. The fee is \$7 per day, cash only.

■ There will be trolley service with four designated stops servicing all parking areas, managed by The Richmond Trolley Co., for a fee of \$2 per person. The service will be running every scheduled day from one hour prior to the start of the first practice until one hour after the last practice.

Trolley shuttle loop

■ Pickup/Drop-off on Leigh Street, eastbound lane, just after the traffic light at DMV Drive

■ Continue up Leigh Street, take right onto N. Boulevard Street

■ Take right onto Avenue of Champions (just before the Diamond)

■ Stop No. 1 on Avenue of

■ The trolley stop route is detailed below. Depending on traffic (cars and pedestrians), the loop should average about 15 minutes total.

Daily parking

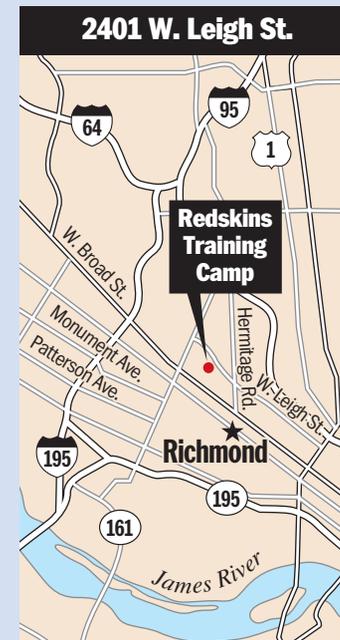
2200 West Broad St. (220 spaces)
928 North Meadow St. (500 spaces)

Handicapped parking

2300 West Broad St. (35 spaces)

Additional weekend parking

2300 W. Broad St.



(300 spaces)

■ The Diamond (availability based on Flying Squirrels schedule)

Additional Fan Appreciation Day parking

901 East Hermitage St. (70 spaces)

■ Turn left onto Marshall Street, then left on Meadow Street, and left on Clay Street.

■ Back to Hermitage Road to make a right turn, then left onto Leigh Street

■ Continue east on Leigh Street to just after the light at DMV Drive for drop-off/pickup at the facility

Source: Washington Redskins

THE WASHINGTON TIMES

NEW IN TOWN

If you were in Richmond for last year's inaugural camp and you're looking for the latest hotspots, check out these restaurants, which opened in the last year:

THE DAILY — 2934 W. Cary St., (804) 342-8990, www.thedailykitchenandbar.com

This sleek Carytown spot with a great people-watching patio draws crowds looking to see and be seen, but also caters to those looking for healthy, environmentally conscious fare. Sandwiches, pizza and entrees boast plenty of vegan, vegetarian and gluten-free options.

POSTBELLUM — 1323 W. Main St., (804) 353-7678, www.postbellumrichmond.com

A rooftop deck, wine on tap and a large

craft beer list make this a great place to hang while postbellum-era cooking techniques paired with clever flavor combinations give the menu's seemingly familiar dishes a boundary-pushing spin.

POMEGRANATE — 3321 W. Cary St., (804) 447-4365, www.pomegranaterva.com

The reincarnation of a once popular Shockoe Slip restaurant, this two-story, shabby-chic dining space in Carytown serves deftly prepared European comfort food, such as housemade, goat-stuffed ravioli and Italian sausage served with a gastrique made from Richmond's own Hardywood Park Singel.

— Dana Craig

was recently featured in Garden & Gun magazine, is doing some amazing specials, such as rabbit cacciatore, house-made pickles

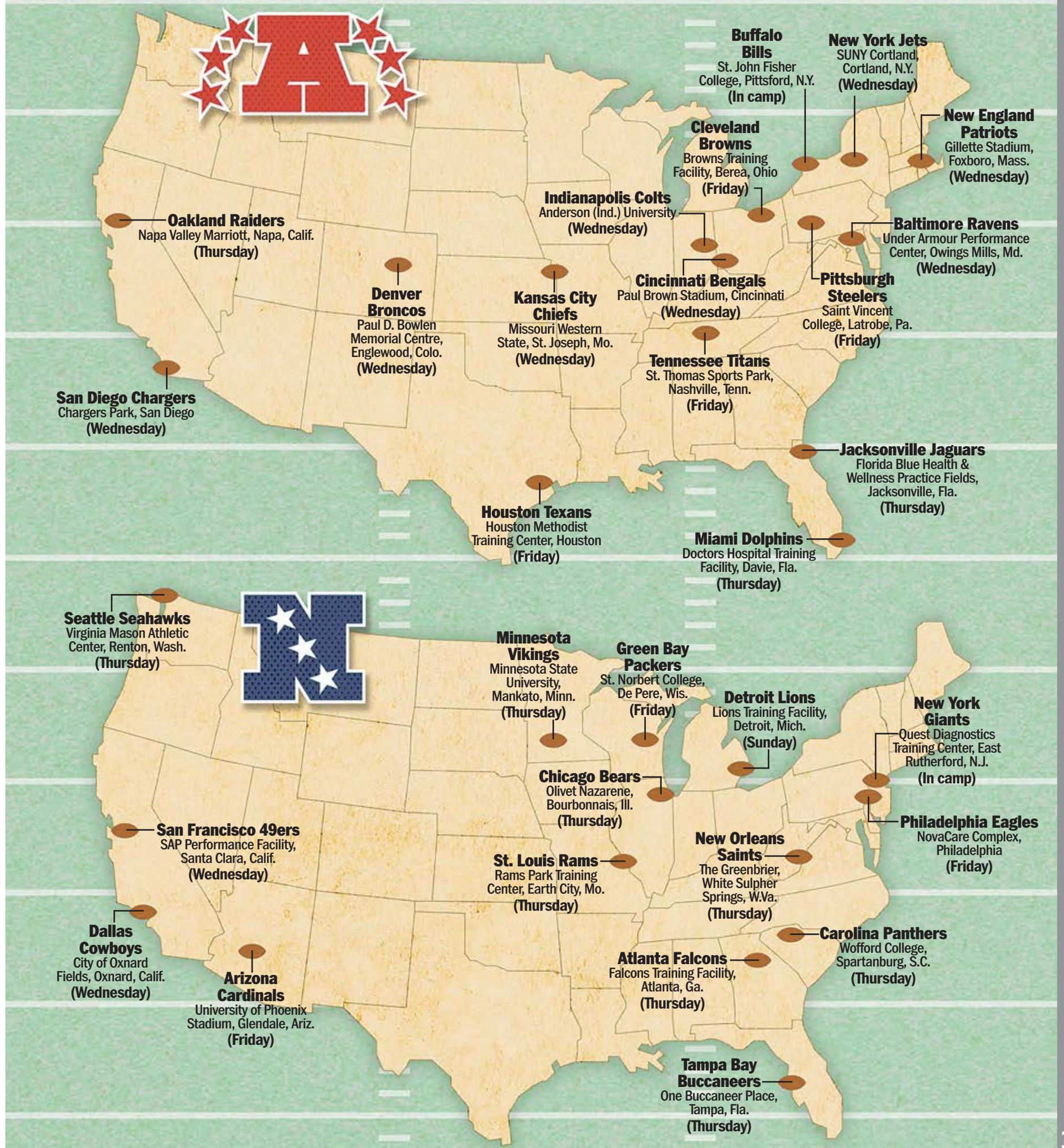
from the restaurant's garden and heirloom tomato hand pies with Benton's bacon.

● Freelance writer and

graphic designer Dana Craig has been reviewing Richmond-area restaurants for *The Times-Dispatch* since 2004.

OTHER NFL TRAINING CAMPS

(Veteran reporting day in parentheses)



Norman Rockwell and Other American Icons

These are people that influenced my life in New Rochelle, NY where Norman Rockwell lived for 25 years and where my family lived for 3 generations.

We all knew and loved the man in spite of a book trashing him in another attempt to destroy everything that is great about America! I am writing a book with a rebuttal that includes the untold stories about many others that shaped our country.

Did you ever wonder what happened to over 100 signed letters from FDR, that Harvard wanted for their archives?

Most of these people I met in my parents living room: Dr. Norman Vincent Peale, James Cash Penney, Lowell Thomas, Charles E. Wilson (Chairman of GE, FDR appointed him head of the War Production Board WW2), Carrie Chapman Catt (Woman Suffragist), Dr. James E. West (Chief Scout Executive, Boy Scouts of America), William Frank Snyder (FDR's lawyer and close friend, who also had polio, wrote his will and handled his financial affairs including Mrs. Delano, complaining to my mother: "The Roosevelt's are using my pool!"). "Buffalo Bob" Smith (It's Howdy Doody Time!). C.L. Lowes: (My grandfather started

BOND BREAD. Buying trainloads of flour for 50 plants, he waited for the price of flour to go UP so farmers could make a fair profit... he was unique! General Baking Co became General Host..."Twinkies") Richard Ellis (my brother, commercial Real Estate) and many others!

After my father died, Dr. Peale said the eulogy and inspired me to increase water properties back to what it was before "The Flood" (living to Biblical ages). After "The Flood" they didn't live as long!

Since I am the first person in history to do it, should be ample proof that it had to come from divine inspiration! With an Engineering Degree that includes Steam Plant Design, I increased the Hydrogen Bond Angle (HBA) in ordinary water from 104 to 114 degrees, confirmed by scientists at Los Alamos Nuclear Lab and Lawrence Livermore to The Washington Times.

The Washington Post (on our website): "10,000 people per day" traveling to obtain water from my countertop machines, even adding water to a well with miraculous results! Dr. G. Abraham MD UCLA: "Nothing is even close for measurable Blood Flow with a 114 HBA!" At 84, MEASURE 3000% more ENERGY in your drinking water (Video)!! 13 Patents 332 FDA Tests johnellis.com/measure



Gilbert de Daunant (Prince Rainier's cousin): "I just walked 40 blocks and I am 94! Send another E5 to Monaco!"

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