

THE Y

The BYU Sports Insider
December 2018, Volume 1 Edition 1

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SQUALLY CANADA INSPIRES WITH FOOTBALL AND MUSIC

COLLEGIATE ATHLETES: LIFE ON & OFF THE FIELD

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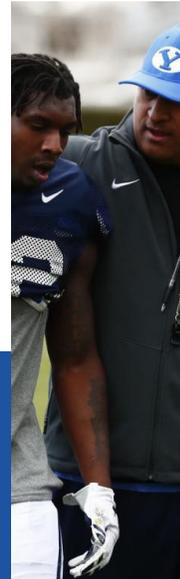
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The Y Photo Credit: BYU Photo unless otherwise noted.

LETTER FROM THE EDITOR

December 1, 2018

Dear Readers,

It was for people like you that I originally set out to create this magazine in the first place. The fact that you picked up a copy, likely from a stand outside one of your classes or on your way into the Cougareat, means there is a deep interest in BYU sports that goes beyond the box scores and statistics and; a yearning for quality content that brings you closer to the teams and gives you insight into the lives of players on and off the field.

What role does music play in the lives of athletes such as Squally Canada? What makes Rose Huang so super on the course and in the classroom? How were Zach Wilson and the other football freshmen able to transition to easily to the college game and lifestyle? You see, sports culminate in the stuff we see on TV and in the stadium, but there is so much more that goes into them, creating a world and culture in and of itself that impacts the rest of society as well.

Sports touch so many different aspects of our lives, and even though there is no way we can cover all of them in a single issue, we tried our best to create something new and interesting that starts with wanting to know what happened to our defense against Utah State, and ends with finding out that the player you thought you knew so well on court has a whole life off of it as well. Along the way we hope to entertain as well as inform, as we get to know The Y.

Editor,

A handwritten signature in black ink, appearing to be 'C. Duke', written in a cursive style with a long horizontal line extending to the right.

The Y, Editor in Chief

gars. Against Hawai'i on Oct. 13, the team started seven freshmen, including six on offense. To give some context, only Minnesota has started more freshmen on offense in a game, with seven. Freshmen have accounted for just over half of BYU's total scoring this year with 95 of the Cougars' 182 total points.

Though he wasn't the first to start, Wilson has led this movement as the face of the freshman class. Wilson came to BYU as a four-star recruit from Corner Canyon High School in Draper, and put on an impressive performance during spring and fall practices to earn the starting spot midway through the season.

Romney traveled a little farther than Wilson to come to BYU, from his hometown of Chandler, Arizona, and didn't know many players on his arrival. This is the case with many first-year players coming to play at BYU, leaving home for the first time and entering the fast-paced world of college football. Luckily, Romney came to a BYU football that prides itself on brotherhood, and has joined a tight-knit wide receiver group that features several freshmen, such as Dax Milne, who start alongside him.

"It's been different, I mean college itself is a lot different from high school," Milne said. "BYU is different from other places too. It's taken me a second but I think I'm adjusting."

Luckily they are not alone, and just like it happened with Wilson and Romney, the chemistry and connections formed on the field help to create a new bond and brotherhood. Romney was recently featured on a BYUtv special de-

tailoring the life of Wilson, and said he now considers him to be one of his best friends at BYU, despite not knowing each other prior to this year.

“A GOOD THING ABOUT HAVING SO MANY FRESHMEN IS WE CAN ALWAYS ASK EACH OTHER AND LEARN TOGETHER... BUT IT'S ALWAYS IN THE BACK OF YOUR MIND THAT YOU'RE COMPETING WITH THEM...”

-DAX MILNE
BYU Freshman Football Player

Milne and Romney both started for BYU against McNeese State, and one of the two have started each of the last five games. Milne added that the young wide receiver group, which includes his high school teammate, Brayden Cospers, has gotten help from fellow starter and team captain Micah Simon.

"He took me and Brayden Cospers in from the very start and just helped us with the playbook," Milne said. "He has been a good friend to us and I appreciate that."

Milne attended Bingham High School in South Jordan with Cospers, and grew up playing against many of his current BYU teammates, including Wilson. The friendships that already exist among those from Utah have allowed for them to adjust more easily to the college environment and welcome those, such as Rom-

ney, who may not be as familiar with the ins and outs of life in the Beehive State.

The group of freshmen from Utah also includes Lopini Katoa and Dallin Holker, both of whom have started for the Cougars and contributed important plays and scoring opportunities for the offense.

"I definitely hoped to play, I thought I had a good chance," Katoa said of playing early. "I felt like I was getting used to the college game quickly, but I just didn't know. I knew I would have to fight for (the starting spot) because there are a lot of good running backs. It doesn't feel like I'm new just because we've been going for so long."

Katoa served a mission before coming to BYU, and redshirted last year, so his freshman experience may not be quite the same as those who were in high school just last year. New NCAA rules allow coaches to play freshmen for up to four games and still redshirt them, opening up new opportunities and a



One unique aspect of the situation at BYU, however, is that the expected starters and more experienced players have willingly given up time on the field and help the younger players for the best interest of the team as a whole. The aforementioned Mangum and Simon both came into the season as team captains and sure-fire starters, looking to lead the team after paying their dues for several years. Midway through the season, however, Simon and Mangum found themselves playing less and cheering on their younger teammates from the sidelines.

Both captains, along with several other upperclassmen who, whether due to injury or playing situation, have gracefully taken a backseat as far as playing time goes, and helped make the transition for the youth movement much smoother and efficient. Wilson says he considers Mangum and Simon to be some of his best friends on the team, and the two who have taught him the most as far the college game and how to adjust to his new life on and off the field.

“We’re all super close,” Wilson said. “The older guys who are

leaders on the team, we hang out with them a lot.”

The veterans on the team are equally impressed and grateful for the freshmen and surprised by their maturity and ability to adapt and even thrive so quickly at the next level. Following the game against Hawai’i, Wilson’s first start when he threw for three touchdowns and ran in for another, senior Dylan Collie had nothing but praise to heap on the 19-year-old signal caller.

“To come in and play as confident and be as confident as he was, to be honest with you I don’t think a lot of kids could do it,” Collie said. “Zach did it, and he’s going to continue to do it because I know that his preparation will continue to stay the same. I can attest to the fact that he has prepared as if he were a starter since week one. I have a lot of faith in him and I know that everyone else does too.”

Out of the five freshman starters that have played key roles in the offense, tight end Dallin Holker is the only to have played in every game. A true freshman out of Lehi, Holker came in with a college-ready mind and body, ready

to make an impact immediately on the team. He formed part of one of the deepest groups on the offensive side of the ball, playing alongside Freshman All-American Matt Bushman.

When Moroni Lauulu-Pututau tore his ACL at UMass, even more opportunities opened up for Holker, and he took advantage. Although his only score came against Hawai’i, he went for 20-plus receiving yards in four of the final five games of the season. He is fourth on the team in total receiving yards with 214 and averages almost 12 yards per catch.

Though the transition hasn’t been perfect and some difficult lessons were learned along the way, the experience gained by these freshmen will be invaluable for themselves and the team going forward. ■



Gunner Romney carries in the touchdown off a pass from fellow freshman Zach Wilson against Utah State. It was the first score for either player at BYU.







Photo Credit: Abigail Keenan



ENERGIZER BUNNY

By Josh Carter
The Daily Universe

It was just another routine play as Palm Springs High senior libero Mary Lake jumped up to spike the volleyball on the other side of the net.

However, there was nothing routine about what happened next.

“We were playing doubles and Mary went up to hit a ball that was set a little tight,” Palm Springs coach Gary Wilhoite said. “She came down and her knee blew up. She fell down and let out a blood-curdling scream, and we knew it was trouble.”

Lake tore her ACL and her high school playing days were over.

“It was really hard,” Lake said

about tearing her ACL. “Coming back from it definitely wasn’t a walk in the park.”

Although she did have her final year cut short, her career at Palm Springs was nothing short of phenomenal, as her stats were among the best the school had ever seen.

Lake had a total of 404 digs her freshman and sophomore years playing varsity and 963 assists. Her junior year, however, she nearly doubled her career total of digs with 386 and added 614 assists.

Not only did the stats show just how good Lake was that year, but she also led her team to a CIF Southern Section Division 2A championship — the equivalent of a state championship in most other states. It was the team’s first and

only CIF championship of its entire history.

“Mary was practically the whole reason we won that CIF championship,” Wilhoite said.

“She fell down and let out a blood-curling scream, we knew it was trouble.”

- GARY WILHOITE,
Palm Springs High School Volleyball Coach

After a dream ending to a solid junior year, a big senior year was inevitable for Lake. However, one wrong landing made it so the 5-foot-7-inch libero never got the chance to find out.

Lake, however, had already accepted a scholarship offer from

BYU at the time and was planning on graduating from high school early to start training with the Cougars. Although she was nervous to inform the coaches at BYU about the injury, they kept their faith in Lake that she would make a speedy recovery and return to full strength.

“The scariest call was when I talked to the coaches here (at BYU) after I tore my ACL,” Lake said. “But they were actually so nice to me about it. They told me, ‘We’re not worried, you’ll rehab and you’ll be fine, so just stay positive.’ That was the most calming thing, just how great the coaches were with me.” After going through rehab and working hard all off-season long, Lake was ready to start her college career. However, just before the start of her freshman season, Lake injured the same knee she had just worked so hard to rehab.

“A month before my freshman season, I tore my meniscus,” Lake said. “I had to have surgery, and was out for a couple of weeks.”

Although a scary moment for both Lake and the Cougars, Lake recovered much quicker from this injury and was ready to play when the season began. BYU Coach Heather Olmstead praised Lake’s resiliency and work ethic throughout her recovery process.

“Mary’s been able to focus on what it is she wants, and so she works hard,” Olmstead said. “She was able to get in a good place to where she was able to help us out her freshman year.”

Lake had a total of 547 digs her freshman year and 120 assists. She had similar numbers her sophomore year with 533 digs and 131 assists. In the first 18 matches of her junior year so far, Lake has piled up 238 digs and 60 assists.

“Mary’s our energizer bunny,” Olmstead said. “She’s our backcourt captain. She’s talking about our seams, she’s helping the passers be steady there and she’s always going for every ball. She’s scrappy, and she

brings the energy.”

“She’s our energizer bunny and our backcourt captain.”

- HEATHER OLMSTED,
BYU Women’s Volleyball Coach

Mary Lake is a big reason why No. 1 women’s volleyball is still undefeated this season. (BYU Photo)

Olmstead also talked about how important Lake has been whenever the team travels to play on the road.

“It’s easy to have energy at home, everybody’s excited to play at home,” Olmstead said. “But on the road, it’s a little different of an environment. There’s a different pressure and stress, so Mary’s good at keeping us calm and keeping us focused.”

Wilhoite said Lake has always been the ultimate competitor and wanted more than anything for her team to succeed and come out on top.

“Mary hasn’t had a whole lot of losing in her career,” Wilhoite said. “Just stay out of her way and let her go.”

Lake admits that although it hasn’t been easy, her love for the sport of volleyball is what helped her overcome both injuries.

“I think that when you love playing the sport, doing hard things just comes because you want so badly to play,” Lake said. “That’s what got me through everything. If I didn’t love volleyball so much I wouldn’t have gotten through it.”

■







SUPER GOLFER

Rose Huang leads the BYU Women's golf team

By Caleb Turner
The Y

Ever since her parents enrolled her in a children's golf program in her hometown of Honolulu, Hawai'i, Rose Huang's life has revolved almost entirely around the sport. When she came to BYU, Huang was forced to balance her time between her social life, a more rigorous academic load and more intense competition on the course. The years of dedication to her sport and increased maturity have allowed Huang to develop into an elite talent and set her on a course to possibly go down one as of the best golfers in BYU history.

Though not members of The Church of Jesus Christ of Latter-day Saints, Huang's parents attended BYU-Hawaii and were somewhat familiar with the church and its members. They enrolled Huang in a golf program for children at an early age hoping she would one day be good enough to earn an athletic scholarship to attend college. Huang excelled on the

course, earning recognition on the state, national and world stage with both her high school and Hawai'i state teams. She caught the eye of BYU head coach Carrie Roberts when a family friend and professor at BYU first made her known to the staff.

“Somehow BYU saw potential in me and they invited me to come for a visit that fall.”

- Rose Huang

“I recruited her quite young,” Roberts said. “I was pregnant when we heard about her so my assistant coach went out to see her. There was a year when she kind of struggled but we hung with her.”

Huang herself acknowledged the rough season she had her junior year of high school and said she didn't expect to receive any offers from schools. According to Huang, the amateur golf competition is fierce in the state of Hawai'i, espe-

cially among women. Many of her competitors received offers from high-profile programs such as USC and UCLA, forcing Huang to doubt her own chance of landing an offer from one of her top choices.

“Somehow BYU saw potential in me and they invited me to come for a visit that fall,” Huang said. “I came to visit in November and I loved it here. I loved the girls on the team, I loved Coach Roberts, the campus, everything about it.”

Huang's place on BYU's team and among college competition has never been questioned, but that doesn't mean her transition to being a Division I student-athlete has been easy.

“It was kind of hard to have to dedicate so much time to golf,” Huang said. “The balance between school and golf had still been more school-centric for me in high school. Ever since coming to BYU, because of all the traveling during the season and having to schedule classes around these kinds of things, it's made golf a bigger part of my life.”



Though Huang said she had to sacrifice some of her time previously spent on social interaction, her teammates and relationships within the program have helped make up for it.

“They bring me ice cream when I’m down,” Huang laughingly said. “They’re the best teammates ever. I’m sure people always say that, but because our team is so small and compact we are really close. They’re honestly the best friends I could ask for.”

Huang’s teammates were quick to deflect praise back onto the squad’s only senior, and also commented on why they believe this group is so close and enjoys spending so much time together.

“Anytime one of us has a birthday Rose gives that person such a

personal and thought-out gift with the cutest note,” Anna Kennedy said. “She is the busiest person I know, but always takes time for each and every teammate. I think that speaks to her selflessness and the type of leader she is. She cares about each of us off the course just as much as she does on the course.”

Fellow Hawaiian Allysha Mae Mateo is in her first semester at BYU, but in her short time has already seen the impact Huang has on the team, and echoed Kennedy’s sentiments.

“With both of us being from Hawai’i and seeing her success throughout the years since we were in junior golf, she was definitely a role model for me,” Mateo explained. “Rose was actually the

person who helped me find out about BYU and ultimately led me to be at this school.”

Every golfer said this is one of the most united and tight-knit teams they have ever been a part of, due in large part to the selfless example of Huang.

“It’s incredible because Rosie is such a great person with such great talent but my whole team is like that. It’s a group of the nicest people I’ve ever met in my life,” Naomi Soifua said. “I love my team and how quickly we were able to connect and get along. Ask anyone who knows us and they’ll tell you the same – there’s no other team more united than us.”

Freshman Annick Haczkiwicz mentioned specifically the great example Huang is in her studies,



adding that she even tutors other athletes on the side just to be nice.

“We call her an angel because she is perfect,” Haczkiwicz said. “She is such a team player and always always always has a smile on her face.”

Huang considers herself the “nerd” among her teammates, especially because of her obsession with superhero TV shows such as Supergirl and Flash. In addition to superhero TV shows, Huang is a fan and avid watcher of all the latest Marvel movies, including Thor, Spiderman and the Avengers.

“It’s so nerdy but I love superhero anything,” Huang said. “My teammates will tell you that I’m the most obsessed person with superhero anything.”

As far as the academic side of things, Huang has taken on a full load and maintains a high standard for herself. She is a three-time All-American Scholar and member of the WCC Commissioner’s Honor Roll with a current GPA of 3.66. Huang is pursuing a double major in food science and global supply chain after being admitted into the Marriott School of Business over the summer.

“I would love to work in the food industry,” Huang said. “Food science is more like food production and research and development, like making new ice cream flavors and formulating a protein shake. With the supply chain major I would like to do the managing part of the food industry.”

Huang plans to stay an extra year after her golf eligibility runs out to focus solely on academics and then wants to try her hand in the pros for a little bit because, as she said, “Why not?”

“I’m not at all surprised by what she’s accomplished at BYU.”

*- Carrie Roberts
BYU Women’s Golf Coach*

Playing professionally might have seemed like a tougher prospect prior to last season, but after an appearance at NCAA Nationals and setting several BYU records, the sky is the limit for Huang.

She broke the school record for the best individual season scoring average with a 71.43 last season, including three under-par perfor-

mances and three top-five finishes. Huang took first place at the WCC Tournament before finishing fourth at NCAA Regionals and 21st at nationals. Her 2017-18 scoring average and career average of 72.82 both sit among the Top 50 in NCAA women’s golf history.

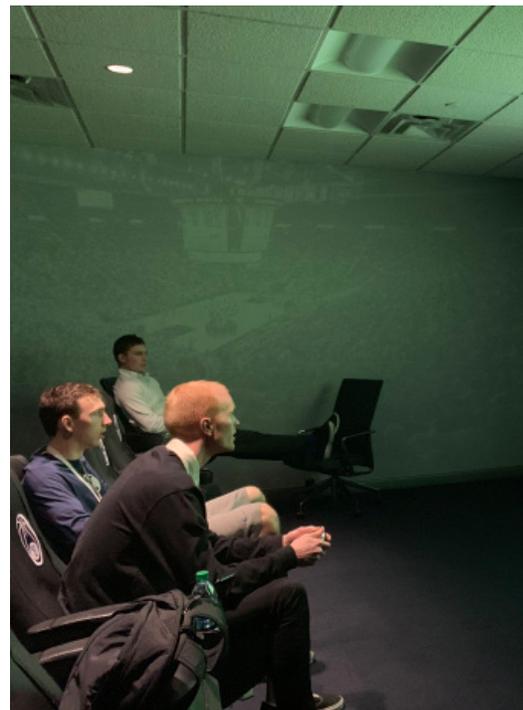
“I’m not at all surprised by what she’s accomplished at BYU,” Roberts said. “She is a great player and she came in good. She is just so aware and has so much knowledge of herself and her game. She knows what to do and what to fix.”

Roberts explained that while Huang has a very kind and gentle demeanor in everyday social interactions, she is able to flip the switch when it comes to golf and can outcompete anybody on the course.

“When she wants something she goes and gets it,” Roberts said. “There’s just no stopping her. If she doesn’t want you to beat her she won’t let you beat her.”

The women’s golf season starts up again in February, with the team traveling as far as Puerto Vallarta, Mexico as part of their spring season, culminating at the WCC Championship. ■





FIFA FANATICS

By Caleb Turner
The Y

After a grueling practice in the Marriott Center, TJ Haws, McKay Cannon and Evan Troy made their way up to the team's film room. The room serves to study past performances and scout upcoming opponents, but has also turned into the go-to hangout spot and FIFA proving ground.

"It all started during the World Cup," said Troy. "They made us play soccer for conditioning over summer, and we watched the World Cup matches as a team."

When the latest game, FIFA 19, came out in September, the team bought a copy, and now they play it once a week or so after practices and in their hotel rooms

when they hit the road. Sometimes other teammates join, but the trio of Haws, Troy and Cannon are the most devoted.

In order to maintain fairness and not give any advantage the trio plays with random teams, and keep a running of record of who leads the head-to-head matchups between the three of them. Cannon and Haws both served missions where soccer is very prevalent, Cannon in Chile and Haws in France, causing them to gain interest in a sport that is still growing here in the U.S.

"I think soccer will continue to grow as football decreases (in popularity) in the U.S.," Cannon said. When asked why they choose to play FIFA instead of a basketball video game such as NBA 2K, Cannon replied, "We play enough

basketball as is."

Playing FIFA helps them bond and have fun as a team, while still maintaining their competitive nature. Even though it's a video game and intended to help them de-stress, they take it very seriously.

"If you don't respect the game you're out," Haws said, who went on to give Cannon a yellow card for talking too much during the match.

The three agreed that Cannon is the best at playing soccer in real life because he's quick, while Troy has the most finesse out of the trio. The group also followed the local Major League Soccer team, Real Salt Lake, who made a run in the playoffs before getting eliminated by Sporting Kansas City in the second round. ■



SQUALLY CANADA



By Caleb Turner
The Y

Squally Canada had one of the most daunting tasks entering his junior season in 2017: follow up a record-breaking senior season from BYU's all-time leading rusher, Jamaal Williams. Canada opened the 2017 campaign with 98 rushing yards and a touchdown against Portland State before the Cougars went on a five-game losing streak during which Canada totaled just 107 yards and no touchdowns.

The Cougars broke their losing streaking against San Jose State and Canada's numbers slowly began to climb again, including an 84-yard, one touchdown game at Fresno State. The very next week, Canada peaked in a 213-yard performance at UNLV in November that ranks No. 10 among all-time single-game rushing performances

at BYU. He then finished the season on a high note with 113 yards and two touchdowns in BYU's season-finale win against Hawaii.

In total, Canada was BYU's leading rusher on the year, totaling 120 carries for 710 yards and six touchdowns. For his career, Canada has 263 carries for 1,361 yards and 13 touchdowns.

"I didn't want there to be any slack left from Jamaal," Canada said. "His number is 21 and mine is 22: one-two punch."

Canada finds himself in prime position to follow his fellow Californian's footsteps in using a standout senior season at BYU in 2018 as a springboard to reach his goal of the NFL.

He entered this season as a veteran starter on offense, a far cry from the transfer student that arrived at BYU in 2015 following an injury-riddled redshirt year at

Washington State. Running backs coach AJ Steward explained that Canada emerged as the leader among the position group early in fall camp.

"Not only am I impressed with what he's done physically, but mentally he's developed as a player," Steward said. "He's the oldest guy in our group as far as playing years and I'm very pleased with his maturity and his want for our team to be successful."

**"NOT ONLY AM I IMPRESSED
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AS A PLAYER,"**

-AJ STEWARD
BYU Running Back Coach

When head coach Kalani Sitake began his search for a new offensive staff last year he made sure to hire coaches who understood the run game. He believes the new scheme and Steward are a great fit for Canada.

“I think it’s good timing for him,” Sitake said. “I think he’s really responding well to AJ Steward as a running backs coach and this offense suits him and his skills a little more. He’s a downhill runner and he has great speed and a good feel for the game.”

Sitake also mentioned the impact Williams had on Canada as a mentor or “big brother,” as Canada called him, a role the senior is now trying to mimic with this year’s underclassmen. He can often be seen coaching his fellow running backs, and even sticks around long after practice has ended to get in extra reps and build chemistry among the position group.

“If I see something wrong I just try to correct it – it’s the right thing to do,” Canada said. “If I get the starting job and I get hurt, I don’t want the backup to be out there clueless.”

Freshman running back

“IF YOU HAVE KNOWLEDGE TO SHARE WITH SOMEBODY, SHARE THE KNOWLEDGE. IT’S NOT GOOD TO HOLD BACK ANY TYPE OF KNOWLEDGE.”

-Byron Canada
Squally Canada’s Father

Lopini Katoa said he has learned a lot from Canada’s experience and appreciates how open Canada is in helping out the newcomers and preventing mistakes that have hurt the team in the past. Following an intense fall camp practice in the heat of the afternoon, Katoa was impressed when Canada offered to help give him additional guidance. Canada and Katoa removed their pads and continued to walk through plays on their own, with Canada explaining where to go and how to handle the ball with his freshman counterpart.

Canada’s selflessness and willingness to share his knowledge

stem from lessons his father taught him. These traits are compounded by a strong desire to win games no matter the individual attention he does or doesn’t receive.

“My dad tells me, ‘If you have knowledge to share with somebody, share the knowledge. It’s not good to hold back any type of knowledge,’” Canada said. “Even if it might come back and hurt me and one these guys ends up beating me or whatever, I’m not worried. The best man is going to play and that’s all that matters. As long as we win more than four games and do way better than last year. I want to win.”

Canada’s parents, Byron and Stacy, have always encouraged their son to be generous with what he’s been given and help those around him. Growing up in Milpitas, California, Canada was often surrounded by cousins and other relatives that his parents took in when drug abuse tore apart his extended family. Stacy recalled always having anywhere between 10 to 15 kids in her home, something that helped her own children learn a lesson on generosity they wouldn’t soon forget.



“GOOD COMES BACK TO YOU.”

-Stacy Canada
Squally Canada’s Mother

“You have to have a heart of giving,” Stacy explained. “Good comes back to you.”

This spirit of giving is something that defines Canada to this day as he plans to use football and

his budding music career as a tool to help and inspire others, rather than just seek fame and riches.

“I want to give back to my parents and people that are less fortunate,” Canada said. He also hopes to become the first person in

**“I WANT TO GIVE BACK
TO MY PARENTS AND
PEOPLE THAT ARE
LESS FORTUNATE”**

-SQUALLY CANADA

his family to get a college degree, something he values even more than success on the field.

Make no mistake, however, Canada’s one and only goal at the

moment is to make it to the NFL, a childhood dream. Early on in his elementary education, Canada drew pictures of himself playing football and wrote on a homework assignment that his dream was to play professional football.

“Will Smith said he never had a Plan B because Plan B distracts from Plan A,” Canada said of his NFL goal.

From the beginning it was clear that Canada had the drive and motivation to reach the NFL, but the path he’s taken thus far has been in a style all his own.

“When everyone else wanted Jordans, he wanted PF Flyers,” his mother Stacy said on his choice of shoes. “He never got into trouble and played different than other kids.”

It was this desire to do things right and in his own way that

allowed Canada’s parents to accept his decision to transfer schools from Washington State to BYU, despite not being a member of The Church of Jesus Christ of Latter-day Saints.

“As a man you make the best decisions for yourself and maybe God had other plans for him,” Byron said. “Once it worked at BYU we were all in, as far the Christian background, because he’s been raised in the church.”

His talent and aspirations on the field gave Canada an outlet that many of his close friends and relatives didn’t have. This became especially noticeable when tragedy struck the family last year with the passing of Canada’s cousin, Vinshay Bracy. Entering his junior year full of expectations, Canada used the adversity to push him even harder, releasing his frustration and



pain out on the field during practices and games.

Canada still listens to his cousin's mixtape before each game to honor him and wears a tattoo across his torso with Bracy's rap moniker "ShadyBo."

Now entering his fourth and final year of college football, Canada knows that he'll have to leave everything out on the field because nothing is guaranteed after this season.

"I'm just trying to give it my all," Canada said. "The NFL isn't promised, football isn't promised after this, so I'm just out here every play just making sure I don't make any mistakes."

Steward believes his veteran senior has what it takes to be a great running back and wants to help him maximize those talents and finish off his college career strong.

"He has one of the highest IQs of a running back that I've ever been around," Steward said. "He has a knack to make it through tight spaces and great vision, so many things that you can't coach. He puts the work in and he wants to be great. I want him to leave here knowing he's given it his all."

Squally Canada leading BYU rap scene

Off the field, running back Squally Canada is pursuing a rap career to show people his life outside of football and inspire youth and people in less fortunate situations.

"I want to be able to use football or music to inspire the

younger generation and people that go through the same situations I did," Canada said. "I want to be someone that kids can listen to and release their emotions."

Canada currently has over 17,000 listens and 370 followers on SoundCloud, with his most popular track being "Stand Us," the first track off his mixtape, *On My Way*. He cites Tupac and Kid Cudi as some of his favorite artists and biggest influences on his own music.

It's hard to find time to record new songs with the busy schedule of a Division I athlete, but Canada said he tries to find time to sit down and write new lyrics when possible. Canada recently returned home to Milpitas during the offseason to shoot a music video entitled "Can't Stand Us." The video was released on YouTube on Sept. 6.

BYU teammate Chris Wilcox also works in the hip hop industry creating his own beats and plans to collaborate with Canada to create

music in the future, though nothing has been released or announced as of yet.

Canada is at the forefront of the rap scene at BYU, with several athletes citing famous hip-hop artists such as Drake and Migos as their go-to music before games or practices to pump them up.

Golfer Rose Huang listens to Drake's album "Scorpion" on repeat when she goes for drives up Provo Canyon, one of her favorite pastimes since arriving at BYU.

Tight end JJ Nwigwe also listed Drake as his favorite artist to listen to as part of his pre-game routine, not too surprising for the best-selling hip-hop artist of 2018.

Defensive back Dayan Ghanwoloku switched things up by picking Atlanta-based rap group Migos, who he listens and dances to as part of his ritual before games.

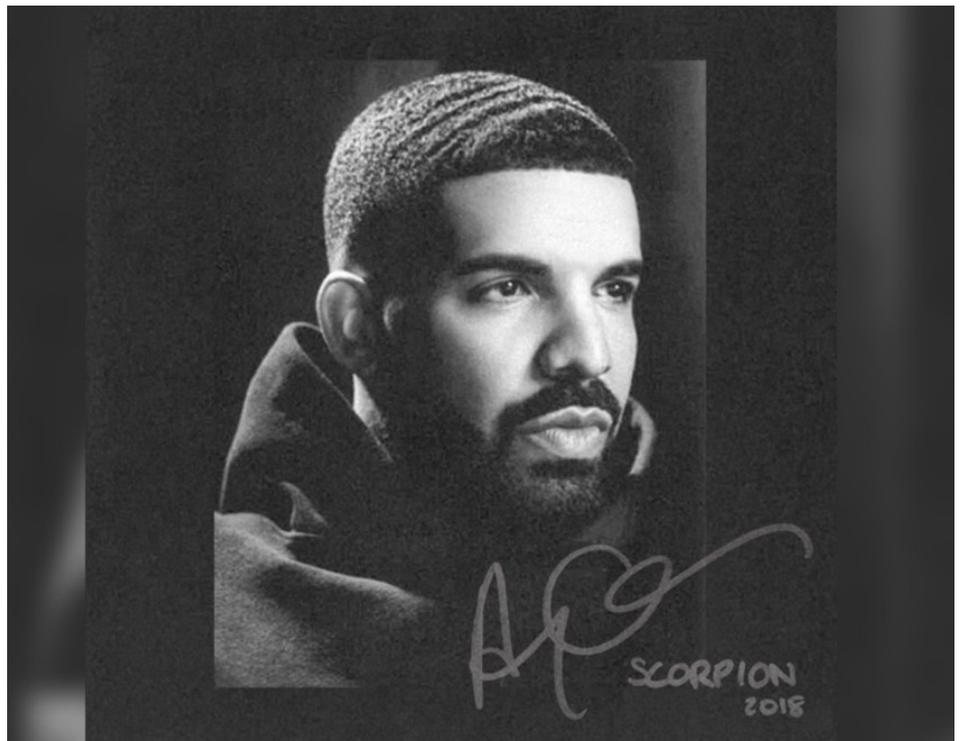




Photo Credit: Daily Advertiser-AP

ONE VERSATILE WEAPON

By Jackson Payne
The Daily Universe

Taysom Hill has never been a conventional football player.

Quarterbacks aren't supposed to be built like a linebacker and run a 40-yard dash in 4.4 seconds. They aren't supposed to come back after four gruesome season-ending injuries with even more enthusiasm and fire each time. They aren't supposed to be playing special teams and utility work in the NFL while being listed as a third-string passer.

"I obviously had a goal to play (in the NFL) and to make an impact, but I never expected to contribute the way that I have been," Hill said. "At the end of the day, it was all about finding the right opportunity and the right fit, and I've been able to find that (in New Orleans)."

In 37 games over five years (2012-16) at BYU, Hill excelled as a gifted dual-threat quarterback. He

threw for 6,929 yards and 43 touchdowns while adding 2,815 yards and 32 touchdowns on the ground. Hill's 9,744 career yards of total offense rank fourth in BYU history, ahead of legends such as Steve Young and Jim McMahon.

"What makes BYU unique is playing for a team and a school that has a lot of pride in what they do," Hill said. "As a player, that's what you want and what it's all about."

**"HAVING THIS
WEAPON NOW
IS REALLY
INTRIGUING."**

- DREW BREES
NEW ORLEANS SAINTS QUARTERBACK

While listed as the Saints' third-string quarterback, Hill has magnified his role on the roster, returning kicks and serving as a punt gunner on special teams.

The Pocatello, Idaho, native has also seen reps at receiver, tight end and an occasional passing or rushing attempt at quarterback. So far this season, the 28-year-old has two pass completions on trick plays, 157 rushing yards with a touchdown and 11 kick returns.

"It's kind of a learning process, you know. And I think having this weapon now is really intriguing, because Taysom is so versatile, he can do so many things," Saints quarterback Drew Brees told ESPN.

Hill headlines a select group of current Cougar alumni in the NFL, including former teammates such as Kyle Van Noy (2010-13), Jamaal Williams (2012-16) and Fred Warner (2014-17).

"I don't think being a BYU alum in the NFL is anything different than being in the business world, but it's something that I take seriously," Hill said. "I think



that as people get to know you and realize that you played for BYU that there's an expectation. It's fun, and it creates a lot of great conversations with my teammates, and it's been a good experience for me."

Serving as the third-stringer to Saints starter Drew Brees, one of the most accomplished gunslingers in NFL history and the all-time career passing yards leader, Hill has had plenty of opportunities to learn from the legend.

New Orleans Saints quarterback Taysom Hill (7) celebrates his touchdown with Drew Brees (9) in the second half of an NFL football game against the Washington Redskins in New Orleans, Monday, Oct. 8. (AP Photo/Bill Feig)

"Drew is a very routine- and

team-oriented guy," Hill said. "I've had the opportunity to follow his routine, learn from him, watch film with him and just observe the way that he prepares for a football game, which has been the best learning experience I could have asked for."

BYU quarterback Tanner Mangum stepped in for Hill following an early injury in 2015 and then served as his backup during the 2016 campaign. Mangum said he learned a great deal from the veteran during their tenure as teammates.

"Taysom taught me about dealing with the off-the-field pressures that come with being a quarterback at BYU," Mangum said. "He taught me the importance

of not caring about what other people think. You're always going to have doubters or people that don't necessarily support you or believe in you, but you have to believe in yourself and have confidence in your ability."

Mangum hasn't been surprised with Hill's impact for the Saints this season.

"I don't think it surprises anyone who knows him," Mangum said. "He's obviously an unbelievable athlete, so it's awesome to see how the Saints are using him, and it's fun to watch him succeed. When I see him returning kicks or playing special teams and making tackles, it's a testament to how athletic and versatile he is."

Hill's final season in Cougar

blue in 2016 was also head coach Kalani Sitake's first season on the job, an 8-4 campaign ending with a Poinsettia Bowl victory over Wyoming.

"Coach Sitake made football about us, and I really appreciated that," Hill said. "I felt like he was genuine and that every decision he made was to help us as a team, and he was genuine in taking care of us."

Hill remains a fan-favorite in Provo and for Cougar fans across the country. He is gaining momentum as one of the season's best stories in the NFL as he 'reps the Y' for a wider national audience.

With Hill's opportunities on the field expanding every week with the Saints, a strong Super Bowl contender, the future is bright. Hill reflected on his legacy and how he would like to be remembered by BYU fans.

"At the end of the day, my goal as a quarterback at BYU was to lead by example in the way that I prepared and played the game," Hill said. "My hope is that people remember me as a guy who went and left everything out there on the field and competed as hard as he possibly could, game in and game out." ■

" AT THE END OF THE DAY... MY HOPE IS THAT PEOPLE REMEMBER ME AS A GUY WHO WENT AND LEFT EVERYTHING OUT THERE ON THE FIELD AND COMPETED AS HARD AS HE POSSIBLY COULD. "

- TAYSOM HILL



Photo Credit: AP photo/Bill Feig

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