

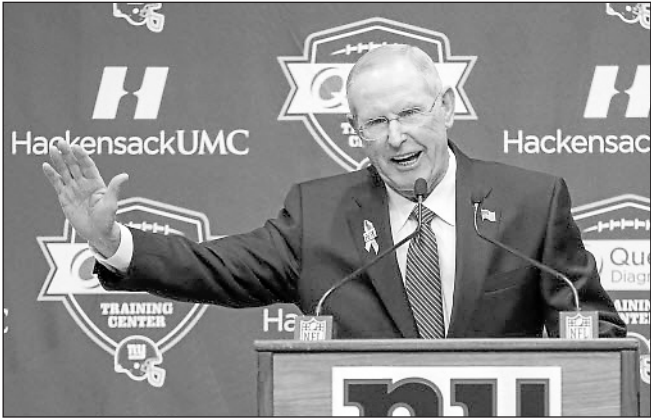
# Coughlin said change led to success in NY

BY LARRY FINE  
REUTERS

EAST RUTHERFORD, New Jersey — Tom Coughlin turned an expansion team into a contender then found Super Bowl glory with the New York Giants after ditching his authoritarian approach for a more inclusive style.

Coughlin remarkably had the Jacksonville Jaguars one win away from a Super Bowl berth in their second National Football League season but it wasn't until he joined the Giants that he reached the top of the coaching profession.

He faced a near mutiny from Giants players disgruntled by his strict approach after he took charge of the team in 2004 and three of them filed grievances against him for fining them for being less than five minutes early to scheduled meetings.



Former New York Giants head coach Tom Coughlin addresses the media Tuesday at Quest Diagnostics Training Center in East Rutherford, New Jersey.

Even his Hall of Fame defensive end Michael Strahan bristled at a fine for being just three minutes early to a meeting.

But Coughlin softened his approach, in some respects, and went on to achieve Super Bowl glory.

The 69-year-old Coughlin, who resigned on Monday after 12 years in charge of the Giants, gave a rousing farewell address to a packed news conference on Tuesday that appropriately began five minutes before schedule.

"I've changed and I've grown and I've developed and I've learned," Coughlin said about his tenure with the Giants. "You better do that or you're dead. So I've done that. I'm better for it."

Facing pressure from ownership in 2006 to right the ship after an 8-8 season, Coughlin established a players' council to serve as a sounding board and improved communication helped bond team and coach in a charge to a Super Bowl title in 2007.

The Giants' championship victory ruined the New England Patriots' bid to record the NFL's first 19-0 season. Four years later the Giants again beat the Bill Belichick and Tom Brady-led Patriots with a late Super Bowl touchdown drive.

"In professional football, the goal is to win. We all know that," Coughlin said. "But my contention is, when I first

"I've changed and I've grown and I've developed and I've learned. You better do that or you're dead."

TOM COUGHLIN

brought this up was with our '07 team, is there's a higher ground. There's a greater purpose. That purpose is team.

"Winning, losing, playing hard, playing well, doing it for each other, winning the right way. Winning the right way is a very, very important thing to me and all of our coaches. That's what motivates and inspires us."

Coughlin, whose 170 regular season wins puts him in a share of 11th place on the NFL's all-time list, said teaching life lessons was most important to him.

"Championships are won by teams who love one another,

who love and respect one another, who play for and support one another," he said.

"While it is the job of the head coach to get the technical football right ... it is our duty to equip these men with the virtues that will last a lifetime, the values like honesty, trust, responsibility, respect, service and integrity..."

Coughlin, who led the Jaguars to the AFC title game in only his second season as an NFL head coach, leads by example.

"What's next for this guy Coughlin? I don't know exactly what is next for me," said Coughlin, who left the door open to a return to coaching.

"But I do know ... we will devote a lot of our energy to the Jay Fund Foundation," he said, referring specifically to the 'Be There' campaign for the New York, New Jersey area, to help families with cancer-stricken children.

## Smith

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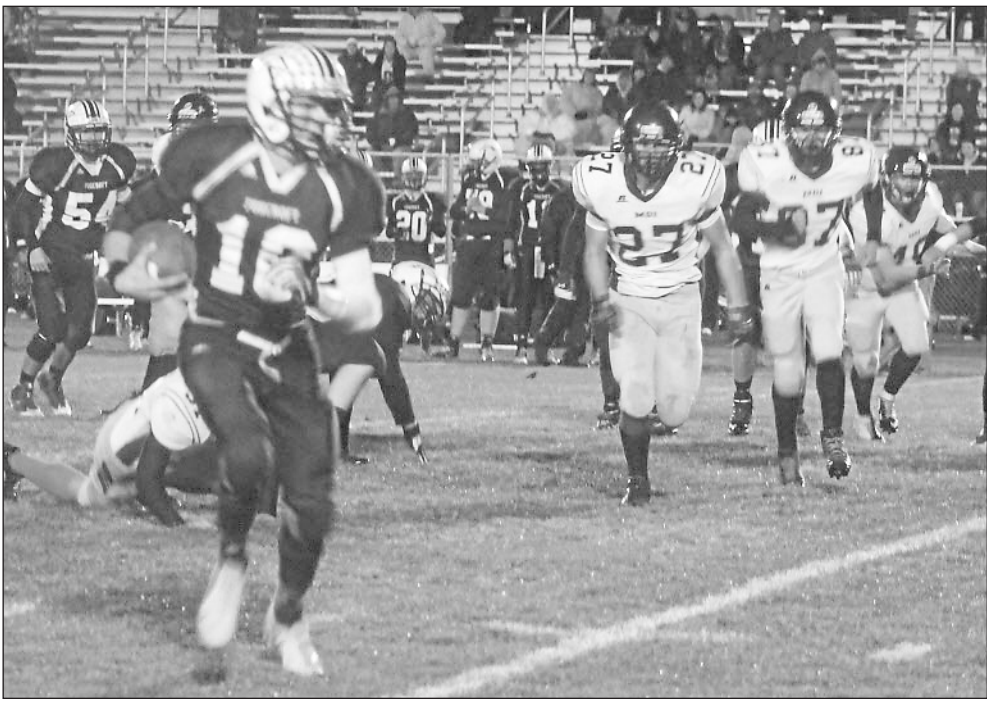
offense and defense."

The workouts also provide a chance for the players to be scouted by college coaches either live at the scene or via live video-streaming, and with the National Letter of Intent signing period for Division I football set to begin Feb. 3, the stakes are high for many of the all-stars.

"A lot of guys are going down there to prove themselves to several college coaches who are looking at them, so that's going to raise the competition level immensely," Smith said. "These guys are going to be competing hard, so that just tells everyone else that we've got to step up our games, too."

Smith said he is considering a "couple offers" from a recruiting process that was slowed during the fall by a hip injury that sidelined him for his entire senior football season.

He's back to good health now and hopes a successful appearance at the all-star practices and game might draw additional attention



Foxcroft Academy senior Hunter Smith (left) has been invited to participate in the Blue-Grey North-South All-American Bowl, a high school all-star game, on Jan. 9 at Raymond James Stadium in Tampa Bay, Florida.

from scholarship-level coaches less familiar with him.

Smith was invited to participate in the game in August after a strong performance in late spring at the Blue-Grey All-American Bowl's Mid-Atlantic Super Combine in Richmond, Virginia.

Smith subsequently suffered a dislocated left hip during an Aug. 28, 2015, pre-season game, but after six weeks without putting any weight on his leg, he began physical therapy that enabled him to resume competitive athletics last month

with the Foxcroft basketball team.

Smith, a quarterback and defensive back on the Ponies' football team, also has spent time working on his pass-receiving and route-running skills even after recent snow made local fields unplayable.

## Tardy

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off the league record of 5:04.66 set in 2003 by Heather Clark of Brewer.

On Saturday, Tardy will be at Dartmouth College in Hanover, New Hampshire, for the 47th annual Dartmouth Relays. She will run in the seeded heat of the mile.

"There's going to be some really good competition," Tardy said. "I'm really excited for it."

### Hampden, Brewer teams post wins

In the PVC/EMITL meet, junior jumper Simone Withers was among the catalysts in the win for the Hampden Academy girls. She took the long jump with a leap of 15 feet, 5¼ inches and won the

triple jump in 33-0¼ and picked up a third in the high jump.

Sophomore Christie Woodside won the 55 hurdles in 9.22 seconds and took second in the long and triple jumps, while senior sprinter Brooke Hardy sped to a win in the 200 meters (28.60), placed third in the 55 and competed in the Broncos' third-place 4x200 relay entry.

HA's Daija Misler added a second in the shot put (34-4¼).

Senior speedster Lauren Stoops was a repeat individual winner for Orono, claiming the 55 dash (7.57) and the 400 (1:05.01).

In the 2A boys meet, Hampden was a 52-point winner over Orono.

Junior Paul Casavant won the 800 (2:02.75) and the 2-mile (9:53.22), senior Alex Charette took first in the triple jump (38-4¼) and the high jump (5-8) and junior Thomas

Darby won the 55 meters (6.94) and the 200 meters (24.98).

Senior Zac Connors (shot put, 37-10¼) and freshman Jack Dunning (long jump, 17-3¼) also won events among a well-rounded Broncos performance that included several other point scorers.

In PVC/EMITL Meet 2B, the Brewer boys easily outdistanced runner-up Old Town behind an outstanding performance from Erick Seekins.

The senior jumped 21-2 to capture the long jump, went 5-6 to claim the high jump and was second to Mount Desert Island's Ryan Bender (23.47) in the 200 meters. Seekins' long jump was the top performance in the state so far this season.

Other event winners for Brewer included Caleb Marsh in the 800 (2:17.68), junior Austin Lufkin in the shot put (54-3¼), junior Cayd Wortman in the pole vault

(11-0) and sophomore Avery Hallahan in the 55 hurdles (9.12).

The Brewer girls also won their meet, beating Old Town by 37 points, led by Moriah Newcomb. The senior won the 55 meters in 7.97 and was second in the 55 hurdles and the long jump.

The Witches received significant scoring from their underclassmen, sparked by freshman Hannah Hopkins' win in the 55 hurdles (9.38) and second in the 400. Seven sophomores and three freshmen scored points for Brewer, with sophomore Arianna Geiser posting two seconds (mile, 800).

Its other event winners were junior Alyssa Vargo (pole vault, 8-0) and the 4x800 relay squad (11:39.21) made up of senior Lindsey Joliat and sophomores Maria Maxsimic, Hannah Smith and Geiser.

## Ellsworth swimmers posting top times

BY ROBBY MACDONALD  
SPECIAL TO THE BDN

These Eagles are training to swim fast.

Coach Jim Goodman's Ellsworth boys team dominates the early season performances in

### SWIM REPORT

Class B interscholastic swimming. Three swimmers — Sam Alvarado, Talor Hamilton and Cooper Holmes — combine to lead the field in seven events.

Hamilton, a senior, who set a record in the 100 backstroke (52.2 seconds) at last year's state meet, continues to excel posting the top swims in Class B in the 200 free (1:51.9), 50 free (21.7) and 100 free (47.3). Classmate Holmes heads the butterflyers (55.2) and backstrokers (53.7).

Alvarado's 500 free of 4:57.7 is the standard and the only sub-five minute swim.

As an indicator of the team's skill and depth, the Eagles also have the second fastest times in the 200 free, 100 free, 100 back and 500 free, according to Maine Swim League statistician Ritchie Palmer.

### Fast times in Brunswick

In Class A, Brunswick's Caitlin Tycz and Nate Samson have established themselves as the premier swimmers during the first half of the dual-meet season, combining to record the fastest performances in 11 events.

Tycz, a junior for coach

David Bright's team, has recorded the league's speediest swims in the 200 free (1:53.7), the 200 individual medley (2:10.7), 50 free (24.5), 100 butterfly (54.7), 100 free (54.8) and 100 back (57.6).

Samson established a state record in the 100 free earlier this month with a 46.5, a 10th of a second faster than former Morse High swimmer James Wells, who set the previous record of 46.5 in 2009. The Brunswick senior also leads the Class A field in the 100 butterfly (50.1), 50 free (21.4), 100 back (50.2), 100 breaststroke (58.6) and 200 individual medley (1:54.7).

Bangor's Kyle Adams' six-dive point total of 283.15 tops the 1-meter totals.

**SWIM NOTEBOOK:** Ann Tolan, a junior at Morse High, leads the Class B racers in the 200 free (1:55.1), 50 free (24.5), 100 butterfly (59.4) and 100 free (54.1). Class A championships will be swum as timed finals at the University of Maine. The girls meet is scheduled for Feb. 13 and the boys for Feb. 15. Bowdoin College will host the Class B championships on Feb. 16. Princeton University swimmer Isabel Reis, daughter of Channing and Ann Reis, has recorded the fastest 2015-16 Ivy League 200 yard butterfly time (1:57.9) in first semester of racing. Ann Farrington Reis was a champion swimmer for Bangor High School. The Tiger freshman competed in the 2012 Olympic Trials.

## Patriots

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there and execute as an offense. You have to talk to the coaches to see what the strategy was. I go out there and execute the plays, and we didn't do a good job."

### Bye week a key advantage

The Patriots are not playing their best football heading into the bye week. But coach Bill Belichick has plenty of experience dealing with a week off at the beginning of the postseason, something the No. 2 seed Patriots secured in a record six straight years.

Now the preparation will need to track the health status of the players.

"That's something we'll be talking about over the next day or so," Belichick said in his Monday morning

conference call with the local media. "We're going to try to take advantage of the time we have and use it as productively as possible.

"We'll have to decide how much time we want to allocate to any particular opponent, but also just things we need to do regardless of who we play. There is certainly plenty of that."

And past bye weeks don't necessarily apply to the here and now in New England for a team that lost four of six games heading into the playoffs.

"What we did or didn't do in the past, I don't know if that has very much relevance," Belichick said. "I think this year is this year, this week is this week, our team is our team, and we've got to try to do things that are best for this team. Granted, we have some experience in this situation. I wouldn't say that that has no value."

## UMaine

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third in America East play with 15.2 ppg.

In his last four games, Little is averaging 20.1 points.

"If I see him in a game making plays, knocking down shots, it kind of motivates me to do the same exact thing," said classmate Aaron Calixte.

Walsh said Little has continued to demonstrate improvement in key areas.

"He's really starting to mature into an everyday player in practice, a guy who's completely bought-in defensively," Walsh said. "I think you can say his maturity level has coincided a little bit with this team hopefully maturing."

Last month, America East released results of a player survey in which Little was named the "Most Underrated Player." Little downplayed the nod, instead professing his commitment to helping the team win.

"I think people recognize Kevin's talent and what he did as a freshman ... but it's a little bit under the radar until we get our program where it needs to be," Walsh said.

As UMaine begins league play, Little will continue trying to set an aggressive offensive tone, especially in the clutch.

"Some people get nervous and say, 'If I miss this one, we lose.' I don't look at it that way. If I get a chance to step up and make it count for my team, I look for those moments," Little said.

## B North

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us. Winslow and Ellsworth are solid, and Central and John Bapst are dangerous.

"If we play well, we can beat anybody. But we could also lose to anybody," he added.

He feels the Wildcats are starting to believe in themselves, and the emergence of sophomore guard Emily Wheaton has been a catalyst behind their success.

She has averaged 21 points over her last four games and is averaging 17 points and over three assists per game on the season.

Hudson said junior Emily Lagerstrom, a 3-point specialist her first two seasons, has become more of a complete player who can take the ball to the hoop and the underrated Taylor Williams is averaging 11 points per game. The coach's daughter, Olivia Hudson, has been a resourceful guard, and 6-1 Regan Nelson and 5-11 Skylar Vogel have combined for 14-15 points and 10-12 rebounds per game.

Houlton will have to adjust because standout forward Condon is out for the rest of

the season due to a knee injury. She averaged double figures in points and rebounds virtually every game.

"That hurts, for sure," said Graham. "With Katie, we may have had a slight edge over the other top teams. This really levels the playing field.

She also was an effective press breaker, passer and interior defender.

But Graham said 5-9 sophomore forward Aspen Flewelling, who is more of a perimeter player, has helped fill the void by averaging 11 points per game.

Bangor Daily News All-Maine Schoolgirl Basketball second-teamer Kolleen Bouchard, a 5-10 guard, has had her role expanded to include more minutes in the paint and is averaging over 20 points, 11 rebounds and four assists per game. Guard Natalie Hill has produced 12 points, four assists and three steals.

MDI has two gems in third team All-Maine guard Tapley and honorable mention Shaw, who are averaging 17 and 15 points per game. The sharp-shooting Tapley can score from anywhere, and Shaw is exceptional around the paint. Shaw and Keely McConomy have averaged eight rebounds per game, and Shaw is making

ing over four steals per game.

The transfer of speedy tempo-changer Darcy Kanu has hurt the Trojans so players such as Abbe Miller, Maddy Candage, Mariah Hamor, Cassidy Paradis and Maya Watras are taking on more prominent roles.

"We're getting a few players acclimated to the speed and aggressiveness of varsity basketball, and we're still trying to find our defensive stamp on things," said Barker.

Winslow doesn't have a player above 5-9, but the Raiders are deep and love to play uptempo basketball.

"We have to outrun teams, and our girls are sold on it. We're not very tall, but we work really hard on the boards and have outrebounded most of our opponents," said Winslow coach Lindsay (Welch) Withee, who uses 10 players every night.

Impressive freshmen Weslee Littlefield and Paige Trask have been important contributors with point guard Littlefield doing "a great job handling the ball," according to Withee, and Trask being a productive scorer averaging nine to 10 points per game.

Junior forward Heather

Kervin is averaging 15 points and 10 rebounds, senior Delaney Wood has been the team leader, and defensive specialist and Ciara LeClair is "the fastest girl I've ever seen," Withee said.

Sarah Guimond, Madison Roy, Broghan Gagnon, Alexa Petrovic and Maeghan Bernard make up the effective second unit.

Ellsworth coach Andy Pooler's team has been bolstered by Machias High School transfer Whitney, who has complimented Card.

Card is averaging 14 ppg, and Whitney is chipping in 11 ppg and seven rebounds. Each average three assists.

"They are a real good one-two punch," said Pooler, whose team also has received aggressive rebounding from Caitlin Bean and solid inside play from Callie Hammer. Samantha Mason has returned after breaking her foot in the fall and is a good all-around player who can produce points. Hannah Sargent is another player who can score.

"This is my deepest team and it could be my best," said the fifth year coach. "But we need to show we can beat one of the top teams [for our confidence]."