

SARALAND

LARSON HALL: Return to playing football 'means the world to me'

FROM PAGE 46C

have him in that position. Instead, it was a lot of hard work and a bit of patience, too.

"It really wasn't that bad, it was just a matter of getting my range of motion back," Hall said of the initial physical therapy he endured. "After that, they said I could lift weights. I would go pick up a little dumbbell and start doing curls, just trying to get my strength back. Then I got the all-go to get back in the weight room again and that's when I really started to make progress, when I could get back in the weight room."

Of course, coaches had to keep a sharp eye on him during this period.

"He was a guy that when it was all happening, regardless of what the doctors were saying, he would tell me, 'Coach, don't worry, I'll be back. I'm going to find a way to be back,'" Saraland head coach Jeff Kelly said.

"As he started to improve physically with the doctors and they started releasing him to do some things, though not full speed or anything like that, he was a guy you always had to have your eye on because if you didn't rein him back in he'd be wide open and trying to lift more than he was supposed to and doing all those type of things.

"He was constantly trying to push the envelope there. Everybody on our team saw the way he worked. And not that he needed to at all, but he gained a tremendous amount of respect from his teammates and all of our coaches just watching him come back from that."

It took one step at a time and even telling himself to slow down a bit once his rehabilitation started gaining some momentum, but Hall proved his point — he did work his way back to the game of football.

"There were a lot of little goals (along the way)," he said. "The first was to get my range of motion back, then it was developing the muscle and being able to go and work out. Then it was being able to come out here and practice and do everything and not having to worry about it.

"It was hard not to try to do too much sometimes. When I got in the weight room

I would do something like a power clean or a bench press and it would feel real good, but the doctors wouldn't give me the all clear (at that time), though I kept saying to myself, 'I can do it, I can do it.'

"Sometimes it was probably a good thing that they held me back a little bit because I probably would have tweaked the injury of something."

Now that he is back playing football, does he have more appreciation for the opportunity to play the game? Does he enjoy the game a little more?

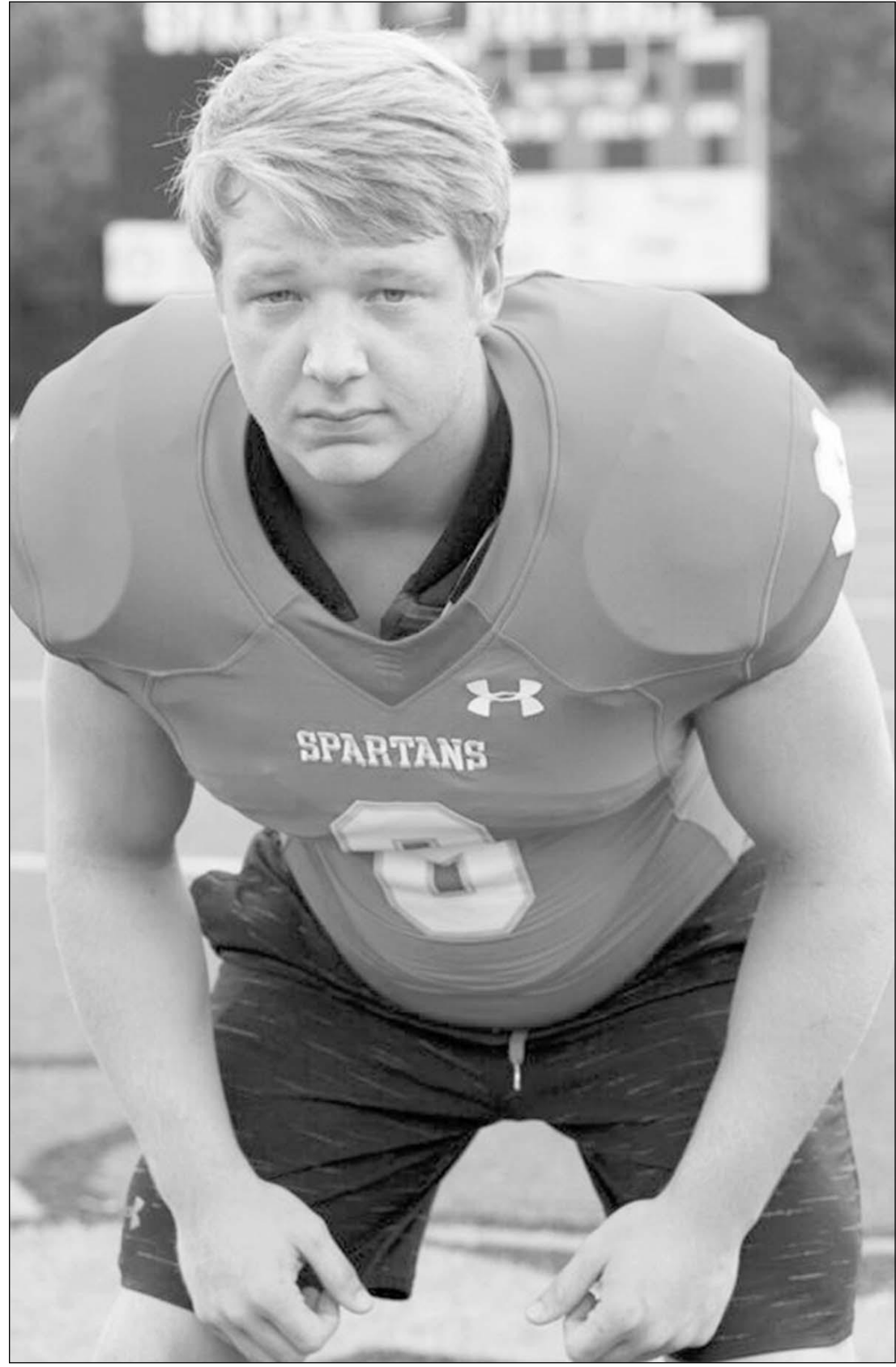
"For sure," he said. "It means the world to me. It's a pretty amazing accomplishment, honestly. That's what I talked about at (Mobile County preseason football) media days. I'm not going to take a play for granted, I'm not going to take a thing for granted. I'm going to appreciate every moment that I get to be on the field."

That appreciation will also be shared by his teammates and coaches.

"Larson has been a good player for us and the centerpiece of our defense the last couple of years," Kelly said. "He has yet to finish a season though. He hurt his knee as a sophomore and he had the well-publicized hunting accident last year after Week 6. He is very lucky and blessed to come out of that thing as well as he did. It could have been a lot different.

"So we're happy about that. The doctors didn't give him really a ton of hope of being able to lift weights and they didn't know if he would be able to return and play or if he would be healthy enough to do anything. But he just worked like a mad man to be back. He's stronger than he's ever been.

"You take a guy in October that doctors say they don't believe he'll ever be able to lift weights again to now, you go in the weight room and watch him power clean; he probably power cleans about 340 or 350 (pounds). He just totally re-invented himself. He's had to work so hard to get that arm back in shape. He's always been a hard worker, but he's really gotten into better shape and he's playing better than he ever has. You wouldn't see any kind of holdover effect from that injury. He's a kid you pull for because of all the things he's had to overcome."



Saraland linebacker Larson Hall

Photo by Todd Stacey/Call News

WEST

Ready Mix Inc.

PO Box 39, Chunchula AL. 36521
 Phone: 251-679-1052
 Fax: 251-679-7496

GOOD LUCK TO ALL 2018-2019 FOOTBALL TEAMS.



Good Luck Spartans. May you have a successful season.

Senator Jack Williams, District 34

"A proud supporter of Alabama's future leaders."



Pd. Adv. by Jack Williams 10095 A. Wilmer Georgetown Road, Wilmer AL. 36587