

make a big impact this season. Foley says becoming elite is the goal for this defense

"That's the goal. I want them to set the tone. We play an unconventional defense, we call it Eat Albert because it's just a combination, it's a hybrid of two or three different things. Our biggest deal is we're gonna try to confuse the offense with our alignment and then use the speed that we've got on the field to make our plays. We're gonna have them set the tone for us for sure," said Foley.

Hamilton was a dominant force up front for the Panthers in his junior season. As a senior. he is expecting to be a coach on the field this season, as well as a "disruption" at the line of scrimmage. He understands the high expectations for the defensive line this year and expects this senior class to lead Frankfort to a District 3 title.

"Our expectation is to win. to go out and compete on every down with every ounce of strength. For us seniors we want to win our district and beat Western Hills," said Hamilton.

Foley is expecting Hamilton and other seniors to lead the team as well, and most of the leadership comes from the big guys up front. Graham, Brooks, Hamilton and Walker have all shown the capability to be great leaders this season. One player specifically, Bryan Langley-Boaventura, is "Mr. Positivity" according to Foley. Foley also praised Langley-Boaventura because he never hangs his head and he always take a play off here and there,

gives 110 percent.

"The leadership has just been great out of those guys," said Foley. He admits they may not be the biggest guys, but he expects them to lead the team this season and wants an offensive lineman who can move fast and block in the open field.

"I expect them to hold their own and lead us. We're never gonna be the biggest, strongest guys out there, with who we play, but we take a lot of pride in our guys being able to move up front. We're gonna run toss sweeps, we're gonna try to put our kids out in space on the edge, and we need our guards and tackles to be able to pull and lead on some of that stuff."

He compared it to setting a pick in basketball, getting in the defender's way so the athlete can make a play, and the leaders up front this season for the Panthers are completely capable of that according to Foley.

While the coach has good reason to expect better performances from his team this year and improve upon their 4-7 record and first round playoff loss, he admits that fatigue is very hard to avoid for his players. The Panthers squad is not short of talent this season but never getting a breather can affect even the most talented player.

"The good part/bad part is they play both sides of the ball so they don't get that break ever, so sometimes they may

but it's because they're not coming off of the field," said Foley.

Some teams might struggle to find room on the sidelines so that the players and coaches all stand at least six feet apart, as required by state and federal guidelines. For the Panthers, that won't be a problem.

"We'll be able to social distance on the sideline very well," Foley joked.

All in all, the coach has high hopes for the 2020 Panthers. Practicing on Thanksgiving morning is a goal for many teams, and Foley believes that is something the Panthers can achieve this season. Getting to the playoffs injury-free and healthy is a tall order for such a small team, but if the Panthers hit that target, Foley wouldn't be surprised if they make a run in the playoffs.

"I guess now with the season being pushed back a week we want to practice in the first week of December because that gets us into the final four and we can slide right into the championship game. I'd love to say we're gonna go 8-0, 9-0, but if we can get to the playoffs injury-free and healthy I really like our chances at that point. Putting a win-loss number on it is hard just because of the schedule we have in front of us is gonna be a challenge but being injury-free is a big thing, and practicing in the first week in December, that's always a goal," said Foley.

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ROSTER

21 Laurence Allen	Sr.	54 Quintin Raglin	Fr.
55 Nate Hockensmith	So.	7 Charles Ellis	Sr.
64 Cameron Brooks	Sr.	51 Adrian Spencer	Jr.
27 William Lairson	Jr.	32 John Thomas Gilber	t Fr.
30 Larry Carter	So.	52 Noah Stanley LB	So.
57 Bryan Langley-Boave	entura	18 Elijah Goins	Fr.
9 Damien Chadwell	Jr.	11 Cameron Stone	Jr.
33 Mason Leigh	So.	50 Jyden Graham	Sr.
36 Kendrick Chadwell	Fr.	40 Joshua Thompson	Sr.
20 Brice Marston	Fr.	74 Tayshaun Hamilton	Sr.
58 Cameron Childs	Fr.	22 Elijah Walker	Sr.
23 Jaden Morgan	So.	5 Parker Hammons	Fr.
10 Xavier Cleveland	Jr.	53 KyEse Walker	Fr.
24 Thiago Pires	So.	2 Javen Haskins	So.
21 Jack Davis	So.	3 Azeno Williams	Jr.
37 Parks Pressley	Sr.	16 Caleb Hockensmith	Sr.
4 Sam Davis	So.		

SENIORS

Laurence Allen, Cameron Brooks, Parks Pressley, Charles Ellis, Jyden Graham, Joshua Thompson, Tayshaun Hamilton, Elijah Walker, Caleb Hockensmith

SENIORS

Head Coach Craig Foley, Assistant Coach Mark Amburgey, Running Backs Coach Larry M Bush, Assistant Offensive Line Coach Terry Hopper, Assistant Coach Leon Mack III, Assistant Coach Chris A Mitchellcouting and Play Chart Coach Ronnie Monroe, Assistant Coach Shane Smith

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