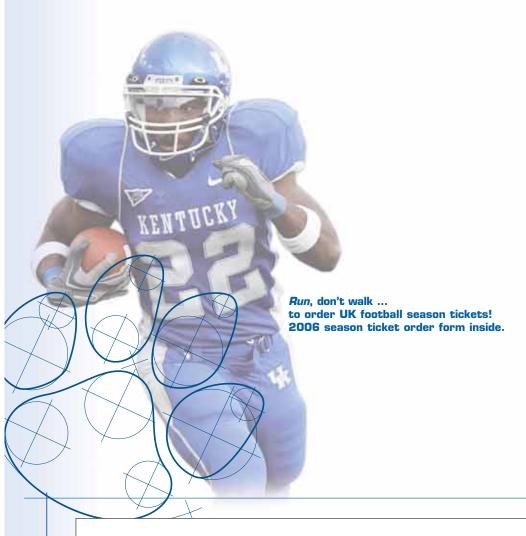


The Official Newsletter of the University of Kentucky Athletics Department
vol 7 Summer 2006



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If you are moving, please be sure to notify the UK Athletic Ticket Office so that your tickets and other important UK Athletics correspondence will be sent to the correct address.

To change your mailing address, follow these three easy steps:

- **1.** Log on to *UKAthletics.com* and select the link for Tickets (Prices & Information) from the menu bar at the top of page. You will be taken to the University of Kentucky Ticket Office page.
- **2.** Scroll down to the section titled "Address Change?" Print out the form and fill in the requested information.
- 3. Fax or mail the completed Change of Address Form to the UK Athletic Ticket Office.

Ticket Office Address

UK Athletic Ticket Office Room 4 Memorial Coliseum Lexington, KY 40506-0019

Ticket Office Fax Number: (859) 323-1269

If you do not have access to a computer, simply write your new AND old address, along with your current work and home phone numbers, on a sheet of paper. Sign and return to the UK Athletic Ticket Office via mail or fax.



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THE BLUEPRINT

The Official Newsletter of the University of Kentucky Athletics Department



Six of Kentucky's most respected football veterans talk candidly about a wide array of subjects, including why they all believe the football program is ready for a breakthrough season in 2006.

Also Inside



 Tailgating, Wildcat Style Kentucky Fans Serve up their Favorite Recipe

2006 CATSPY
 Awards: A Night
 to Remember



 Getting Noticed: Four UK coaches are honored as the SEC's best



Taking the
Baseball World
by Storm
UK Baseball
Celebrates
History Making
Season

and much more!

he air that blows through Commonwealth Stadium this sunny late April day smells springtime sweet, promising. And its speed seems made-to-order: just strong enough that you can feel it against your face, but far too soft to bother you.

As the breeze ambles along, it quietly flutters an enormous banner that covers nearly the entire expanse of concrete between the underside of the stadium's upper-deck and the blacktop, just outside field entrance "A" (the tunnel that leads to UK's locker room). The banner, entitled "UK Wildcat Football" along the bottom, is a striking photomural, picturing almost the entire Kentucky team—each player dressed in blue helmet, blue jersey, and blue pants—taking the field together, hands locked in unity. And almost as powerful as the image itself is the text that cascades down the banner, which simply reads: Pride, Teamwork, Success.

You could argue convincingly that pride, teamwork, and success are three pillars of tradition (of any variety)—and also that UK football could use a healthier measure of all the above. And you know what? Key members of the 2006 squad wouldn't disagree.

The Blueprint sat down with Keenan Burton (WR), Rafael Little (RB), Matt McCutchan (C), Lamar Mills (DT), Jacob Tamme (TE), and Wesley Woodyard (LB) the day before the spring semester ended to talk about things like, tradition, goals, and adversity...plus nicknames, and a few less serious topics. We discovered that just as refreshing as these players' positive outlook for the future is their objective reflection on the past.



Elueprint (BP): What must this team do differently in 2006 to win more games?

Jacob Tamme (JT): The SEC East has been one of the toughest divisions in football over the last couple decades. There are some great teams. And the thing is they are not coming down to meet us; we've got to take it up to where they are. That's the challenge: taking our program up, because nobody's going to give it to us. We've got to make it happen. We've got to be a team that plays with confidence.

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Compliance Corner

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BigBlue Thoughts

With Mitch Barnhart



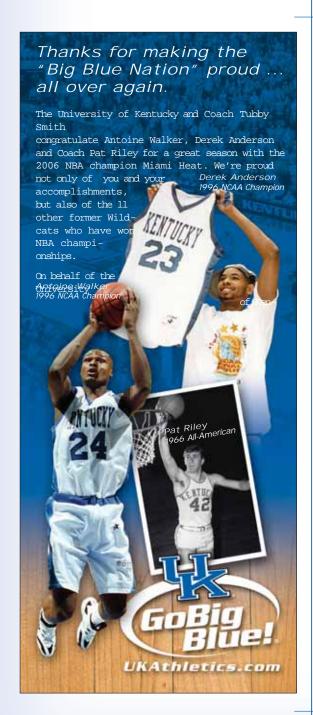
ne of the things I enjoy most about my job as athletics director at the University of Kentucky is the ability to interact with the young people in our programs. This issue of *The Blueprint* gives you a sense of what it's like to sit down with six of Kentucky's football players, student-athletes who represent everything that is good about intercollegiate athletics.

As you read the cover story with Keenan Burton, Rafael Little, Matt McCutchan, Lamar Mills, Jacob Tamme and Wesley Woodyard, one thing that stands out is their intense desire to join in on the success

other Wildcat programs have recently enjoyed. They see the accomplishments of UK baseball, men's and women's basketball, men's golf, volleyball and others, and want badly to share in that success.

It is also evident how much these young men enjoy and appreciate the opportunity to play in front of the Big Blue faithful at Commonwealth Stadium. I hope you'll make plans to join us as often as possible in Lexington this fall to support and cheer on these dedicated players and their fellow teammates.

Mad Bambay





Kentucky Football Tradition

wildcat style

hen it comes to tailgating before the big game, UK fans know how to do it right. Arriving at Commonwealth Stadium hours before kickoff, they quickly transform nearby parking lots into a virtual sea of blue and white and fill the air with all sorts of culinary aromas.

To help make your next tailgate "the talk of the town," you may want to try out a few of these recipes.

SHRIMP BOIL

In order to pull this off, you need: a) a turkey fryer (last year we filled three); b) a night game or at least a very late afternoon game, as the ingredients need to be carefully timed and it takes a while; and c) a late-season game, after it has cooled off some, because this recipe produces a lot of heat.

- gallon of water
- 3 packages of crab boil
- 1/3 c salt
- 1 large lemon, quartered (and more for seasoning later)

- 4 artichokes, split in half (we have ditched these over the years)
 3 carrots, peeled and cut into pieces (2 inches or so)
 1 1/2 lbs red potatoes, cleaned, with the larger ones cut in half 4 ears of corn, cut into pieces (can use the smaller, frozen ears if you want)
- 3 lbs crawfish (we substitute scallops, as a lot of folks can be squeamish about
- 1/2 lbs large shrimp, unpeeled (we buy them deveined)
 1b andouille sausage (but can sub kielbasa if you can't find andouille), sliced (1 inch pieces)

Directions:

Directions:
In a very large saucepot with a removable wire basket, (we use the turkey fryer), heat water, salt, crab boil, Tabasco, and lemon until boiling. Add onions, artichokes, carrots and potatoes; return to boiling. Reduce heat to low, cover and simmer 20 min. or until the veggies are tender. CAREFULLY

To boiling water mixture, add corn, crawfish or scallops, and andouille. Return to boil, then reduce to low and cook 5 to 8 min.

more than 2 to 3 min before serving; otherwise they will be tough and rubbery. Carefully

Serve with Wildcat win, and this party can go on all night!

Sherie Reeves Jessamine County, Ky.

My family and I have been attending all home football games (and a few away games) and tailgating with friends before and after the games since 1999. Our tailgate parties have evolved from the ordinary to the "can we do that at the stadium?" kind of party

We first did the Shrimp Boil tailgate in 2003, and last year we entertained between 35 and 50 people. In three years, it has become very popular. We have actu-

discussed going to an invitation only means of crowd control, although this is contrary to my nature.

So beware, this recipe - and this party

BIG OLE' MESS

- 1 lb. smoked sausage, cut into chunks
- 3 jalapeno peppers, sliced
- green pepper, cut into bite-sized chunks sweet onion, cut into bite-sized chunks
- 1 foil cooking bag 1/4 cup Tabasco sauce
- 1 10-ounce jar sweet and sour sauce

Place sausage, peppers and onion in foil bag. Mix together Tabasco sauce and Sweet-and-sour sauce in a small bowl and pour over the mixture in foil bag; seal edges tightly. Place foil bag on grill; cook for about 45 minutes, turning every 15 minutes. Slit open and serve right out of the bag. Approx. 6-8

I fix the foil bag up and have it ready to go onto the grill when we get to

Teresa Wells Nortonville, Ky.

THE BBQ RUB

This is an excellent BBQ rub for a tenderloin roast (smoked or grilled) served with fried potatoes, vinegar coleslaw and a cold drink. Happy tailgating!

- 2 tbsp chilli powder 1 tbsp paprika 2 tbsp oregano
- 2 tbsp garlic 1/2 tsp red pepper
- 1/2 tsp black pepper
- 1/2 tsp sugar 1/2 tsp dry mustard
- 1/2 tsp cloves
- 1/2 tsp thyme
- 1/2 tsp caragon
- 1/2 tsp celery salt 1/2 tsp salt

Kevin Baldock

- Here's a colorful snack for game day..

- 2 cups plain peanuts
 1 cup yogurt-covered raisins (preferably covered in white yogurt)
 2 cups blue plain raisins
 3 cups blue plain M&Ms (specialty candy stores should have them)
 1 cup broken-up white chocolate covered

Mix and serve. Nice mix of salty and

Eric Walker Murray, Ky.

WILDCAT'S SALMON

- 2 lbs smoked salmon
- 1 lb asparagus
- 3 yellow, green and red bell peppers 2 cups Uncle Ben's brown rice

olive oil salt and pepper

Directions:Cook salmon on grill until done (best on foil paper). Cook veggies on big skillet with olive oil, salt and pepper (add some butter for extra taste). Cook rice in pan (what-olive oil, salt and pepper (add some butter for extra taste). To serve, place rice on plates and top ever amount needed to feed your buddies). To serve, place rice on plates and top ever amount needed to feed your butter and olive from skillet as desired. With veggies and salmon. Add leftover butter and olive from skillet as desired.

My tailgate is in the orange lot, and I have my deaf buddies there with me. We can be easily spotted with the "UK" flag in ASL (American Sign Language). Friow this wimmy recine!

Enjoy this yummy recipe!

Nicholasville, Ky.





A Night to Remember

EMESIPYS

onoring the many academic and athletic achievements of Kentucky's student-athletes, the 2006 CATSPY Awards were held at Rupp Arena in April. Started in 2003, the CATPSYS is modeled after ESPN's ESPY Awards and has quickly become one of the most popular annual athletic department-sponsored events. Dick Gabriel, sports director for WKYT Channel 27, hosted this year's show.

Women's tennis and men's golf earned Team of the Year honors, while Danielle Wallace (volleyball) and Antoine Huffman (football) were named Miss and Mr. Wildcat, respectively.

Gymnast Heather Hite and women's basketball standout Carly Ormerod were named Co-Female Rookies of the Year, while rifle's Jason Dardas won Male Rookie of the Year. Softball's Brooke Marnitz won Female Performance of the Year after hitting for the cycle against Indiana State on Feb. 25. Rafael Little won Male Performance of the Year after collecting 372 all-purpose yards against Vanderbilt – the second most in school history.

Taryn Ignacio and J.B. Holmes won the K-Association Athlete of the Year Awards. Ignacio recently claimed UK's first-ever NCAA Championship in

platform diving and was named the SEC Woman Diver of the Year. Holmes closed out his senior season last spring by taking the men's golf team to the NCAA Championships, where they posted a seventh-place finish. That represented the team's best finish in school history until the 2006 team placed fifth at NCAAs in June.

Among the evening's other highlights, long-time Kentucky diving coach Mike Lyden—who battled lung cancer throughout the 2005-06 season—received UK's Courage Award and was honored with a video tribute. Senior Associate Athletics Director Sandy Bell received the Lifetime Achievement Award for her extraordinary accomplishments during her 17 years working in UK's compliance department.

In a lighter moment, UK President Dr. Lee Todd "brought the house down," when he took the stage dressed just like the stylish Huffman—in a blue and white pin-stripe suit and white shoes.

For more information on the CATSPYS or to watch the awards show, log on to UKAthletics.com and click on Traditions.









2006 CATSPY WINNERS

Rookie of the Year

tie: Heather Hite (gymnastics), Carly Ormerod (women's basketball) & Jason Dardas (rifle)

Performance of the Year

Brooke Marnitz (softball)
Rafael Little (football)

K-Association Athlete of the Year

Taryn Ignacio (diving) J.B. Holmes (golf)

Team of the Year

Women's Tennis Men's Golf

Supporting Role

Brannan Sapp (soccer)

Scratch Award

Crissy Cannon (gymnastics)
Ravi Moss (basketball)

Blue Heart Award

Elizabeth Dotson (golf)

Scholar-Athlete of the Year

Meghan Cooper (softball)
Taylor Begley (football)

Fifth Third Bank Community Service Award

Nicole Allyn (track & field) Antoine Huffman (football)

Character Award

Vicki Goss (rifle)

Academic Team of the Year

Softball Men's Soccer

Coach of the Year

Mickie DeMoss (women's basketball) Brian Craig (men's golf)

---- Miss Wildcat

Danielle Wallace (volleyball)

----- Mr. Wildcat

Antoine Huffman (football)

Play of the Year

Jenny Pfeiffer (basketball) Raymond Fontaine, Bo Smith & Antoine Huffman (football)

One Shining Moment

Women's Basketball

-- Courage Award

Mike Lyden (diving coach)

Lifetime Achievement Award

Sandy Bell (sr. associate athletics director)

UKAthletics.com 5



SEC Coaches of the Year

GETTING

Reflecting UK Athletics' commitment to competing for championships in all sports, four Wildcat coaches are honored as the SEC's very best in 2005-06.

When Kentucky athletics director Mitch Barnhart and his staff took over in Lexington, one of their stated goals was to compete for championships in all sports. By any measure, the Wildcats are on the right path, making it an exciting and rewarding time to be a part of Kentucky Athletics.

Among those leading the way are four UK head coaches — John Cohen (baseball), Mickie DeMoss (women's basketball), Mike Lyden (diving) and Craig Skinner (volleyball)—each of whom earned Southeastern Conference Coach of the Year honors in 2005-06 after guiding their respective teams to tremendous success.

"We are competing in the greatest league in America," UK Deputy Director of Athletics Rob Mullens said. "When you succeed as a team or receive individual recognition, it shows you are competing at a very high level. We are focused on broad-based excellence, and when you have this kind of success, you can see that the vision is working.

"It is a very exciting time to be a part of Kentucky Athletics," Mullens continued. "It is great to start to see the vision pay off. Our student-athletes and coaches have worked extremely hard and they are being rewarded with positive results. To have four coaches win SEC Coach of the Year honors...it just shows an unbelievable passion and commitment to excellence that our coaches are demonstrating."

Cohen was a unanimous choice for SEC Coach of the Year by his coaching peers and was named co-National Coach of the Year by the College Baseball Foundation. He led his team to a worst-to-first turn-around and the first SEC title in program history in just his third season at the helm. Under his direction, the Wildcats went 44-17, including a league-best 20-10 mark in conference play, and made

their first NCAA appearance since 1993 (see baseball recap on 15). Cohen became the first Kentucky baseball coach to earn SEC Coach of the Year honors.

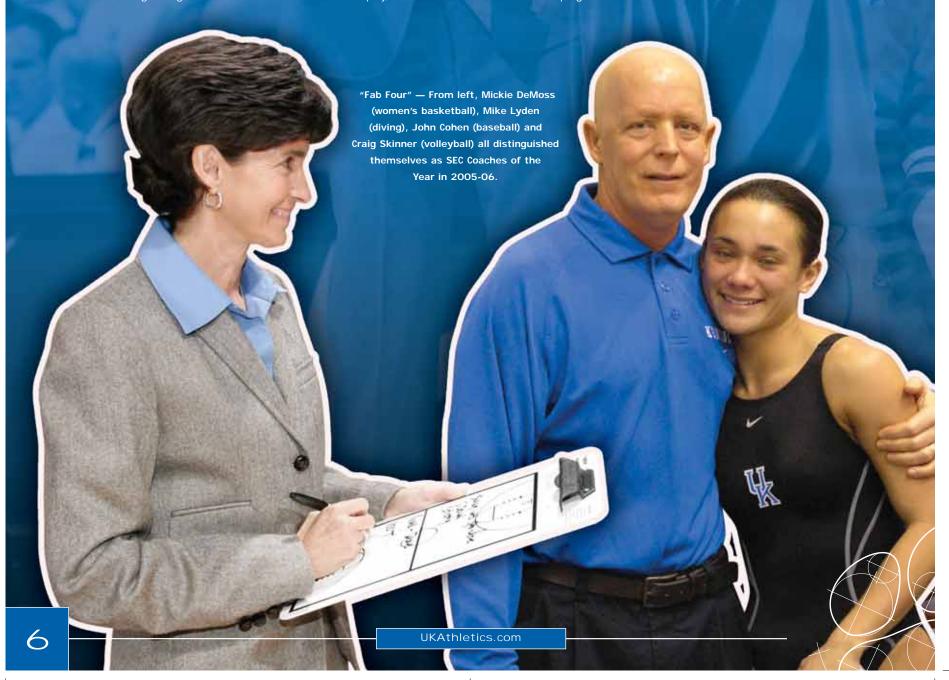
"To be the coach of the year in the best baseball conference in America is an incredible accomplishment," Mullens said. "When we interviewed John, we knew he was going to deliver because of the passion and work-ethic he brings to the job. What he did with the baseball team this year is historic."

As part of UK's meteoric rise to the top of the SEC in 2006, junior first baseman Ryan Strieby was named to the College Baseball Foundation All-America team and became the first Wildcat in school history to earn league Player of the Year honors. Strieby—who led the conference in four offensive categories during the regular season—also received first-team All-SEC recognition, while teammates catcher Sean Coughlin and second baseman John Shelby made the second team.

Skinner inherited a volleyball squad that had not experienced a winning season in five years and hit the ground with the mindset that the timeline for success in the program was immediate. After spending the previous five seasons as the top assistant coach at perennial power Nebraska, Skinner earned Coach of the Year honors by leading the Wildcats to a 17-12 record and a 10-6 mark in SEC play.

"This award means a great deal to our staff to have our program recognized for its accomplishments," Skinner said. "It speaks volumes about our players that they believed in our system."

Under the first-year head coach's direction, Kentucky earned its first NCAA Tournament berth and posted its best record since the 1993 campaign.



NOTED

"We were successful because our players bought into what we were trying to do," Skinner said. "I think that in volleyball, talent is one thing, but confidence and believing in yourself is a whole different thing. We had enough talent to win matches, but our players believed in themselves and that is what made the difference."

"It was really amazing how quickly Craig changed the culture of our volleyball program and established a very high standard," Mullens said. "He demanded excellence and would not compromise anything in reaching the goals that he had set for his team."

Lyden, whose SEC Coach of the Year honor was the eighth of his career, waged a courageous battle with lung and brain cancer while leading four women divers to finish in the top eight at the SEC Championships.

"I have won this award eight times, but this time was much more special," Lyden said. "I couldn't always make practice because of my health, but the kids were so mature and gave their best effort every day in practice."

Under Lyden's tutelage, junior Taryn Ignacio won the school's first individual national championship in diving. At SECs, Ignacio became UK's first female diver to defend her crown by winning the platform event. She was joined on the awards stand by teammates Jessica Thompson (second place) and Joey Brown.

"I have been blessed to have had so many great athletes over the years," Lyden said. "But this year, I learned that life is short and you have to do the best you can with the cards you are dealt. If you work hard, good things will happen."

"Obviously there was a lot going on in Mike's life this year," Mullens said. "He's a 'pro's pro' and the best in the business at his trade. His results as a coach speak for themselves. It was not only the team's success this year, but how they won with sweeping at the SECs. Mike did an incredible job. He is a rock; he's just so solid."

DeMoss, a long-time top assistant to the legendary Pat Summitt at Tennessee, has quickly made a name of her own at Kentucky. In just her third season at UK in 2005-06, DeMoss led the Wildcats to a 22-9 record and a fourth-place finish in the SEC. Her team made its first NCAA appearance since the 1999 season, advancing to the tournament's second round.

"Personal awards are great, but coaches who have been involved in athletics for a long time realize that you can never receive these awards without a great team and a great staff," DeMoss said. "This is a direct result of the hard work that our players, my staff and support staff has put into this program, as well as the support we receive from the administration."

The Wildcats had two players—Samantha Mahoney and Carly Ormerod—named to All-SEC teams and became just the fourth unranked team to defeat a No. 1 team when the Cats knocked off top-ranked Tennessee, 66-63, in front of a school-record crowd of 13,689 in Rupp Arena.

"Mickie DeMoss has been a part of great programs for years," Mullens said. "She knows the formula for success and has built a great foundation for this program. She has surrounded herself with fantastic people and has done everything the right way."

DeMoss is quick to credit the support of the Kentucky administration for the success of its coaches, student-athletes and teams.

"There has been an amazing turnaround in this athletics department in a short period of time," DeMoss said. "There is such a commitment from Mitch Barnhart and Dr. Todd to the Kentucky athletics program that has really paid off. Coaches and athletes seem to take so much more pride in what they are doing and it is paying off. We are seeing and reaping the rewards now."





Speaking Out

continued from page 1

Wesley Woodyard (WW): Everybody needs to do his job. Sometimes on defense we've had guys try to freelance to make things happen. But once you do your job,

Matt McCutchan (MM): The whole offensive line's goal is to limit mistakes and missed assignments, and if we do that, we'll definitely have a chance to win.

big things can happen, as guys fly around the ball. We did that in spring practice.

Keenan Burton (KB): We need to play to win instead of playing not to lose. We might be right there with a team through three quarters, and then when that fourth quarter hits, we're playing not to lose—we're just trying to pull games out or win them close. We have to get into our minds a killer instinct, and that killer instinct has to be every play, for everybody on the team.

BP: Let's talk about something a little more lighthearted, like nicknames.

MM: I get a lot of grief right now, because I'm probably the oldest guy on the team. I'll be 25 during the season. Coach [Joker] Phillips and coach [Randy] Sanders have been saying that they played high school football with me in the '80s and '70s...and all the guys are treating me like an old man and calling me grandfather. Plus, I'm called Headrick the Entertainer, after Cedric the Entertainer.

BP: Why?

WW: Have you seen the size of his head? (laughs)

RL: (smiles, and shakes his head knowingly, in agreement) Umm-umm-um.



The SEC East has been one of the toughest divisions in football over the last couple decades. There are some great teams. And they are not coming down to meet us; we've got to take it up to where they are



Tradition is going out there and fighting hard for your university. Giving it your all for the guys who have put in the hard work to bring the program where it is today, and trying to make it better.

WW



There's nothing better than coming out of the smoke in Commonwealth Stadium in front of 70,000 people.

There's no better feeling in the world than that.



The whole offensive line's goal is to limit mistakes and missed assignments. If we do that, we'll definitely have a chance to win.

MM

BP: What motivates you guys?

Lamar Mills (LM): We were 7-5 my freshman year, but we haven't had too much success these past couple years. Losing is not something that is acceptable to me, and so the success we *haven't* had drives me. The success that we *haven't* had makes me want it even more.

Rafael Little (RL): A motivating factor is that people are starting to talk to each other. Last year, there wasn't any talking in the locker room. Now people are talking to each other, and we're all getting along a lot better. Guys are talking about winning.

KB: It's not like we might win or we want to win. We have to win. And we will. No more empty promises. We have to do this—because we have to win to make a statement.

LM: Makes me want to strap up right now!

So what's the team's outlook for the coming year?

JT: The key for this year is wins. That's the bottom line. We've got to get wins. We've played good teams close; we've underperformed; we've overperformed. But we've got to step on the field and get some wins.

www: The outlook of the team is working toward going to a bowl game and having fun. A lot of guys are tired of losing. But I feel that if we all become a team, and everybody steps up to be a leader, that we can accomplish a lot of our goals for the year. I feel we have a lot of players that can do that. And the new guys coming in allow us to be able to do a lot more things on defense and offense.

MM: (laughs) Yeah, I get it from my dad. His head's just like mine, except with gray hair.

WW: Well, they call me Buzz Lightyear.

BP: Because?

JT: (laughs) Man, that guy has the biggest cowboy collar in the country. Looks just like Buzz Lightyear's spacesuit.

KB: And his helmet makes it look no better!

BP: What do you guys like best about being part of this program?

LM: My teammates, especially the guys that I have come to know real well, like Michael Aitcheson, my roommate. We've had some ups and downs throughout my whole career here—it's been an experience, something you can't replace. Our resiliency is what I'm most proud of. Also, the drive that we have to pull together builds our character and makes us even better people than when we first came here.

RL: I like my coaches, teammates and this school.

KB: The best part is playing—playing in front of the fans we have excites me. The anticipation of being in the SEC excites me. Looking down and seeing Kentucky written across my chest excites me. In the SEC, I get to play against what I say is the best in the country. And there's nothing better than coming out of the smoke in Commonwealth Stadium in front of 70,000 people. There's no better feeling in the world than that.

8

BP: Finally, what are your thoughts on tradition?

WW: To me, tradition means you have a lot of guys that are playing football for the right cause—for the school. Tradition is going out there and fighting hard for your university. Giving it your all for the guys that have put in the hard work to bring the program where it is today, and trying to make it better.

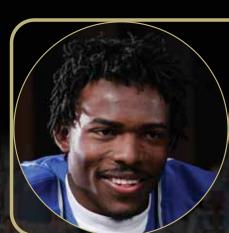
LM: Tradition never graduates—it's about pride. My position is that we have to develop an attitude that when we step on the field, we have to win at all costs. I want to help bring the fire back.

MM: And I think that will start this year. I think we have the athletes to make that happen.



Losing is not something that is acceptable to me, and so the success we haven't had drives me. The success we haven't had makes me want it even more.





Last year, there wasn't any talking in the locker room. But now people are talking to each other, and we're all getting along a lot better. Guys are talking about winning.



JT: With UK football, a lot of people look at the recent history and say there's not much tradition there. But I think that what has happened over the past several years can be built upon. Guys pave the way for six or seven years, and then success kind of "busts out." So we can't forget to look back on the guys who have played the last several seasons and have given it everything they have had, guys like Tommy Cook. They have paved the way for what will happen over the course of the next couple years, and they'll be a key part of that tradition as this thing gets turned around.

LM: Some of us had a small taste of winning from the 7-5 season a few years ago. Now, we have to show these other guys what it takes to get to that level and go beyond that.

 ${
m JT}$: A lot of establishing tradition has to do with winning games. Winning games solves a lot of problems. So a tradition we can lay the ground work for in 2006 is to make this tradition matter; to make people really care about Kentucky football. We have great fans that pack out our stadium, and I can only imagine what it is going to be like when we start bringing in wins—it is just going to explode.

RL: Yeah, we want nothing other than to just win.

KE: UK football needs to be back on the map like it was a long time ago.

WW: A lot of guys now are contributing in a lot of different ways to make our tradition a better one. We all want to come back here after we are finished playing and say, "That's my school and a tradition I helped build."

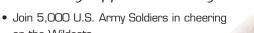
Note: To read more excerpts and view more photos from this interview, log onto UKAthletics.com.

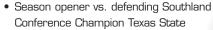


A Closer Look at Kentucky's Home Games

Kentucky fans have seven great opportunities to cheer on the Wildcats at Commonwealth Stadium this fall.













• UK legends return for Hall of Fame Weekend



- Central Michigan Sept. 30 6 pm
- Wildcats out to extend four-game winning streak against non-conference foe
- UK Family Weekend





- Key SEC matchup under the lights at Commonwealth
- Thoroughbred racing at Keeneland all weekend
- Steve Spurrier returns to Commonwealth for the first time as head coach of the Gamecocks

Georgia • Nov. 4 • 1 pm Homecoming

- Kentucky battles defending SEC Champion
- · Homecoming King and Queen introduced



Vanderbilt • Nov. 11 • 1 pm

- Rafael Little racked up 372 all-purpose yards vs. Vandy in 2005
 - UK scored 48 points last season in Nashville
 - Commonwealth in 2004



• Sing My Old Kentucky Home with UK 2006 Senior Class



For UK ticket information, call 1.800.928.CATS or visit **UKAthletics.com.**

UKAthletics.com