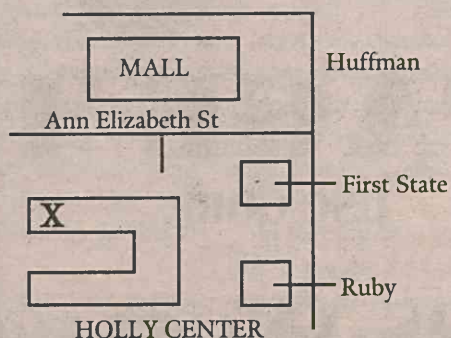


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Putting the right foot forward makes all the difference for football team

Leanda Gahegan
Reporter

Kickoffs. Coin tosses. Nailing that right play. Running that touchdown. Lucky undershirt. These are some thoughts that may go through the mind of a football player before a game.

Many players have pre-game rituals or superstitions like making sure their lucky undershirt is on or grabbing the right pair of lucky black socks.

Josh Rowan, senior left tackle, has a common pre-game superstition, "I wear the same white undershirt that I wore throughout all my high school games."

Rowan is careful to always put his right knee brace on before his left and his right shoe on before his left shoe. Rowan is not alone in his practice of a pre-game superstition.

Pre-game superstitions and rituals are as commonplace in sports as competition. Many famous athletes have pre-game rituals that they always perform before games.

Michael Jordan would always wear his college basketball team shorts under his professional uniform. Tennis champion Steffi Graf rubbed her finger from her ear to her chin compulsively before games.

Elon's own football players also share some interesting pre-game rituals and superstitions.

C.J. Habersham, #63, senior nose guard from Mt. Pleasant, S.C.: "I wear the same undershirt for every game. I also try to sit in the same seat on the bus and in the locker room."

Scott McLain, #74, senior right guard from Springfield, Va.:

"Every time I call the coin toss, we always lose. So I'm not calling the coin toss anymore."

Jamall Scott, #53, junior middle line backer from Winston-Salem, N.C.: "I say a prayer before every game and wear the same pair of black Nike socks under my game socks."

Lawrence Chetty, #46, freshman from Roanoke Rapids: "I listen to music, mostly rap, to get pumped up and hype before games. I usually listen to DMX."

David Ware, #70, sophomore left guard from Chesapeake, Va.: "I will laugh or joke and listen to soothing music like Sade or Babyface."

Armek Ware, #8 senior from Cleveland, Ohio: "I'll put 4 or 5 tape strips around my belt. Then I'm ready to play and just focus on what I have to do to get a victory."

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