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EDITOR'S PICK

FEATURED

## Running on The Hill: Glasgow's Trigg talks about playing football at WKU

BY WILL PERKINS [wperkins@glasgowdailytimes.com](mailto:wperkins@glasgowdailytimes.com) Aug 3, 2018

Western Kentucky University redshirt junior running back Marquez Trigg, a former Glasgow High School standout, poses on Thursday during WKU Football Media Day.

WILL PERKINS / GLASGOW DAILY TIMES



BOWLING GREEN — Being able to play collegiate football 30 minutes away from his hometown has been a great experience, said Marquez Trigg, redshirt junior running back for Western Kentucky University.

The former Glasgow High School standout told the Glasgow Daily Times during Thursday's WKU Football Media Day that he really enjoys the fact that his family can come down and watch him play.

"It's been great," he said. "The atmosphere here has always been good."

Before he donned a Hilltopper uniform, Trigg put up some big numbers in high school.

During his career at GHS, he averaged 135 yards rushing per game, collecting a total of 4,765 yards and 75 touchdowns.

As a senior for the Scotties, Trigg ran for 1,615 yards on 286 carries with 26 touchdowns. He also finished second on the team in receiving with 147 yards and a touchdown.

Trigg said while former GHS football coach Rick Wood put a lot of pressure on his players, he also made a huge impact on them.

“We always had that tradition of being a good football school,” Trigg said. “He brought back that tradition, and I feel like he prepared me for college, mentally and physically — in the weight room, on the field, just in life in general.”

Trigg added that Wood and current Glasgow football coach Jeff Garmon were like second dads to him, “where I could call them up and talk to them.”

In 2015, Trigg redshirted his first season at WKU. As a redshirt freshman, he appeared in all 14 games, mostly on special teams, but he started at running back against Florida Atlantic University. He finished that season with 298 yards on 286 carries with two touchdowns, while also catching two passes for 13 yards.

As a redshirt sophomore last season, Trigg had 51 rushes for 167 yards and two touchdowns, while catching 11 passes for 59 yards.

The most challenging part about playing college football has been learning the playbook, Trigg said, especially with the coaching changes.

But now in his second year playing for WKU coach Mike Sanford, Trigg said he feels more confident in the system.

“I feel like we’re going to make a big step coming in,” he said, adding that it’s very rewarding to have all their hard work pay off during the season.

Getting better in the film room is something he wants to work on, Trigg said.

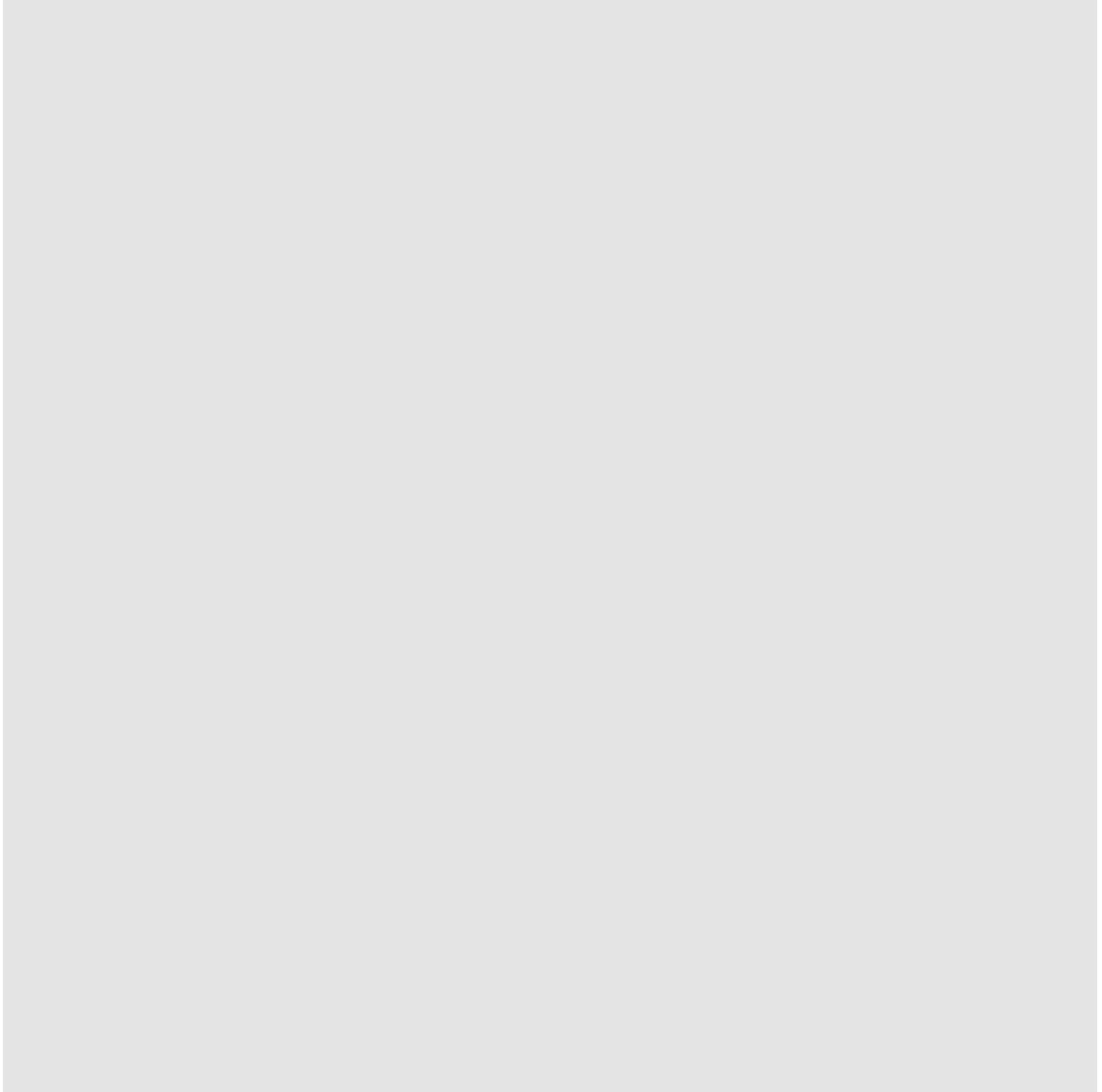
“Learning different defenses. Learning what teams are doing every week,” he said. “Coming in and learning what they’re going to do on Saturdays, that’s probably what I need to work on.”

When watching film, Trigg said it’s important to focus on what he does wrong instead of what he does right.

“We’re mainly looking for the mistakes,” he said. “And we need to correct those more than anything.”

“We’re always going to do good stuff, but we need to work on our mistakes as a whole.”

Trigg said he wants to improve his footwork and beating lone defenders in space, adding that he has really enjoyed playing for WKU running backs coach Mike Sanford Sr.



Mike Sanford Sr., running backs coach for the Western Kentucky University football team, poses on Thursday during WKU Football Media Day.

WILL PERKINS / GLASGOW DAILY TIMES

“He’s got a lot of experience,” Trigg said. “He knows a lot about the position. It’s been really good. I’ve learned a lot from him, the little things that are going to add up on game day.”

Sanford Sr., who was the wide receivers coach for the San Diego Chargers from 1999-2001, told the Daily Times that Trigg is a “strong, physical back.”

“He has become a leader,” Sanford Sr. said of Trigg. “He’s developed as a leader. He’s one of the leaders of our group. He’s a smart player. He takes a lot of pride in details. I think he’s a guy that’s helpful to the younger players, helps them grow and learn and kind of pushes them, too.

“He’s a pleasure to coach.”

Sanford Sr. described Trigg’s work ethic as “outstanding.”

“He’s had a great summer,” Sanford Sr. said. “Worked really hard. Done a really good job.”

When asked what he would like to see Trigg improve on, Sanford Sr. said he’d like to see the Glasgow native become an outside threat.

“He’s a little more of an inside runner,” Sanford Sr. said. “Being an outside threat and being a guy that not only can run through tackles but can make people miss in the open field.

“But I love him as a player.”

Sanford Sr. said he has high expectations for his running backs this season.

“We didn’t run the ball well enough last year,” he said. “And we need to do that.”

Last season, the Hilltoppers averaged two yards per carry for a total of 791 yards with 15 touchdowns on 391 attempts.

“I just really have high expectations for our running back group, and he’s one of the main

ingredients,” Sanford Sr. said of Trigg. “So I do have high expectations of him.”

Sanford Sr. said it’s too early to judge how much playing time Trigg or the other running backs will get this year.

“We’re going into training camp with the attitude we don’t know who our starters are going to be,” Sanford Sr. said. “He’s obviously right in the thick of the competition for that, but it’s really too hard to tell how that’s all going to pan out.

“He’s a great kid. He’s outstanding.”

When asked what advice Trigg would give to aspiring football players, he said “the sky’s the limit.”

“If you work hard every day, day in and day out, the results will show on game day,” Trigg said.

“If you want it to be a year-round thing, it can be a year-round thing.

“It’s a year-round thing in college. In high school, I made it a year-round thing, so that’s what helped me get to this level.”

Trigg also had a message for the Glasgow Scotties. He said Garmon is a good coach and GHS has a great program.

“Just work hard and everything will pay off,” Trigg said. “Good luck this season. The sky’s the limit. Ya’ll go get that ring. Get another ring. We need another one. Just enjoy it. Have fun. It flies by.

“And go Scotties!”

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