

**INTERVIEW WITH DAMON HARRINGTON**

**Q=Det. Benningson**

**A=Damon Harrington**

- Q: Um, don't mind that. I (unintelligible). I'm like recording this. Um, so prior to me working here, uh, I worked (unintelligible) worked homicide for nine years. Probably worked over 300 death cases there, so uh, (Decco) has asked me to look into this and just uh, and something like this, what we do is we uh, there's nothing suspicious about it. Uh, this is just to find out what led up to his death. Uh, was he on medication? Was he not feeling well.
- A: Right.
- Q: There's rumors about sickle cell anemia or - or whatever, you know, he might have and I did attend the autopsy yesterday. The - the - the pathologist who is doing the autopsy is the Chief of Pathology.
- A: Uh-huh.
- Q: He's the tall guy. Very thorough and uh, they're going to do a lot of testing to find out, you know, what happened, but nothing real obvious.
- A: Yeah.
- Q: So um, it sounds like, you know, I mean, it could be a lot of things. Could be uh, athletes die sometimes from - from intense workouts.
- A: Yeah.
- Q: I mean, I - you know, I - I played a little college ball uh, back in my days, the 70's. That's a long time ago but uh, back down then, we took salt tablets.
- A: Yeah.
- Q: I don't think that you've ever heard that but...
- A: Oh no.

- Q: We used to take (unintelligible) I can't believe you, but that's how - that's how we - all we knew back then. So by - by no means are we trying to put a blame on anything. I - I want...
- A: Mm-hm.
- Q: ...make that up front. We're not looking into what conditioning program is or nothing like that. That's...
- A: Mmm.
- Q: ...uh, some people are asking, "Well what are you guys - are you going to look into the program?" "No."
- A: Yeah.
- Q: You know, that's not - that's not our expertise.
- A: Mm-hm.
- Q: You know? Wha- what we're trying to do is figure out wh- what was he feeling before he died and try to figure out what caused it and I mean, to me, it looks like it's going to be some kind of a natural cause. So uh, you know, it's just unfortunate and it happens.
- A: Mm-hm.
- Q: But uh, what I'd like is uh, what your role was yesterday. Were you there? I - I understand some folks did some CPR on him?
- A: Mm-hm.
- Q: Were you one of those guys?
- A: No.
- Q: Okay. So it uh, what is your position there?
- A: Uh, the head football strike condition coach.
- Q: Okay. So you - you put together the programs and stuff?
- A: Yes.

- Q: What can - what can you tell me about (Ted)? Um, what kind of program he was on? Conditioning or...
- A: Well, he was on the same (unintelligible) as everybody else. I mean, we - we lift and run four days a week and um, just kind of what we're doing right now is, Monday's and Thursday's are our speed days so we do speed work on the field then come in and work out.
- Q: Okay.
- A: Tuesdays, Fridays are slick days.
- Q: Right.
- A: And so we work out and then we can run. Now on Fridays in particular, we always do a team run where um, it's been team competitive agilities.
- Q: Right.
- A: So, you know, we divided them up into teams and they compete against a different team.
- Q: Mm-hm.
- A: Well, on this particular Friday, I uh, felt just the need to mix it up. To do something different.
- Q: Right.
- A: Um, you know, so I came up with what we did on Friday.
- Q: Okay.
- A: Which was um, divided into their teams and every team had a role.
- Q: Right.
- A: And so then, you know, I - I called it the amazing race and so we were going to go across our stadium, go across to the parking lot.
- Q: Okay.
- A: Um, and do ten - ten hills is what I called it, and then come meet back in the stadium.

Q: Right.

A: And then that was...

Q: Ten hills? So the uh, you're right behind the stadium?

A: Well, uh...

Q: What does it stand for?

A: Where - right where (Bowles) parking lot is.

Q: Oh yeah. Yeah.

A: So we were on (Bowles)...

Q: Okay.

A: ...parking lot.

Q: Yeah. It's not bad.

A: Yeah.

Q: Yeah.

A: And - and so...

Q: And hills are good, right? I've been running those.

A: Yeah. So I mean, we - we were doing that.

Q: Yeah. Um, did you ever have eyes on him or him and...

A: Yeah.

Q: ...(Ted) in particular?

A: Yeah. I mean, I...

Q: Did you see anything unusual?

A: ...got eyes on everybody.

Q: Yeah.

A: But I mean, not only...

Q: Did you notice anything is what I'm saying?

A: Well, the - we - we were running. Okay? We were doing - they were coming and going up and there was some - kind of almost like you had to go around and I was at the bottom.

Q: Okay.

A: And as the teams were coming through, I was marking hill - hill. It's like that I keep track of how many they were doing.

Q: Okay.

A: And (Ted) was - was in the front and, you know, all the teams would come back down to the bottom and there - there was a bunch of people.

Q: Right.

A: So I was - I was - I would just you know, "Hey, I need the name of your team so I can mark it off."

Q: Right.

A: And then every time, (Ted) was team - team (Lasko), team (Hunter). Team (Lasko), team (Hunter).

Q: Okay.

A: And he - he was in - in for nine hills. That's not a wuss.

Q: Right.

A: Now, on the - the tenth one, um, I saw the guys helping him up the hill, you know, but it - I - I just...

Q: When he kept going and holding him or?

A: Like - yeah. Like grabbing him, like pushing him through, you know.

Q: Okay.

A: I - I - and I just stalled. I mean, he was - he pulled the team for - for nine hills.

Q: Yeah.

A: You know, he - he's just a little tired.

Q: Right.

A: And there was nothing obvious to where I was like, "No. You - you know, you need to stop."

Q: Right.

A: And - and then of course, you know, (Bowles) it kind of goes up and then it kind of turns to the right a little bit and then, you know, the team just went up.

Q: Right.

A: And - and like the - but they came back down and said, "Hey, (Ted)'s - (Ted)'s still up there."

Q: Right.

A: So, you know, I ran up and you know, he - he was on the ground.

Q: Okay.

A: And um, you know, he could tell he was tired, you know...

Q: Yeah.

A: ...and he just gasped a little bit and you know, that he was talking - I mean, he was responding to - I mean...

Q: Well, do you remember what he saying or...

A: Yeah. I'm like, "(Ted), you all right?" "I'm - I'm good. I'm fine."

Q: Okay.

A: "I'm good. I'm fine." You know, whatever.

Q: Yeah.

A: It's real short at first but...

Q: Right.

A: ...he was responding and I go, "(Ted) grab my hand."

Q: Yeah.

A: He just squeezed - squeeze my hand. (Ted) move - move your feet.

Q: Okay.

A: And he would move his feet.

Q: And this was like basic uh, to - to check uh, to see if they're responsive or...

A: Yeah. They're just - just to see how he was doing.

Q: Okay.

A: And, you know, he was - like I said, he - he was breathing heavy.

Q: Yeah.

A: And - but, I mean, at that point, I figured, you know, we were putting water on him and - and all that stuff, just...

Q: Right.

A: ...you know, just - just to help him.

Q: Was he drinking or - drinking water?

A: No. I mean, we were just more pouring on his neck and...

Q: Right.

A: ...you know, it - like yeah, gulp down a little bit and so um, you know, so we did that for a while and so we had the cart come up and so we put him on the cart.

Q: Right.

A: You know, said, "Here, grab a hand, we'll put you on the cart." So grabbed my hand, you know, we pulled him up and we put him on the cart.

Q: Right.

A: You know, and at that point, then went back down to the - the training room.

Q: Were you in the cart when it went back down?

A: No. No. The trainers um...

Q: Who was in the cart?

A: Uh, I want to say (Robbie) was.

Q: (Robbie)? Okay.

A: Who was the trainer. Um...

Q: I think I talked to (Robbie) on - earlier.

A: Okay.

Q: Um, he's - he's just - he going to a meeting too this morning or...

A: I'm not.

Q: Okay.

A: I'm not. He wasn't there with me.

Q: Okay.

A: Um, so (Robbie) was. Uh, (Josh) is - is an intern.

Q: Okay.

A: (Lamars), um...

Q: So they would have talked to him possibly...

A: Yeah.

Q: ...on the ground? Okay.

A: And - and so - and so they went on and I just said, "Hey, he's going to recovery. He's going to be fine."

Q: Right.



A: And so we walked down, because the team at that point, was - was in the stadium.

Q: Okay.

A: Like on the field.

Q: All right.

A: And um, and - and then, you know, we - we walked. You know, me and a couple of guys walked to um, to where we were going to meet the team...

Q: All right.

A: ...and then when we got to the north hall, you know, we looked over to the right and we saw on the ground, they were doing CPR.

Q: Oh wow! That quick.

A: Yeah. Sa- and so I was just, in my mind, I'm like what?

Q: Right.

A: I can't get - I'm like what?

Q: Went downhill real quick. Yeah.

A: Yeah.

Q: Yeah.

A: And...

Q: So who did you see giving CPR?

A: It was uh, (Robbie).

Q: (Robbie)?

A: And - and (Mike Elds).

Q: (Mike)? Okay.

- A: Mm-hm. And uh, and they were doing CPR. They called 911. They had the defibrillator.
- Q: Okay.
- A: Um...
- Q: They hooked up the defibrillator?
- A: Yes.
- Q: Do you remember what it read? Did it say charging?
- A: Um, yeah.
- Q: You know how it talks?
- A: It did that. Yeah. They - they - they were doing CPR and then it would say pause for a reading.
- Q: Okay.
- A: It would say no charge necessary.
- Q: Mmm.
- A: Or...
- Q: And it - it detected something happened?
- A: Yeah. And - and so - so they continued CPR until the uh, ambulance got there.
- Q: Right.
- A: And you know, in - in the meantime, when - while they were doing this, I mean, the team was sitting in - in the stadium.
- Q: Yeah.
- A: And I mean, I had to go talk to them. Um...
- Q: Yeah.
- A: ...and so I paused for a second, but I kind of - I mean, I was honest with them. I said, you know, "(Ted) - (Ted)'s in trouble."

- Q: Right.
- A: You know, I - hey don't - said - said I'm sorry.
- Q: Yeah. That'd be a shock. That was probably - he was a real popular player.
- A: Yes. And very...
- Q: Yeah. Yeah. That's a shame.
- A: Likeable kid.
- Q: Yeah.
- A: Good kid. Hard worker. I mean, everything he - he (unintelligible).
- Q: What year was he? A junior.
- A: A sophomore. He was going to be a - a senior this year.
- Q: Sen- oh, wow.
- A: Yeah.
- Q: I didn't realize that.
- A: Mm-hm.
- Q: Yeah.
- A: And so I would talk to the team and you know, they said a prayer and they were coming out the north tunnel and you know, they were right there. I mean, they - a lot of them saw - I think doing the CPR.
- Q: Right.
- A: And uh...
- Q: And that's - yeah. That's a shocker.
- A: Yeah. And - and so...
- Q: Do you know - who's his roommate?

A: Uh, I - I think it's uh, I think it's - it's (Whitehurst). (Drake Whitehurst) and also (Hender).

Q: Okay.

A: Were his roommates.

Q: And this - do you know where they stay? They're not...

A: No.

Q: ...CP - they're at - are they in a - in a house or they in a - like a CPC?

A: I don't know.

Q: I know you been spread out, so.

A: Yeah. I - I want to say live off campus.

Q: Okay. Campus, okay. All right. Yeah. Cause all this is hell trying to - I - I just talked to his roommate.

A: Mm-hm.

Q: And I understa- uh, I know (unintelligible) I - I was talking to - they said roommate. His roommate is taking it pretty hard.

A: Yeah.

Q: Yeah.

A: (Unintelligible).

Q: Yeah. Let's talk to him a little bit. Um, I - I - worked a lot with families...

A: Mm-hm.

Q: That - that had lost somebody when I worked homicide, so I can say some things to him. Hopefully, he'll feel a little better. Not better, but at least, this is - you know...

A: Yeah.

Q: ...what you're feeling is normal. You know, it's uh, we've all lost people. You know.

A: Yeah.

Q: It's uh - you know it never goes away. It gets better over time, but it's uh, this is early and the shock factor's still here, so you know, it's tough because football is commmeratery. I mean, I played - I played junior college.

A: Mm-hm.

Q: Um, but my - my dad recruited UCLA back in the 60's and 70's, so I've been around that - the college football a long time.

A: Mm-hm.

Q: And it's just a tight group.

A: Yeah.

Q: It's almost like law - law enforcement's the same way.

A: Mm-hm.

Q: You know, you - you get a group of ath- like grown athletes.

A: Yeah.

Q: Where I used to work, it was all - like guys all played football, baseball. You know.

A: Mm-hm.

Q: And I don't think it - unless you're involved in that, nobody knows the tightness, you know, (unintelligible). It's almost like being a marine or something.

A: Yeah.

Q: You know.

A: Yeah.

Q: It's where everybody's going to help each other.

A: Mm-hm.

Q: Yeah. Yeah. That's good. Very strong group. It sounds like the caliber's real strong.

A: Yeah.

Q: You know, um...

A: You know, I mean, we - yes. I mean, we're pretty - we're getting to that point to where - yeah. I mean...

Q: Yeah.

A: ...the guys are getting close and...

Q: This - this - I mean, I hate to see - I hate to see a death, but this is goi- this is going to bring everybody closer. You know that.

A: Mm-hm.

Q: I mean, this is - and it's going to make them probably play even tougher, you know, cause they're going to want to play for him...

A: Mm-hm.

Q: ...you know, for (Ted) and (unintelligible) season. You know, it's neat. It's times like this where it - it does bring people tighter together.

A: Mm-hm.

Q: You know, if there was any looseness.

A: Yeah.

Q: Yeah. So - now do you know - his family's from uh, LA I guess, uh, Bakersfield?

A: Bakersfield.

Q: Do you know - it uh, mom and dad still around?

A: Um, here in town or - yes. I - I think...

Q: I mean, I just know why they...

A: It was - yes.

Q: Okay. So...

A: It was - you know, they flown in and we did a thing for him. Uh...

Q: So they are here?

A: They - they were here. I - I don't know...

Q: Okay.

A: ...if they left or...

Q: Okay.

A: ...but I know they were in town.

Q: Okay. And then he has a brother? He was here?

A: Brother and sister.

Q: Okay.

A: They were both here.

Q: And that's - so everybody's from out of town?

A: Yeah.

Q: Okay.

A: Mm-hm.

Q: All right. Yeah. Cause I wanted to - we want to open ourselves up to family if they...

A: Mm-hm.

Q: ...they need to talk to or something and we want to reassure them, you know, that - that everybody's...

A: Yeah.

Q: ...doing everything they can to find out what happened.

A: Mm-hm.

Q: And um, for whatever it's worth, I - I think - I don't know if I told you, the - the pathologist is the chief.

A: Mm-hm.

Q: He's the top guy, so...

A: Yeah.

Q: ...uh, this guy's an expert at what he does. I'm glad - uh, four physicians, he ended up, you know...

A: Mm-hm.

Q: ...doing the autopsy, so I feel good about that.

A: Yeah.

Q: You know, he (unintelligible) autopsies, it's always good to have - they're all good, but this guy is uh, from what I've read on him and heard he's too thorough. So that's good.

A: Yeah.

Q: So I know he'll be able to tell us what's going on.

A: Right.

Q: Let me just write down some info real quick. Cause what I'm going to do then, is I'm just going to do a series of interviews, just to talk to everybody to get an idea - I wasn't there, so you know, being - playing in the past, I know exactly where you're talking about. The hills and stuff.

A: Yeah.

Q: You know, you always smile on that cause I - it was - was - well, kind of remains strong.

A: Yeah.

Q: You know. Conditioning - conditioning and (unintelligible) as anything, but the hills - they're - the - any one builds our legs, that's - that's it.



A: Yeah.

Q: Actually build - build - we got some good (unintelligible) that place to do uh, hurdles.

A: Mm-hm.

Q: And my other line coach in college was - he was big on the hills. Oh my God, he would make us run up and walk down. But I - I walk down.

A: Yeah.

Q: And you're uh - what's your legal name?

A: Robert Damon.

Q: Uh, prior to the (unintelligible) but the last name is?

A: Harrington. H-A...

Q: Harrington. Okay. That's right. Got you right here. And what's your date of birth?

A: 09/17/77.

Q: And I got you - let's see. I got your email - let me make sure I just got some contact information, so you're right - hang on. Now where - where are you originally from?

A: Uh, Louisiana.

Q: Okay.

A: Mm-hm.

Q: I see you've got a little bit of accent, so...

A: Yeah. A little bit.

Q: So you been here what? Two years then or...

A: No. I've been here since the end of May.

Q: Oh, okay.

A: So not even a year.

Q: And it's uh, 316 is your cell?

A: 510-316-5271.

Q: Yeah. And you've got mine, it's - if you ever - yeah. If you have any - you can text me any time or call me if you have any questions or uh, while we're trying to hook up with folks. So you're uh, you're the uh, head strength conditioning coach?

A: Mm-hm.

Q: Okay.

A: For football. Yes.

Q: Oh, put that in there. Um, what else do I need from you. I don't need to have - what's your work address - what do they list a work address now? I know it's changed.

A: Uh, this - 220's - 2227 (Peatmont).

Q: (Peatmont)?

A: (Civic) Center.

Q: I know they uh, they call it a different, but they call it Football Way or something?

A: Yeah. Um - uh...

Q: There was something going - (Civic) Center. Um, anything else that we've uh, we've left out or...

A: No.

Q: ...in regards to what happened out there? So it sounds like - your - your position is you - you schedule training...

A: Yes.

Q: ...you're at the bottom of the hill?

A: Yes.

- Q: First running hills, uh, he - he was in the lead pulling the team and then the tenth one, it looked like he was struggling. They were helping him up and then you were notified he's at the top. You guys - the cart goes up. You go up and see him, talk to him.
- A: Yes.
- Q: Squeeze his hand.
- A: Mm-hm.
- Q: Uh, talk to him. They bring him down and then you saw the CPR?
- A: Yeah.
- Q: All right. And there's - and there's - no - no chatter. Uh, no one talking about uh, him having any - any uh, hey sergeant. I - I am. I'm in the front interview room with the uh - one of the uh, head trainer or uh with football team. Trainer, exercise, conditioning. Yeah. I'll check it. What do you got? Okay. Let me run - let me run back there. I'll put - I'll be right - hang on. Hey, you (unintelligible) you want to water?
- A: Uh, no. I'm fine.
- Q: Hey, got plenty of waters back there.
- A: I'm fine.
- Q: All right. Be right back.
- A: Okay.
- Q: Shut this off now.

This transcript has been reviewed with the audio recording submitted and it is an accurate transcription.

Signed \_\_\_\_\_

**INTERVIEW WITH DAMON HARRINGTON**

**Q=Det. Harry Benningson**

**Q1=Lt. Marc Decoulode**

**A=Damon Harrington**

Q: So Damon I'm just gonna - from my notes I'm gonna put this here again.

A: Okay.

Q: Don't even worry about it.

A: Sure.

Q: You go...

Q1: Uh, did you turn it on yet?

Q: Yeah, it's on. Uh, I filled the Lieutenant in on our first interview.

A: Mm-hm.

Q: And, uh, uh, he wanted to touch base on a few more things that...

A: Yeah.

Q: Uh, one is the, uh, uh, medical - medical background on, uh - on (Ted).

A: Mm-hm.

Q: And I - I - I thought we had touched on that a little bit.

A: A little bit.

Q: Yeah.

A: You know - you know, I - I asked those guys up there - I - I don't know if we can release that. Um, I - I...

Q: Well I think because it's an investigation you can.

A: Yeah.

Q: And this is not for the general public.

A: Mm-hm.

Q: This is for a police investigation which, uh, uh, is covered under, uh...

A: Mm-hm.

Q: ...(unintelligible). 'Cause we get information from Tang Center...

A: Yeah.

Q: ...um, if we're investigation somebody or y- you know, if there a suspect in a case...

A: Mm-hm.

Q: ...or they're in custody.

A: Yeah. Okay.

Q: So w- if you're not comfortable answering that...

A: Mm-hm.

Q: ...you can say that you were aware that he had medical conditions but you don't wanna say specifically what they were.

A: Okay.

Q: But my understanding earlier was that when you were asked if you knew of any medical conditions...

A: Mm-hm.

Q: ...you said no or you weren't very specific.

A: I said - I said I don't know.

Q: Right.

- A: I - I mean, like...
- Q: S- so keep in mind what we don't wanna do is we don't wanna have it appear that you're either not telling the truth...
- A: Mm-hm.
- Q: ...or that you're being deceptive.
- A: Right. Now, I - I'll say this. I mean, i- if any of our employers have a medical condition we are informed because, I mean, we have to know if - if something's going on with the guys or not. I mean, that's - that's just the truth. Now, um, you know, we know. I- if, you know, my whole staff knows. I mean, if there is a medical condition, um, I'd just - I'd rather not elaborate on that. But yeah. So, I mean, we're informed. I mean, just from medical to - to us because, I mean, we - we work these kids out. And, um, you know, I mean - so we - we have to know...
- Q: Right.
- A: ...i- if there's a medical condition or not.
- Q: Okay. In your, uh - in your training if someone had a medical condition like sickle cell trait are there any specific things that you should watch for or do differently?
- A: Mm-hm. Well yeah. I mean, we've worked with a number of those types of guys before in the past. Not necessarily here but just everywhere. Um, you know, y- you look for cramping. You know, if guys cramp which, um, you know - and just - just signs of difficulty breathing. Um, you know, which you have to know your players, whether or not - if that's a normal thing or that's something that's not typical for certain guys. Um, but yeah.
- Q: Did, um, (Ted) have any of those symptoms of cramping or anything that would cause you concern?
- A: Cramping -- not to my knowledge. Um, you know, wh- when we were doing the - the hills the, uh - you know, I mean, he was in the front of his team. I mean, he - he was pulling his team. He was talking to me, you know, every time he came around the cones telling me his team name - you know, Team (Lasco), Team (Hunter). And so on the last one I saw those guys helping him. And so (Ted) has - has never had an issue, you know...
- Q: And...

A: ...as far as - yeah.

Q: Not to interrupt you but do you remember who you saw helping him?

A: I don't.

Q: Okay.

A: I - I don't. Um, I know they would've had to have been on his team. You know, the - the number of guys on his team. And, um, you know, which I took it as he has pulled his team for nine straight hills. You know, he - he was - he was gassed a little bit. And they were helping him, uh, i- in return. I never took it or never looked at it as a sign that, oh my gosh. You know, we need to stop him right now. I mean, not - not once.

Q: Do you have a list in your office of who the teams were?

A: I do.

Q: So you could let us know who was in that group?

A: Mm-hm.

Q: And when you - when you refer to teams you're talking about you divide the players up into different groups?

A: Right. The - we - we choose captains and they draft teams.

Q: Okay. Is this a workout they had done before?

A: Uh, we have done it before with our developmental guys, basically guys that have red-shirted, guys that have - uh, maybe don't play much. Um, they may travel.

Q: So it's not - it wasn't a brand-new workout?

A: No.

Q: Wasn't anything unusual?

A: It was - it was brand new as far as the entire team involved - yes. But we have done this before.

Q: In this last - in the last series you mentioned he was gassed. What do you  
... by that?

- A: Well it was - yeah. I say gassed. I - I saw his team like helping, grabbing him and like, you know, helping him, you know. Just like, you know - which is basically kinda what the drill's designed for, for the team to help their teammates. And - and so there wasn't anything to where he was just kinda flopping around. I mean, he was up. You know, they - they just had a hold of him a- and just helped - you know, pulling him.
- Q: Do you know about how long that went on for?
- A: It couldn't have been long. Um, because when they came around, you know, how (Bowles) comes up and then it - it hangs to the right, you know. And - and so once they went around that curve that was the l- the last I saw. So, I mean, you're - you're talking seconds.
- Q: Okay. Is it unusual for players to help each other in a - in that kinda...
- A: Not - not at all.
- Q: Would this be considered a conditioning drill?
- A: Mm-hm. I mean, yes we use it as conditioning. More of team building...
- Q: Okay.
- A: ...than - than conditioning. Um, there wasn't - you know, when I consider conditioning is more of there's a time. They have to make this time. They have a certain amount of rest in between each - each rep. And I - you know, it was more of a - just a team building. It was a competition is what it was.
- Q: Okay. Is there anything else you can think of to, um, shed any more light on this than you already have?
- A: Well, I mean, uh, I'm - you know, when - when we started, you know - like I said before he - he was in the front o- of his team. And, you know, all the teams were going. And they - each team had their own rope where they were individually holding, you know, a- as a team. And, um, they'd go up and then they'd come back down. There was cones that they had to go around. And when they came down, you know - there were more than one team. You know, it was - it was a bunch of kids. So, you know - so I yelled out. I would just say, hey I need to know your team name, because I was standing at the bottom tallying how many hills to make sure everybody did the equal amount. And every time (Ted) was, "Team (Lasco), Team (Hunter)." He - he would - he would yell it. An- and they'd go up. And then it was - it was the last one. And uh - yeah. I - I mean so



Q: How far is it?

A: I don't even know.

Q: I mean, is it like 100 yards, 200 yards?

A: It's - it's probably - I'd say close to 100.

Q: Okay.

A: I- if not 100. I mean, it's probably not...

Q: S- so they're going up doing a circle, coming back down.

A: Yes.

Q: Okay.

A: And so I wouldn't even t- consider it to be 100 yards. I'd probably say less than 100 yards if I were to guess.

Q: And what did it - did it consist of just running or were there other things in there?

A: No. It was - it was just running.

Q: So just sprinting up the hill basically.

A: Yeah. You know, some - some teams walk. Some teams jog. Some teams - you know, of course as you go on they slow down. Um, so - and, you know, when - when he rounded the corner his team came back down and said, "H (Teddy)'s - (Teddy)'s up there." And so, you know, I immediately ran up there.

Q: Okay.

A: And, you know, my guys were right there. The trainers were right there.

Q: When you say your guys who?

A: It's training staff.

Q: And do you recall who?

A: Uh, it was...

Q: That's me.

A: Yeah, it was - it was almost the whole - the whole staff. I mean, it was, uh - (Scott Salwasser) was there. Uh, one of my interns was there -- (Josh). Uh, I can't even pronounce his last name. And - and I think -- which I - I could be wrong -- I think (Jason Russell) was there too. You know, we were all there. And (Robby) was there and, you know, he was, you know - asked him - said, "Hey, you know, are you okay?" He said, "I'm good. I'm fine." You know, he kept responding. He squeezed my hand. I mean, he could move his toes. You know, and, I mean, he was breathing heavy - yes. But nothing that was out of the ordinary from a person that went through something like this, that would've just told me that, oh my - you know, he - he's in trouble, you know.

Q: Right.

A: I mean, w- he was going up the hill and I - he fell down and the guys tried to pick him back up, you know. And so my guys were like, "Whoa, whoa, stop, stop. Let us take a look at him." You know, and then that's kind of - you know, once - once he, uh - you know, we - we pulled him - put him on the cart - you know, picked him up, put him on this cart. And - and so, you know, he - they went towards the training room. And...

Q: Now did you have to pick him up to put him on the cart?

A: No. He - he grabbed my hand. He - he grabbed my hand and - and, you know, we pulled him up and we helped him.

Q: So he had fal- fallen down or sat down?

A: Yeah. He was o- he was on the ground.

Q: Okay.

A: You know? He was - he was - he was on his back, then he'd roll over to the side, on his back, and he sat up for a second. And then he - we laid him back down, you know, just to help him catch his breath. And...

Q: Now did anybody see - did he fall down or did he sit down or do you know?

A: I - I don't know.

Q: Okay.

A: I - I don't know if he was running and he just, you know, fell down or - I - I didn't see it.

Q: Okay. But you think one of the other, um, strength and conditioning staff men seen that?

A: Mm-hm. I - I think so.

Q: Uh, and then you have a number of staff monitoring this?

A: Mm-hm. Yes.

Q: And...

A: I mean, my - my guys were spread out all the way to the top.

Q: And what's the purpose of having them monitor that?

A: Well just in case something like this happens. Y- you know, just precautionary. I mean, it's to motivate partly, you know, guys that are - that are working hard and to - to motivate 'em and just to be aware if anything like this happens.

Q: So that's part of your instructions to them?

A: Yes.

Q: Okay.

A: Yeah. I mean, it's just - it's not like, hey just in case somebody goes down be right there but it's just not. I mean, that's - that's - we're always spread out so we can monitor what's going on.

Q: How long do you think he was on the ground for before you guys helped him up?

A: Um, it w- it wasn't long. I - I - I couldn't give you a time estimate but it wasn't - because once I found out, you know, I ran up there and - I mean, couple of minutes.

Q: And then the - and the trainers were there?

A: Mm-hm.

Q: Do you remember which ones?

A: I know (Robby) was there.

Q: Okay. And then at - at that point when the trainers were there who's - who's ultimately decision is it to make if he continues or goes to the, uh, locker room?

A: Uh, it's (Robby)'s.

Q: Okay.

A: You know, it's...

Q: So (Robby) said no, he needs - we need to...

A: Yeah.

Q: ...take him down and look at him.

A: Yeah. I mean, so - I mean, we were just being precautionous. I mean, we were ether. We stopped him. Um, you know, the guys were trying to pick him back up and they said, no hold on.

Q: And when you say guys you mean...

A: The teammates.

Q: ...other players?

A: Teammates - yeah. And - and so they, uh - you know, we stopped him and then they were there. You know, (Robby) was right there. Um, you know, I don't know if (Robby) saw him fall but I know that he was there quickly. A- and so, you know, they w- put him on the cart and they drove down and - and so I assumed, hey he's gonna be okay. He just needs some time to recover. And then on the way back, you know, we - we just walked down because the team was in the stadium just waiting on us. And, you know, before we got into the north tunnel I looked over there and they were - they were doing CPR.

Q: Hm.

A: And I was just numb. I was sho- I mean...

Q: So the cart was already there when you guys came back?

A: Yes

Q: Okay.

A: Mm-hm.

Q: Now was there any penalty, uh, if - if a - if a team or individual didn't complete the workout?

A: No.

Q: So it wasn't the type of workout where if you don't finish it you have a penalty later on or anything?

A: No. No, not at all. And that was never instructed to anybody on the team. It was - this - this is where we're - we're starting in the stadium. We're doing the ten hills and it - and it was a competition. You know, the - the first guys back in the stadium get points, you know. And so there's eight teams. The first place team gets eight points all the way down to one point for the last place team. Then - and that just went to our overall team competition.

Q: And then...

A: So there was never any, hey if you don't finish that's, you know, your ass or anything like that.

Q: Okay.

A: No.

Q: Okay.

A: Mm-mm.

Q: Anything else?

Q1: No. That - uh, that clarified it.

A: Yeah.

Q: Okay.

Q1: Okay.

Q: Well thanks for coming back.

A: Yeah. I mean, it's no problem. Like, you know, with this...

Q1: Get - get that (unintelligible).

The transcript has been reviewed with the audio recording submitted and it is an accurate transcription.

Signed \_\_\_\_\_