Black and Gold Player Spotlight

The Pine Needle sits down with UNCP football player Rashon Kennedy at the start of the 2010 season

By Nick Phillips
Sports Editor

What were your feelings for yourself and the team this season after making the playoffs last year?

This year is a whole new year for us. We have to forget about last year and focus on this year. We have a lot of new things that we are doing this year and a few more good athletes on our team this year. Our new expectations this year are to be the best we can be week in and week out meaning that we have to up our tempo from last year and play smarter and be more in shape than our opponent.

Describe your experience as a UNCP student athlete.

Being a student athlete takes a lot of focus. I had to learn that I have to make a lot of sacrifices to be a great student in the classroom and also at the same time being a student of the game. My education is the most important thing and comes first so that’s where I put most of my time into. It’s just a great feeling to know that I can be an athlete and still do good with my academics.

Who/what are your biggest inspirations, both in football and in life?

My inspirations in football are my coaches. They always are there to inspire me and pick me up at all times knowing that I can get better everyday. They are always on me to make sure that I do the right things at all time and I think that is really something that you can feel great about knowing that the coaches care about us on and off the field. In life it is my family and friends. Just like my coaches they are on me all the time always wanting me to be better than I was the day before and also making sure I stay away from all the negative things.

What do you do personally before a game?

Before every game I listen to music and then pray to myself. I also think about my friend Erick Mitchell who died in high school. He was a great football player and also a great friend with a big heart. That’s why every time I come out I point to the sky because I know that if he was still here he would be in the same place that I am right now.

2009 Season
767 yards rushing on 148 carries with 6 touchdowns