

## Cameron Warchuck | Washington Football

Hey my name is Kim War Chuck I am a long snapper at the University of Colorado um and I play on the football team here growing up I've had a lot of different mentors in my my career uh whether it be my previous position at center or my current position at long snapping Um My previous position at center there's been a lot of coaches uh that helped me get to this point and be able to realize that hey this is something that you're good at and you should be able to really take under that wing and and go forward with it whether it was body composition to weightlifting in the weight room uh or being able to get that exposure Um along with uh Rubio he is a long snapping coach that has helped me out uh be able to get to where I'm at here at Colorado Some of the advantages that I I had when I was training II I went to a high school that was blessed enough to have a very high high level weight room So we had the racks that we have actually at the University of Colorado So a lot of our stuff that we have in house here We also had at my high school So I was able to train with the top tier quality of um equipment to be able to help me get stronger in the weight room faster on the field Uh Also just kind of putting in the extra work by yourself Like I know it makes sense that there's other people out there that are working just as much as you are But you always have to be understanding hey like I'm putting in the time and I'm putting in the effort to make sure that myself I'm gonna be putting in a little bit more time than that other person So my recruitment was a little bit different I would be able to talk with colleges mainly over Twitter um until they either gave me their phone number or uh I got a phone number from from my coach saying hey the school con contacted me and wants to talk to you Um And that that was the way that we continued with the communication Uh So a lot of it was being able to do my routine and snapping at parks at my high school Um Any field that I could honestly get having my dad catch my brother catch Uh or even if I was lucky enough to have a punter come out and be able to work with me we were able to make different things work and have film on both sides of the the pro production whether it be my for my snaps and for his kicks um or vice versa And when we sent it out we were kind of double dipping and sending it out to the college coaches and showing both of us uh at the same time So transitioning from being in high school and taking a role as a center um and also long snapping at the same time uh going to college and only long snapping was kind of a shift for me because I went from being on the field about 6070

plays a game between long snapping and being a center versus now I'm only on the field. My max max game I think was like 14 to 16 snaps. So it's very minimal of the time that I'm actually on the field and playing. Um compared to when I was in high school and playing a different position. So that was a transition in itself to be able to get used to understanding and how to mentally go through the game and be able to understand like hey this is what you need to do to prepare and be able to stay locked into the the whole course of the game. Um Besides that fact there's a lot of other things that you have to understand of hey your job is just as important as it is as a wide receiver that's catching the touchdown or anything like that because you're still putting up points on the board or you're playing defense um by pinning them inside the the 20 yard line or the five yard line whatever you can on punt because that's the way that you're gonna be able to help them out. So doing your job right is the way that I I would say is the best thing as a long snapper you gotta just be perfect and you have to minimize your airs. The whole point of being a specialist is you're you're only gonna get so many opportunities taking those opportunities and making it. Ok over the course of the season you only scrip once and that's that's basically minimalizing anything that you can do because we don't have 6070 plays over a course of a game to to be able to make up for that one play that we miss like it's you gotta do it now and that it all starts in practice and all starts doing those little things right on your own when everybody's not watching because specialists you you only have so many opportunities. One thing that I noticed that helped me get a little bit further in my career um and just put that little step up above anybody else that was there is I focus on the details. So I wasn't necessarily always the biggest or the fastest but I knew what I could do good and I knew what I was the best at and I really dove into those those factors whether it be footwork or whether it be the smallest details of hand placement. Um And that still transitions to my position today of being a specialist I'm very pinpoint on whatever I do because releasing the ball here versus here on my snap is a matter of a foot back when the punter catches it or when the holder is catching it for the field goal. So being pinpoint accurate with anything that I'm doing and anything that I have um going on in my snapping routine and my blocking routine I really break it down into different parts and then understand hey this is what I'm good at. This is what I need to keep focusing on and understand. This is the areas that I'm not so good at um and really dive into those areas of my skill skill set um to be able to focus on and make those better. So that way other people can exploit them

a piece of advice I I would wanna give myself um or any younger athlete for that That case says I know there's gonna be certain times in in your athletic career that are are gonna be tempting to be able to go different route or go different ways or anything like that Um But stick with it it's gonna be able to pay off Doesn't matter if you make it to division one division two Uh Nininin a um any level to be able to continue and play in college is a blessing And it's something that I I've loved every single moment of it I know there there's gonna be times times they get hard and it starts to question why are you doing this But at the end of the day there's always a reason why and that's the reason why you're still in this sport So just keep going you got this Um But yeah just trust yourself I I would say to all the younger athletes out there um I know that there's always this hype around D one and there's always this hype to be able to be at the highest level But don't ever put yourself down don't ever put yourself beside someone else Don't compare yourself to anybody else compare yourself to you and only you because at the end of the day the biggest competition is the one that you look in the mirror and the person that you have to compete against every day is yourself So as as long as you're competing against yourself and getting better 1% every single day there there's nothing you can hang your head about and be able to do that But as long as you're you're competing against yourself and you feel like you're you're moving up in your process and everything you'll you'll get your shot So just keep keep your head high and keep working