

Mohonasen looks for a big turnaround

By JAMES ALLEN Staff Writer

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SCHENECTADY -- C.J. Stone is 5-foot-8 and 150 pounds. On Tuesday morning, the junior felt a great deal larger after learning his Mohonasen High football teammates had elected him one of the team's captains.

"All the hard work is paying off," Stone said.

"That is through his work ethic. The kids see that in him. That is exactly way the kids voted him captain," Mohonasen first-year coach [Dennis Corbitt](#) said. "In every aspect, he has pushed 100 percent: as a player, teammate and as a person."

Mohonasen is coming off a disappointing 0-8 campaign in 2009. That result marked the third straight year the Mighty Warriors dropped eight games and the program has won only two games in three years.

The Mighty Warriors lost four games by seven points or fewer last fall -- including closing the season with tight setbacks against Bishop Maginn (33-30) and Amsterdam (14-12).

Players like Stone, who will start at running back and linebacker but who also could see time at quarterback and defensive back, are being counted on by Corbitt to help with the turnaround.

"He is going to have to carry a lot of weight on not that big of shoulders, but C.J. has a tremendous heart," Corbitt said. "We have to make sure the kids we have execute to the best of their abilities."

Stone is not only a maximum-effort kind of athlete; the 15-year-old also is an accomplished player.

"He is a little human missile. He sacrifices himself so much, my nickname for him is 'Band-Aid man,'" Corbitt said. "He is so resilient."

"It is just the attitude I have for the sport. I'm always going to give it everything I've got," Stone said.

Corbitt was thrilled with Stone's reaction to the news of being named captain.

"He immediately stepped right up," Corbitt said. "He is totally unselfish and never tried to promote himself as a captain. He is one of those silent leaders who will be verbal when he has to. C.J. makes great corrections with his teammates. If somebody does something incorrectly, he'll lift them up instead of yelling at them."

"I want our team to have a positive attitude," Stone said. "We have to take things game-by-game and week-by-week. We want to surprise people. We as players need to have a great attitude, then

have it come from the community. I see kids caring about others and not just themselves. That is how we change things."

Stone says change is coming for Mohonasen football, but that it doesn't happen overnight.

"The thing for us mainly is coming together as one unit. We're getting there," Stone said.

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