

Jaguars Notebook: WR Jarett Dillard catches a big goal

Source URL: <http://jacksonville.com/sports/football/jaguars/2010-08-24/story/jaguars-notebook-wr-jarett-dillard-catches-big-goal>

By Vito Stellino

Wide receiver Jarett Dillard, who caught six passes in seven games in his rookie season, is putting those two numbers together while setting his goal for this season.

He said he wants to catch 67 passes in his second season.

Dillard said motivational speaker **Jim Brogan** came up with the number after working with some mathematical equations and looking at the records of other receivers such as former Jaguars star **Jimmy Smith**.

"I think as a receiver and at any position, you've got to have a goal to set for yourself, and that was it. He asked me what my goals were for the season, and I told him I wanted to go out there and perform, but he wanted [something] more specific, and he gave me a number," Dillard said of Brogan.

Dillard, who was the team's best receiver during organized team activities, spent the first two weeks of camp on the physically unable to perform list with a foot injury.

Dillard said he's making a quick comeback.

"Physically, I'm 100 percent. Now it's just the timing with the quarterbacks. I've got to get all of that back that I developed in the OTAs, but that will come in time, and I feel the connection already starting to build," Dillard said.

Sideline report

The Jaguars did their pre-practice stretching under the stadium during a rainstorm, but then the rain let up and they conducted a practice in pads.

Tight end **Zach Miller**, who's missed much of camp with a foot injury, returned to practice.

Running back **Deji Karim** remained sidelined with a thumb injury, and he was joined on the sidelines by **Maurice Jones-Drew** and wide receiver **Troy Williamson**.

Also sidelined were linebackers **Kirk Morrison** and **Daryl Smith**, center **John Estes** and defensive tackle **D'Anthony Smith**, who is headed for the injured-reserve list.

Monroe slimmer

Offensive tackle **Eugene Monroe** said he's lost 30 pounds to drop to 300, but he didn't start out planning to lose weight. He said it was a result of his training regimen.

"It was just a product of the work I put into this offseason. I'm eating better, training differently. Those things just contributed to it, and just being dedicated to it that entire time," Monroe said.

Monroe said he's not the same player he was as a rookie.

"At this point compared to now, I see myself watching film as a completely different player, a guy able to move a lot better," he said.

Monroe also said he understands the offense much better than he did last season.

"With just watching film [of himself], I don't recognize the guy that was playing last year," he said.

A tighter fit

Rookie defensive end **Larry Hart** found out he wore too big a jersey in the first game because the opposing linemen were able to grab it too easily.

So he crammed himself into a smaller one for the second game.

"I definitely had too big of a jersey," he said.

Hart is 6 feet tall and has often fought the label of being too short, but the Colts' **Dwight Freeney** and **Robert Mathis** have been very effective at 6-1 and 6-2, respectively.

Hart said **Aaron Kampman** told him not to emulate other players, but to just be himself.

"So that's kind of my goal. I may have some of the qualities that they have, but my ultimate goal is to be myself and play up to my abilities and everything else will fall in place," Hart said.

vito.stellino@jacksonville.com,
(904) 359-4279

Links:

[1] http://jacksonville.com/sites/default/files/spt_8JagsTrainingCam.jpg