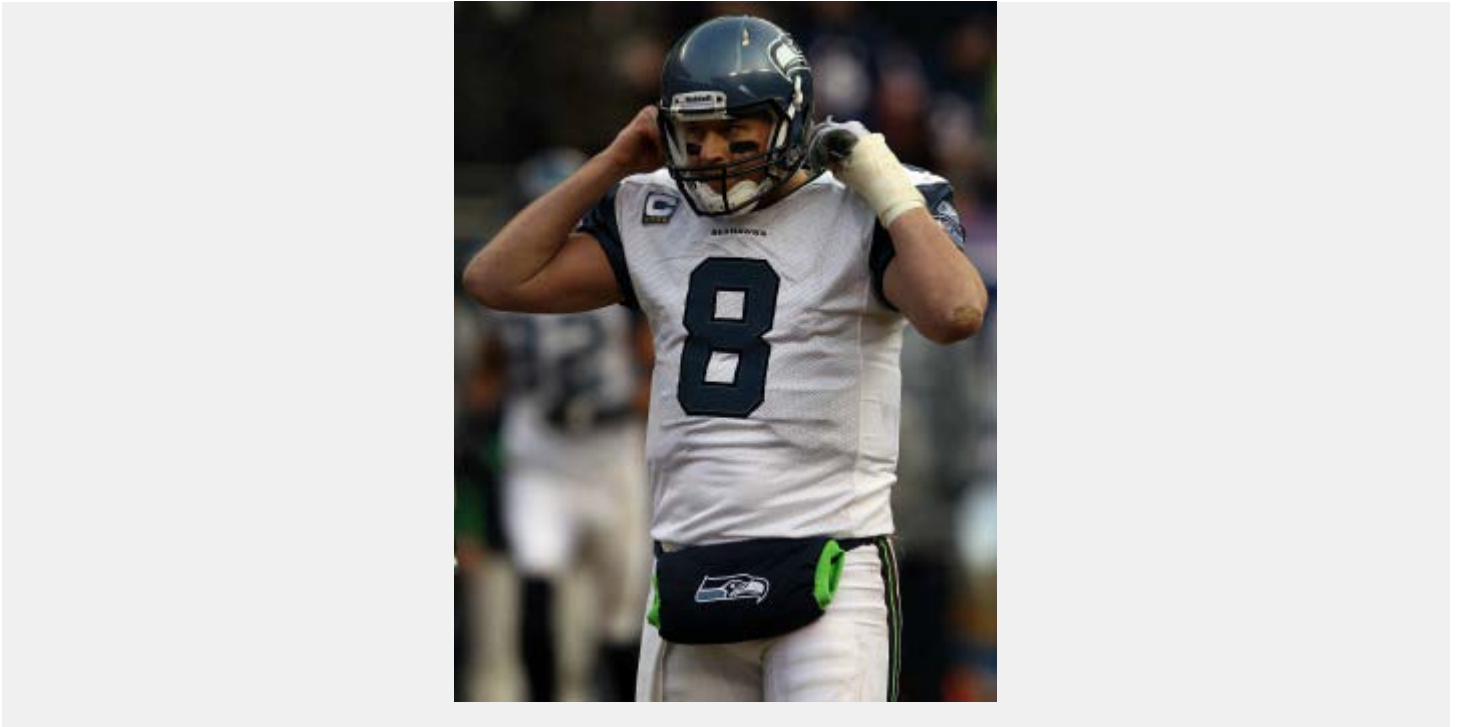


# Seahawks get big assist from UW strength coach Ivan Lewis

<http://blog.seattlepi.com/football/2011/06/03/seahawks-get-big-assist-from-uw-strength-coach-ivan-lewis/matthasselbeck/>  
Seattle Seahawks & NFL News – seattlepi.com



Matt Hasselbeck (Photo by Jonathan Daniel/Getty Images)

It's been three years since Ivan Lewis was part of [Seattle Seahawks](#) coach Pete Carroll's staff at USC, where Washington Huskies coach Steve Sarkisian was the offensive coordinator, UW defensive coordinator Nick Holt held the same position there and Lewis was the team's assistant strength coach.

But even now that Carroll is with the Seahawks and Lewis is employed by Sarkisian, Lewis is still doing what he can to help out his former boss. Or, more accurately, his former boss's charges.

With the NFL mired in lockout mode, Carroll and his Seattle staff are prohibited from any contact with their players. But the league can't do anything to keep players from organizing workouts and using other facilities on their own, which is exactly what the [Seahawks did the past two days](#) on UW's campus.

That's where Lewis comes in. Seahawks quarterback Matt Hasselbeck said he contacted the strength coach about writing a lifting program for some Seahawks players who would be in the area during the offseason, seeking a supplement to the workout guidelines provided by Seahawks coaches at the end of the season.

When those directions expired after the first two months of the offseason, Hasselbeck and the rest of last year's team needed some help writing new ones.

"He wrote a workout for the offensive line, for the quarterbacks, for all the different guys," Hasselbeck said. "It's just been real good. We're creatures of habit that way. We're used to getting world class coaching in the weight room and we don't get that right now because we're not allowed to talk to our coaches, so Ivan has really come through and really saved the day for us that way."

Lewis said his familiarity with Carroll — as well as Seahawks strength coaches Chris Carlisle and Jamie Yanchar, both Carroll disciples with whom Lewis worked at USC — made it easier to craft a lifting program suited to the team's needs.

"We basically just added more weeks to it because they've been off for so long, their workouts kind of ran out," Lewis said outside UW's weight room on Friday morning. "So we just kind of took what they had been doing and created a little more space there." So 30 or so Seahawks and other players filled the Huskies' weight room again on Friday after doing the same on Thursday, working on the bench press and squat racks, each position group focusing on different lifts and exercises.

Hasselbeck was the most vocal of the group, and made sure everyone was given proper instruction as to what lifts they would be working on.

He'll be a free agent once the lockout ends, and there's some uncertainty as to whether he'll return to the Seahawks when all is said and done. But for now, he looks every bit the veteran leader of this team, though he said running back Justin Forsett was the most instrumental as far as getting everybody together.

For now, Hasselbeck says, it isn't about the lockout, and the potential that he'll play for another team next season isn't on his mind.

"I think the biggest thing is just really focus on those things that you can control," Hasselbeck said. "And that's your weight, your power, your explosiveness, getting ready to stay healthy, all that kind of stuff. That's where we are, unfortunately."

And where is Hasselbeck?

"He got out here today and threw the ball great," said receiver Mike Williams, who flew in from Los Angeles to attend the workouts. "He actually made some throws today that he didn't make that well during the season, so you can tell the work has been put in."

Williams looks good, too. He was asked about a comment he made in a radio interview a few weeks ago in which he said he's been doing six hours of cardio per day, clarifying that only about 2-1/2 hours of that is football-specific, while the rest is broken up into two different sessions of basketball.

"This whole offseason, everyone's been saying, 'Oh, all this time off and his attitude, he's going to be fat again,'" Williams said. "Well, good luck with that. I'm here having a good time and let's get back to work."

Thanks to UW and Lewis' hospitality, they can.

"We've definitely been helping them out with anything they need, anything they want or any kind of technique they want to do," Lewis said. "We've definitely been helping them out, giving them fresh ideas."

"I think they've had a lot of — being able to use our fields, our equipment, big spaces — they have open areas. There's a lot more stuff they can do that maybe they can't do at a 24-hour Fitness or other spots."

## **ROLL CALL**

Here's a list of Seahawks players who attended Friday's workout: Sean Locklear, Chris Spencer, Matt Hasselbeck, Charlie Whitehurst, Isaiah Stanback, Justin Forsett, Mike Williams, Craig Terrill, John Carlson, Ruvell Martin, Kelly Jennings, Russell Okung, Aaron Curry, Marshawn Lynch, Roy Lewis, Colin Cole, Deon Butler, Jordan Babineaux, Dexter Davis, Pep Levingston, David Hawthorne, Malcolm Smith, Anthony McCoy, Ben Obomanu, Marcus Trufant

## **HOW BORED?**

Williams said it's been nice spending time with his family, but admits that the lockout has put him in a state of extreme boredom.

Asked how he knew things had become too boring, Williams responded: "When you find yourself going to two movies in the same day before night time. That's when you're bored. When you go see Kung Fu Panda 2 and Fast Five in the same day before 7 p.m., you might be a little bored."

## **COACH HASSELBECK**

As stated previously, Hasselbeck seemed to take on the role of player-coach during weight lifting and 7-on-7 drills.

"He's doing a great job of trying to lead this group," tight end John Carlson said. "Even though he's a free agent, he's technically not a Seahawk at this point in time, but he's doing really all that he can."

Williams put a funnier spin on it, as he often does.

"He definitely looks like a coach," Williams said. "He looks like a coach, or he looks like the [blue dude from Watchmen](#)."

"We appreciate Matt and his leadership and what he does. It's good for him to be out there."

For more [Seattle Seahawks](#) news, visit the front page of the [Seattle Seahawks blog](#).