



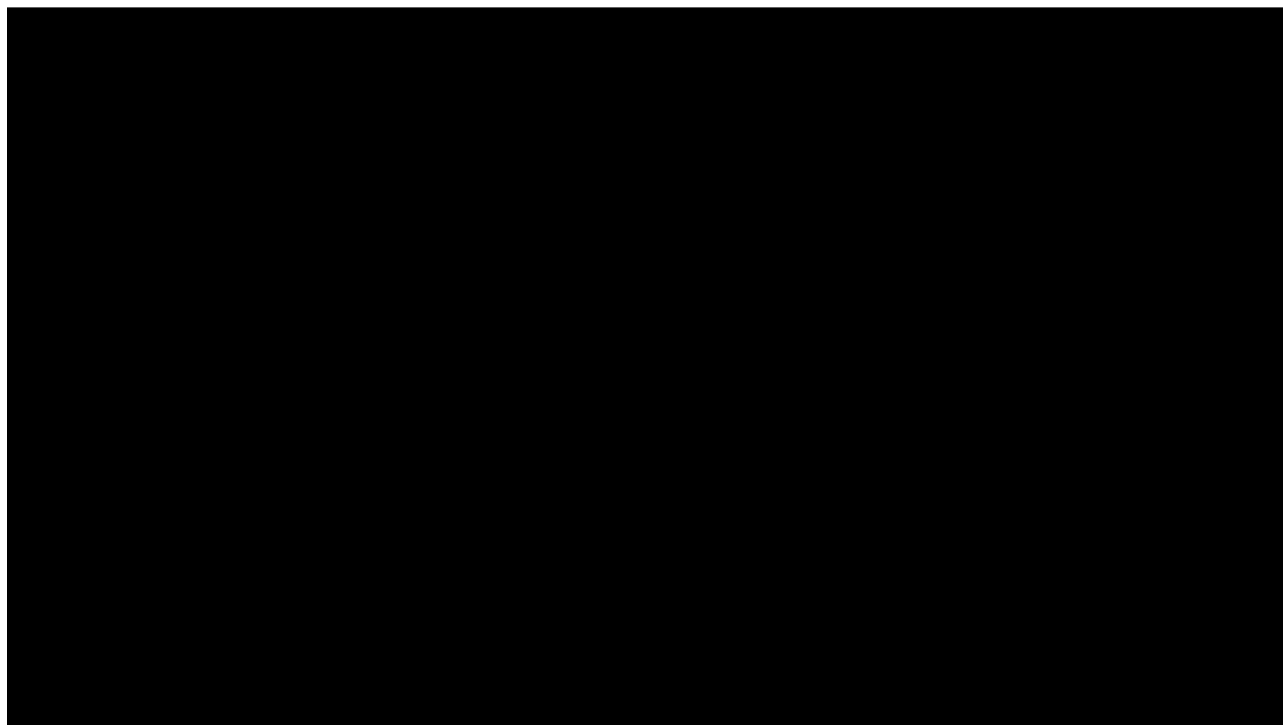
Football | 9/10/2015 4:59:00 PM | Derrick Redd, Jr., Sports Information Intern

Regal's Rundown with Derrick Redd, Jr.: Mike Fritze



In the third of "Regal's Rundown" for the 2015-16 athletic season, UMC correspondent Derrick Redd, Jr. sits down with UMC Head Football Coach [Mike Fritze](#). Redd and Fritze discuss how coach thinks the team performed against Wayne State College (Neb.) last weekend and what they can improve and what they did well. They also talk about the play of special teams, which was a highlight for the team with the play of punter [Stephen Day](#), kicker [Mike Maw](#) and kick returner [Constant Jackson](#). Finally they discuss what the team expects from No. 15 University of Sioux Falls this weekend in their home opener.

"Regal's Rundown" is a weekly show that will profile UMC athletics by talking to UMC coaches, staff and athletes about the happenings of Golden Eagle athletics. It is in the third season of existence as several UMC student-athletes have hosted the show, bringing unique perspectives on UMC athletics while also talking to fellow athletes and coaches.



Archive Episodes

- Sept. 3, 2015 - [Joe Alianiello](#)
- Aug. 27, 2015 - [Lee Anderson](#)
- [Print Friendly Version](#)

PLAYERS MENTIONED ▾

- #90 Stephen Day**
K/P / 6' 1" / Redshirt Freshman
- #9 Constant Jackson**
WR / 5' 9" / Senior
- #82 Mike Maw**
K / 5' 7" / Junior

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