



2017 SEC Football Media Days Arkansas Player Quotes Monday, July 10, 2017

Senior Center Frank Ragnow

On thoughts this far into media days...

"Yeah, this is the first time I have been in front of this many people with cameras. It's been cool, we got to fly on a private plane which was pretty cool and to just see all of these people who are interested in what I have to say is pretty cool."

On Quarterback Austin Allen taking hits last season...

"It is not acceptable. That is one thing, this year, this season, this summer, that we have really tried to emphasize is (it is) not okay. You should be utterly embarrassed if you let your quarterback get hit or sacked or anything like that."

On his relationship with Coach Bielema...

"I can't even express in words how thankful I am for that man, he is a best friend, he is a mentor. This past year, he has been so helpful for me and I will never be able to thank that man enough for how great of a coach, how great of a person, and how great of a friend he has been to me. I am so, so thankful for him."

On what it has been like since he decided to come back to play another year...

"I decided to come back before the Virginia Tech game, one thing that I said after that game is that we have been a team that has been able to start strong but then didn't finish too good, or we start slow and then finished strong. One thing that I really wanted to emphasize as a leader of this team was that we are going to start strong and we are going to finish strong, we are going to put it all together and we are going to be accountable and consistent. That is one thing that we have really tried to emphasize this off season, and it's been great to see so many guys buy into that culture."

On setting the tone for next season...

"I think today is making sure we don't act like last season didn't happen but we definitely learned from it and we are growing from it. It is a blessing that we have been through these hard times, they say you learn more when you lose or go through those hard times and we definitely have. We need to use that as motivation for this season, for sure."

On record against A&M since they joined the SEC...

"I wouldn't say this season will be easier because Texas A&M is always going to recruit, and they are always going to have a super-duper talented team with Coach Sumlin coaching too. It's pretty nice to not have the number one pick on the field anymore too, though."