This month we interviewed senior Offensive Lineman Jake Jackson. This fifth year senior brings Baylor an abundance of veteran leadership and experience on and off the field. Through Jake’s time at Baylor, he has seen the football program grow into Coach Briles’ vision. With his family’s history of attending Baylor and the hire of Head Football Coach Art Briles, Baylor was an easy choice for Jake. Now as the season has hit Big 12 play, Jake steps off the field to give us a taste of his experience at Baylor in this month’s Behind the Line.

Where are you from?
Southlake, Texas

What brought you to Baylor?
There were several factors ranging from academics, to family tradition, and of course football that brought me to Baylor. It honestly came down to Coach Briles and his belief that Baylor could be a championship program. I wanted to be part of the first class that rebuilds Baylor.

What was your major?
In undergraduate I was a finance major. I am currently working on my MBA during my fifth year. I plan on working at one of the top 3 consulting firms in the nation after graduating.

What is the thing you are looking forward to the most during your senior year?
Winning the Big 12. Like I mentioned before, I wanted to be part of the first class that helped change the face of Baylor. This plan of winning the Big 12 has been set in motion from day one. Through the records we have broken, Bowl Championships, and signing a Heisman winner, our plan for winning the Big 12 has gone to place, but we can’t stop there. We want our Big 12 Championship.

What is the biggest thing you will take away from Baylor?
If you want something in life it is not enough to just prepare and wish. You have to seek it out and then go above and beyond to get it. Working hard just isn’t enough.

Any advice for future bears?
Surround yourself with good people and have confidence in who you are.

What will you miss most about Baylor?
The guys on the team. There is something about grinding it out at 6:00AM and going through an Agoge together that will bond a brotherhood for life.

Is there anything else you would like to say?
I would just like to thank everyone that has helped me along the way. I have been blessed with great people and have confidence in who you are.

PLAYING THROUGH PAIN

Pain is an unpleasant sensation that is transmitted to the brain through sensory neurons. This signals an actual or potential injury to the body. Pain is a combination of what we feel and how we interpret that feeling. As an athlete we may never be 100% healthy. Elite athletes hardly ever feel good, but they know how to tolerate pain. Our ability to tolerate pain could be the difference between being hurt and being injured.

A basketball player may feel pain after hitting the floor hard diving for a loose ball. If we interpret pain as threatening, or if we concentrate on the pain instead of our competition, the pain will increase and negatively affect our performance. On the other hand, pain can be our friend. If we see pain as a natural and necessary feeling and take it as a sign that you are working hard, then the pain will be more tolerable. The ugly truth is that sometimes in sport, there is no such thing as feeling good; there is only an absence of severe pain. With that said, it is important to understand what types of pain we should report to our athletic trainers.

TYPES OF PAIN

Deep Somatic Pain: This type of pain refers to pain that an athlete might feel in muscles, tendons, ligaments, or bones. Deep somatic pain is associated with injuries like a strain, tear, or a fracture.
Example: Melissa Jones continuing to play after losing weight in her right eye

Superficial Somatic Pain: (Also known as Cutaneous pain) This type of pain is felt in the skin and is usually confined to one area. It is often described as a sharp or burning sensation.
Example: Kay Jones Jr. continuing a fight after getting a cut over his left eye.

Example: Delroy Polley continuing to play after getting a cut over her left eye.
13th: vs TCU
20th: at Texas
27th: at Iowa State

6th: at Kansas
10th: vs Texas Tech
12th: at Oklahoma
17th: vs TCU
20th: vs West Virginia
24th: at Texas- Austin
27th: at Kansas State

12th-14th: Tar Heel Invitational
28th-30th: Alamo Invitational

5th: at Kansas State
6th: at Oklahoma State
12th: vs Georgia