

SIXERS

Lenape grad off to Golden State

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It turns out Jason Thompson's homecoming with the 76ers is a short one.

As in ... he won't even play for them. The Lenape grad, a 6-foot-11 forward who has played all of his 541 NBA games for the Sacramento Kings, has been traded again. The Sixers shipped Thompson to Golden State for veteran forward Gerald Wallace and a draft consideration.

"It's a new chapter, a new opportunity," Thompson told the Courier-Post a couple weeks ago, when he thought he was going to become a Sixer. "I definitely needed a change of scenery. I was the last man standing and needed a change of culture."

He'll get it with the reigning-champion Warriors. Thompson, who was the Kings' 2008 first-round pick, has never played on a winning team in the NBA. The closest he came was this season, when three different coaches called the plays for Sacramento, bringing



MARK D. SMITH-USA TODAY SPORTS

Jason Thompson, right, was traded to the Sixers in early July, but leaves before playing a game.

the team to a .354 win percentage, giving them only 11 more wins than the lowly Sixers.

"He has a proven track record in this league," Golden State general manager Bob Myers said in a press release, "and adds considerably to our team's depth, which was a big key to our success last season and will be moving forward."

In Wallace, the Sixers get a 33-year-old veteran who is now in his seventh organization. The 6-foot-7 small forward played 32 games for the Boston Celtics last season, com-

ing off the bench for all of them and averaging less than a bucket per game. For a short time this month he was property of the Warriors, a trade bringing him to California July 7.

Back in 2010 he was an All-Star with the Charlotte Bobcats, averaging 18.2 points and 10 rebounds that season. The 25th-overall pick in the 2001 draft has finished in the top 10 in steals per game five times in his 14 seasons.

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Still

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ance Award." She wasn't allowed to travel to Los Angeles to accept the award because her immune system wasn't strong enough.

Still gave a nationally-televised speech about his daughter's courageous fight. At the end, Leah was shown on the videoscreen giving a short speech of her own.

"(The speech) wasn't to gain all of this support for us, but to just raise awareness around the country for what it's like for a family to deal with pediatric cancer," Still said. "The ESPYs were a great way to show everybody what that's like."

Then it was back to Still's workouts. He knows he could very well find himself fighting for a spot on the 53-man roster in training camp.

Back into shape

Tommie Knight uses the word "transformation" a lot. In many ways, that's his job as a personal trainer and founder of Knight's Personal Fitness in Philadelphia. His clients hire him to transform their bodies, either by adding or losing weight.

But Knight had never trained a professional athlete before Still.

"I've never had a client work as hard as him because he has so much on the line," Knight said while putting Still through a workout recently at World Gym in Northeast Philadelphia. "It was a great experience training someone who wants it 10 times more than anyone else I've ever seen. I told him what he had to eat, and he told me he didn't like some of the stuff, but he

ate it every day. I never had to question him because he wasn't doing it to please me. He was doing it for his livelihood."

Still would often post pictures after a workout on social media sites as he gradually dropped from 317 pounds after the season to 295 pounds now.

Still said someone in the NFL must have seen those pictures because he said he was tested five times during the offseason — "more than my other three years in the league combined," he said — for performing enhancing drugs.

His results came back clean every time.

Still's regimen consisted of weight training with Knight four days a week, running on the track at Temple University two days a week. Those workouts consisted of sprints, distance runs and interval training.

Still also did Pilates workouts at his Philadelphia apartment with an instructor who's about half his size. He said the sessions left him exhausted and exhilarated at the same time. Pilates is a method of exercise and physical movement designed to stretch, strengthen and balance the body. The exercises, coupled with focused breathing patterns, help athletes cut down on muscle strains and pulls.

The pounds fell off while Still's stamina and strength increased.

"When I (first) saw his body, I was like, 'I don't want you to lose too much muscle,'" Knight said. "I want to keep that, and actually build more. So I gave him a high-protein meal plan — low carbs, low fat. He's doing his cardio, lifting heavy, lifting light, building muscle. And that's burning even more fat."

"He's looking even bigger than when he first came when he was 20

pounds heavier. His chest is bigger, stronger. His back is bigger, stronger."

Learning from Leah

For Still, it was a welcomed change from last season. Because of Leah's illness, Still admitted that he wasn't focused on football and even contemplated retirement. The Bengals knew all this. They released Still at the end of training camp last season, but quickly re-signed him to the practice squad so he could remain on the NFL's health insurance policy.

Still was promoted to the active roster early in the season, but played sparingly in 12 games. Still admitted that he wasn't eating well because of the stress involved with Leah's treatments.

"Any time you drop 20 pounds, you're going to feel faster," Still said. "That was the whole plan in dropping the weight I accumulated from all the stress I had, and eating wrong, and not working out properly. I wanted to shed all that weight off. I'm probably lighter than I was in college, which is probably a good thing because I'll be able to move faster."

The irony is not lost on Still that all of this was made possible by a 5-year-old girl, whose bravery in her fight with cancer became a national phenomenon.

"I've learned more from my daughter than I'll ever be able to teach her," Still said. "I've been through a lot of stuff in my life, but I've never fought for my life. Watching my daughter do that, while keeping a smile on her face, has truly been inspirational."

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HASKELL INVITATIONAL

N.J. fans all hail American Pharoah

STEVEN FALK
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OCEANPORT — It was certainly not a normal Friday at Monmouth Park.

But, then a Triple Crown winner has never been on the grounds on a Friday before.

Racing fans got a chance to see American Pharoah twice during the day.

First, in the morning, they saw him gallop around the track.

Then, before the first race, they saw him school in the paddock with the field for that race. And through it all, fans could not get enough of the first Triple Crown winner in 37 years.

American Pharoah, who has become a rock star, will be the first Triple Crown winner to run at Monmouth when he goes postward Sunday in the Grade I, \$1,750,000 William Hill Haskell Invitational.

A crowd of 5,000, according to Monmouth's media relations department, watched him gallop 1 3/8 miles under regular exercise rider Jorge Alvarez.

The crowd roared as soon as American Pharoah entered the track through backstretch gap at 7:30 a.m.

He slowly made his way around the clubhouse turn heading clockwise before Alvarez swung him around. American Pharoah then galloped all the way around the one mile overall and drew an ovation from the crowd as he ran past.

"Pretty awesome. He's so beautiful," said Maureen Smolokoff of Little



TOM SPADER/GANNETT

George Alvarez, exercise trainer for American Pharoah, works with the Triple Crown Winner at Monmouth Park.

Silver. "I tried to get the rest of my family up for it. It's just amazing. I'm from the area and have been coming to the track my whole life, so it's special to have him here."

Alvarez eased him as they rounded the turn and began moving down the backstretch, where they stopped momentarily before returning to the barn area.

Jimmy Barnes, the assistant to American Pharoah's trainer Bob Baffert, told Monmouth's media relations department, he was thrilled with the crowd reaction.

"It was wonderful, wasn't it?" Barnes said.

Joining American Pharoah on the track were three other Haskell competitors, including Mr. Jordan, Top Clearance and Keen Ice, who arrived at Monmouth Park on Thursday.

American Pharoah appeared in the paddock around 12:30 p.m. with a field of six \$5,000 claimers.

About 500 people lined the fence adjacent to the paddock.

They began lining up well over an hour before

American Pharoah made his appearance.

American Pharoah was saddled in the paddock, walked around in the saddling area and then left the paddock around 12:55 p.m.

American Pharoah, and the other Haskell competitors on the grounds, will be on the track on Saturday from 7:30 to 7:50 a.m. and the public is invited to watch from the Clubhouse and Grandstand again.

Other Haskell news

Trainer Todd Pletcher confirmed to the Daily Racing Form on Friday morning that Competitive Edge, who drew the No. 2 post position on Thursday, will run in the Haskell and not the Jim Dandy on Saturday at Saratoga.

The talented Competitive Edge, who was a \$750,000 yearling purchase and is the son of 2010 Kentucky Derby winner and hot young sire Super Saver, had won the first four starts of his career. Mike Smith will ride Competitive Edge, who is the 8-1 third choice on the morning line.

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Kneeling: Nicole Howe, Bernadette Tenuto.

Coaching Staff (Left to Right): Pitching Coach Al Harris, Manager Chuck Grimley, Coach Chad Grimley

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