



The Price is right: Buccaneers Super Bowl ring-wearing former pro is Wave's new defensive coordinator

Written by Steven Buono

Tuesday, 02 February 2010 14:35

IDRIS FOR THE DEFENSE — Darien's new football assistant coach and defensive coordinator has a college, European and Arena League as well as an NFL background.

Updated 19:51

Idris Price, a one-time Tampa Bay Buccaneer football pro who began stardom in the sport helping Rob Trifone win a state title with the Senators in 1994, will replace A.J. Albano as Wave defensive coordinator Trifone said today.

"Definitely, I am very, very excited," said Price, who is Trifone's assistant in his Director of Football capacity at the Sono Field House in Norwalk. "Everybody always says, when you retire from football, where will you find your joy?

"And I found that in coaching."

"In anticipation of this I have been interviewing new candidates for the last month as I always want to be prepared and I only went after the best, most qualified candidates in the state," said Trifone of making the hire following the departure of Albano, who takes Trifone's one-time gig driving the BMHS Senators' bench.

"It's almost like my second childhood right now.

I'm rejuvenated, ready to go."

— Idris Price

Price, who did an assistant stint on the sidelines four years ago on the DHS grid, brings it big time as far as football experience at a high level goes.

"His background speaks for itself," Trifone added. "An All-American high school player he went on and played his college football at Clemson and later at UNH. He then spent two years in the NFL with the New York Jets, Patriots and finally the Tampa Bay Buccaneers where he earned a super bowl ring (in 2002)."

Price, with the Buccaneers' practice squad their championship season, went on to play in Europe for the Frankfurt Galaxy, winning the World Bowl.

Next it was six years playing Arena football for Orlando, Philadelphia and finally for New York.

"I have had the pleasure of coaching with Idris before," said Trifone. "He was my assistant defensive coordinator back in 2006 here at DHS when I was the defensive coordinator. Not only is his



background extensive, but he has tremendous insight at game adjustments and personnel and his enthusiasm is contagious.

"He is an awesome coach who brings enthusiasm and passion for the game of football along with his extensive experience"

Just like the man he steps in for.

"He is also well trained in speed and strength training and currently runs the speed programs at Sono," said Trifone. "He will be an invaluable addition to the Blue Wave coaching staff."

Coaching grows gray hairs? Maybe. But it does the opposite too.

"I find that (joy) in helping (players) get better and better day by day," said Price. "I find it — it's almost like my second childhood right now.

"I'm rejuvenated, ready to go."

The double duty of the last time he was in town, four seasons ago helping Trifone as second assistant, is part of what he needs to be rejuvenated from. That was a busy time.

"I was there when it was kind of tough for me," said Price, 33 of Norwalk, who at the time was with the Arena League Philadelphia Soul. "I was still in season myself. In between me working out and doing what I had to do, it was kind of tough. So I had to step away while I was still playing."



SOUL PATROL — Idris Price playing for the Philadelphia Soul of the Arena Football League not too long ago.

He retired two years ago.

"Since then I felt the urge, and the opportunity opened up, and me working along with Trifone here at Sono Field House — it was almost a no-brainer that I get back into coaching with him," said Price. "And with the big Wave."

"Once the job opened up in Dec. I wasn't going to wait and sit around for something to happen, because good coaches are hard to find," said Trifone. "So I immediately started to talk to people. And one of my first conversations was with Idris Price."

FCIAC blank-out karma — he's got it. Price was in fact co-captain of Trifone's '94 Senators that went 12-0 with a state record eight shutouts.

"Idris, I've obviously know since he was 14-years old, like A.J.," said Trifone. "And he recently took the job working over at Sono

Field House. Which only made it easier for the transition to take place.”

“The Darien community is an awesome community and I look forward to hopefully bringing them many championships,” said Price. “Many years of big wins and exciting games at Darien High School.”