High ankle sprains or not, we haven't seen the last of Colt McCoy this season.

That's if Colt himself has anything to say about it.

In an article in The Plain Dealer Saturday, Colt admitted it has been difficult to watch from the sidelines.

"As a competitor and a quarterback, that's all you want. You want to play. You want to be involved. I'm doing everything I can to get back out there as fast as I can. It's killing me more than it ever has," said Colt, who never missed time to injury during his college career at Texas.

Colt has become the protege of veteran Jake Delhomme, who started in last Sunday's win over

Carolina, and is scheduled to start in this weekend's game at Miami. Delhomme has spent the past couple of months on the sideline supporting Colt, and with Colt now sidelined, he's trying to return the favor to Jake.

"[Delhomme has] played for 15 years, so sometimes it's hard to say, 'Did you see that?', but I help him out if I can," Colt said.

If there is a silver lining to Colt's injury, he sprained his left ankle, not his right ankle, as Delhomme and Seneca Wallace did. For a right-handed quarterback, the right foot serves as the push-off foot on throws, making recovery from a sprain more difficult.

After Sunday's game against the Dolphins, Colt will have four more games to make a return, and attempt to end his rookie season with some positive momentum. Important for a guy who now has the weight of a franchise on his shoulders.