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For West Salem, their challenge is youth. The Titans only have three returning starters on offense and defense – albeit those starters are very talented. The plus for West Salem is that there is no clear favorite to win the league, and Shawn Stanley has worked to build a program that continuously brings in new talent. So, I think West Salem will compete, but it may take a few games for these young Titans to hit their stride.

Sprague is in a similar situation to West Salem in that they are young. However, due to injuries and other factors last year, a lot of those young players saw a lot of action. If there is a challenge for Sprague it will be on cutting down on the turnovers and mistakes that haunted the Olympians last year. But Sprague is incredibly well coached, and they have built depth.

McKay once again will struggle with lack of depth. The Royal Scots have moved to the Wing-T offense which should really help, using mis-direction to gain an advantage. McKay showed last year that they have some athletes that allow them to stay in games early, but have they gained the strength and stamina to keep from wearing down late in the contests?

Like Sprague and West Salem, McNary will need to rely on some youngsters to be successful. While the Celtics have some very talented seniors, they are going to need some

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