

# Road trip *Continued from B1*

The Lions were the sixth team this season that Sisters had beat using the 10-run rule, which made the outcome of game two even more shocking. The sophomore Sayles threw 5+ innings, giving up four hits along with three walks and no runs. Bellamy came on with two outs in the sixth inning to pick up the final four outs of the game, giving him the save. The lone run for Cottage Grove was thanks to a Jaydin Osban single in the fifth, after back to back singles from Ollivant and Gipson to lead off the inning.

Sisters had two excellent scoring opportunities foiled by the Lions. With the bases loaded in the bottom of the third inning, Sayles got Ryan Funk to fly out to left field to end the inning. The Outlaws had runners on first and third in the bottom of the fifth with only one out when Gannon tried to steal second, and was thrown out by junior catcher Jaace Cross. Sisters was not expecting

the throw, and was unable to score Christopher Luz from third. Sayles would force right fielder Turner Stutzman to ground out to second to end the inning.

This week alone the sophomore Sayles threw 11&2/3 innings only allowing two runs. Dan Geiszler on the sophomore's performance, "He's done a good job of keeping the ball down and in the strike zone. He has worked hard off the field at getting better, and it has been fun to see that work pay off for him."

There are still three games remaining on the road trip for Cottage Grove, (8-5, 4-2) who stand alone in second place in the Sky-Em behind Sisters (12-1, 5-1). Despite the loss, the Outlaws still hold the No.1 spot in 4A baseball. Next up for the Lions is a doubleheader at Sutherlin (3-9, 1-5) on Friday.

## Hannah

It's 6:45 a.m., and the sun is attempting to rise over Cottage Grove. While the rest of the town is sound asleep, Hannah Albrecht is already in the weightroom.

Four days per week for the past four years, the Cottage Grove High School senior has spent her zero period before the regular school day lifting weights in preparation for the season's sport. Soccer, basketball, volleyball, track — Albrecht's done it all.

For those of you interested in the numbers, she's totaled about 148 school mornings spent in the weight room per year, or around 592 days of her high school career, not including weekend or summer workouts.

These statistics also don't include the time Albrecht has spent maintaining her 4.1 weighted GPA, her status as ASB president for two consecutive years, involvement in FBLA, Interact, Key Club or AP classes, just to name a few.

"It's pretty phenomenal what she's able to accomplish in 24 hours each day," laughed Cottage Grove High School Head Track Coach and teacher Ricky Knutson. "That's for sure."

The four year three-sport athlete said she has dedicated so much of her time to weight lifting not only because of the competitive edge it gives but also for the benefit of minimizing injuries.

Through the first three years of high school and even before, Albrecht struggled with knee injuries, which prevented her from competing in full track seasons. This year is the first that Albrecht has been injury free coming into the track season.

"Junior year, I got a little more serious about [lifting], and as I did, I noticed that I was hurt less and less often because I was getting so much stronger," Albrecht said. "Since then, it's been a big thing for me."

But don't let the injuries fool you. Albrecht has used a combination of talent and resiliency to propel herself to becoming "the foundation of our girl's [track] team," Knutson said, even before this season.

Last year, she made the state track and field qualifiers in all four of her events: the 100 meter- dash, 200 meters, 400 meters and 4x400 relay. This included a finals appearance in the 400 meters, where Albrecht placed seventh.

Her stellar finish and dedication to the sport earned Albrecht the opportunity to continue her path as a student-athlete. In the fall, she will be attending the University of Redlands, just east of Los Angeles, where she will compete on the university's track team. Albrecht plans to enroll in the school's five year program, where she can complete a Master's degree in biology while simultaneously earning a teaching certification. Her career goal is to become a high school biology teacher as well as track and basketball coach.

Albrecht credits Knutson, her four year track coach and former Health teacher, with the decision to pursue this career path.

"Our track coach has probably been the most impactful person in my life," Albrecht said. "He's been a huge inspiration for me."

Looking at colleges, Albrecht had an idea of what she wanted from a school academically; it was athletics that she was unsure of pursuing. But a spring break trip to the University of Redlands' campus

## Dominant pitching leads to Elmira sweep

By Evan McClendon  
*For The Sentinel*

Coming off of a home opening 11-2 loss to the North Bend Bulldogs the Lions looked to rebound Monday in a doubleheader against the Elmira Falcons. Elmira (4-3, 0-1 Sky-Em) was trying to pick up their first road win of the season after a 5-1 loss against the undefeated Sisters Outlaws in their league opener three days prior. The doubleheader was the beginning of a five game week for the Lions (5-2, 1-0).

Cottage Grove has relied on consistent pitching early on this season, allowing four runs or less in all five of their victories. As a team the Lions pitching staff toted a 1.79 earned run average (E.R.A.) headed into the opening game against the Falcons. Monday was much of the same from the Lions staff as they would hold Elmira to only two runs in both games, picking up a 9-2 and 6-2 victory.

Cottage Grove sent senior ace Brett Ollivant to the mound in game one. Ollivant has been dominant in his four starts this season, going 2-1 with a 1.91 ERA. Elmira got to Ollivant early, striking for two runs (one earned) in the first two innings. That was all the Falcons would get. Ollivant

would settle in and retire 12 of the last 15 batters he faced, only giving up two hits in the final four innings he pitched as Cottage Grove would cruise to the 9-2 victory. Mason Cox came in to pitch the seventh inning, retiring the side on only 11 pitches.

The Lions struck for a single run in each of the first four innings against Elmira's Kellen Smith before breaking things open in the fifth. Elmira sent Kobe Bechtel to the mound in relief and the Lions lineup erupted for five runs on six hits. In total Cottage Grove sent nine men to the plate in the inning. Payton Frieze led the way for the Lions going 3-4 with an RBI in game one.

Elmira saved their ace Richard Estrella for game two of

and talks with the head track coach beginning in winter solidified Albrecht's decision to attend the school.

"I was focused more on academics originally; I applied to Division I schools," Albrecht said. "But then it kind of set in that I need something like sports to ground me and keep me a little more motivated, and I'm so passionate about running that I couldn't imagine not being part of a team."

On the visit to campus, Albrecht was able to meet the track team, watch practice, talk with science teachers and even catch her first glimpse of a palm tree. And though she will not make the trip south to move in until the end of August, she said she is looking forward to getting started.

For now however, Albrecht is keeping her sights set on her final track season with the Lions. Her ultimate goal this season is to break a minute in the 400 meters. She also hopes to make it back to Hayward Field one more time for the state championships.

"What an awesome kid. It's going to be bittersweet seeing her go," Knutson said. "She's been such a great role model for all the other kids, and a pleasure to work with."

### Cottage Grove Sentinel

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Latham April 26<sup>th</sup> from 2:30-4pm  
London May 10<sup>th</sup> from 4:30-6pm

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### COTTAGE GROVE HIGH SCHOOL

#### Softball

4/21 vs Sutherlin Double Header 3pm  
4/25 vs. Elmira 4:30pm

#### Baseball

4/21 @ Sutherlin Home Double Header 3pm  
4/25 @ Elmira 4:30pm

#### Girls Golf

4/24 Cottage Grove Invitational TBA  
(Tokatee Golf Course)

#### Track & Field

4/20 @ Sutherlin Tri-Way 4pm

### NORTH DOUGLAS HIGH SCHOOL

#### Baseball

4/19 @ Lowell 4:30pm  
4/21 vs Crow Double Header 2pm  
4/25 @ Oakland Double Header 2pm

#### Softball

4/19 @ Lowell 4:30pm  
4/22 vs. Glide 2pm  
4/24 @ Harrisburg 4:30pm  
4/25 @ Oakland 4:30pm

#### Track & Field

4/20 @ Monroe Invitational 4pm

### YONCALLA HIGH SCHOOL

#### Softball

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4/21 @ Monroe 4:30pm  
4/25 vs. Oakridge 4:30pm

#### Baseball

4/19 vs. Oakland 4:30pm  
4/21 vs. Monroe Double Header 2pm  
4/25 vs Oakridge 4:30pm

#### Track & Field

4/20 @ Monroe Invitational 4pm

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