

Boys soccer takes down Philomath in 5-0 win

By Rongi Yost
Correspondent

The Outlaws came out with a vengeance in their first pre-season game against Philomath on Thursday, September 3, and notched a 5-0 victory on the road.

Sisters scored their first goal just over seven minutes into the contest. Malachy Sundstrom rounded the corner on the right side and slotted a ball on the ground to Colton Mannhalter for a shot from 12 yards out. In the 29th minute the duo scored with the exact same play, this time a bit closer to the goal.

Sundstrom scored one minute later when he broke through a wall of defenders and scored an unassisted goal to give the Outlaws a 3-0 lead, which held to the half.

The Outlaws tacked on two more goals in the second half. Mannhalter assisted Sundstrom from the left side for an easy tap-in goal, and Alec Gannon crossed the ball to Mannhalter for a tough finish from the right side, for Sisters' final goal of the night.

Sisters out-shot Philomath 19-2, and the Outlaws defense did a great job of controlling the ball and restricting touches and space

from Philomath's attackers.

Tristan Kaczmarek and Minam Cravans did a good job for the Outlaws from the center-back position.

Coach Rob Jensen noted a few players for their outstanding play.

“Our passing looked good and we were able to work the ball around the field and connect on a lot of passes.”
— Rob Jensen

“Colton and Malachy came out strong and put big pressure on Philomath's defense,” said Jensen. “They also passed well and made hard runs. Alec (Gannon) and Keegan (Greaney) had good games from outside-attack and will only get better.”

Jensen said, “Our passing looked good and we were able to work the ball around the field and connect on a lot of passes. I'm looking forward to Molalla on Thursday.”

Sisters will play at home against Molalla on Thursday, September 10.

Football program emphasizing safety

Football season is underway in Sisters, and the Middle School Outlaws are beginning their season with Coach Tim Ogilve at the helm, with returning assistant coaches Spencer Freeland and Charles Quandt (Coach Q). The trio brings a wealth of experience and conscientiousness to the game of football.

Football has been under recent nationwide scrutiny because of concerns regarding head injuries and concussions. This criticism of the sport has prompted many contemporary coaches to readjust coaching strategies and drills to enhance the safety of the kids. Drills that underscore proper tackling technique, utilizing pad-less practices, and mock tackling so kids stay on their feet at practices are all being implemented in the Outlaws football program.

Along with coaches updating the drills they run with kids, coaches also receive training in identifying concussions. Common concussion signs that coaches can observe are confusion, appearing dazed, forgetting instructions, and mood changes, according to the Centers for Disease Control. If these signs are observed, in accordance with Oregon State law, the child is immediately taken out of the sport and reviewed by a medical



PHOTO BY JERRY BALDOCK

Young Outlaws are learning to play the game safely.

professional. Once an evaluation has been made, the medical provider will release the child to play sports again when they feel the child can safely return.

The child is gradually reintegrated into practices over the course of several weeks, with increasing levels of activity.

Low numbers this year for seventh- and eighth-grade football have not discouraged the coaches at the middle-school level. Players are receiving more individual attention with a nearly 5:1 athlete to coach ratio.

Coaches believe players

are safer than ever before due to upgrading their practice model and getting rid of outdated drills and incorporating drills that encourage proper technique.

The coaches are still looking to add players to the team this season. A middle school sports fee of \$120 provides students with gear to use for the season (refurbished for this season's use to ensure safety), referees for games, and coaching staff. Any interested players should contact Sisters Park & Recreation District where practice times and more information is available. Call 541-549-2091.

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