



Courtesy photo

Kiebert was able to give a thumbs up and a smile when she was LifeFlighted to Boise in September 2018 for a Grade 4 liver laceration.

KIEBERT

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age 4, and for several years she was also a gymnast while playing soccer.

In middle school, though, she made the decision to focus on soccer. Not because she wasn’t good at gymnastics, though.

“They wanted me to possibly move to Texas (for additional gymnastics schooling),” she said. “I decided soccer would keep me where I wanted to be.”

It was through those years in gymnastics, though, that she was introduced to and began working on the soccer move anybody who has seen her execute — the flip throw.

“My (gymnastics) coach knew I played soccer, and she mentioned the idea of trying a flip throw-in,” she said. “I don’t remember the exact moment I tried it, but it has definitely progressed over the years.”

Kiebert uses the flip throw to get more distance on a throw-in, especially near the goal. On it, she runs to the sideline, puts the ball on the ground, throws her body over the ball, and launches the ball when her feet land.

“I balance my whole body on top of the ball and put my hands on the side. Some fields I really only get one step. I get more momentum when I get two or more. (I) balance my hands on top of the ball and fling my feet forward,” she said, likening the motion to a front handspring in gymnastics.

Plocher said he could recall coaching maybe one or two other players who could execute the move, but none who could do it with Kiebert’s consistency.

“It’s definitely unique,” he said. “You have to be pretty athletic and have good control and balance. It’s an opportunity to get the ball in the (goal) box.”

But while the flip throw is her best-known move, her speed is what she believes is one of her top assets on the field. After a match last week, she said the team actually plays at its best when playing quickly, which fits her skill set perfectly.

“I don’t do a lot of technical skills, but I feel like my speed, being able to play with my other players, utilizing quick passing and communicating well (are my strengths),” Kiebert said, later adding work ethic and being able to keep playing hard even when exhausted.

Her coach agreed. “I would definitely say work rate,” Plocher said. “She is kind of like the energizer bunny. You never look over at her (and see her) tired. She is the one the other players can feed off of.”

The senior said in spite of the challenges she’s dealt

with — and the challenge now of balancing nursing school with soccer — the time at EOU has been worth it.

And as a plus, she’s getting to spend that final year with the soccer team where she wants to be — on the field.

“I’m really thankful that I’ve made it through this season so far and been able to play the way that I have, even after all those injuries,” she said.

Browns blasted by San Francisco

The Associated Press

SANTA CLARA, California — Matt Breida ran 83 yards for a touchdown on San Francisco’s first play from scrimmage, Baker Mayfield was harassed into his worst game as a pro, and the 49ers stayed unbeaten for their best start in nearly 30 years, beating the Cleveland Browns 31-3 on Monday night.

Tevin Coleman added a 19-yard score as part of a dominant ground game on a day when quarterback Jimmy Garoppolo passed for 181 yards and kicker Robbie Gould missed a pair of field goal attempts and had a third try blocked.

San Francisco (4-0) joined the 5-0 New England Patriots as the only remaining undefeated teams in the NFL. It’s the first time the 49ers have won their first

four games since 1990. The Browns (2-3) are headed the opposite direction after losing two of three, with fresh concerns about their young quarterback.

Mayfield had a horrible game. The No. 1 overall pick last year, Mayfield completed 8 of 22 passes for a career-low 100 yards, had a 13.4 passer rating, threw two interceptions, fumbled twice and was sacked four times before being pulled in the fourth quarter.

It’s the first time in Mayfield’s 18 career starts that he failed to throw a touchdown pass.

Things were rough all around for Mayfield.

San Francisco defensive end Nick Bosa poked fun at the Browns quarterback after forcing Mayfield into a hurried incompletion in the second quarter. Bosa, the

second overall draft pick, got up and pretended to wave a flag and plant it in the turf as the crowd roared. It was a clear shot at Mayfield, who planted an Oklahoma flag in the turf after leading the Sooners to win over Bosa and Ohio State in 2017.

San Francisco forced four turnovers overall.

The 49ers were coming off a bye and had two weeks to prepare, while the Browns flew cross country.

It showed.

Breida raced past the Browns front line and went

untouched on his long touchdown run, waving to safety Demario Randall as he sprinted into the end zone with the 49ers longest run of the season.

Fans at Levi’s Stadium barely settled back into their seats when Richard Sherman picked off Mayfield near midfield, setting a rough tone for Cleveland’s second-year quarterback.

Breida and Coleman combined for 211 rushing yards as San Francisco outgained Cleveland 275-102 on the ground.

CCC

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three-time defending CCC tournament champions, garnered seven first-place votes and 115 total points in the poll to edge Corban. The Warriors received 110 points in the poll and three first-place votes.

The rest of the top five were Oregon Tech (94), Southern Oregon (90) and

College of Idaho (81). SOU picked up the other first-place vote.

The Mountaineers, who went 19-1 in the CCC a year ago, lost four seniors, including NAIA player of the year Maya Ah-You Dias, but return three starters in Jane Nelson, Madison Crews and Kylie Smith.

Eastern opens the season Sunday when it hosts Yellowstone Christian.

FOOTBALL
CONTEST
WINNERS!
Week 5

1st - MATT WOLCOTT,
LA GRANDE (4 misses)

2ND - PATTY HINDMAN,
LA GRANDE (5 misses, closest tiebreaker)

3RD - BEATRICE MEADERDS,
LA GRANDE (5 misses, 2nd closest)

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