

EOU lacrosse team up to 13 on first-year roster

By Ronald Bond
The Observer

LA GRANDE — The new Eastern Oregon University women's lacrosse program added 12 more athletes to its roster, bringing the number of players in the first-year program to 13.

EOU in February announced Sydney Shaughnessy as its first-ever lacrosse signee, and head coach Monica Plut has continued to build the team's roster, which will take the field for the first time in the spring of 2021.

"We have a lot of talent," Plut said. "We have a couple rookies of the year, a couple second team all-states, a couple former captains of the high school team as well. Overall a really talented group."

Plut said the fact she has her roster mostly filled is a plus considering some of the recruiting challenges the coronavirus pandemic and the ensuing lockdowns have caused.

"Feeling good about that," she said. "When I was at five I was freaking out a little bit."

Three of the new additions to the roster are, like Shaughnessy, from Idaho. Plut also brought on five California lacrosse players, two from western Oregon, one from Washington and the one from Montana.

The Idaho athletes signed by Plut are all offensive players: 5-foot-7 attacker Kiana Watchman from Boise, 5-foot-8 attacker Danielle Tracy from Nampa, 5-foot-4 attacker/midfielder Hannah Victory from Eagle, and Shaughnessy, a 5-foot-8 midfielder/

attacker from Meridian.

Three of the additions from California will help lock down the defensive end, including 5-foot-3 goalkeeper Giselle Amezcua from Stockton, 5-foot-4 defender/midfielder Kennedy Tuliau from Corona, and 5-foot-2 defender Brittany Rodriguez from San Diego. Plut also landed players with some versatility from California in 5-foot-0 attacker/defender Briana Sotelo from Fresno, and 5-foot-8 attacker/midfielder Marisol Trevino from Riverside.

From Oregon, Plut scored 5-foot-3 attacker Saydee Hetrick from Mountainside High School in Beaverton and 5-foot-6 midfielder/defender Regann Donahue from McNary High School in Keizer.

Lauren Kombol, a 5-foot-5 attacker from Bellingham, Washington, will add collegiate experience on the roster as a transfer from Siena Heights University, an NAIA school in Michigan. She played in four games this spring, scoring two goals and adding an assist before the coronavirus ended the season. She scored two goals in 17 games her freshman year.

Plut said in the virtual meetings the team has had during the pandemic, Kombol is already emerging as a leader.

"And she's been playing forever. She played up in Canada too," the coach said. "She has a ton of experience, and who she is as a person, she wants to be that positive light and that leader."

Rounding out the current signing class is 5-foot-4 goalkeeper Dilyn



Joining the EOU roster:

1. Saydee Hetrick, from Beaverton, is one of two Oregonians signed to the first Eastern Oregon University lacrosse team.

2. Lauren Kombol, a native of Washington, is transferring to Eastern Oregon University, La Grande, from Siena Heights, Michigan, to join the women's lacrosse team.

3. Dilyn St. Germaine, from Billings, Montana, was a second-team all-state goalkeeper in 2019. She is among the recent players to sign on for Eastern Oregon University's new lacrosse team.

4. Regann Donahue, from Keizer, is one of two Oregonians signed to the first Eastern Oregon University lacrosse team.

Contributed photos

St. Germaine from Billings, Montana, a second-team all-state keeper in 2019, according to Plut.

The team has been having weekly calls and challenges to help build chemistry," Plut said.

"We're getting a head start in building the team culture and getting to know each other that we wouldn't have (otherwise)," she said. "It's going to be a really nice flow. We're using this time as much as we can

right now."

She added that in spite of the positions they have listed, nothing is set as to where an athlete will play once the team is together.

"Expect to play different positions. Try everything," Plut said.

"You don't know until you try."

The coach shared an example of an athlete on a club team she coached in Kentucky who had strictly been a defender. Plut moved her to an attacker and she scored four goals

in a game.

"I told the team you are going to play more than one position," Plut said. "Told the goalies too."

The signees give Plut about three-fourths of the 17 players she hopes to sign for the first season.

Pac-12: Voluntary workouts can resume on campus on June 15

By Tim Booth
The Associated Press

The Pac-12 Conference will allow voluntary workouts on campus for all sports beginning June 15, subject to the decision of each individual school and where allowed by local and state guidelines, the conference announced Tuesday.

The decision was made by the presidents and chancellors of the conference schools and followed the announcement last week by the NCAA that schools can reopen for voluntary activities beginning next Monday. The Pac-12's COVID-19 medical advisory committee created a series of guidelines and protocols for schools to follow once they decide to open for individual workouts.

"As states have either already opened or begin to open up access to parks, gyms and other training facilities, student-athletes should have the option at this time to be in, what for many, will be a much safer environment on campus, where they can have access to the best available health, well-being and training support," Pac-12 Commissioner Larry Scott said.

It's unlikely all 12 schools will open their doors at the same time. States with schools in the conference are reopening at difference paces and that will affect when athletes can return to campus for workouts. Arizona



Photo by Ralph Fresno/AP

This Aug. 29, 2019, file photo shows the PAC-12 logo at Sun Devil Stadium during the second half of an NCAA college football game between Arizona State and Kent State in Tempe, Arizona. The Pac-12 Conference announced Tuesday it will allow voluntary workouts on campus for all sports beginning June 15, subject to the decision of each individual school and where allowed by local and state guidelines, the conference announced Tuesday.

has reopened many of its services and said professional sports can resume, while California, Washington and Oregon have been slower and more restrictive in allowing the resumption of small gatherings.

The biggest impact will be on the fall sports, most notably football. Several Pac-12 football coaches have said they would like six to eight weeks of preseason training and practice to be ready should the season begin as scheduled in late August and early September.

The guidelines created by the conference's medical advisory committee cover returning to campus; returning to an athletic facility;

facility specific considerations; return to exercise and response to infection or presumed infection. The conference said each school will develop its own health and safety plan consistent with local public health guidance.

"As educational institutions, our highest obligation is to the health and welfare of our students, faculty, and staff," said Colorado chancellor Philip DiStefano, the chair of the Pac-12 CEO Group. "As we considered the pros and cons of taking steps that can pave a path to returning to play, those considerations were foremost, guided by the advice of our own medical experts along with public health officials."

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