

STANDINGS

COLLEGE MEN'S BASKETBALL
Cascade Collegiate Conference

Team	League	Overall
Oregon Tech	11-0	14-5
College of Idaho	10-1	16-3
Southern Oregon	8-3	11-8
LC State	7-4	14-5
Corban	7-5	12-8
Eastern Oregon	5-6	11-8
Warner Pacific	5-6	9-10
Northwest	4-7	7-9
Multnomah	4-7	8-11
Bushnell	3-9	5-14
Evergreen	2-9	2-13
Walla Walla	1-10	2-16

COLLEGE WOMEN'S BASKETBALL
Cascade Collegiate Conference

Team	League	Overall
Southern Oregon	10-1	17-2
Eastern Oregon	9-2	12-7
Bushnell	9-3	12-8
LC State	8-3	14-3
Oregon Tech	7-4	14-4
College of Idaho	6-5	12-7
Northwest	5-6	11-7
Warner Pacific	5-6	7-9
Evergreen	3-8	4-10
Multnomah	3-8	3-15
Corban	2-10	3-16
Walla Walla	0-11	1-17

PREP BOYS BASKETBALL
4A Greater Oregon League

Team	League	Overall
McLoughlin	1-0	2-6
Baker	0-0	10-3
La Grande	0-0	8-1
Ontario	0-1	0-8

2A Blue Mountain Conference

Team	League	Overall
Heppner	5-0	13-2
Stanfield	4-1	9-7
Union	3-1	9-6

Weston-McEwen	2-3	8-7
Grant Union	2-3	3-11
Pilot Rock	0-4	3-12
Enterprise	0-4	2-12

1A Old Oregon League

Team	League	Overall
Powder Valley	3-0	13-1
Cove	3-1	5-6
Joseph	2-0	4-6
Imbler	1-1	3-10
Wallowa	1-2	3-10
Nixyaawii	0-1	8-4
Griswold	0-1	1-10
Pine Eagle	0-2	3-7
Elgin	0-2	0-7

PREP GIRLS BASKETBALL
4A Greater Oregon League

Team	League	Overall
Baker	1-0	11-4
La Grande	1-0	7-5
McLoughlin	1-1	6-4
Ontario	0-2	0-10

2A Blue Mountain Conference

Team	League	Overall
Stanfield	5-0	14-2
Union	3-1	12-3
Enterprise	3-1	8-7
Grant Union	3-2	6-8
Weston-McEwen	1-4	8-9
Heppner	1-4	6-8
Pilot Rock	0-4	4-12

1A Old Oregon League

Team	League	Overall
Powder Valley	3-1	6-8
Nixyaawii	2-0	10-2
Joseph	2-0	5-5
Imbler	2-1	4-10
Wallowa	2-2	8-6
Cove	1-3	2-9
Griswold	0-1	4-7
Pine Eagle	0-1	1-8
Elgin	0-3	3-10

RACE

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through the Eagle Cap Wilderness, which for both is a highlight.

"Just a lot of good memories. My dad and I are pretty good at going out and having fun," Morgan said. "The first time I ever got my dad on a sled, I think it was Jan. 1 (a few years ago) and it was a super moon. It was so light out you didn't have to have a lamp. It's created more fun times with him."

"It's fun to be out there and not have headlamps on," Craig said. "Visibility is high. That's a pretty neat deal. It's fun to run with her."

Given the two are running different races, they actually won't be racing the trails together. Indeed, Morgan said, she likely won't see her dad until she completes the 200-mile race sometime Jan. 22.

But she is hopeful he'll be there at the



Contributed Photo

Craig Anderson, left, and his daughter, Morgan Anderson, will both compete in the Eagle Cap Extreme this week.

finish line to greet her.

And as for Craig, he said getting to watch his daughter compete in the Eagle Cap Extreme is special.

"It's a pretty neat thing. It's fun to watch her. She does quite well with it," he said. "To know the kind of conditions they are going through and the lack of sleep it's a neat thing. ... It's probably one of our favorite events of the whole year."

SOCCER

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National Team focused on a change of pace when it came to working on her goalkeeping skills ahead of the Women's Asian Cup.

"It's really hyper focused on technique. It's not about quantity, it's all about quality," she said. "For me, that was a big change from how I've trained growing up. Being able to really focus on that has helped me as a player."

Fontanilla stated that the change from going as fast as she could in drills to slowing down and focusing on accuracy was an adjustment. She said that it took several weeks to acclimate to the new coaching style, but that she feels she has improved noticeably as a player.

At the conclusion of training, the Philippines Women's National Team flew to India on Jan. 12. In an unfortunate turn of events, Fontanilla tested positive for COVID-19 shortly after receiving word that she was selected for the team. Despite concern that she would be unable to compete, Fontanilla was scheduled to fly out and join the team on Jan. 18.

Fontanilla is crossing her fingers that no other hiccups occur along that way and that she can arrive safely in India in time to compete in the team's first game against Thailand on Jan. 21.

"It's definitely a process," Fontanilla said of facing yet another obstacle in her soccer career. "If I can't go, I can't go. It's God's plan. Thankfully all the coaches and trainers have been checking in on me and making sure I'm alright. I feel fine."

Shooting for the Cup

Fontanilla will have a quick turnaround before joining the group stage of the Women's Asian Cup. The Philippines come into the qualifiers ranked No. 64 in FIFA's women's national team rankings.

The national team is slated in Group B of the

Women's Asian Cup alongside Thailand, Australia and Indonesia. Two teams from all six groups advance to the knockout rounds, in addition to the two next best third-place teams. Overall, five teams from the Asian Cup qualify for the 2023 FIFA Women's World Cup, which is set to take place in Australia and New Zealand.

Fontanilla and the Philippines Women's National Team will be looking to make history and improve upon the country's best finish at the tournament, which came in 2018 when the team took sixth place. The Philippines earned a spot in the Asian Cup group stage based on qualification matches played in September and October of 2021. With an experienced group and a manageable group stage, the Philippines could be in for a run at its first ever World Cup berth in Fontanilla's first stint with the team.

"I would love to have our team do the best we can. I really believe that we can make the World Cup, especially with the team we have right now. We're super solid and have a lot of veterans coming back."

Fontanilla noted that matches against Thailand and Indonesia are both winnable games, but that Australia will be the toughest opponent. The Australians have made the FIFA World Cup quarter-finals in 2007, 2011 and 2015 and are anchored by captain Samantha Kerr. Fontanilla joked with teammates about idolizing the Chelsea F.C. star, who has led the Australian team to a No. 11 overall FIFA ranking. Thailand enters the tournament ranked No. 38 and Indonesia is slated at No. 94.

While the match against Australia may be a long shot, the Philippines have a tactical advantage on the team's side. Head Coach Alen Stajcic is a former Australian soccer player who managed the Australian women's team for five years.

Fontanilla stressed that the team will need to be at

its best to secure wins over Thailand and Indonesia to advance to the knockout stage.

"Winning those two games is definitely the goal," she said. "If I get to be a part of that World Cup team, that would be such an honor."

Future plans

Following the Philippines' quest for a World Cup berth, Fontanilla expects to return to La Grande with a heightened skillset and new perspective.

Although she still has two years of eligibility remaining, her time as a player for the Mountaineers may have already come to an end. The program is recruiting heavily at the goalkeeper position to fill the gaps for next fall and Fontanilla only has one class left to take in the fall.

Fontanilla questioned if she should return or not, but ultimately felt the need to go back in order to stay in shape and give back to her team. The goalkeeper plans to train with the team in the spring and serve as a voluntary coach in the next fall season.

"My goal is to be a coach in the future," Fontanilla said. "I feel like I can really help the team with what I've learned."

Fontanilla stated that she sees her added perspective from training with the Philippines team as an asset to her coaching abilities.

"It'll be cool being on that side of the spectrum being on the coaching side of things," she said. "I feel like I'll be able to help them bring our team to the national finals. I know that was definitely one of our goals this past year and it was heartbreaking not to get there. I know the younger players took that hard and it motivated them for next year."

Before she starts her career as a coach or decides to potentially pursue a professional playing career, Fontanilla will be focused on helping the Philippines earn its first trip to the FIFA Women's World Cup.

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