

Sports

Basketball, Wrestling, Swimming, Skiing, Snowboarding and Cheerleading

Coaches expect more from senior wrestlers

JACOB GIANUZZI
Staff Reporter

Head Coach Doug Samarron and Assistant Coach Jason Milham hope to push wrestlers to a new level of intensity, hopefully pulling down another District championship extending the current record to 11 consecutive league titles.

After steamrolling Rex Putnam, 77-12, and finishing fourth at the Newberg Tournament, the Lions appear to be on their way.

"West Linn wrestling

accomplished something I believe has not been done by another team or sport: 10 league team titles in a row. We had another top 10 finish and were 18 points away from another State team trophy," Samarron said, who has been coaching the Lions since 1990 beginning as an assistant coach until he was named head coach in 2000.

"[The turnout of students was] about a 20 percent increase and we have a lot of returnees: District place winners and State place winners are returning.

We also have some tough, experienced incoming freshmen who should see some time [on Varsity]," Samarron said.

"The graduating Class of 2006 was not a huge loss because we have some excellent seniors coming in this year," Milham said. Coaches are excited about the prospective performances of the 10 seniors who made it to

Varsity, including Prescott Garner, Lane Locke, Ryan Krellwitz, John Bartlett, Jake Helbling, Timothy Kim, Geoffrey McEvers, Gustavo Bessa, Brandon LaDick and Spencer Hansen.

Before the season started, wrestlers worked to get into top physical condition.

"In wrestling, it's six minutes of hard physical work with a 30 second break in between each two

minute round as opposed to the few seconds of working hard followed by a break as in football," Milham said.

"Wrestling conditioning is definitely harder than football conditioning. It's more mental toughness too," Krellwitz said. For example, wrestlers like Garner and Bartlett often come in for their own training, occasionally bringing along an underclassman or two.



Sophomores Nestor Alvarez and Ben Stoneking come to a deadlock in a collar tie. This year's wrestlers hope to continue the current record of 10 straight District championships, a feat not yet achieved by any school in the district. Photo by Kelsey Schrader

Boys' Varsity Soccer Team trains during offseason for next year

LOGAN KELLY
Sports Editor

The Varsity Boys' Soccer Team had a tough year, having a young team consisting of mostly juniors and sophomores. They finished sixth out of seven teams in the Three Rivers League, with a record of 2-9-1.

Still, some of the players were recognized by the league for their performances. Midfielder Abdelkaddar Elhabbasi, senior, made All-League First Team, midfielder Collin Weeks, senior, made the second team and goalkeeper Joe Offer, junior, made

honorable mention.

Greg Bean, coach, believes that Offer could be a potential star next season. "Whether he is on the field or off the field I think he could make a big impact," Bean said. The coach also recognized that Offer was the most consistent on the team. "He got robbed. He should have been on the second team."

Bean plans to improve on this past season. "Our goal should always be to get a home playoff game," he said.

Bean has put together an outdoor club team so the boys can play together in the off season. "These kids need

to play together," Bean said.

It is the first year both West Linn and Wilsonville have enough interest in putting together a club team. Bean is also trying to get the team to the Oregon State University Soccer Camp. "The more we play together the better," Bean said.

In the spring, the team participated in a tournament where they lost 2-1 against Cleveland. Cleveland won the Portland Intercity League this past season. "It is a really good indication of where we are," Bean said.

According to Bean, next year none of the tactics will change, but the way he teaches the fundamentals will. His belief is that the tactics are fine, but that is his job to execute them better. Another change that will be implemented is individual preferences for positions that will not be paid attention to. What's best for the team comes first.

Bean also believes that in high school soccer, his job is not only to teach the players to play soccer; he has to teach them to become men.

"Last year's team had a reputation of being a bunch of jerks. My job is to teach the players to become men. Quite frankly the soccer comes second. The soccer will come."

To further the team's future, the first club team in three years is coming to WLHS. Currently in eighth grade, the team will mark the end of a three year drought of a consistent flow of club players. Jesse Dwight, freshman, will most likely be making the move from JV to Varsity.

Next year the team will have played in many games and be older and more experienced. Hopefully a more successful season is on the horizon for the team.

Boys' basketball hopes to make it big during season

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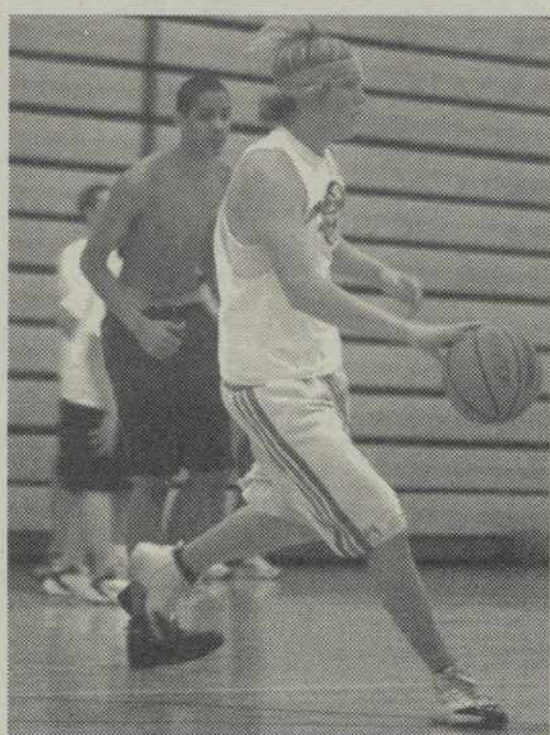
After a close win over Redmond on Dec. 1 and a win over Crook County, 61-57, the Varsity Boys' Basketball Team and Head Coach Aaron Downs are hoping to do big things this year.

With three minutes left in the game against Redmond, the score was 48-48. "We had a 12-1 run to the end of the game," Downs said. "It was a complete team effort." The final score was 60-49.

"The new players will do okay. It is not too hard to get used to what we do. You just need to work hard and contribute to the team," Colby Martzall, senior, said. "We are capable of having a very good season. We have all the tools, we just need to figure out how to use them."

The JV team last year had a great season according to Downs. "We are expecting some big things from some of those players. I do think they will do very well," Downs said.

Spencer Dorway, senior, watched the new players



Colby Martzall, senior, dribbles the ball down the court during tryouts on Nov. 8. The team hopes to do well in the Three Rivers League. The WLHS Invitational will be held on Dec. 15 and 16. Photo by Sarah Chicoine

over the summer. He thinks they are doing well. "We are all working hard and we are excited to play with them," Dorway said.

Downs believes the returning players will help the team succeed this year. "They provided great leadership over the summer," Downs said. There are only three seniors on the team, but Martzall thinks the underclassmen will do

well. All three of the seniors, Dorway, Martzall and Alex Tadros, were named captains of the team this year.

During the off season, players work with teammates on their skills. "We go to the gym and participate in pick up games. You can also go to training camps," Dorway said. "We got most of our jitters out over the summer."

Dorway has been playing on the Varsity Basketball Team for three years. Last year he thinks the team did okay. "The other teams were just better-er," Dorway said. He thinks the team's biggest rivals this year will be Clackamas and Lakeridge.

Last year the team finished fifth in the Three Rivers League and Downs thinks they can do better this year.

"We want to make the playoffs and give ourselves a chance to go to the Elite Eight in Eugene," he said. For those unfamiliar with the Elite Eight, it is the last eight teams left in the playoffs. It is single elimination.

Dorway also hopes to make it to the Elite Eight this

year. "We are good enough," Dorway said.

On Nov. 25 the team played their own alumni during a game for the first time. The team played Varsity players who graduated at least five years ago. "Our alumni game was a ton of fun. We lost to our alumni who featured many players who played in college and were all-state players in high school. Both sides loved the games and we had a great crowd for support," Downs said.

The team's first home game was Dec. 8 against McMinnville. The game was close until the fourth quarter when the Lions pulled away and won 63-53 advancing to 3-0 on the year.

"I've been very impressed with the teams work ethic so far. They come ready to compete every day in practice and we are itching to play another opponent," Downs said.

"I am looking forward to playing with these guys. We have an improved team and we can make a dent in the TRL this year," Martzall said.