

Boys Lacrosse goes for first State title since 2003

ZAK LASTER

co-Sports Editor

This year, the Boys Lacrosse Team has the same goal they have every year; win the Three Rivers League and advance to the Final Four in the State tournament. Since 1996, they have advanced to the Final Four eight times, with their last appearance in 2003. The team won the State title that year and this season they hope to reclaim it.

After a disappointing performance in an exhibition tournament where they lost two of three, the Lions have won three out of four by a combined score of 35-10. According to Andrew Lennox, senior attacker, their biggest hurdle this season may be themselves.

"There are times that we play lazy and unmotivated. But when we play our best, there is nobody in the Portland area that can stop us," Lennox said.

The toughest stretch for the Lions was against three of the top programs in state, Lincoln, Oregon Episcopal, and two time defending State champion, Lakeridge.

This was the big opportunity for the team to assert itself. Unfortunately,

they were unable to take advantage of this opportunity, losing all three of the games by a combined score of 37-12. The Lions ran into the same problem against all three teams.

Against Lincoln, the team came out in the first half playing lackadaisical and unmotivated lacrosse. This led to an early deficit that made it difficult to try to come back. In the second half the Lions tried to turn it around by scoring four straight goals. However, it wasn't enough and the Lions lost 11-5.

Next came Oregon Episcopal and they came out playing tough. During the first five minutes the Lions were hustling for ground balls and playing tough. OES was able to weather the storm, and the Lions reverted to the original problems that cost them the Lincoln game. They started the second half with two goals and were dominated in every aspect of the game afterwards.

"It seemed like after scoring those two goals on them it was like we made them mad and they decided to shut us down completely," Lennox said.

The final game of the rough three game stretch was against Lakeridge.

The Pacers completely outplayed the Lions in every aspect of the game. Lakeridge came out strong in the first half and never let up until halftime. After the half the Lions went on a mini-run but it wasn't good enough and the Lions fell 17-5.

These three games are no indication of how good the Lacrosse Team is. According to Lennox, they need fan support.

"When there's a big crowd, our team feeds off that energy and it usually



Joseph Peterson, senior, defends the goal in April 5 game against Lincoln. The Lions couldn't match Lincoln's intensity and lost, 11-5. Photo by Sarah Chicoine

leads to victories." If more people came out to support us, it would lead to more wins," Lennox said.

Upcoming games for the team are home games on April 25 against Clackamas,

and May 1 against Lakeridge. Away games are on May 4 at Southridge and May 11 at Riverdale. The regular season finale will be held May 15 against Lake Oswego.

Boys' Tennis Team aims to ace season

SARAH CHICOINE

Forum Editor

The Varsity Boys' Tennis Team is looking for a first or second showing in the Three Rivers League it is looking for improvement, according to Ward Lewis, head coach.

"We have good team

chemistry and tremendous potential for growth," Lewis said. With seven new Varsity players the team is making a fresh start.

Despite back-to-back matches on April 4 and 5 against Oregon City and Putnam, the Lions pulled through with wins. First doubles team, Kevin Kirkemo, senior, co-captain, and Brett Wright, sophomore, won, 6-0, 6-0 as well as second doubles

West Linn 7-1. A highlight was Erbin's, first singles, win 7-6(3), 6-1.

Six days later the team faced Lakeridge for its first league match improving with a 6-2 loss. The fourth doubles team Kyle Wickert, senior, co-captain, and Samuel Tingey, sophomore, dominated 6-2, 6-2 and second singles, Miles Rifkin, sophomore, won 1-6, 6-3, 6-3.

The team also had scheduled matches on

Teens get fit at Lake Oswego Community Rowing

MARY WOOD

Page Editor

Lake Oswego Community Rowing's Junior Crew Team is helping to make rowing more popular. They are currently expanding and holding competitions in the community and in other areas throughout the continent. This weekend, the team will go to Canada for the Brentwood Regatta, a series of races which they have been fund-raising for during the past few weeks.

"We had an ergathon to raise money where we erged on a rowing machine the distance from Lake Oswego to Brentwood, Canada," Monet Meyer, freshman,

said. She, along with Leo McNamara, freshman, is one of two West Linn students on the team. Erging is an exercise that simulates rowing when it's not possible to be on the water. This form of training is an important way to get rowers in shape for being on the team.

Before becoming a Varsity team member, prospective rowers must be part of the novice group. Members of the novice group have just started rowing and are still in the learning process.

"Members of Varsity have been rowing for at least a year, so they are competing more intensely," Meyer said. Though it takes time to

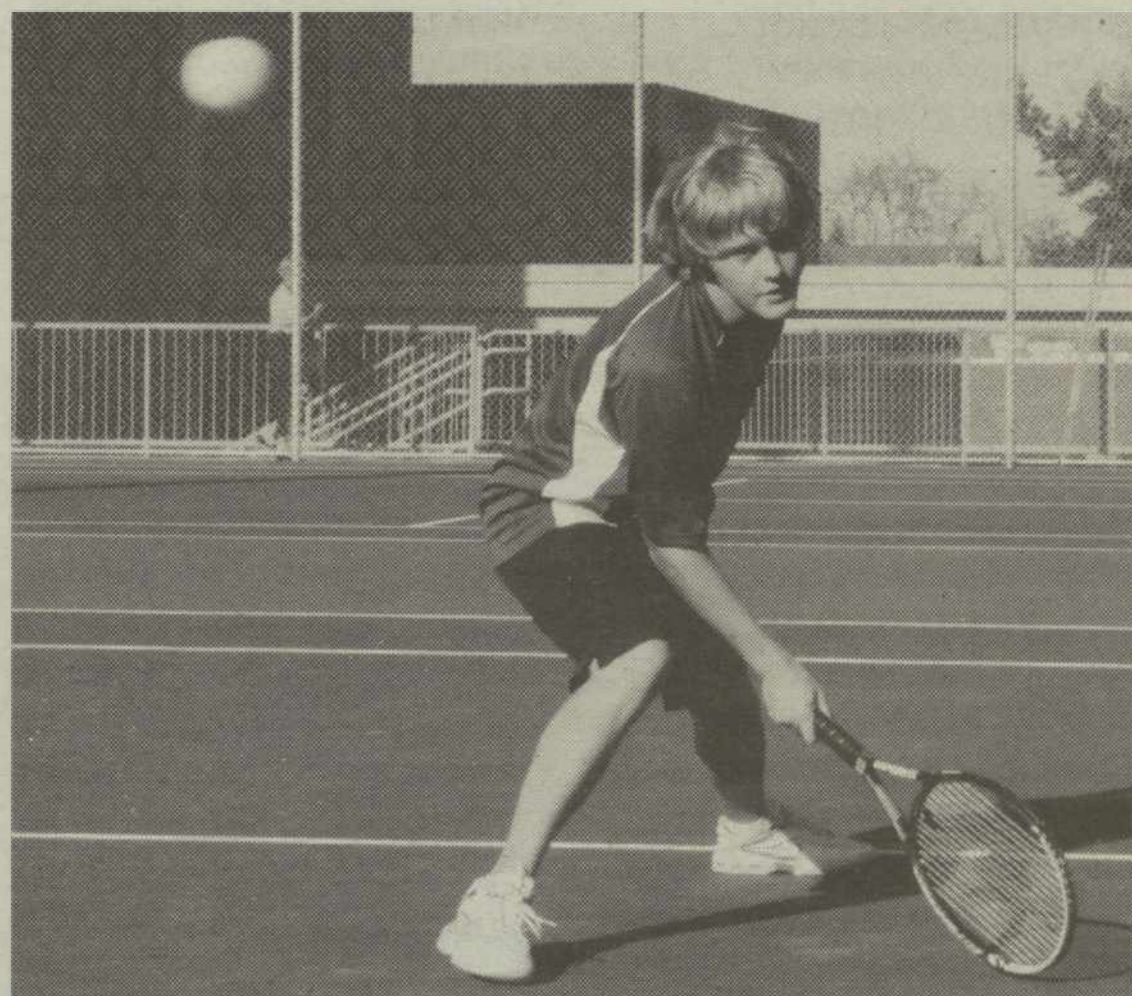
make Varsity, the team is still looking for more people to join for the fall season. Being part of the team is no simple task, however.

"It's a really big commitment. Practices are Monday through Friday from four to six, and racing seasons are September through November and March through May," Meyer said. Winter training is also necessary for participation in spring races. Camps are available during the summer, and this year they include the chance to race.

For those interested in rowing without the rigorous schedule, LOCR offers classes on rowing, boat safety and

technique to those 14 and older. These provide the opportunity to learn about rowing without making the commitment of joining the team.

"I decided to start rowing because I bought a boat and wanted to learn how to row it. Lake Oswego Community Rowing sounded like a good way to learn," McNamara said.



Kevin Kirkemo, senior co-captain, returns a volley against the Kingsmen. First doubles partners, Kirkemo and Brett Wright, sophomore, won their match, and contributed to the Lions 7-1 win.

Photo by Sarah Chicoine

players Collin Bundy, junior and Samuel Chipperfield, senior, winning 6-0, 6-0. The Lions dominated Oregon City, 8-0.

The Lions also beat Putnam the next day winning 7-1. Christopher Erbin, sophomore, had the closest match, but won 6-2, 6-3. Doubles team Ryan Beam, sophomore, and Anthony Bonaduce, senior, won 6-3, 6-3.

On March 14, Sunset lived up to its reputation, beating

April 9, 11 and 13 against Lake Oswego, Clackamas and Lakeridge. All were rescheduled due to weather. April 23 and 25, the team participated in the Jesuit Invitational.

Barring more rainouts, they will play away at Putnam tonight and at Lake Oswego on Wednesday. The team plays home games on Friday against Clackamas and on April 30 against Barlow. All the matches begin at 4 p.m.



Members of Lake Oswego Community Rowing's Junior Crew Team compete at the Lake Regatta in Seattle on Oct. 10. The team has been fundraising for a regatta in Brentwood, Canada this weekend. They hope to have new members for fall season. Photo submitted by Monet Meyer