

Sports

Girls' Basketball promises to deliver strong season

■ KAITLYN RAGAN

Staff Reporter

Twelve girls, white warm-ups and fierce faces displayed on a stark white background; the Girls' Varsity Basketball Team looks tough and ready for anything. With the motto "Leave nothing," the team

the state tournament at the Chiles Center last year, and this time around hope to make it there. Ranked eighth in the state last year, the team already has a few impressive wins under their belts, and are off to a good start.

At their first home game

of the season, the Varsity team played St. Mary's defeating them 66-46. They went on to win almost every game throughout the month of December, including contests against Newberg, Tigard, McKay, Sprague and West Salem.

"We're doing really well. We still have a lot of work to do, but it's been a good season," Wattman-

give an opportunity for other players to step up, including the three freshmen: Andrea Maleike, who scored the most points at the jamboree and alumni game at the beginning of the season, Amy Christensen, whose 6'0" stature could be a major advantage, and Elise Miller. Two seniors Natalie Pittenger, a skilled dribbler and shooter, and Rosetta Adzasu, who was called by the West Linn Tidings "one of the more exciting

players to watch in the state" should also be strong contributors.

The team hopes to be in the front of the Three River's League this season although the Oregon City Pioneers have been at the top for the past few years, and Clackamas is predicted to be a major competitor for the title. Head Coach Glen Lee predicts the players will need to work on rebounding skills if they want to reach the top, but they are a team with speed

and athleticism on their side, and they are confident in their potential.

"I'm really excited about starting league play. That's what the season's been leading up to, and that's what really matters," Wattman-Turner said.

Tonight at 7:15 p.m. the Varsity team will take on the Mustangs at Milwaukie High School. Their next home game will be on Jan. 25 against the Clackamas Cavaliers and should offer an intense matchup.



Rosetta Adzasu, senior guard, maneuvers to the hoop despite stout defense from West Salem at a non-league game on Dec. 18. The Lion's won the game decisively, 59-43. Photo by Malia Chong

plans to do just that as they dive into the season.

With senior captains Emily Wattman-Turner and Samantha Dewart, the team has big plans for a victorious season. The team was just shy of reaching

Turner, said.

The season started with a setback when Brittany May, junior guard, was found to have a knee injury that could require microfracture surgery. This could, however,

Ski Team anticipates success

■ KELSEY SCHRADER

Staff Reporter

After more than two months of training, the ski season began on Jan. 12 with fresh powder and fresh faces. Ski Team and coaches have put in long hours to prepare for the season.

"We are aiming to do better than last year," Paige Ali, junior, said. "We have a lot more people, and immense talent that should carry us far."

Twenty-three skiers participated in dryland practice with Jonathan Peachey, Spanish teacher, whose favorite part about coaching this year is the workouts and being on the mountain "shredding the pow" with the students.

Dryland practice consists of activities such as endurance running and core workouts every Tuesday after school. However, coaching is not always fun and games according to Peachey.

"[The hardest part about coaching] is getting the kids to enjoy dryland practice," he said.

Training on the slopes is held at Mt. Hood Meadows on Thursday nights for three hours. Between commuting and training, the night usually ends around 10:30 p.m. Courses are similar to the race course which will be run the following Saturday. Students run the course five to ten times, while one of the 10 small-group coaches watches them on the runs and give them tips on how

to improve.

"My goals [for this year] are that we place with great times," Peachey said. "And that our best skiers are able to shine and be ready for hard-core racing."

Peachy is impressed with the level of skill on this team. He cites promising racers as being Veronika Jonsson, junior, Sean Campbell, sophomore, Madeleine Martus, freshman, and Alac Ramsey, freshman.

West Linn is part of the Three Rivers Ski League, which includes 12 schools. They race in competitions every Saturday through Feb. 16 at Mt. Hood Meadows, Ski Bowl and Timberline. State will be held at Mt. Hood Meadows on March 5, 6 and 7.

Young wrestling team trains for top two ranking in TRL

■ NICHOLAS ARNTZ

co-Editor-in-Chief

After graduating 18 seniors and adding 12 freshmen, this year's wrestling team is a young one. Although they have started out with a rocky beginning, they are a team full of determination, according to Doug Sammaron, head coach. Their hope for this year is to come together, improve individually and as a team, finish in the top two in Districts, as well as in the Three River's League.

Sammaron has high expectations for the team, not only in its competitive performance, but in school, and in team unity. He expects them to keep up in their academics, work hard, and put effort into each and every practice.

"You are tough if you can make it through one of my practices," Sammaron said.

With a two hour practice four nights a week and an optional Saturday practice, the team is getting ready to compete against its rivals, such as the ongoing battle

against Oregon City. The practices include everything from sprints up Webb Street to live wrestling. The optional Saturday night run is followed by practicing against the competition from other schools at various sports clubs, such as the Mat Club, All-Phase, or Peninsula.

"We have owned [Oregon City] for ten years, and expect to beat them this year," Sammaron said.

So far, standouts are Brian Schiewe, freshman, Logan Krellwitz and Donald Paulson, sophomores, Andrew Kim, Mitchell Gaulke, Paul Garcia, juniors, and Devan Schiewe, senior. Currently, Paulson is ranked number one in the state at 112 lbs.

"The amount of effort you put into each practice really

yields great results. What you put in, you get back," Garcia said. "Our Clackamas meet was a close match, but we came together and fought as a team." West Linn squeezed out a win against Clackamas, 33-31.

Their next meet is against Lakeridge on Jan. 17, and

the wrestling team has high hopes.

"We plan to destroy them. They have never beat us. We plan to make a practice out of it," Sammaron said. "I believe this is the hardest sport in which you can compete; I urge everyone to come and see it for themselves."



Competing at 171 lbs on Junior Varsity, wrestler Paul Garcia, junior, forces a Putnam opponent into a headlock during the third round on Dec. 5. West Linn trounced Putnam in the Three Rivers League dual meet, 67-12.

Photo submitted by Tracie Krellwitz

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