

# VHS Fall Sports Preview

**Volleyball**—The Lady Loggers look to improve on last season after reaching the first round of the playoffs. Head Coach Teresa Williams still has a young team with returning seniors Natalie Wallace, Shyla Tungwenuk, Kelsey Brown leading the team, joined by Foreign exchange student Lea Mari.

Junior Sara McMahon, First Team All-League last season, returns as Middle Blocker and is the team's most potent offensive weapon. Junior Samantha Lindauer and Natalie Wallace were sharing the Setter duties in preseason. Juniors Cierra Henson, Lindauer, Samantha Wallace along with sophomores Tori Dalebroux and Brooke Johnson are

all expected to see significant playing time. Tungwenuk and Brown are the team defensive specialists.

The team looked good defeating Rainier 3-1 in preseason at home on September 6, although Coach Williams still wants to see some improvements. At the Catlin Gable Tournament on September 10 the Lady Loggers took first place defeating Faith Bible, Gervais and Caitlin Gable.

The Lady Loggers start league play on September 13 at Riverdale and at Gaston on September 15 before returning home against Portland Christian on Tuesday, September 20 and against Portland Adventist on Wednesday, September 21.

be backing up Fleck. Sophomore Jacob Medaris, senior Quin Johansen and Czech Republic exchange student Janek Palovsky have been very impressive in practice. Italian exchange student Nicolo Casale is coming off an ankle injury but arrives in the US with a reputation as an exceptional runner with incredible times in the 400m and 200m and it will be very interesting to see what he can do over longer distances.

For the women, Rowan Cheney returns as team leader. She barely missed qualifying for state last year in both cross country and track and is poised for a break-out year. Veterans Sammy Morgan and Laura Kaiser will back her up. Newcomer Gloria Ramirez has been very impressive in practice. "I think she will really surprise a lot of people this season," said Brown. "She's an extremely tough competitor with a big heart and she never gives up. I think she will make everyone around her better because of it."

Brown seems to very excited and optimistic about the upcoming season. "I love our turnout, I love our chemistry and if we stay focused on improvement and stay healthy, we're going to have a great season. It'll be fun, come out and watch us."

The only home meet is the Vernonia Relays on Tuesday October 18 starting at 4:00 PM on the track.

**Football**—The Vernonia Football Loggers look like they are ready to turn things around this season. New Head Coach Gordon Jarmin has forty players on his squad, with a few more kids looking to join the team as the school year got started. Jarmin has some good experienced players returning and says he feels like he has some real depth at the offensive skill positions. He also has a lot of young, inexperienced and first time

players—many of who are good athletes and look to contribute to the team. Seniors Joe Benes and Brett Benes and junior Austin Cutright are team captains.

Cutright is expected to be the starting quarterback this season; sopho-



*Vernonia quarterback Austin Cutright throws a pass during the season opener against Warrenton.*

mores Bo Clark and Tim Jennings may also see some playing time. "All three run the option real well, and we're working on our passing game," says Jarmin. Joe Benes returns to his natural position of runningback after playing quarterback much of the last two years. Foreign exchange student Kristian Wredstroem from Denmark appears to be very fast and has played a lot of American foot-

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## Building Vernonia School Keeping it Local: Local Carpenters

Jason Groulx, Clatskanie

**Personal:** Grew up in Rainier; wife, two young children; carpenter for 16 years.

**Responsibilities:** concrete work, helping carpenters

**Quote:** "I grew up in this area and I know what the town went through. I came out in '96 to help out. My kids don't go to school yet, but it's



good to be working on this project. The town needs this."



*Jason Groulx of Clatskanie.*

**Cross Country**—Head Coach Byron Brown had a huge turnout for cross country this year—over 25 runners counting middle school—more than double last year's team. Nathan Fleck will again lead the men's team, as he did last year when he barely missed qualifying for state. Fleck attended a track clinic at the University of Oregon this summer and enters the season in possibly the best shape of his young career. "He looks fantastic in practice and has been running an unbelievable number of miles," said Brown about Fleck. "He's a very special runner who possesses the ability and determination it takes to be successful at one of the most physically demanding of sports."

Returning senior veterans Jackson Miller, Dan Shaw and junior Lane Sullivan will

### Dear Parents/Guardians and the Vernonia Community,

Hi, I am Mr. Spaulding, your child's PE teacher at Washington Grade School. I would like to encourage each child to have a pair of PE shoes; athletic shoes that are specifically for my class that can be left in my care for the student to put on each class. I would like each student to have a separate pair of shoes for PE because it helps keep our gym floor cleaner, helps it last longer, and ensures that the student can fully participate in class activities. New or gently worn tennis or running shoes are perfect (dark soles okay). Please have your student bring a pair of

these shoes to class. I will keep them in bins and pass them out at the start of each class.

If you are interested in donating new or gently worn shoes, please bring them to Washington Grade School. I will find a happy pair of feet for any donated shoes. We have students of all ages, so any size shoe is welcome.

Thank you for your consideration. Please let me know if I can answer any questions.

Thank-you,

Mr. George Spaulding  
Washington Grade School  
K-5 P.E. Teacher  
503-429-7941



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