

VHS Winter Sports Preview *continued from page 13*

Lady Loggers to four straight League titles. Krahn will bring a change in style to this year's team.

Joe Walters will be Krahn's assistant coach, and Teresa Williams will continue to coach the JV squad.



Head coach Jim Krahn and Morgan Harral

Last year's team cruised through the league on their way to a 24-3 overall record before falling to Bonaza 60-58 in the first round of the state playoffs.

Krahn will change the way the offense plays this year and hopes to shut down opponents with a stifling defense.

"We're going to run a little bit of a different type offense this year," says Krahn. "Something that is a little bit more deliberate instead of a fast break kind of game. With the players that we have, that seems to be a better fit."

Krahn has a good core group of returning varsity players including a trio of senior captains, Payton Wolf, Megan Ely, and Vivianna Bustamante. Another senior, Grace Coleman is recovering from a badly sprained ankle but should be ready to contribute early in the season. Other returning varsity players include juniors Morgan Harral, Courtney Barklow and sophomore Joyce Everett.



Payton Wolf

"We're not really deep, but we have a strong first six players," says captain Wolf. "The upcoming freshman and sophomores will have to work hard, but I think they'll contribute and be good off the bench."

Krahn says he plans to swing several younger players between the varsity and JV squads, including sophomore Jenna Watson and freshmen Loren Ely and Jordon Walters.

Krahn will have some good size on his squad in the front court with two six footers Megan Ely and Watson, along with Harral and Coleman. "We'll be one of the bigger teams in the league," says

Krahn. Krahn says he has the luxury of having four or five guards who can all handle the ball well, so he won't feature a single point guard but will spread that responsibility around. Wolf, Bustamante and Barklow should see the ball a lot on offense.

As far as scoring, Krahn says it will be spread around quite a bit. "We have a group of really good outside shooters, all our guards can shoot the ball well, and Megan Ely and Harral will be tough to stop inside and will put the ball in the basket," says Krahn.

Krahn says the team is working hard on defense. "We're working on developing the attitude that we're just going to shut people down defensively." He also has the team focusing on free throws with a goal of shooting 80% from the line this season.

"It's going to be a little more of a methodical style than we've played the last few years," says Krahn. "The kids have been excellent in practice and have really worked hard and taken to the new offense pretty well."

Krahn says he expects the rest of the Northwest League to be tougher this year. "There should be four other teams that will be good this year," says Krahn. Included in that list are Faith Bible, Gaston, Knappa and Columbia Christian. "It will be a much more competitive league for us than it has been in the past."

Vernonia fans will get an early chance to see the Lady Loggers in action when they host the Vernonia Tournament on December 2-3. The Lady Loggers have a very competitive non-league schedule with a match-up at defending state champion Kennedy on December 6 and a visit on December 12 by Western Mennonite who



Josh Rice and Storm Henson working with head coach Chris Barnes.

finished third at the state tournament last season. "That should give us a good idea where we are," said Krahn. They will also travel to 4A Yamhill-Carlton on December 8 before beginning league play at home against City Christian on December 13 and Knappa on December 15.

Wrestling – Head coach Chris Barnes has a big turnout in the early going this year and is excited about the upcoming season.

"This is an exciting time for this program," said Barnes. "We have

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