

VHS Fall Sports Preview *continued from page 3*

build camaraderie on the squad and build a positive atmosphere. "I want our players to have respect for the game, play hard, and put the team first," he says.

The Loggers open their season with an away match-up against Ilwaco on September 6. They host five home games this season on their new field, beginning on September 13 against Colton, followed by Portland Christian on September 27, Warrenton on October 11, Stanfield on October 18, and Gaston on November 1. State playoffs begin on November 8.

Cross Country – Vernonia head coach John Roady is excited about the progress his program is making and the increased turnout it's producing. Roady has 22 runners out this year for his high school

and middle school programs.

On the boys squad, Roady is looking for the team's lone senior, Kale Sullivan, to lead the way this year. Sullivan ran cross country in middle school and has decided to return this year, and is already the top runner on the team. Junior Nick Costley continues to improve after working hard this past summer and leading the summer running club Roady has organized; Costley will be a key component in a strong boys squad, along with Japanese exchange student Kisei Santonaga, who shows a lot of potential. Roady is particularly excited about a group of freshman boys, which he has dubbed the Fab Five Freshman. The group includes Peter Hahn and Max Anderson, who both have experience as

middle school runners, along with Evan Miller, David McCallum, and Caleb Borton; Hahn looks especially strong after spending the summer working to improve. Several other exchange students, including Andrija Jovanovic, Martin Lefevre, and Branco Lekic, round out a deep boys squad, which Roady thinks has a real shot at qualifying for state as a team this year.

The girls squad will be led by sophomore Sadie Gump and junior Jenna Handegard, who are the team's best chance to qualify for state as individual runners, after finishing 19th and 21st at the District meet last year. Junior Emma Hahn has improved significantly over the summer, but the squad will need some help from some exchange students



L-R: Jenna Handegard, Sadie Gump

and novice runners to compete as a team.

Roady does not have any middle school boy runners this year, but does have a large group of middle school girls, led by 8th grader Delany Draeger, who is already competing with Handegard and Gump's best times, along with Trinity Weber, Eloise Pedersen, Alicia Wack, and Isabelle Martinez.

Vernonia runners are scheduled to compete at the Tualatin Invite on September 7, the OES Invite on September 10, the Logger Elk Run at Tevin Ranch near Jewell on September 14, and the Cape Kiwanda Challenge on September 19. Vernonia will host the Northwest League Championships on Thursday, October 24. The District Meet will be held on October 31.

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