

Heading for Nationals

Women claim state OCCAA title

By Ann Breynne
Of The Print

Lisa Nickel lead the CCC womens' cross country team to the Oregon Community Colleges State Athletic Association's state title with a 15:55 first place last Saturday at Eugene.

"It was the best performance we've had all year," said Coach Roger Smith. "We're peaking good and haven't had any serious injuries."

Clackamas easily outdistanced Central Oregon, the second place finisher, 29-54. Sheryl Thomas ran a 16:43 for third with Jean Sandwick running fourth at 16:54.

Mary Rasmussen took fifth with Sally Arthur and Barbara Young placing seventh and eighth, respectively. Completing the Cougar pack was Vicky Paddock with a 17:16 for ninth place over the 2.7 mile course.

"Lisa was her usual self, it was her finest effort and she ran away with the race," said Smith. "Other strong efforts were run by Sally Arthur who moved from eighth position on our team to fifth and Jean Sandwick who has continued to improve each week and is peaking for Nationals."

"Mary Rasmussen still came back strong," Smith said, even after missing two practices last week."

The team is trying to qualify for the National Championships to be held at Tuscon, Arizona on Saturday, Nov. 12, but still must contend with the Regional race next Saturday at Couer d' Alene, Idaho.

"We plan to make an impressive showing at the Nationals. We and last year's National track and field champions will be the teams to beat at Regionals," said Smith.

Because of a difference in course lengths Smith is not sure of the competition the team

will find when they get to Nationals," said Smith. "We're ready though."

Coach Smith was elected "Coach of the Year" along with last year's Terry Schukart from Central Oregon. It is his first year as womens' cross country coach.



Lisa Nickel
... best in state meet

Trampoline collects dust

The College has an \$800 trampoline that can't use. It remains locked up because the school won't pay a \$1,500 insurance premium.

Nancy Mikelton, physical education instructor, wrote a letter in defense of the trampoline. It was presented to the Department Chairman, Chuck Hudson, who went all the way to the Business Department to get Bill Ryan before it was rejected.

"We just couldn't give enough money to make it that it was worth paying that much," Hudson said. "We're hanging on to it hoping that costs will go down and dust up."

Other schools are having the same problem. Several schools have called the department trying to sell their trampolines because when their insurance policies expire they can't afford to pay for new ones, said Hudson.

"If we could get an expert to inspect the gymnastics we would probably get interest but we don't have the facilities or equipment to merit it," said Hudson.

However, Brian Snook, a college student, has more, has written a constitution and is trying to form a gymnastics club. An adviser is needed for the club as well as a place to meet.

"Hopefully, through the club, interest can be generated and we could possibly have a team in the future," Snook said.

sports

sports notes

Wrestling—The Clackamas wrestlers are preparing for their season by running and lifting weights. According to Coach Rich Taylor, team members have shown quite a bit of progress, especially in their running. Some wrestlers are approaching the sub-five minute mile mark.

Anyone interested in wrestling or helping, contact Taylor at ext. 291.

Community Services—The Road Run that was tentatively scheduled for some time next month has been cancelled.

"It seemed to be a duplication of the one that is going to be held by the Gladstone, Oregon City and West Linn Community Services some time in November, so we cancelled the one that we had planned," said Paul Fiskum, sponsor of the event.

Football—The Cougar stars for the

game last Saturday against Walla Walla were Rex Schade on offense, Mike LeRoy on defense and Mark LeRoy on speciality teams.

Schade was Brad Robert's leading receiver as he caught five passes for 78 yards.

Mike LeRoy, the Cougar's defensive back, was credited with a two point safety as he tackled the Walla Walla quarterback in the end zone and he also had three quarterback sacks.

Mark LeRoy, constantly gave the Cougars good field position as he maintained a 42 yard punting average throughout the afternoon.

The Cougar's game with the University of Oregon J.V.'s scheduled for this Friday, has been canceled due to a lack of players. However, the team is trying to work out a game with either Lewis and Clark or Portland State J.V.'s.

According to Doug Roberts, sports information director, "This type of thing happens quite frequently with J.V. teams as they find a hard time getting enough players to field a team. I had the feeling all along that this game with Oregon would be cancelled, but they didn't seem to believe me."

Archery—Despite rain and wind the archery tournament scheduled for Sunday was on with limited participation as only six of the registered 12 contestants showed up.

Bowling—The Clackamas bowlers dropped their first two matches, falling to Lower Columbia and Mt. Hood by hefty margins.

"We're gradually improving, but we've got a long way to go before we catch up with the rest of the league," said Coach Markson.

"We were hurt by a lack of turnout. The fact that we only have seven men and seven women takes away the possibility of selecting the top five for each match and their averages of 110 to 155 are still behind a good competition level," said Harkson.

"The biggest problem is not that our bowlers are not talented, but that they simply don't have enough experience," Harkson said.

Their next practice is Tuesday at 3:30 p.m. at Tri-City Bowl and Harkson invites all those "who want to give it a whirl" with free shoes and bowling should come out.

The next match is against Pacific on Thursday.

