

Sports



Staff photo by Jay Graham

Cougar men's cross country team, ranked second nationally, runs during a recent workout as they strive to reach their "ultimate goal" of becoming national champions Nov. 14.

Men's X-country No. 2

Men's Cross Country Coach Kelly Sullivan has had his eye on a top five national finish for his team. Achieving that goal is looking good, as the Cougar distancemen were ranked second nationally last week by the National Coaches Association.

"Our ultimate goal is to be national champions," Sullivan said. "And we're capable of it." Last weekend the

Cougar's placed first over 12 teams participating in the Mt. Hood Invitational.

Vance Blow came in first overall completing the 5.1 mile trek in 24.48. He was followed by teammate Tony Macey with a second place finish of 24.49.

Ken Valasquez taking fourteenth in 25.54.

Other outstanding finishers for the Cougar squad were Dave Walsh with a fifth place finish of 25.23, Lynn Purdue at eighth in 25.34 and

Sullivan was pleased with the overall performance of his men. "I think we ran exceptionally well," he said. "This was by far the best performance this year as a team."

Booters break even with PCC

The road to the soccer play-offs may be tougher than Coach Janos Szanto had earlier anticipated since Portland Community College offered no ease to the Cougar booters Saturday, tying them 1-1 and bringing their season record to 3-0-1.

The Cougar's encounter with PCC wasn't quite what Szanto expected when he previously commented he was,

"very confident that we could win," and that, "if we beat PCC, then it's going to be on the downhill."

The Cougar goal was made by Craig Payne in the first two minutes of play, then midway through the second half, PCC scored on a penalty kick.

"If we would have played like we're capable of playing we should have won the game,"

said Szanto. "Our midfield fell apart. They weren't thinking in the second half."

"The Cougar defensive line played a fantastic game," according to Szanto. "Our goalie was excellent."

Clackamas will host Oregon Technical Institute Saturday at 2 p.m. and Southern Oregon State College Sunday at 1 p.m.

Cougar netters pull together for season victories

Although Cougar netters had a discouraging pre-season, playing the more experienced four-year schools, the squad's been pulling together, since league matches have begun.

Last Wednesday the Cougars defeated Mt. Hood CC, 12-15, 15-2, 15-12, 15-5 with a follow-up showing last weekend when they hosted Blue Mtn. CC, Lane CC and Umpqua CC defeating two of those three schools and bringing their season record to 4-1.

Blue Mtn. fell 15-11, 5-15, 15-10, 17-19, 15-7 to the Cougars, but when Clackamas went into play against Lane, they didn't have the same shine. Lane took the match 15-11, 7-15, 10-15, 10-15.

When Umpqua came on the court, the Cougar's started out strong with a 15-8, 15-10 win in the first two games. In the third game though, Umpqua gained a burst of energy pulling a 5-15 win over the Cougars, but they couldn't hang on as Clackamas took the fourth game, 15-8.

"Everybody has good teams," said Coach Loren Swivel. "It's a real competitive battle."

"We have a lot of pressure from last year's team doing so well," said Swivel. But the pressure isn't causing much damage to the Cougar squad. "Our defense is coming on," she said. "I love good defense."

"This year is a new group, but we have a lot of talent and they're starting to put everything to use," said Swivel.

"Confidence is coming," she added. "They know they can do it, and that they have to. They have to determine their own fate."

While Swivel doesn't feel people should be singled out of a team sport for excellence, she sees talent in each player.

-Sharon Bergstrom, a freshman from Molalla is "a very hard worker. Her skills are improving rapidly. She has a lot of potential to be very good, and a lot of desire."

-Pam Burkert, a Cougar Co-Captain is a sophomore

from Canby. "She's a very positive person. Very much improved from last year and pushes herself to keep improving."

-Coni Crone, a freshman from Clackamas "shows a lot of desire. I think she's going to develop into an excellent back-row player."

-Vanessa Dickey, a sophomore from Sheridan is in her first year of play due to an injury last season. "She's doing a good job of setting. She hustles. I'm seeing a lot of improvement in her."

-Bonnie Dillman, a sophomore from Oregon City is "very intelligent and it's reflected in her playing. She tries really hard and is learning."

-Mary Imper, a freshman from LaSalle is "an excellent server. I've never had a person to put in a position and know they'd get the ball over. She adds that dimension."

-Cindy Jensen, a freshman from North Clackamas Christian is "very pleasant. She's improving."

-Terri Kelly: "Her potential to be an excellent player is definitely there. She's making a lot of progress towards total improvement of her game. She's extremely determined."

-Barbara MacDonald, a freshman from Oregon City has "potential running out of her ears and she follows the play at the net pretty well."

-Ronda Westernen, a sophomore from Bend and another Cougar Co-Captain. "Since last year she's made fantastic improvement. She's hitting much more intelligently. Her leadership ability is really helping us."

-Kristen Woolhiser, a freshman from Canby has "a lot of good skills."

Swivel commented that overall she's "very pleased with her team. We still need concentration and determination, and that's coming."

The Cougars will travel to Judson Baptist College Wednesday. Match begins at 7 p.m. and they'll be on the road to Pendleton Saturday when they'll meet Lane CC, Blue Mtn. CC, and Southern Oregon Community College at 2 p.m.

Women runners stumble at Mt. Hood

Only four runners of the Cougar women's cross country team participated in the Mt. Hood invitational last weekend.

An injury sustained by Chrystal Delappia left her teammates running as individuals rather than as a complete team.

Alice Hunger fared well placing seventh overall with an 18.58. The next runner in for CCC was Anna Meuceus tak-

ing 21st in 20.03.

Debbie Simon finished 30th for the Cougars with a 21.09 followed by Jenine Tucker at 34th with a 21.20.

Coach Marilyn Linsenmeyer wasn't real pleased with the times of her runners, but said, "The intense training and not resting as much may have had an effect."

Currently, the Cougar runners are looking towards state competition. "We'll train

tough for another week then start coming down and doing more speed work," said Linsenmeyer. "Our times should be getting better towards state."

The Cougars will travel to Salem Saturday competing against Chemeketa CC, Southern Oregon CC and Umpqua CC. Racing begins at 11 a.m.

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