

# Cougar grapplers ready to flex their muscles

With the advent of winter and the colder season comes the sport many College sports fans hunger for--wrestling. And in the words of Cougar wrestling Coach Norm Berney, "we are a young team, but we are going to be real competitive again this year."

Led by a good crew of sophomore returnees, this year's team also has a healthy turnout of freshmen, mainly comprised of local wrestling talent.

"We will be wrestling quite a few four-year schools this season, with not as many local schools on our schedule," Berney said. "Unlike some other sports like cross country or volleyball, which are able to find other two-year schools in the area to compete with, we are forced to wrestle more often on the four-year level, such as Portland State, Simon Frazer, and so on," Berney stated.

Returning for the Cougs this season are Craig Sieckman, Mike Bolf, Joe Giacomini, Mike Martin, and Doug Gunnels.

Sieckman, who wrestled at 126 lbs. last season, placed second in conference last year. Sophomore Mike Bolf was conference champion and also took second place in the regional tourney at 134

pounds. At 150 pounds this season is sophomore Joe Giacomini, who also competed at 150 for the Cougs last season.

Another positive for this year's grapplers is the return of

year. He is joined by teammate Gunnels who after placing third at 167 in conference competition last year went on to take fourth place at regionals at 177 pounds last year.

This year also brings to

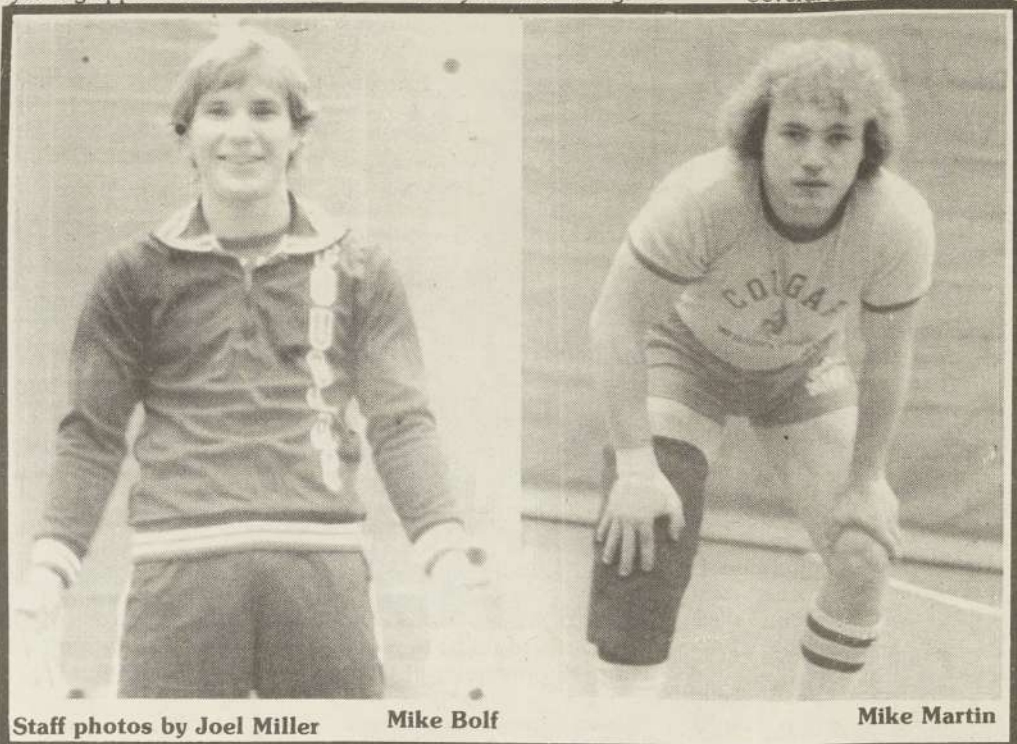
compete at the national level. All three, Strawn at 177 or 190, Huey at 167, and Delashmutt at 126 or 134 are sure to figure in Coach Berney's strategy this year.

Several state placers are to

at 177. Frosh Daniel Martin, who was state champion his junior year at 157 pounds, and was district champion at 157 last year will also be competing for Clackamas. Martin, who injured his shoulder in the opening round of the state AAA tourney last year is one of three Sandy grapplers who have elected to attend Clackamas. Tim Sytsma, fifth at heavyweight in AAA competition, and Dean Fischer have both joined this year's Cougar ranks. Another big man who holds promise this season is heavyweight Randy Potter from Estacada high. Potter, third at district last year, also competed at state and will be a welcome addition to the team.

"We ought to have at least two people at every weight. And if we are lucky enough to have plenty of matches everybody will get to wrestle," Berney said. "There are 19 or so freshmen this year, and along with our returnees, I am really pleased with our depth. We have good local people. There are not many junior colleges that will be better this year. On paper we are as good or better than anybody else in Oregon," Berney said.

"Although we are young, we have a lot of potential. And barring injuries we should be competitive this year," Berney said.



Staff photos by Joel Miller

Mike Bolf

Mike Martin

Martin. Martin, who last wrestled two seasons ago, sat out last year as the result of a knee injury. He was a standout wrestler from Sandy High, placing fourth at state his senior

Clackamas three transfers from Southern Oregon State, Rick Strawn, Dave Huey, and Kim Delashmutt. Strawn, who was a regional champion from SOSC last year, went on to

be found in the crowd of this year's freshmen. Tom Baker, from Scappoose High, comes off an excellent senior year climaxed by his State Championship in the AA state finals

## Cougar volleyball women spike Olympic

By J. Dana Haynes  
Of The Print

The long trip to Bremerton, Washington was well worth the trouble, as the Clackamas Community College women's volleyball team took the match in three straight games.

The Olympic Community College team played well last Wednesday, but simply could not compete with the Cougars, Head Coach Loren Swivel said. The Clackamas team won the match 15-11, 15-9 and 15-9. "We played very well. I was pleased by our over-all performance," Swivel said.

She added that the team had, "some excellent serving." Of the 11 team members, Sophomore Mary Imper and Freshmen Carla Zeigenbein

and Sue Smith all served 100 percent. The team averaged 94 percent.

Hitting was also top notch for the Cougars. Zeigenbein smacked 90 percent across the net. Freshman Sheri Kanrath belted 87 percent and Sophomore Terri Kelly hit 83 percent.

"The entire team has been hitting more aggressively," Swivel said. "We've been stressing that a lot. Now, the team's looking more comfortable and more confident with their play."

For example, Swivel cited Zeigenbein, who was setter at Hood River High School. "Now, she's become a very good hitter. She's not that tall, maybe 5'5", but she's playing

much more aggressively," Swivel said.

The next game for the women is this Friday at Lower Columbia College in Longview, Washington. Like the Olympic Community game, Swivel feels that the length of the drive may have adverse effects on the Cougars. "On the other hand, it didn't seem to hurt us last week," she said. The trip to Longview takes approximately an hour and a half. Bremerton is about three and a half hours away.

Next Monday, the women take on Western Baptist of Salem. This will be a home game.

The last time the Cougars

went up against this team was in the Western Baptist Invita-



Coach Loren Swivel

tional Tournament three weeks ago. Then, the Cougars beat the home team two games to one.

"The way we've been playing lately, we should win the next two games," Swivel said.

The entire season has been punctuated by sporadic play, Swivel said. On-again-off-again serving has been matched by intermittent defense. "Our team always seems to play better as the game wears on. They adjust and come around well. Once they feel comfortable, then they get aggressive," she said.

"I always knew they could do these things. Now they're starting to realize it too," Swivel added.

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