

# sports

## Mens track looks promising

With their first meet on March 5, the Clackamas Community College men's track team is starting to get in shape for the upcoming 1977 season.

Due to the lack of returning lettermen, Coach Buck Monroe feels the squad may have a harder time scoring high this year. "We do have some potentially good athletes returning though," Monroe said.

Jeff Harmon is the leading point earner that has returned from last season. Monroe looks to Harmon to be a real backbone for the team.

Frank Gibson, school record holder in the high jump will be back to try and better his 6'8" performance of last year.

There are some promises in the distance races to watch for. Sophomores Pat Curl, Jeff Ponsness, Don Jones, Alan Knoop, and Kelly Sullivan could score points in their races for the Cougars.

The incoming freshmen have also produced some competent help, especially in the long sprint races.

Ron Shaunberg from St. Helens will be running for the Cougar team. Shaumberg was the 1976 Coast Valley League 440 yd. dash champion, and has recorded a 49.9 best in that event.

Ken Wanvig, who was the Wilco league mile champion last year from Clackamas High School, should aid Clackamas distance runners.



The basketball intramural championships came to an end Tuesday as Lusby's team shown here playing an earlier semifinal game, was defeated by Charles Sampson's team no. 7 team by a 77-60 score.

John Drury, a miler and 880 yd. dash runner, also from St. Helens will help the Cougars out in those races.

Tom Connell and Dale Veith, both of Central Catholic High School should lend strength in the sprints and shot put areas. Veith recorded the third best distance in the state in the shot last year and Connell has run a 9.9 100 yd. dash.

Coach Monroe feels the squad will have

to work to hang on to second place in the state that the Cougars earned last year. "Clackamas Community dominates the league," Monroe said. "We could have some sprinters that really looked good in the indoor," Monroe said. "We could use enough depth to be above average and we don't have many injuries we have as good a chance as everyone else for that top spot."

## Parent's talents benefit athletes

If at sometime someone is in need of a trainer at Clackamas Community College, they should not be surprised if a young woman offers her services. Eileen Parent is now serving as the women's locker room attendant, but her duties far surpass the locker room and extend into the training room.

Parent, who has her masters degree in physical education from Portland State University, has been serving as the women's athletic trainer. She also assisted men's trainer Jim Hudson during football season.

Her main duties as trainer are to take care of the athletes once they are injured and also educate the athletes on ways they can prevent injuries.

"The biggest problem as a trainer is trying to get the athletes to do what you tell them to," Parent said. "They either do not have enough money to go to a doctor or don't work out right to prevent injuries."

Parent said the major cause of injury to an athlete is lack of conditioning before they compete.

Parent just recently took the National Trainers Certification Test and she feels confident that she passed. The certification would enable her to take a job as a teacher and then work as the trainer for the athletic teams. She is hoping to get into a high school around the Portland-Vancouver area where she grew up.

"I really like to coach. It is enjoyable to work with the girls," Parent said.

She helped with Clackamas' women's volleyball team and is planning to assist Roger Smith with the women's track team. She participated in volleyball and track in high school and with her ability as a trainer the Clackamas women's program definitely benefits.

Parent feels the women's athletic program is getting much better at Clackamas. She feels it still has a ways to go, but she credits athletic director Chuck Hudson with his work to upgrade the women's programs.

"A lot more women are getting involved

in athletics and working out," Parent said. "They can see the value of athletics."

"In the past, women wanted to be leaders, but now they want to compete," she said.

One problem Parent expressed with men working out, was in their attitudes about it.

"Contrary to popular belief, women do not develop big bulky muscles if they work out and lift weights," Parent said. "Women can't have this attitude because it is necessary to work out if they are going to be in shape and perform well."

## Eight advance to nationals

The Clackamas Community College wrestling team has sent eight men to the national tournament at Northington, Minn., to be held this weekend, March 3, 4 and 5. The trip is a result of the third place team finish and high individual scores in the regional tournament last Saturday night in Pendleton.

The Cougars' team score of 81½ was just behind Ricks College's 83½ and second ranked North Idaho's 98½.

Finishing first of the Cougars were Steve Morris at 142, Joe Davis at 177, and Rich Holliman in the heavyweight division.

Morris earned a superior decision over a wrestler from Ricks College, 19-6.

Davis proved to be too much for Joe Parsons as he decisioned his Umpqua opponent 4-3.

Holliman had the battle of the night as he won by a referee's decision over a Tillamook sure Valley wrestler after the two had battled to a scoreless tie after three rounds.

Taking second in their divisions for Clackamas were Tom Ziegler at 126, Wayne Snoderly at 167, and Jeff Harmon at 187.

Harmon lost to North Idaho's Gary Germundson, who was later named the outstanding wrestler in the tournament.

Others who qualified for the nationals by finishing third in their divisions were Don Zellner at 134 and Rocky Schneider at 158.

