

Returners make spikers strong, set for season

by Staci Beard
Sports Editor

While others were still relaxing during the last days of summer, the women's volleyball team preparing for the start of the 1989 season.

All the hard work has paid off. The team has worked to a 4-3 record, placing second in the Walla Walla Community College Invitational.

"We lost our first match of the season, but we have come back strong. We will go as far as what we want to achieve. Our emotion and power are going to carry us through. Especially with the leadership of our returning players," stated Coach, Kathie Woods.

An example of the team's emotion and power was seen in a match against Blue Mountain Community College.

Behind 3 to 14 with the opponents in serving advantage, Woods called a time out and told the players to look at their situation as a challenge.

Slowly they came back a few points at a time. The other team called a time out when Clackamas reached 10 points. The Cougars began to feel that they could win, and they did.

"We can be a streak team. But in close matches and in clutches we can pull it out," explained Woods.

"As a team we play together well. We are a lot closer this year, especially the starting lineup," stated Dawn Cusick, team captain.

Along with possessing emotional strength, the team also has physical talent.

"We are strong in every position. Physically we are in good condition and that allows us to stay in the whole game," explained team member, Tara White.

Cusick is returning this year as team captain. Although Cusick previously had plans to go to Linfield, she ultimately decided to return to Clackamas for a second year.

"(Cusick) brings leadership

to the setting position," stated Woods.

Also returning is Casie Harker, who last year was voted First team all-league. Harker was only one of two freshman to receive the honor.

"Harker brings a dynamic explosiveness when she plays. People enjoy watching her hit because of that power," explained Woods.

Middle blocker Judi Bennett is also contributing to the team.

"Bennett shows a lot of potential; she is a player that likes to hit the quick sets. I expect to see a lot from her," said Woods.

Chris Nylen, last year's most improved player, also has a return engagement with the team.

"(Nylen) works very hard at becoming the best player that she can be. A very strong player," described Woods.

Another setter, Erin Elder, is also rejoining the team.

"Elder had developed a lot more confidence in her playing. She brings quickness, a good leaping ability, and intelligence to the floor," stated Woods.

The sixth returning player is Diane Hinman.

"Although (Hinman) doesn't

start, she works just as hard as the starters. She keeps up the team. I know if I put her into any position she can do the job," explained Woods.

The team doesn't just depend on the sophomores; there is a strong group of freshman to back them up. White is the only starting freshman.

"Our team has strength and depth. I am confident with all thirteen of my players," stated Woods.

The Cougars next home competition will be Wednesday, Oct. 4, against Chemeketa.

Cougar harriers off to quick start

by Amber Cordry
Staff Writer

As the season of 1989 begins, the Clackamas Community College Men's and Women's cross country team has proven strong and competitive. Coach Mike Hodges feels very confident that they will have a powerful season with overwhelming statistics.

"I feel this is the best team I have ever coached," commented Hodges in regards to the '89 cross country men's team, "the women should be as good as last season."

Hodges continued by saying that the women had an outstanding season last year and will be very successful if they maintain their level of competition.

Results of the beginning meets coincides with Hodges outlook on the season. The men and women have been Northwest champions for three years. Highline College is one of the victories on the men's record, along with Whitman, Clark Community and Lane Community College. The women achieved victory over Clark Community as well.

"Strong runners close together (ending times) coupled with a lot

of talent and depth," was how Hodges explained the success of the men's team.

Hodges stated that "Angie Wright is one of the best runners in the Northwest. She has been an incredible asset to the women's team."

Hodges also stated that he did not see any weak points which might hinder the success of either of the teams.

Clackamas cross country has several returning runners this year. The men have Nick Barger, who was the State Community College Cross Country Champion in 1988. Dusty Moore, from Franklin High School, who was the State Community College Track Champion in 1989, and also Mike and Marc Paulson from Gladstone.

Returning runners for the women are Angie Wright, from Newberg High School; Karmay Bond, from Oregon City High School; and Sonja Hult, from Jefferson High School.

New members of the team consist of Gene Banderhorst, Kevin Buse, Mike Tierney, Shaun Ferguson, Kim Wright, Alison

Hunson, Siobhan Kennedy and Sunshine Guzman.

Another asset to the team, is high motivation. The runners have set high goals for themselves not only for personal achievement, but also to have their running hopefully bring them scholarships at four-year colleges.

Said Angie Wright, "I want to take my running as far as it will go. I don't know my limits because I haven't reached them yet and don't expect to until my mid to late twenties."

The Men's and Women's Cross Country teams are currently preparing for their upcoming event, the Willamette University Invitational in Salem. They will be running against 20 to 30 teams from the Northwest.

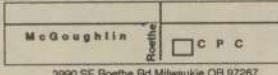
"It's hard to tell how we are going to do," remarked Hodges regarding the upcoming event, "I feel we will place in the top two of the community college teams and also beat our share of the four-year schools. The (four-year student's) physical maturity gives them a definite advantage over our freshman and sophomore runners."

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