

Heading into season's second half . . .

Women's volleyball team shows strength

by Daphne Hartt
Sports Editor

With almost half of the season over, the CCC women's volleyball team is showing great strength and competitiveness.

There are 14 team members this year, five of whom are returners. Sophomores Daphne Hartt, Amy Hines, Jennifer McKenzie, Ilene Penas, and Jill Wilson have come back to play for the Lady Cougars for one more season.

Kathie Woods continues to coach, as well as teach for CCC. This is her tenth year as head volleyball coach.

Erin Alder, who once played for Woods, is now assisting her in coaching. Alder is currently majoring in Biology/Athletic Training at Pacific University in Forest Grove. She is not only the assistant volleyball coach, but the athletic trainer as well.

The Lady Cougars began league play on Sep. 23. They defeated Linn Benton Community College in four games. Keri Gundersen, a freshman at CCC, led the team with 16 kills and 24 digs. Gundersen, a graduate from Sam Barlow High School, is an outside hitter.

The second league game astonished many volleyball fans. The Lady Cougars crushed the Mt. Hood Community College Saints with an impressive 15-12, 15-6, 15-5 win.

Jennifer Potter, an outside

hitter from Centennial High School, had 11 kills and 24 digs.

Blocking was a key factor in winning the game. Middle hitter Carla Nofziger had a total of 12 blocks against the Saints. CCC shut down Mt. Hood's offense.

Coach Woods was very happy to be 2-0 in league, especially after facing Mt. Hood. "The win against Hood is the first time CCC has beaten them in years. Therefore, Moines, Washington to compete in the Highline Community College Tourney. They took fifth out of ten teams.

Wilson, an outside hitter, injured her shoulder while diving for a ball that was deflected off a block. She is unable to play at the moment, but should return within a week.

Some of CCC's players have been recognized for their outstanding play. Nofziger was named to the All-Star Selection Team at the Linn Benton Tourney on Sep. 4 and 5. McKenzie, a returning setter, received that same honor at the Highline Tourney last weekend. Gundersen was nominated CCC Player of the Week and Southern Region IV Player of the Week for the week of Sep. 20-26.

McKenzie was chosen as CCC Player of the Week on Sep. 28-Oct. 3. Hines, an outside hitter, is this week's Player of the Week.

Tonight the Lady Cougars will compete against Portland Community College at the Rock Creek Campus Gym at 7 pm.



The CCC men's cross country team holds a combined record of 28 - 1. The Southern Region championships will be held on Oct. 24 in Roseburg. Photo by Paul Valencia

As teams head toward championships . . .

CCC x-country runs over competition

by Paul Valencia
Staff Writer

Clackamas Community College's men's and women's cross-country teams are heading into their championship meets right where they left off last year -- with winning ways.

With the regular season meets out of the way, the men's team has a combined dual record of 28-1, while the women's squad heads into the championship season with a 19-4 mark.

Both Cougar teams will travel to Roseburg Oct. 24 for the Southern Region championship of the Northwest Athletic Association of Community Colleges (NWAACC). The women have won four-straight Southern titles, while the men have three. In the co-ed combined, the Cougars have won each year since its inception in 1989.

Following the regionals, CCC will host the NWAACC championships, another past specialty of the Cougar teams. The women have won two titles in a row, while the men took their first-ever title last year, after being in the top three, five of the previous six seasons.

"This year's men's team is better than last year, but the competition in our league is also better," said Head Coach Mike Hodges.

In fact, the team might have

been overconfident going into this year, Hodges explained. But their first loss, ironically at their own invitational, served as a "wake-up call," Hodges said.

"It's a young team. Eleven of our sixteen are freshmen," Hodges said. "They learned a good lesson. If we lose, it's better to lose at the beginning of the season than the end when it's too late to do anything about it."

The Cougar men are captained by sophomore Randy Faddis and freshman Kevin Bartholomae. They're led on the course by Mike Hickey, who has been the team's top finisher in four of its five meets.

"We've got a pretty good shot at the title," Hickey said, "and as an individual, I'm looking to run with the lead pack at NWAACC. I'm in the best shape I've ever been in."

Others to look for on the men's team are Aaron Taylor -- "Potentially one of the best in the Northwest" when he's healthy," Hodges said -- Jason Mottaz, Brian Buckingham and Eddie Foshey.

The women Cougars are comparable to last year, Hodges said. Fortunately for the team, he said the league hasn't gotten much more competitive in the past year.

Dianna Polack captains the Lady Cougars and feels the word

team describes this year's squad better than last season's. "The team is together," she said. "It's family-oriented. Everybody cares. There is no inner-competition." The key, she said, is everyone competing as a group.

"We hope to win our third title in a row," she continued. Jessie Richter has been the team's number-one runner all year, Hodges explained. Others to watch are Jenny Campbell, Leah Guilford and Lynda Cornwall.

Hodges said teamwork is very important to the success of any cross-country squad. "Fortunately, we are very much together," he said of both teams. "Having the attitude to be the best individual, but still having an attitude of wanting your teammates to do better is really important."

Note: In the final meet before the championships, both teams took first place in Saturday's Mt. Hood Invitational. Hickey came in first for the men, but the highlight was the return of Taylor, who finished second after missing meets with a knee injury. Richter finished first for the women, but the big breakthrough, according to Hodges, was Guilford's close second-place finish.



Photo by Angie Booth

CCC setter Jennifer McKenzie (left) and middle blocker Ilene Penas go up for a strong block while Assistant Coach Erin Alder looks on.

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