

Gundersen lets her play do the talkin'

by Paul Valencia
Staff Writer

It can be hard getting Keri Gundersen to talk about her volleyball success. Simply put, she loves to play on a team and isn't particularly interested in individual achievement.

That's why this Clackamas Cougar was shocked when she was named the Northwest Athletic Association of Community College's Player of the Week honor for Sept. 20-26.

Not only was she surprised about being the top player in the Northwest, she was also surprised that there was even a player of the week award.

"I didn't even know the award existed," she said. "When (Head Coach) Kathie (Woods) told me I won it, I asked, 'What's that?'"

In that most-valuable-player week, Gundersen was credited with 21 kills, 54 digs, 6 aces and 4 blocks in victories over Linn-Benton and Mt. Hood.

"I have to keep working on it, though," Gundersen said. "That's not the best I can do."

Not bad for a player

who didn't even know if she would start this year. Gundersen chose Clackamas because she was recruited for softball, which she will play in the spring, but decided to "do something in the fall."

It wasn't as if she just walked off the street with no experience, though. Gundersen has been playing year-round volleyball since the third grade and was coming from a successful program at Sam Barlow High School in Gresham.

"I love volleyball. It's so competitive. It takes a lot of skill, interest and dedication," she explained.

Her coach is pleased with her team-first attitude, as well. "She's an instrumental part of our success. She works hard day in and day out," Woods said. "She's one of the best defenders we have and is a tough server."

"She's so much fun to work with," Woods continued, "because she's always 'up.'"

It was Woods who nominated Gundersen for the honor, and because of the team's success that week, Woods was hoping her selection would stand

out.

When word came down, Woods wasn't surprised. "I was proud, but I kind of expected it," she said. Gundersen was the first player of the week selectee of the year, which made it even more special for Woods.

And the coach wasn't done praising her player. "She's one of the many talents we have. She's a gem. I wouldn't trade her for anything."

Luckily for Gundersen, somebody was eager to talk about her successes. The modest Gundersen was happy to be selected, but didn't even tell her friends. That job was left for her mother.

Going into tonight's game against Linn-Benton, the Cougars are 4-3 in league play and still in position for the playoffs. Gundersen said the team's goal is to make it to the NWAACC championships, and then to win it.

And as far as she's concerned, they have the team to pull it off. "Everybody gets along, and works together. We support each other, and we're really good friends," she said.

It's probably safe to

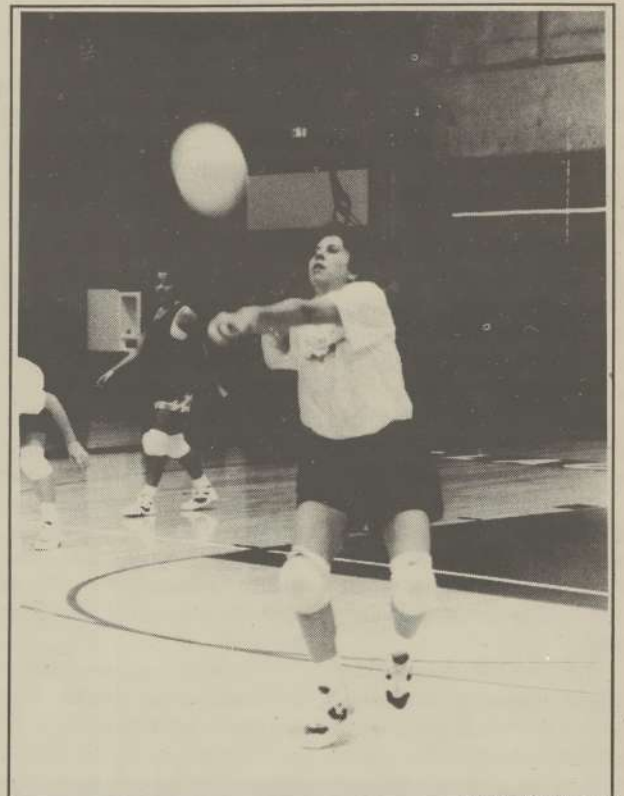


photo by Paul Valencia

CCC volleyball player Keri Gundersen displays her talent. She was recently nominated NWAACC player of the week for the Southern Region. say that Gundersen's teammates the fall." are happy the softball player decided to "do something in

Cougars still in hunt for NWAACC playoffs

by Daphne Hartt
Sports Editor

Last Saturday night, the women's volleyball team fell to the Mt. Hood Saints in a tough four game battle. The Lady Cougars had an overwhelming 10-3 lead in the first game, but inconsistencies allowed the Saints to come back and win 15-12.

In the second game, the Lady Cougars did not recover. The Saints defeated the Lady Cougars 15-8. The loss was mainly due to hitting errors and serve receive.

Then, the Lady Cougars fired up and proved their desire to win. With a strong offense and little error, the

team pulled off a 15-13 win against the Saints.

As the fourth game began, the crowd, mainly consisting of Mt. Hood fans, filled the stands and cheered loudly, causing echoes throughout the gym.

CCC had some trouble with their serve receive, but

came back half way through the game and started to fight.

The score wavered back and forth until finally it ended in a 17-15 win for the Saints.

Coach Kathie Woods felt that the Lady Cougars played hard and intense.

"It was so close. It just got away from us. We became a little overanxious and started to play out of our heads. By the time we came back strong, it was too late," commented Woods.

Although this loss put CCC at 4-3, Woods, along with the rest of the team, still believe they can make it to the NWAACC championships.

"This is a real exciting year because we are tied with Umpqua Southwestern Oregon and Mt. Hood Community Colleges," says Woods.

At the present, Chemeketa Community College remains on top with a 6-0 record, CCC holds a 4-3 record, and Mt. Hood hangs on with a 3-3 record.

Middle blocker, Ilene Penas, received the Player of the Week honor for this week.

Woods chose Penas because of her "ability to adapt to any situation that she has been put in this week."

Tonight CCC will compete against Linn-Benton at 7 p.m. in Randall Gym.

Intramural activities underway

by Daphne Hartt
Sports Editor

Are you starting to feel the onset of the "winter blues"? Do you feel like everything in your life is so routine? If you do, then how about changing your daily activities.

The CCC Intramural Sports and Recreation Activities Program is a great way to have fun, meet new people and get the blood flowing.

For all you football fans out there, a Round Robin flag football tournament will be starting on Tues., 27. Teams will compete against one another on Tues. and Thurs. from 12:30-1:30 pm.

A minimum of four teams must register by Fri., Oct. 23.

Team rosters are available on the intramural bulletin board in the lower level of Randall Hall.

The tournament schedule will be posted on the board by Mon., Oct. 26.

If you enjoy the sport of racquetball, there will also be a Round Robin tournament. Players must be enrolled in a racquetball class at Eastside Athletic Club.

The champions of any the mentioned events will receive a CCC Intramural T-shirt for their performances.

If you have any questions or concerns, contact Intramural Activities Director, Kathie Woods at 657-6958, ext. 2418.

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