

Wrestlers prove strength, mental toughness

by Frank Jordan
Staff Writer

The CCC wrestling team enjoyed a very successful week, winning four dual meets and placing high in a California tournament.

On Nov. 23, the Cougars wrestled against Pacific Lutheran University in Tacoma and defeated them 21-18. Coach Jim Jackson was very pleased with the results. "We felt good about what we had accomplished. We figured that we would beat them later on in the season, but we came out strong and wrestled well," said Jackson. "We had a few people wrestling up a weight class from their normal weights, and we competed really well."

Winning matches for the Cougars against PLU included Dan Uptegrove, with a 12-2 decision at 126 lbs; Blake Tompkins, a 23-8 winner at 134 lbs; Derek Puckett, an 8-4 victor at 158 lbs; Travis Bonneau, a 7-4 winner at 167 lbs; Doug Maddux, winning a 13-8 decision at 177 lbs and Nathan Sullivan, with

a 9-4 win in the heavyweight class.

Thanksgiving weekend saw the Cougar grapplers in the Lassen College Tournament in Susanville, CA. Clackamas defeated three opponents in dual matches during the tourney.

Clackamas wrestled Labette College from Labette, KS in the first match, and defeated Labette by a score of 20-19. Winning matches for the Cougars were Bill Jones at 158 lbs, Tompkins, Bonneau, Maddux and Sullivan.

In the second dual, CCC beat Lincoln College of Illinois, 24-14. Winning Cougars included Chad Westover at 142 lbs, Uptegrove, Tompkins, Dean Roth, Maddux, Bonneau and Sullivan.

In the final dual match, Clackamas defeated Northeastern Oklahoma, 32-16. Winning CCC wrestlers included Roth, Bonneau and Maddux. N.E. Oklahoma also forfeited three matches to the Cougars.

"Those three teams that we wrestled are generally ranked in the top ten nationally year in and

year out," commented Jackson. "So, we are very excited to wrestle and beat three quality teams. I think that we are headed for some very good things with this group."

On Saturday, CCC participated in the community college division of the Lassen Invitational Tournament. Five CCC wrestlers placed in the tournament. Those wrestlers, who placed in their weight categories included Westover and Bonneau in first place, Sullivan in second place, Maddux and Tompkins in third place.

"We wrestled very, very well. I was very pleased," commented Jackson. "Although our conditioning is a bit off for this stage of the season, we were in much better condition than those guys that we wrestled."

The number one thing that stood out for me is how much mentally tougher we were than anyone else there," Jackson continued. "Even when our guys lost matches, we were still attacking, still giving 100 percent every



photo by Robert A. Hibberd

The CCC Cougar Wrestling loosens up before a practice session. The team placed high in a California tournament.

time. It truly was a great weekend as far as I am concerned."

The next action for the Cougar wrestlers is tonight, Dec. 2, with a dual meet at Pacific University in Forest Grove. The next home action for CCC will

be this Friday, Dec. 4, with a triangular meet with Big Bend and Highline Community Colleges, at 5 p.m. in the Randall Gym. This Saturday, Dec. 5, the Cougars will wrestle in the Pacific Open, again in Forest Grove.

Cougars open hoops' season with success

by Melissa Baughman
Staff Writer

The Clackamas Community College women's basketball team started off their season in winning fashion by beating Lower Columbia Community College and Grays Harbor Community College in a tournament they hosted over the weekend.

The Cougars opened their season Friday night and beat Lower Columbia 74-64.

The women started out slow, but ended up having a great de-

fensive and offensive game, according to the coaches.

Assistant Coach Trev Kiser felt that Jenny Topham, Melissa Baughman and Tereasa Brown played well against Lower Columbia. "Jenny played good. Melissa played pretty good," Kiser said. "Brown stepped up as a freshman and did something most freshmen don't do this early in the season."

Brown came off the bench and hit 10 of 14 field goals. She scored 20 points and grabbed 12

rebounds. Topham hit for 25 points and pulled down 14 rebounds. Baughman led the team in assists.

The team hit the boards hard and out rebounded Lower Columbia 46-26. They hit 6 of 13 three-pointers, led by Topham who hit 5 of 7. The team did not fair well from the foul line where they hit only 16 of 37.

Saturday, the Cougars took on Grays Harbor and handed them a 79-56 loss.

Even though the Cougars

weren't at the top of their game, the coaching staff saw some positive things.

"Jenny (Topham), Janell (Temple) and Shari (Wehling) played well," Kiser said. "Brandy (Toivonen) had the best game she's had all year. I know Brandy doesn't think so, but she did."

Topham led in scoring and rebounds once again by hitting for 16 points and grabbing 17 rebounds. Shawna McComb scored 14 points and Toivonen had 15 rebounds.

As a team, Clackamas out-rebounded Grays Harbor 57-25. They were also 5 of 8 from three point land as Baughman hit 2-2, Topham 2-3 and Temple 1-2. Their free throw percentage left something to be desired once again, as they hit a cool 12 of 22.

Overall, the coaching staff was pleased with the things they saw over the weekend.

The team will be trying to improve their record tonight when they host a tough Clark Community College squad at 6 p.m.

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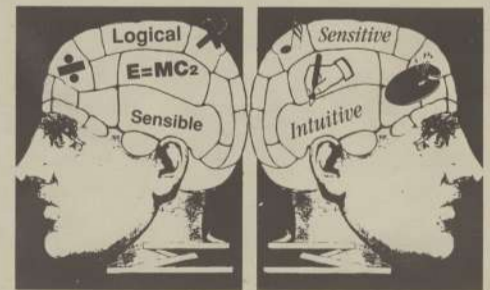
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