

Volleyball off to fast start, undefeated in league play at 6-0 with Mount Hood rematch to come

Jesse Sowa
Sports Editor

The Clackamas Community College volleyball team has risen its play up a notch and is now the cream of the crop in the Northwest Athletic Association of Community Colleges (NWAACC) Southern Region.

Clackamas head coach Kathie Woods has this team playing better than any team she's had in her 13 years at Clackamas.

With a three-set victory over Chemeketa Community College last Friday, the Cougars are now perfect in league at 6-0 and 29-1 with all matches included. Clackamas has won the three tournaments it has entered and has only dropped one individual game in six league matches.

Clackamas defeated Chemeketa by a 15-3, 15-9, 15-11 count. The Cougars were led in the Chemeketa match by its three returning players, Jenn Walters, Melanie Sharp and Casie Ireland.

Walters, a middle hitter from Aloha and team co-captain, had 13 kills and 11 solo blocks and was named the NWAACC Southern Regional offensive player for the last week. "Jenn Walters is an excellent middle blocker," Woods commented. "We've always said that she's not just a wall, she's a

wall with arms."

Sharp, an outside hitter from Sweet Home and also a co-captain, came up with 10 kills and 22 digs. Sharp was the Southern Region offensive player of the week for the first week of league play. "Melanie's our go-to person," Woods said. "She has a great feel for the game."

Ireland, an all-around player and team captain from Aloha, was credited with nine kills and 19 digs. Ireland was selected as the Southern Region defensive player of the week for week two of league play. "Casie's really dedicated to this program and I really appreciate that," Woods said of Ireland.

Katie Holdorf, the Cougars' freshman setter from Estacada, finished with 29 assists. "A lot of responsibility is put on her this year," Woods said. "She's improving with every match."

Misti-Kae Filley, an all-around player from Roseburg, had six kills and 23 digs. "She's the life of the team, she keeps everybody relaxed," Woods said. Filley is credited with playing where ever she's needed. "She won't get the recognition, but she deserves it."

Stacy Iverson, an all-around player from Tualatin, had a great match with two service aces, 18 digs and six solo blocks.

Christine Younglove, a freshman defensive player from David Douglas, gets credit from Woods for being the team's energizer. "Chris Younglove is our spark plug," Woods said. "She's one of our motivators on the team."

Denise Haselwood, a late arrival to the team from Centralia, is a three-sport athlete who has helped improve and maintain the team's chemistry. Misty Murray, a freshman defensive specialist out of Brookings-Harbor High School, has improved greatly since the beginning of the season.

Cathy Methvin is an outside hitter from Reedsport who is one of the hardest workers on the team, according to Woods. Kristi Chamberlen, a freshman middle hitter from Wahtonka High School, has continued to improve and work hard, despite a lack of playing time.

Clackamas is set for a big rematch tonight at home with Mt. Hood CC, the second place team in the region. The Cougars defeated Mt. Hood in four sets two weeks ago in Gresham.

"They want to prove something and we do too," said Woods of the rematch.

Tonight's match begins at 7 p.m. in Randall Hall. Clackamas travels to Spokane, WA on Saturday for the Spokane Crossover.



photo by Chad Patteson

Casie Ireland tips the ball over a pair of Pacific junior varsity players in a non-league match on October 4.

Continued success keeps cross country teams on top

Jesse Sowa
Sports Editor

The Clackamas Community College cross country teams have continued a long tradition with another strong season this fall.

With Mike Hodges at the helm, the Cougars have been able to remain near the top in the Northwest Athletic Association of Community Colleges (NWAACC) rankings once again.

The men and women did not come in in the shape as Hodges had wished, but both have greatly improved in the last few weeks. "We have talent," Hodges said. "But we did not come in as fit in August as we usually do."

The Clackamas men are led by Travis Armstrong, a freshman from Mossy Rock, Washington. Armstrong is competing in cross

country for the first time, due to the fact that he competed in football as a quarterback during the fall while at Mossy Rock. Armstrong was a state champion in the mile and two mile events in high school.

"He's adapting very well," Hodges said of his rookie cross country runner. "What he lacks in cross country experience he has made up for with football aggressiveness."

Sophomores Ryan Burck of West Linn and Jon Cox of Kelso have been switching between the second and third spots.

Second-year runner Dean Rowell of Anacortes, WA has handled the fourth spot. "He came in in bad shape, but he is starting to come on like I figured that he would," Hodges said of Rowell,

who finished sixth in the NWAACC meet last year. "He could move up in the lineup because he's very talented."

Evan Goin, a freshman out of Silverton has been the number five runner. "He has been very steady for us," Hodges said of Goin. "You can always count on him to give a solid performance." Freshman Juan Sanchez from Hermiston has been a strong competitor for the Cougars in the number six spot. Sophomore Scott Bills, also of Anacortes, has been a pleasant surprise for Hodges with a strong work ethic and good leadership ability.

The men, last year's NWAACC champions, are 26-7 against small 4-year schools, along with community colleges.

The women continue to be led by sophomore captain Jaime Fairchild of Tualatin, who won the NWAACC meet last year and also had a strong track season last spring. "She's been number one all year long and has run some real fast times the last three weeks," Hodges said.

Heather Peterson, a freshman from Rogue River, has been the Cougars second runner when she's been healthy. Freshman Jenny Newell of Tigard, the number three runner for Clackamas, has been very consistent and strong this season according to Hodges. Becky White, a sophomore from Madison, has made vast improvement in the past weekend has become more consistent for the Cougars.

Freshman Shannon Henley of Milwaukie has started to run with consistency according to Hodges. Mishe Simantel, a freshman from Oregon City, has been strong throughout the season.

Going into last Saturday's meet at Lincoln Park in Seattle, Hodges only expectation was for continued improvement among the runners and he got just that.

In a meet consisting mostly of four-year schools, the men took seventh and the women eighth.

Clackamas competed at the Willamette University Invitational on September 30 against 19 other teams with the men finishing eighth and only two points behind traditional rival and regional favorite Clark Community College. The women were fourteenth and defeated Clark CC, a team that had beaten the Cougars earlier in the year.

The Cougars ran well at their only home meet of the year, the

Clackamas Open on September 23 at McIver Park in Estacada. The men won the meet with the women finishing second behind regional favorite Mt. Hood.

Clackamas travelled to Longview for the Lower Columbia College Invitational on September 16 in which both teams came away with second place finishes behind Clark CC.

The Cougars started their meet season with a strong performance at the Oregon Trail Invitational in Vale on September 9 with both the men and the women finishing third.

Hodges hopes the men can beat Clark, but he knows that it won't be easy. "It'll take our best efforts every day in practice and every day in races to get there," Hodges said of the men's goal to beat Clark.

Clackamas travels to Tacoma on Saturday for the Pacific Lutheran Invitational.



photo by Chad Patteson

The Clackamas cross country team trains for the Pacific Lutheran Invitational in Tacoma on Saturday.

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