

What's up with Cougar volleyball?

**Brendon Neal
Sports Editor**

The Clackamas volleyball team has had a strong start with a match record of 20-3 in pre-season play.

"We are in the preseason. Every day we are going all day long. The accumulation [of the preseason] was this weekend. We really wanted to see how we went into this, not well-rested but well-practiced," said Head Coach Kathie Woods. "Now we feel like we are prepared to start league."

The Clackamas Cougars ended the preseason by tying for third place with Spokane in the Spokane Tournament Sept. 20-21. They went 5-3 in match play, winning 11 games. The Cougars got their fifth win against Yakima -- 15-12, 15-4.

"The highlight of the tournament was beating Yakima the way we did," said Woods. "It is the best I have seen the Cougar squad play this year. Yakima by far was our best competition this year."

The Cougars beat Lower Columbia on Sept. 17 -- 15-2, 12-15, 15-7 and 15-7. Clackamas was able to tie the score in the second 12-12 after being behind 8-1.

The Cougars have six returning players, three started on last year's team.

"This large core provides leadership and experience which gives the team confidence going in, but with the same knowledge and understanding to appreciate the fact that the Southern Region is a region to respect and be proud to be a part of," said Woods.

Shannon Segerstrom is the captain of the team. She is a set-

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Volleyball Coach**

ter and shares time hitting.

"Shannon brings in a jump serve that will pose many problems for her opponents," noted Woods.

Misti-Kae Filley is an outside hitter for Clackamas.

"Misti-Kae is an infectious player that is sound both offensively and defensively. Misti-Kae is one of the best athletes on the team and is exciting to watch,"

said Woods.

Stacy Iverson is also an outside hitter and is a strong defensive player.

"Stacy's strengths lie in her ability to read the opponent's offense and adjust accordingly. She is very quick and explosive," commented Woods.

Woods noted that sophomore Chris Younglove is one of the finest defensive specialists in volleyball.

"When the team needs a 'spark' or that incredible play, you can look to no other than Chris Younglove. Chris is definitely a player that shows her love of volleyball in her aggressive style of play. The team raises a level of play every time she enters the game," said Woods.

Cathy Methvin is an outside hitter with a quick and explosive arm swing. Methvin got second team all-league in 1993.

"Cathy is one of the hardest workers of many Cougars teams and her hard work has paid off to make her even a better player this year," commented Woods.

Misty Murray, an outside hitter, is noted for her consistency.

"Misty brings a chemistry to the team that makes us complete. Her constant ability to strive hard is an excellent example for others to follow," said Woods.

Jennifer Dostert was red-shirted last year because of an ankle injury. Dostert plays the middle and outside positions.

"Jen has the ability to be strong and silent. People won't hear her but they will find out she's there," noted Woods.



photo by Brendon Neal

The Cougars finished their preseason with a match record of 20-3.

Amy Felando and Misi Simmons are freshman setters.

"Both Amy and Misi bring in nice hands and good experience to the squad. Amy is quick to the ball while Misi's strength is her ability to make something happen," said Woods.

Mattye Walsworth is an outside hitter and all-around player. "Mattye is very hard working and is a force that we are glad is on our side," said Woods.

Jodie Stirling is a middle hitter.

"She is working hard to be the best she can be and we are expecting big things from Jodie as a result," noted Woods.

Becky Eames is a freshman middle hitter.

"Becky brings with her an intense willingness to work hard

and showcase her athletic abilities of speed and jumping," said Woods.

Woods feels the Cougars are prepared for the regular season which starts tonight at home.

"Each team will give you something different," noted Woods. "We just want to be able to not worry about the other team as much as ourselves."

The Cougars have fed off their defense so far this season. As of Sept. 16, opponents were averaging 6.5 points.

"Defense will make a lot of neat things happen on offense," said Woods.

Clackamas had a 11-1 match record in league play last year. Coach Woods noted "There's only one way to improve that," with 12-0 record this year.

Cougar Volleyball Scores

Walla Walla Tournament : 7-0 overall
All tournament team (CCC): Shannon Seirger, Misty Kae Filley, Amy Felando
Lower Columbia 15-9, 15-7, 17-15
Clark 15-4, 15-3, 15-12
Lower Columbia Tournament 9-1 overall
Clark 15-11, 16-14, 15-11
Lower Columbia 15-2, 12-15, 15-7, 15-7
Spokane Tournament: 5-3 overall



Cross country from Page 2

Cougars look to set NWAACC record

as a junior.

Jenny Newell is a sophomore from Tigard High School and ran second place for Clackamas. Hodges said she fractured her foot in the championship run but was able to finish and ran track last fall.

Kendal White, freshman from Hillsboro, is in her first year in cross country but has a high school background in track.

Wendy Johnson is a 28-year-old sophomore who ran for Clackamas in 1986. She took several years off to sing for a rock band. Hodges noted that she hasn't raced yet this year but is a

good runner.

Rebecca Graham, sophomore from Clackamas High School, was CCC's #1 runner in the women's competitions two years ago but had a stress fracture in her leg. She placed 3rd in the 5,000 meter in track the same year.

Jaime Reidy is a freshman from Molalla High School. She was Molalla's #2 runner and went to state every year.

Jenny Pole is a freshman from South Whidbey Washington.

Analeis Gilbert, is in her third year at Clackamas and is from Grant High School. Gilbert

is participating in her first year of cross country at Clackamas.

The Clackamas women's team placed in the top three for seven straight years until last season. Last year they did not place because of an injury to one of the runners during the race. However, Hodges feels the team has a chance to start the streak again this year.

The Cougar men's team has won the NWAACC championship for five straight years, which ties the record for most championships in a row. Hodges feels they have a good chance of breaking the record.



photo by Brendon Neal

The Cougar cross country team prepares for last Saturday's Big Cross '96 tournament. They placed 3rd overall.

Cougar Calendar 1996-97	
Volleyball	
Home	Away
9/25 Linn-Benton @ 7 p.m.	9/27 Umpqua @ 7 p.m.
10/4 Lane @ 7 p.m.	9/28 SWOCC @ 3 p.m.
10/15 Pacific U. @ 7 p.m.	10/5 Mt. Hood @ 7 p.m.
10/18 Umpqua @ 7 p.m.	10/9 Chemeketa @ 7 p.m.
10/19 SWOCC @ 1 p.m.	10/11-12 Lower Columbia
10/23 Mt. Hood @ 7 p.m.	Cross-Over, all day
11/13 Chemeketa @ 7 p.m.	10/25-26 Mt. Hood Classic, all day
	10/30 Linn-Benton @ 7 p.m.
Cross Country	
9/28 Clackamas Open	Clackamas Community College
10/5 Willamette University	Bush Park in Salem
Sundodger Invitational	Seattle, WA
10/12 Pacific U. Invitational	Tacoma, WA
10/26 Southern Region Championship	location is TBA
11/9 NWAACC Championships	Spokane, WA