

Cougar volleyball roars into league play with 3-0 start

Brendon Neal
Sports Editor

The volleyball team has started league play with three wins giving them an overall record of 7-0.

"We were really happy to be 3-0 after the three schools we faced," noted Assistant Coach Jake Harwood.

Clackamas beat Linn Benton on Sept. 25 in five games: 13-15, 15-3, 15-5, 6-15, 15-9. Shannon Segerstrom had 11 kills.

"We would stop talking, then as soon as we started again we would get back into the game. It was kind of a mental let up (the two losses)," said Harwood.

"Shannon had a really strong weekend," said Harwood.

Clackamas beat Umpqua 15-7, 15-2 and 15-3. Clackamas' hitting percentage was 41 percent.

"We normally shoot for 20 percent (hitting percentage)," noted Harwood. "The match against Umpqua was probably the best we have played. We beat a team badly that we should have

beat badly, but we had a good showing against them."

The Cougars beat Southwestern Oregon Community College 15-9, 15-6, 7-15, 15-8.

"The match against Umpqua was probably the best we have played."

—Jake Harwood
Assistant Volleyball Coach

"I am glad we aren't going back there. Real happy to get out of there with a win. I think they are going to upset some teams this year. It is a hard gymnasium to

play in and their crowd is vicious," said Harwood.

Misti-Kae Filley finished the week with 51 kills. She was chosen player of the week.

"Misti-Kae had a great week in all three matches," said Harwood.

"Things are really going good. Our defense is going great. Everything is starting to come together. Things that we work on in practice is starting to apply to the games," commented Harwood.

Clackamas will play Lane and Mt. Hood on Oct. 4 and 5. The match against Lane is at home and starts at 7 p.m.

"We can't look past Lane since they just beat Chemeketa. If we play well we will beat them both," said Harwood.

CCC VOLLEYBALL SCORES:

Team	Scores
Linn Benton	13-15, 15-3, 15-5, 6-15, 15-9
Umpqua	15-7, 15-12, 15-3
Southwestern Oregon	15-9, 15-6, 7-15, 15-8

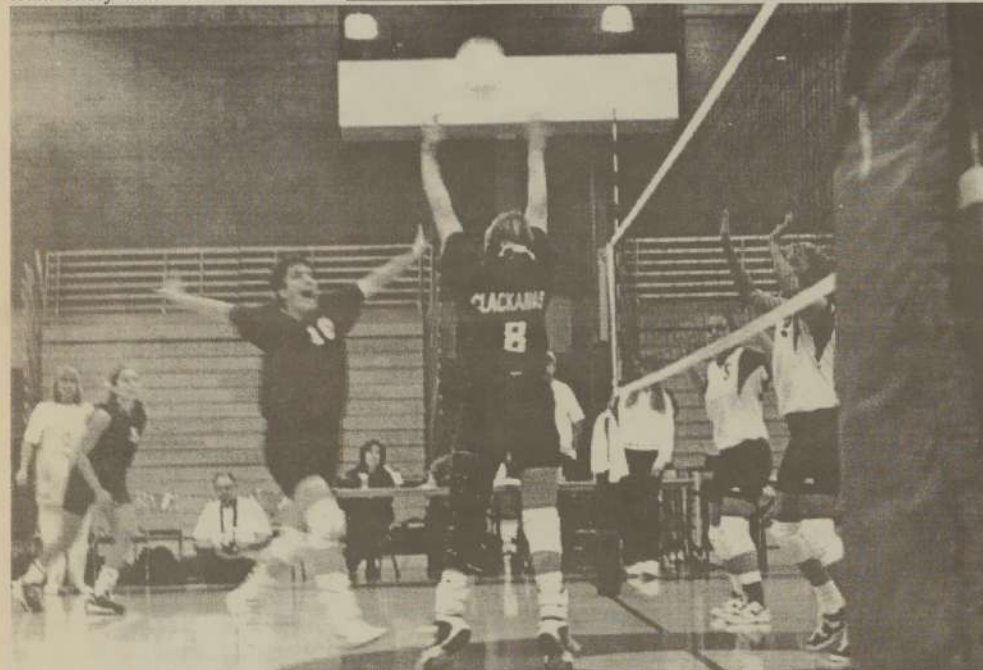


photo by Brendon Neal

Sophomore Shannon Segerstrom sets the ball up for middle hitter Jodi Stirmlinger's killer spike during an intense five game win against Linn Benton.

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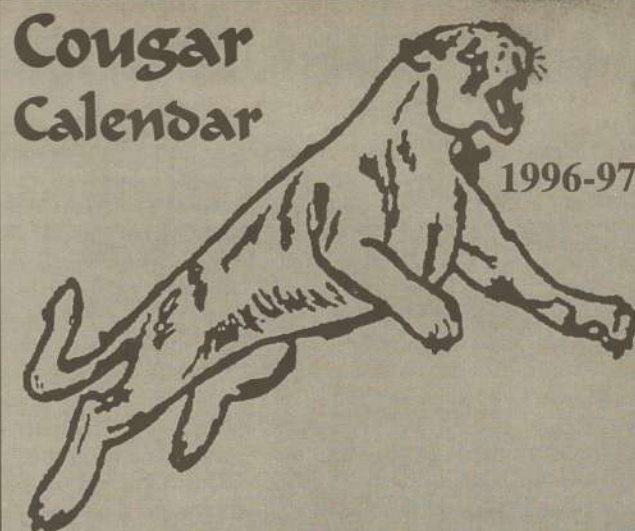
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Cougar Calendar



VOLLEYBALL

Home Away

10/4 Lane @ 7 p.m.	10/5 Mt. Hood @ 7 p.m.
10/15 Pacific U. @ 7 p.m.	10/9 Chemeketa @ 7 p.m.
10/18 Umpqua @ 7 p.m.	10/11-12 Lower Columbia
10/19 SWOCC @ 1 p.m.	Cross-Over, all day
10/23 Mt. Hood @ 7 p.m.	10/25-26 Mt. Hood Classic, all day
11/13 Chemeketa @ 7 p.m.	10/30 Linn-Benton @ 7 p.m.

CROSS COUNTRY

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

RALLY TRYOUTS

Cheerleader tryouts 10/2/96 from 5 to 8 p.m. (Randall Gym)

Cross Country team runs past competition

Kim Harney and
John Thorburn
Staff Writers

The Cougar Cross Country Team placed first at the Clackamas Open on Sept. 28.

This is the first year that Clackamas has held their meet at the college. In the past, Clackamas meets were held at McIver Park. The men and women competed against strong schools including the University of Portland, Western Oregon State and Mt. Hood Community College.

The Lady Cougars competed as a team for the first time. Injuries to runners kept them from fielding a full women's team in the first three meets. The women defeated two-time defending champion Mt. Hood, posing as strong contenders for this year's crown. Leading the way for the team were Jennifer Rea who placed 2nd overall with a time of 19:45

and Rebecca Graham who, in her first meet back after a stress fracture, finished 6th in a time of 20:13.

For the men's team, Travis Armstrong and Erik Eidsvik finished 2nd and 3rd respectively, running their record to 19-1 and the team's overall record is now 23-2.

Assistant Coach Jack Kegg was extremely pleased with the performances of Jemory Benson, who has shown "a big improvement," and Andy Bradley who "placed 15th and ran very well after coming off an injury." Kegg feels that both teams will be strong contenders for the Northwestern Athletic Association of Community Colleges championship.

This Saturday, Oct. 5, the teams will be taking on strong title contenders such as Lane and Spokane Community Colleges at the Willamette University Open.

Cougar times in Clackamas Open

Women's times:

2nd	Jennifer Rae	19:45
6th	Rebecca Graham	20:13
13th	Kendal White	20:36
14th	Jenny Newell	20:39

Men's times:

2nd	Travis Armstrong	27:03
3rd	Erik Eidsvik	27:14
6th	David Lamar	27:27
8th	Jemory Benson	27:45
9th	Evan Goin	27:52