

Winterhawks: off to strong start

Kim Harney
Staff Writer

The Portland Winter Hawks of the Western Hockey League are off to a stellar start with a record of 6-2-0.

The Hawks, in their 21st season, are currently in second place, just two points behind the division-leading Prince George Cougars.

The Hawks are a group of 16-20-year-old men from Canada and Slovakia who have come to Portland to improve their hockey skills. They can play here until they are 20 years old or drafted by a National Hockey league team.

Leading the team in scoring this season is Sophomore Winger Bobby Russell. Russell has seven goals in eight games and a career high of 13 points. Veteran Brent Belecki, goaltender, was expected to be the backbone of the team in their quest to improve upon their 6th place finish last season. However, "Blecks" suffered a freak skate cut to his hand last week and is expected to be out for three to six weeks.

To replace Belecki, the Hawks have traded for Veteran Goaltender Chris Wickenheiser. He and Rookie Jason Labarbera will share goal-tending duties until Belecki can return.

The Hawks will have their first Rose Garden game this weekend. Friday night the 95-96 playoff rival Spokane Chiefs will come to town.

Saturday the Hawks' I-5 rival, the Seattle Thunder Birds, will take on the Winterhawks. Both teams will try to beat the Hawks who are undefeated at home.

Friday night will feature the \$100,000 puck shoot, in which five lucky fans will get the chance to win \$20,000 apiece.

Saturday the famous "Hanson Brothers" from the movie "Slapshot" will be in town to entertain the crowd.

Both games start at 7:30 p.m. Ticket prices start at \$8.50.

Cougars go 6-0 in first half of season

Brendon Neal
Sports Editor

The Clackamas volleyball team finished the first half of the season 6-0 with a win over Chemeketa.

The Cougars beat Chemeketa 15-7, 15-10, 8-15, and 15-5. Amy Filando led the team with 14 kills, 36 percent hitting and 21 assists. Misti-Kae Filley added 9 kills, 19 digs and 12 blocks. Shannon Seigerstrom led with 30 assists.

The Cougars had a 96 percent rating for serves received. Clackamas had 52 assists compared to Chemeketa's 29.

"We ran a lot of plays off of passes," noted Head Coach Kathie Woods.

Filando was named player of the week.

"Amy has really come on as of late, both on defense and offense. She has become a leader on the court," said Woods.

Woods added that the difference in the number of errors

made the difference (17 to 26).

Clackamas placed second on Saturday in the Lower Columbia Cross-Over tournament losing in the finals to Lower Columbia. The Cougars went 7-1 in the tournament including a win over defending champion Columbia Basin College.

"Coming out second out of 12 is good. But I think we are a great team," noted Woods.

"All the teams emptied their benches [at the tournament]. It added depth to our team," she added.

She noted this gave all the players a chance to work together and the coaches an opportunity to look at different line-ups.

Clackamas started a four home match streak last night against Pacific University (Junior Varsity) and will play Umpqua on Oct. 18. Clackamas previously beat Umpqua. However, Woods noted, Umpqua has since improved.



The Cougar volleyball team finished second in the Lower Columbia Cross-Over tournament last Saturday

Photo by Jon Roberts

Women runners place third at Invitational

John Thorburn
Staff Writer

The Clackamas cross country team finished its regular season this past Saturday at the Pacific Lutheran University Invitational in Tacoma, Washington.

The men's team competed without its two top runners, Travis Armstrong and Erik Eidsvik, because of injuries. Its performance this past Saturday, however, was very strong.

"The other runners did a great job in carrying the team. We did exceptionally well considering that we only competed with five runners," said Assistant Coach Jack Kegg.

David Lamar led the way for Clackamas and finished 22nd in a time of 27:18. The men finished sixth out of the 12 teams competing.

The women's team, the only community college competing in

the meet, placed third behind NAIA Top 10 ranked Puget Sound University and Pacific Lutheran University.

"The ladies ran very well," said Coach Kegg. "They continue to improve each week."

Jennifer Rea and Rebecca Graham paced the Cougars and finished 10th and 15th respectively. For the next two weeks, the teams will be preparing for the Southern Regional Championship on Oct. 26.

"The women are a strong favorite along with Lane and Mt. Hood Community College.

They are running closer as a pack now which makes it harder for any other runners to over-

come," commented Kegg.

The men's team is favored with Lane and Mt. Hood to win the title.

"If we get everybody back healthy, then we should contend for the title," said Kegg.

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-Jack Kegg
Assistant Cross Country Coach

HEEL (Help Everyones' Environment Live)

Get Involved Meetings: Monday 11 to 11:45 a.m.
Jack Scrivener, Faculty Advisor
Ken Eshelman, Student Coordinator

Focus Area	Coordinator
Recycling	Mishe Simantel, Amy Ware (ASG), Julie Bong (ASG)
Native Plants	Cathy Andrews, Bob Misely (Faculty)
Enviro Week	Bernadette Miller
Ameri Corp	Angie Williamson
Water Quality	Amy Parish, Richard Rueb (Faculty)
ELC	Greg Wendling
Green Voter Campaign	David LeDoux (ASG)
Malheur (Darwin Station)	Bob Misely (Faculty)
Community Energy Project	Brinda Fearn (ASG)

Sports Briefs:

Co-ed volleyball tournament

Clackamas will be holding a "Reverse Coed Quads" volleyball tournament on Sunday, Oct. 27.

A captains' meeting will be held at 8 a.m. that morning and play will begin at 8:30 a.m. There

is a \$40 entry fee for each team who participates. The entry deadline is Oct. 24.

For more information and an entry form contact Jake Harwood, at ext. 2418 or 657-6529.

Ankle and Foot injury clinic

Clackamas has teamed up with Oregon City Orthopedic Clinic to offer an Ankle and Foot Injury Workshop.

The workshop is for coaches involved with athletes who have ankle/foot injuries. The college hopes the workshop will increase coaches' knowledge of injury recognition, treatment and rehabili-

tation, and taping applications and procedures.

The workshop will run from 6:45 to 10 p.m. on Oct. 24 in the Randall Gym. Cost is \$10 for preregistration or \$15 at the door. The price includes syllabus, refreshment, and supplies.

For more information call 657-6958 ext. 2765.

TIME	TOPIC	SPEAKER
6:45-7:30P	OVERVIEW OF INJURIES TO THE ANKLE & FOOT	TOM McWEENEY, M.D. TERRY SEDGEWICK, M.D.
7:30-7:45P	REFRESHMENTS	OREGON CITY ORTHOPEDIC CLINIC
7:45-8:30P	REHABILITATION OF THE ANKLE & FOOT	MIKE BISHOP, P.T., A.T.C.
8:40-10:00P	TECHNIQUES OF TAPING FOR THE ANKLE & FOOT INJURIES	CHRIS BALSKE, A.T.C. MIKE BISHOP, P.T., A.T.C. BRAD BOYLAN, P.T., A.T.C.

Cougar Calendar

1996-97

VOLLEYBALL

Home

Away

10/18 Umpqua	@ 7 p.m.	10/25-26 Mt. Hood Classic, all day
10/19 SWOCC	@ 1 p.m.	10/30 Linn-Benton @ 7 p.m.
10/23 Mt. Hood	@ 7 p.m.	10/21,23 NWAACC Championships at Salem. Time is TBA
11/13 Chemeketa	@ 7 p.m.	

CROSS COUNTRY

10/26 Southern Region Championship	Mt. Hood: Sandy, OR
NWAACC Championships	Spokane, WA

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