

Women run away with regional championships

John Thorburn
Staff Writer

This past weekend at the Southern Region Championships, hosted by Mt. Hood Community College at Sandy High School, the woman Cougars proved they are a powerhouse team.

The women soundly defeated tough schools, including Lane and Clark, to win the team title.

Rebecca Graham led a tight pack of Clackamas runners and finished fourth overall with a time of 19:20. The Cougars placed four runners in the top ten and seven in the top twenty.

"These are our 'big seven'," said Assistant Coach Jack Kegg. "They all ran super; did what they had to do to get the job."

After weeks of competing without all of the runners, Head Coach Mike Hodges was able to showcase the talent of his team.

"This is the first time that every-

one has been healthy. Kendall White competed real well after coming back from injuries. When we have all of the ladies running, the team really becomes the favorite out there," added Kegg.

"Misha Simantel ran extremely well. She ran the fastest time since she came to Clackamas [in 1995] in a time of 20:59 and that was on a very slow course," said Kegg.

Two of the Cougars top runners did not participate because of injuries.

The men's team finished third overall behind Lane and Mt. Hood Community College.

Erik Eidsvik led the Cougars with a time of 27:51; he finished seventh overall. David Lamar finished in eighth place with a time of 28:02.

"John Gotchell ran great in lousy conditions, and Micah McCool really stepped up," said Coach Kegg.

On Nov. 9 both teams will compete in the Northwestern Athletic Association of Community Colleges (NWAACC) Championships in Spokane, WA.

The women are favored to win the title after capturing the Southern Regional Championship and are currently preparing for the meet. On the men's team, predictions are uncertain.

"If everyone is healthy and can compete at full strength, then we will be a favorite. But if that doesn't happen, then Lane and Mt. Hood will contend for the title," added Coach Kegg.

After winning the past five NWAACC Championships, history is certainly on the side of the men's team.



The men's cross country team finished third in the Southern Region Championships. Two of Clackamas' top five runners were sidelined because of injuries. The women finished in first place. (Photo by John Thorburn)

Volleyball team goes 9-0 with win over league rival Mt. Hood Saints

Brendon Neal
Sports Editor

Clackamas beat league rival, the Mt. Hood Saints, on Oct. 23 (17-15, 15-12, 15-7), finishing a four-game home streak and giving them a 9-0 league record.

Shannon Segerstrom led Clackamas with 15 kills, 17 assists and 13 digs. Segerstrom also added two service aces late in the first game to give them the lead.

"I want to thank the crowd for being there. That crowd helped us that first game. I credit the crowd for getting us this victory," said Woods.

Amy Felando topped the team with 26 assists. Jennifer Dostert had four kills on 50-percent hitting -- 30 percent is considered good -- and had four blocks. Misti-Kae Filley added 14 kills and 32 digs.

"Most people think of her [Filley] offense, but she is doing good on defense," said Head Coach Kathie Woods.

"It really set the tone. Clackamas has not beat Mt. Hood twice [in a sea-

son] in four years. We have always split," said Woods on the win.

Mattye Walsworth was named the Northwestern Athletic Association of Community Colleges' defensive player of the week for Oct. 14-20.

Filley was named Cougar player of the week. Woods said that Filley played very consistently and saved some "unsavable" balls.

"She is quick, a smart player, and she leads the league in digs. Some people might get more digs, but she is always is there," said Woods.

The Cougars went 2-3 in the Mt. Hood Halloween Tournament on Oct. 25-26. Clackamas played the last match without two players, and Segerstrom pulled herself out of the third game because of an injury.

Both coaches and players dressed up Saturday and played the first match in costume.

"We did okay in pool play, but beating North Idaho is good," noted Woods.

"Every team has an off day; that was ours. I am not worrying about it. We are perfect in league," said Woods concerning the tournament loss.

Clackamas will play Linn-Benton tonight in Albany. Woods said the first Linn-Benton match was the hardest match so far. Linn-Benton is only team to force a five-game match.

Clackamas Scores at Mt. Hood Tournament

Pool Play:

Green River 15-1, 15-8
North Idaho 16-18, 15-11, 15-6
Yakima 14-16, 9-15

Tournament Play:

Malispina 15-12, 15-17, 11-15
Lower Columbia 15-3, 4-15, 12-15

Sports Briefs

Cougars seek help on sidelines for basketball games

Clackamas is looking for scorekeepers, shot clock timer, game film operator and a statistics crew for women's and men's basketball. The pay ranges from \$13-16 per game.

Applicants need to be available for most home games including the Lady Cougar Invitational, Nov. 29 through Dec. 1, and the Men's Basketball Invitational, Dec. 28 through 30. Experience is preferred, but the college offers training sessions on Nov. 6, 14 and 21.

For more information call Wayne Logemann at ext. 2298.

Clackamas hosts 14th annual Takedown Tournament

Clackamas will host a double elimination wrestling tournament on Nov. 2 in the Randall Gym.

The tournament is open to all competitors. The categories include elementary, junior high school and open (all ages).

Registration and weigh-ins will run from 8 to 10 a.m. in Randall 104. The wrestling will begin at 11:30 a.m. for the elementary school level and noon for the junior and open classes.

Junior and open competitions will consist of three one-minute rounds with thirty-second rest breaks between rounds. Elementary school matches will consist of thirty-second rounds.

The weight classes will range from 40 to 190 pounds, plus a five-pound allowance in the open class.

For more information contact Jim Jackson, athletic director, at ext. 2295.



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