

Sports Opinion

NBA: a season of change

Brendon Neal
Sports Editor

The NBA off-season was very busy this year. While the top two teams (Seattle and Chicago) will be the same, we can expect a major shift of power in the other playoff teams.

(The number after the name is projected number of wins.)

Atlanta Hawks (45 wins) -- strong defensive presence with Dikembe Mutumbo and Mookie Blaylock. However, the team chemistry and leadership must develop if the team is to improve.

Boston Celtics (37) -- In order for Boston to succeed, Dana Barros must return to his previous Philadelphia level; last year all of his statistics fell dramatically. Also, Dino Radja must have another good year.

Charlotte Hornets (40) -- The big question mark for the team is health. In the last several seasons injuries have plagued the team. The addition of Vlade Divac and Anthony Mason should give them more inside scoring and rebounding.

Chicago Bulls (60) -- If they stay healthy, they should have a clear path to the NBA championships this year. However, age and injuries (Scottie Pippen especially) could derail their repeat hopes.

Cleveland Cavaliers (47) -- Terrell Brandon will be the key player. If the team stays out of injury trouble, it could have a good year.

Zydrunas Ilgauskas needs to come out strong.

Dallas Mavericks (35) -- Jim

Clemons will have a hard first year as the head coach. Clemons must convince his star players to work together. If Samaki Walker can give the Mavs strong minutes at the power forward, they could win 35 games.

Denver Nuggets (38) -- Denver added Mark Jackson, a talented point guard, in the off-season. However, they lost a solid shooter in Mahmoud Abdul-Rauf and a talented center in Mutumbo. Antonio McDyess will need to adjust to playing more at the center position.

Detroit Pistons (45) -- Grant Hill and Stacey Augman will have to shoulder the majority of the leadership and the scoring role for the Pistons with the loss of Allen Houston.

Golden State Warriors (28) -- The Warriors have a bleak season ahead of them. Todd Fuller and Joe are the Warriors' future but will not lead the Warriors to the playoffs.

Houston Rockets (35-50) -- The Rockets made a big gamble trading away two young, talented players (Robert Horry and Sam Cassel) for a 30-something Charles Barkley. If the three Olympians can stay healthy, the Rockets will be a force in the west.

Indiana Pacers (38) -- The Pacers are strong in the front court with the addition of Erick Dampier, but they lost Mark Jackson. Reggie Miller will be expected to lead the team on the court.

L.A. Clippers (25) -- The Clippers

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Seegerstrom leads Cougars in drive for championship

Kim Harney
Staff Writer

The volleyball team is in the midst of a very successful season, and one of the driving forces behind this success is Captain Shannon Seegerstrom.

In her third year at Clackamas, Seegerstrom is enjoying her role as captain.

"I've always kind of liked to be in charge, so it's fun," she said.

At the beginning of the season, the team voted her in as captain. Since then she has been dealing with the positive and negative aspects of her role.

"I take the responsibility if something goes wrong. That's my job!" exclaimed Seegerstrom.

She has been playing volleyball since the sixth grade, when she wanted to be like her older sister and play sports.

"I was the little kid who followed my sister around," she explained.

After graduating from Mountain View High School in Bend, she received many letters from Coach Kathie Woods asking her to play at Clackamas. She decided on a two-year school so she would not have to deal with the hassles of a four-year one and has been here ever since.

After coming to Clackamas, she decided to play on the basketball team like she had in high school. She joined the club in

time for league play in her freshman year and quickly became a starter.

Unfortunately, Seegerstrom tore her anterior cruciate ligament (located in the knee) and was forced to have reconstructive surgery in the spring.

So she was unable to play volleyball her sophomore year, which enabled her to remain eligible this season. But she did play basketball after her surgery, so she does not have eligibility left for the upcoming season.

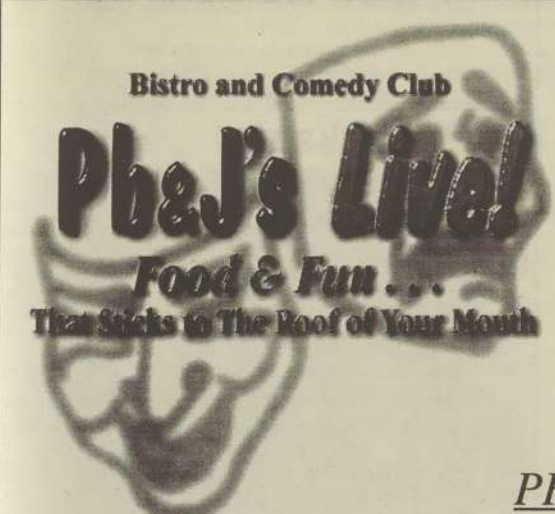
As for this season's team, which has just two league games and a tournament left before the Northwestern Athletic Association of Community College tournament, Seegerstrom said, "We should end up in first place."

Seegerstrom has had a great athletic career at Clackamas and is looking forward to continuing next year at a bigger school.

Cougar Calendar



VOLLEYBALL			
Home			Away
11/13 Chemeketa	@ 7 p.m.	11/6 Lane	7 p.m.
		11/8 Pacific U	7 p.m.
NWAACC Championships at Chemeketa 11/21-23			
CROSS COUNTRY			
11/9 NWAACC Championships			Spokane, WA

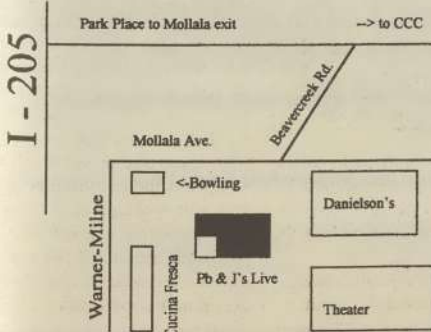


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