

**Cougar  
Sidelines**

**Cheerleading clinic**

The Clackamas Cheerleaders will hold a youth clinic in the Randall Gymnasium, Feb. 22 from 9:30 a.m. to 1 p.m.

Children will be divided by age and taught both a cheer and dance. Later that evening, the cheer clinic participants and cheerleaders will perform during half-time at the men's basketball game against Lane at 8 p.m.

Registration for the clinic begins at 9:30 a.m. at the door.

**Open Gym**

Tuesday through Thursday the Randall Gymnasium is open for anyone who wishes to participate from 12:30 to 1:30 p.m.

Full and half-court games will be offered.

For more information, contact Community Recreation at ext. 2298.

**Indoor track  
results**

The track team participated in the Eugene indoor track meet.

Bill Jones placed second in the pole vault with a vault of 16 ft., 4.25 in., a school and personal record. Jones also started at 16 ft., which is about 10 inches above his previous best starting height. Eli Townson (14 ft., 10 in.) placed fifth, tying a personal best.

On Saturday Clackamas will travel to Reno to participate in the Bill Cosby Invitational.

**Mens' Placings:**

**Shotput:**  
4th Shawn Davis 43' 5.75"  
5th Aaron Stacey 43' 4.25"  
6th Brinnon Tyler 43' 1.5"

**600m run:**  
6th Kasey Johnson 1:28.8  
8th Jay Hawkey 1:43.5

**3,000m:**  
7th David Lemarr 9:26.7

**1,500m:**  
10th Evan Goin 4:25.5

**Womens' Placings:**  
**50m dash:**  
8th Lareina Cota 7.2

**Shotput:**  
6th Kristi Chamberlen 39' 4.25"  
7th Nateisha Flanigan 37' 9"

**3,000m run:**  
11th Mishe Simantel 12:9.3

**Clackamas loses to Umpqua in nailbiter, looks for consistency**

**Brendon Neal  
Sports Editor**

The Cougars broke a three-game losing streak with a win over the Mt. Hood Saints.

"Wednesday we played a real good game at Mt. Hood. We played fairly good offense and played good defense," said Head Coach Royce Kiser.

Clackamas beat the Saints 96-86. After breaking out to a 42-33 lead at the half, they were able to keep the lead in outscoring the Saints by one in the second.

The Cougars shot an outstanding 50.7 percent from the field and 45.5 percent from behind the arc. Despite a decided height disadvantage, the Cougars out rebounded the Saints 35-32.

"Being small, it is very hard to guard the post men. We stopped the point guards, but the post are careering [having career nights] on us."

Antwain Williams had a strong game with 29 points, leading five Cougars in double figures. Oscar Rodriguez had 13 points and a team high of five assists.

**John Thorburn  
Assistant Sports Editor**

The Clackamas Women's Basketball team ran into a tough Umpqua team this past Saturday night.

After winning five straight games, the Cougars fell to the Timberwomen 94-78, giving Umpqua sole possession of first place.

Paced by Melissa Hollenbeck's 29 points and Claire Cox's 16, Clackamas was never able to match 6'5" Angela Burgess and Sarah Coleman's combined 47 points.

"Umpqua's number one by themselves now and rightfully deserving," said Head Coach Karen Twain. "They are a real good team. They have a real tall girl that's hard to cover and an excellent wing. Their point guard is good; and they have a strong bench, so they're pretty well balanced."

Hollenbeck shot close to 50

percent [10-24] and was perfect from the foul line [4-4] but could not get much support from her teammates.

"Melissa played real well and Claire played tough," said Twain. "She was 6-10 from the floor, which is high percentage shooting, but she wasn't all that great from the foul line. That's not just her though; that's something the whole team needs to work on."

The game marked the return of Freshman Shelly Mitchell who had been sidelined for over the past month due to injuries from a car accident over Christmas break. Mitchell, along with Loren Mohan who had been sidelined with mononucleosis, are slowly coming back to the Cougar lineup and are adding the strong depth that Coach Twain enjoyed towards the beginning of the season.

"It helps to have her [Mohan] back in the lineup," said Twain. "She still handles the ball real well, but she gets tired a lot easier because she's still recovering. But she's hanging in there. She's tough."

"The situation we are in right now is, all the losses we have had were very close.

"We can beat anyone in the league and anyone can beat us, and that has been proven," said Kiser.

"We led until the last 10 seconds. If we don't make free throws down the stretch, you are going to get beat," commented Kiser.

Leif Spencer had 26 points on 10 of 17 shooting and four treys. Rodriguez had eight points, three steals and six assists.

"We played a pretty good game against Umpqua, but we didn't play well at the end as they came back to beat us," said Kiser. "We had some guys foul out. The main thing that hurt us was we didn't play as good a defense."

Clackamas is four and four about half way through the season.

"The situation we are in right now is, all the losses we have had were very close.

Clackamas will travel to Chemeketa. The next home action will be Saturday against Southwestern Oregon Community College at 8 p.m.



Photo by Brendon Neal

**Leif Spencer led the team with 26 points, but the Cougars ran into a roadblock in the closing minutes against the Timbermen.**

**Cougars fall to 5-3, face Chemeketa tonight**

play all the areas every night."

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Clackamas will travel to Chemeketa. The next home action will be Saturday against Southwestern Oregon Community College at 8 p.m.

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"Shelly's getting there," added Twain. "This is her first week back with us, but we just need to be patient. She came back for the last few games, but it's hard to jump back into the role."

Saturday's game was the second and final meeting of the regular season against the Timberwomen. The week was not a total loss for the Cougars, however, since they defeated Mt. Hood last Wednesday night.

"Our defense needs to improve if we want to win," said Twain. "We play two tough teams this week [Chemeketa and SWOCC], so we're going to run a lot in practice and focus on our de-



Photo by Brendon Neal

**Krystal Nakamoto was lost to an ankle injury during Saturday's game against Umpqua.**

fense. From that, our offense will improve too."

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**LOST:** Dark green leather wallet. Contains no cash. Only personal items and identification. Sentimental value. Lost in Women's Locker Room in Randall Hall. Return to Lost & Found in Community Center-- absolutely no questions will be asked. **CASH REWARD!!!**

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