

Cougars dominate Southern Region

JASON LINGEL

Sports Editor

The Cougars took control of the Southern Region in cross-country Saturday as they blew away the competition, taking the combined and men's championships.

The men repeated last year's Southern Region Championships, beating their closest competitor Clark by 10 points. Three Cougar men finished in the top five positions: Trevor Dodge was the number one finisher for the Cougars and finished second overall with a run time of 26:37.52.

"I was really anxious to win, but I'm happy with it," commented Dodge. "We did really well, but we can do better."

The other two top runners for the men were C. J. Savage and Bradley Brolin, finishing number four and five respectively. Savage ran a 27:00.88 while surprise runner Brolin ran a 27:11.08.

"We worked pretty hard all week, so we were kind of exhausted," contributed Savage. "I feel like a I ran pretty strong."

The women fell just short in their championship meet, finishing just two points behind competitor Lane, but almost 20 points in front of the

third place team Clark.

"It's heart breaking, said Head Cross Country Coach Mike Hickey. "It's one person beating a Lane girl; there were three spots where it could have happened."

The women had a strong race and finished as a team, with their lowest racer finishing in front of at least one runner from each team and all but one of Mt. Hood's runners. Sarah Block was the number one runner for the Cougars with 20:55.46, finishing seventh over all. Tiffany Winsor was not far behind, finishing eighth with a time of 21:12.80.

One Lane competitor stood between Winsor and the pack of Mandy Bates, Stacey Hopkins and Jennie Hardie, who finished in the 10 through 12 spots. This tight group had runtimes of 21:22.19, 21:22.56 and 21:27.96 respectively.

"A lot of the girls weren't really aware of Lane because we haven't raced them a lot this season," explained Hardie. "Now we are ready to take a step up and I feel we'll win NWAACCs (Northwest Athletic Association of Community Colleges)."

With the strong, close finish by the women, and the devastation of the opposition by the men, the

Cougars took the Combined Co-ed Southern Region Championship.

"It's really the best award to get I think," said Hardie "Both sides worked really hard."

The Cougars beat closest competitors Lane by almost 20 points, showing that the Cougars are a notch above the rest.

"It really motivates us to do the same at NWAACCs," added Dodge. "Last year we pretty much owned everybody, (and) we're going to do it again this year."

The Cougars have a week off before going to the NWAACC Championships. The Cougars' toughest competitor there will be Spokane Community College, the only junior college to beat the Cougars this season.

"We've got our work cut out for us, but I think we're going to peak at the right time," said Savage. "Everyone's got to win every battle with Spokane; we've got to just give it all we've got."

Clackamas' top racer, Dodge, is a hopeful for winning the NWAACC meet, with only two other competitors being a threat to his taking the number one spot, according to Hickey—Rowdy Sargeson of Lane and Chris Faint of Spokane.



MIKE HICKEY / Clackamas Print

Trevor Dodge (377) and Bradley Brolin (380) run in the front pack with opponents Rowdy Sargeson from Lane and Bill Dolan from Clark. Dodge and Brolin contributed to the men's second straight Southern Region Championship.

"I think he's got a good shot," commented Savage of his teammate Dodge. "He's come so far from the beginning of the season, he's shown why he's our number one."

Both Hopkins and Brolin had

one of their best races of the season, surprising their teammates and coach. There is a definite attitude among the team that if more Cougars step up like these two, then the NWAACC will be another win to go down in Cougar history.

Volleyball moves to Championships

ELENA BORYSKA

Staff Writer

The Cougar volleyball team had a very busy past week. Last Wednesday they were at Lane for their second to last regular season game.

Even though they lost in 5 games, with scores of 7-15, 15-6, 15-8, 8-15 and 13-15, they remained in 4th place in the Southern Region. A win would have moved them up to third place, but the loss had no effect on their spot in the Northwest Athletic Association of Community Colleges (NWAACC) championships, which was clinched last week.

"We are in a real good position," commented Head Coach Kathy Woods. "But we would have liked to have done better."

Though the Lane game resulted in a loss, the Cougars got some excellent offense by Cristina Merrill who had 15 kills, Shelly Brannon with 14 kills and Lisa Free and Eryn Wagner, who each had 13. Lisa Free also had one ace. Sara Entenman contributed with 58 assists, a personal high. The Cougars were also very good on their digs, with Dasha Wakefield, Sara Entenman, Eryn Wagner,

Cristina Merrill and Lisa Free each having 10 or more.

The weekend brought the Cougars to Mt. Hood, where they participated in the Mt. Hood Halloween Classic. The Mt. Hood Classic, which is one of the longest running volleyball tournaments in the North-

west, is played by invitation in two straight games 10-15 and 12-15. After that loss, the girls came together and beat Pierce College with scores of 15-10 and 15-13. Going into this tournament, it was Woods' goal to finish 2nd in their pool, which they did on the first day by placing 2nd in the championship bracket.

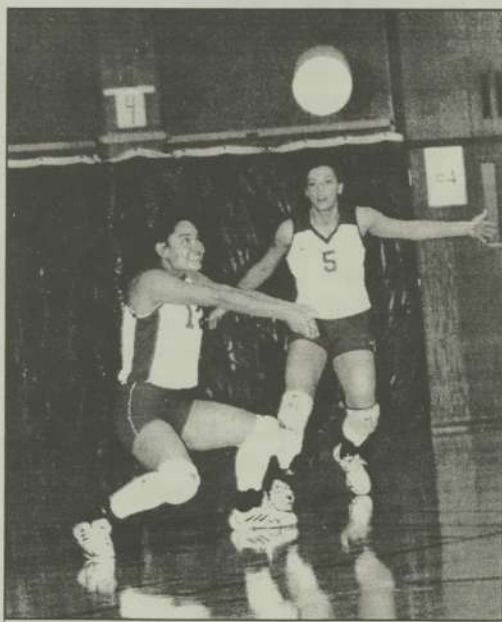
On Saturday though, the Cougars hit a brick wall. Their first game of the day was against Spokane, a team that has already proven how tough it is. After a long and hard battle, Spokane held on to beat Clackamas 15-8, 15-17, 8-15 and 11-15.

After that loss, the Cougars played Big Bend who, like Spokane, is ranked and is a lock for the NWAACC. The games were all pretty close, but Big Bend defeated the Cougars 15-7, 9-15, 13-15 and 12-15.

According to Woods, the one thing that the Cougars will need to improve is their consistency. Other than that, they seem to be on an upward swing, already looking forward to the NWAACC Championships.

"We want to walk in to NWAACC with our heads held high and make a good showing," stated Woods.

The Cougars got an outstanding performance this weekend from Sabrina Arrayan, who was filling in for the injured Lisa Free. Sabrina's great showing helped to earn her the Clackamas Player of the Week award.



DICK CLOUSER / Contributing photographer

Sabrina Arrayan goes for the bump as teammate Dasha Wakefield looks on ready to help out.

west, is played by invitation only and consists of the best teams in the NWAACC from the year before.

On Friday the Cougars played, and beat, Edmonds College, with scores of 11-15, 15-9 and 18-16. After this first victory though, the Cougars had little time to celebrate. Their next game was against Columbia Basin, who defeated them

Lindland honored at rally



Left: Matt Lindland signs a student's sweater after the rally.

TAMARA BARRY / Contributing photographer

Right: Matt Lindland speaks on the inspiration that led him from being a Cougar to becoming an Olympic silver medalist.

MATT SHERPERT

Staff Writer

Matt Lindland, wrestling silver medalist at the 2000 Sydney Olympics and Clackamas alumnus, spoke to Clackamas students and signed autographs at the first pep rally of the school year last Thursday in the Randall Gym.

Coach Norm Berney, coordinator of student government and student activities, introduced the champion he recruited to Clackamas 12 years ago.

"It was one of the most exciting sports rallies we've had in the 30 years I've been here," commented Berney. "I was so excited about the enthusiasm that was shared."

Berney recalled Lindland's two years on campus, both of which the athlete went to the National Junior College Athletic Association (NJCAA) championships. The second year, Lindland took the NJCAA title. Berney praised Lindland's achievement in Australia, where he wrestled for the gold against Kardonov of Russia, and brought home the silver.

Lindland spoke about attending

Clackamas after he graduated from Gladstone High School. He said that he has taken his career one step at a time, first with the state championship (while at Gladstone), then winning the national title (while at Clackamas) and now the silver medal in the Olympics. Lindland and his wife Angie, and their two children, live in Clackamas.

Wrestling Coach Lloyd Martindale presented Matt with an award for inspiring others by his effort and struggle.

Also speaking at the rally were Kathy Woods, head volleyball coach; and Chuck Clemens, president of the Friends of Clackamas Community College.

Coach Woods opened the rally, recognizing Clackamas' athletic teams and their coaches, as well as the student ambassadors for the Associated Student Government (ASG).

Clemens spoke about voting, admonishing the students to get out and vote, and lamenting the poor turnout at elections. He told the audience not to leave it to the "geezers," but to vote, and encourage others to vote.

Lindland remained after the rally to sign autographs.