

Players of the week



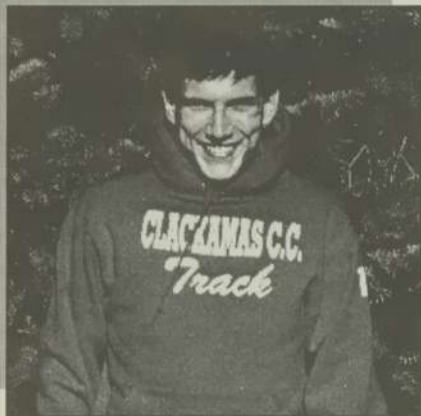
**Cross Country
Kari Rissmiller**

Freshman from Tigard High School, Tigard

-Finished the year as 2001 women's NWAACC Champion, with a time of 19:09.

-Finished 19th at Oregon Cross Country Champions(high school) in 2000.

-Great competitor and hard worker.



**Cross Country
Brad Brolin**

Sophomore from Crescent Valley High School, Corvallis

-Was the number one finisher for the CCC men at NWAACCs.

-Led the team to a second place finish at the Southern Region Championships.

-His time of 26:16 was good enough for 7th out of all NWAACC men.



**Volleyball
Sarah Entenman**

Sophomore from Oregon City High School, Oregon City

-Setter/Outside Hitter.

-Quick to the ball, is very demanding of herself and is a hard worker.

-Strong in athleticism, leadership, loyalty and dedication.

Women win NWAACC Championship, men grab third

ELENA BORYSKA
Sports Editor

At the 2001 Northwest Athletic Association of Community Colleges (NWAACC) championships, the Clackamas women's cross country team was rewarded with a first-place finish, while the men landed at third. Head Cross Country Coach Keoni McHone was also named the men's cross country coach of the year.

Colleges from all over the Northwest, including rivals Mt. Hood and Clatskanie, were at the championships, which were held on Nov. 10 at Lewisville Park in Battle Ground, Ore. Spokane and Mt. Hood finished ahead of the Cougar men, but the numbers two and three behind the Cougar women.

"I thought it went really well," said McHone. "They were focused and knew what they needed to do." Kari Rissmiller was the 2001 NWAACC champion on the women's side. Her time of 19:09 was more than 10 seconds faster than the number two finisher, Holly Saulie-man. Stacy Hopkins' performance was a lot better than expected. She finished in the 12th spot, which was a couple places in front of the girl that she was aiming for. Rebekah Yancoskie rolled her ankle and was visibly in pain, but she sucked it up and kept running. McHone compared her persis-

tence to that of Olympic gymnast Kerri Strug.

Although everything came together for the women, it took some strong performances from them to grab the victory.

"There were a couple times in there where it looked like it wasn't going to turn out the way we wanted it," said McHone.

While the men didn't come out as NWAACC champions, McHone said that was what they were expecting.

"We were aiming for second, but it wasn't quite our day," said McHone. "I think that we went out brave...knowing that's what we had to do, and we just didn't have it."

Brad Brolin was the number one finisher for the men's team; he finished in the 7th spot overall. Russ Pruden finished right behind him in the 8th position. Mike Schwoebel was next for the CCC men in the 16th place. Pat Searing was the 21st finisher, Ben Oakerman was 24th, Matt Solosabal was 27th and Kyle Holland was 33rd. Together all of these finishes were good enough for third place out of all of the NWAACC men's teams.

Besides a 1st and 3rd finish of his teams, McHone was also honored as the 2001 women's coach of the year. He was slightly surprised that he won, since it's only his first year as a head coach. But

with the CCC women's team winning the Southern Region Championships and now the NWAACCs, McHone has shown that he is a deserving recipient. His coach of the year title is also a reflection on how well the Cougar women have done this year.

"I think it shows their willingness to cooperate with each other and work as a team," said McHone. "They did a really good job of bonding together and showing support for each other."

After such a successful year as this, McHone is ready to go again next year. With the return of some key runners, next year looks to be very bright for Cougar cross country.

"With the return of Kari, Holly and Rebekah, we'll need a couple of other good girls and we'll be set to go again," said McHone.



PHOTO CONTRIBUTED BY KEONI MCHONE

Kari Rissmiller helped her team win the NWAACC championship by finishing first out of all women runners.

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The Turkey Trot is Coming!

The Annual Turkey Trot is coming to CCC on Nov. 20. Participants meet at lower level Randall parking lot at 12:10 p.m. and must bring one canned food item per entry. The race is 2.2 miles in length and there are prize turkeys for the male and female winners. Door prizes will also be handed out.