

## Cross Country looks to NWAACCs



Keoni McHone Contributed

Pat Searing (14) leads a pack of CCC runners in last weekend's Pacific Lutheran University meet. Clackamas finished sixth out of the 18 teams that competed.

Jason Bonadurer

Staff Writer

Placing high in the Northwest Athletic Association of Community Colleges' (NWAACC) conference meet is a realistic goal, according to the men's and women's cross-country teams and their coach, Keoni McHone. This might

prove difficult however due to injured runners on the men's side and a shortage of runners on the women's side.

For the men, captain Pat Searing has a plan to help his team out at the upcoming Southern Regional meet.

"At the Southern Regional, we should win against Mt. Hood as long as everyone is running what they possibly

can," Searing said.

The men's cross-country team is currently ranked third in the NWAACC standings, behind Mt. Hood and Spokane. Spokane currently leads the conference and has been picked to win the conference title. According to Coach McHone, however, placing second over Mt. Hood is not out of reach for the men.

"We're fighting with Mt. Hood for second place," Coach McHone said. "We do have the potential to beat them."

Other runners on the team share in Coach McHone's goals for the season.

"We need to get faster," sophomore Ben Oakerman said. "Our goal is to beat Mt. Hood."

With only three runners on the women's team, this does not seem to lower the team's hopes of success at the NWAACC championship meet.

"We have three girls right now and two incoming," Coach McHone said.

Despite the lack of runners, the team has their goals for the championship meet.

"We're looking forward to NWAACC's," sophomore Kari Rissmiller said. Rissmiller is the defending NWAACC champion.

"We hope she defends her title," Coach McHone said. "On average, she is 30 to 40 seconds ahead of the second place runner."

As for the last two meets of the season, the girls' have a positive outlook.

"We're in it to win it," sophomore Rebekah Yancoşkie said.

The Southern Regional meet is Oct. 26, followed by the NWAACC championship meet on Nov. 9 in Battle Ground, WA.



Keoni McHone Contributed

Rebekah Yancoşkie was one of the three Clackamas women who were able to compete in the PLU meet in Tacoma last weekend.

## Volleyball gains momentum

Jason Bonadurer

Staff Writer

The Clackamas volleyball team came out of the Bellevue Tournament this last weekend with numerous successes, both by the team and individually.

Freshman Jaime Herrera was named Cougar Player of the Week.

"She has been putting an outstanding effort into this team," Head Coach Kathie Woods said.

Freshman Lindsay Shiely was also recognized this weekend as a tournament All-Star.

At the Bellevue Tournament, the Cougars had reasonable success as they were the only team to defeat Spokane CC. The Cougars also had key victories over Bellevue CC and Tacoma CC.

"To be able to beat Spokane and Bellevue were the highlights," Woods said. "We need this kind of momentum at this point in the season."

Currently, the Cougars are ranked fifth in the latest Northwest Athletic Association of Community Colleges' Coaches' Poll, but Woods is enthusiastic about the team's

current situation.

"At the top, there's more pressure for more success," said Woods. "I'm pretty comfortable with our current position."

In league standings, the Cougars are in fourth place with a 4-2 record. The team's overall record is 23-10, including an unexpected loss to Whatcomb CC in the Bellevue Tournament.

"They're ranked eighth in the league and we should usually beat them," Woods said. "We learned a lot though, and we'll be ready next time."

The Cougars are already focusing on their next opponent, Mt. Hood CC.

"That's a huge game," said Woods. "They're undefeated in league. It'd be helpful if a lot of people showed up to that one to help us out."

Clackamas has practice every day until that match on Oct. 18 at 7 p.m., in the Randall Hall gym.

Coach Woods is also looking for athletes to participate in the intramural program here at CCC. Sign-ups will be until Fri., Oct. 18. The sign-up sheet is located at the intramural bulletin board, in the lower level of Randall Hall.

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