

Volleyball digs out crossover tournament

N. P. Delzell
Sports Editor

When the Clackamas volleyball team takes the floor the NWAACC knows what's up.

The Cougar volleyballers were able to pull off their second consecutive tournament victory last weekend winning the Walla Walla CC Crossover Tournament. The Cougars dismantled the Linn-Benton Roadrunners last Saturday in the tournament's championship game by scores of 30-23, 30-26, 30-20.

"Two big tournament victories in two weeks," Head Coach Kathie Woods said. "This is really huge."

The Cougars have now won first place in all three season tournaments they have participated in this year.

"I have never had a team win three tournaments in one year," Woods said. "To win those three tournaments really says a lot about this team."

En route to the championship game the Cougars also rode rough on Columbia Basin CC, beating them in the semifinal game by scores of 33-31, 30-24, 30-26.

In pool play, on last Friday night, the Cougars took out Treasure Valley CC. They then moved on and lost a heart-breaker to Walla-Walla CC. The Cougars got back on their grind in their next match and dug out Grays Harbor CC.

This win sent the Cougars into Saturday's bracket play.

Three Cougar volleyballers were lifted to Chuck Taylor status; Lindsey Girod-Burgess, Brianna McLeod and Jessica Heidenreich all made the tournament all-star list. Heidenreich was given the MVP status for her outstanding performance. The rest of the team added the extra punch needed to bang out the tournament competition.

The volleyballers were also able to post some impressive individual statistical numbers in the tournament. Girod-Burgess busted out with 94 digs and nine aces, Heidenreich was an offensive gangster adding 53 kills, McLeod set the jump off with a team leading 66 kills; she also added 84 digs. Samantha Hennessy flipped the script on the competition with 51 kills.

The Cougars are still ranked No. 1 in the NWAACC with a league record of 10-1 and an overall record of 37-9. They hold the No.1 spot in the Southern Region and currently hold the Southern Region title.

"This team is definitely making a statement," Woods said.

Tonight the Cougars will take on the Mt. Hood CC Saints at 7 p.m. in Gresham.

"We'll be playing our rival ... it's a pride match and we would love to go out and win," Woods said.



N. P. Delzell Clackamas Print

Clackamas volleyballers Orr (10), Heidenreich and Kris (3) anti-dropped recent game. E shorty gets into action a Cougar game. L the Cou the Walla Walla CC Crossover tournament ing out Region Linn-Benton by scores 30-26, 30-24, 30-24. Tonight Cougar square Mt. Hood p.m. in

Clackamas distance runners dominate South, take home three titles

N. P. Delzell
Sports Editor

The Cougar cross country runners had an exceptional Southern Region Championship, taking home Southern Region hardware for the second consecutive year.

The race was held on Oct. 30 and was a muddy affair.

"The times were about 40 seconds slow because of the muddy course," McHone said.

With the home turf advantage, the Cougars ran away with the men's and women's team titles and the co-ed combined title.

"We just wanted to go out and race hard," Head Coach Keoni McHone said. "We wanted to use it as a tune-up for NWAACCs."

Sophomore John Butkey placed first overall in the men's race with a time of 25:53.5.

"Butkey ran really tough," McHone said. "He ran the whole thing in front all by himself."

Butkey was followed by Hipolito Gonzalez in fourth, Josh Cobb in sixth, Trevor Snook in

10th, Terran Swehosky in 15th, Chris Smith in 20th and James Stevens in 25th.

The women's team also put fourth a stellar effort with Lyndsey Bartell placing fourth overall with a finishing time of 20:03.1.

"Bartell...she came out and just blazed it," McHone said.

Jessica Harper placed fifth, Leslie Bartell, Tiffany Passi, Ashley Adams placed eighth, ninth and 10th respectively. Samantha Cox rounded out the Cougar pack with a 17th place finish.

"These girls mix it up," McHone said. "They have all taken turns being No. 1 this year."

The Cougars will take this week off to gear up for the NWAACC Championships held at Lincoln Park, in West Seattle on Nov. 13.

Editor's Note: Due to unforeseen circumstances The Clackamas Print was unable to run a full article last week on the cross country Southern Region Championships. Please look next week for full coverage of the cross country NWAACC Championships held on Nov. 13 in West Seattle.

"We just wanted to go out and race hard."

Keoni McHone
Head Cross Country Coach

Wrestling opens season at Lassen Cook grapples with shoulder injury

Jeff Sorenson
The Clackamas Print

Clackamas wrestlers kicked off their season with a trip to Susanville, CA for dual meets with Lassen Community and former California State top-ranked Sierra College.

The Cougars fought hard against both teams, and despite losing both meets, the wrestlers and coaching staff felt pleased with their performance.

"I've thought all year that this is a great group of kids," Head Coach Mike Haluska said. "They've worked real hard, they're real focused ... and they even impressed me more this weekend."

Spirits on the team are even higher thanks to highlights like

Tim Cook, returning 125-pound wrestler, coming from 6 points behind to beat his opponent after dislocating his shoulder.

"I tried to stop the match ..." said Haluska, who argued with Cook over whether he could continue with his freshly re-attached shoulder. "I said 'Ok, do a push-up.' He got down, put his arms down, and did a one-armed pushup."

This impressive Cook's own team teams as well.

"He's tough coach. Sierra came that's tough they Haluska and them feel forward an ex the li good a confident Haluska winners ... maybe champs, but they"

"I tried to stop the match..."

Mike Haluska
Head Wrestling Coach

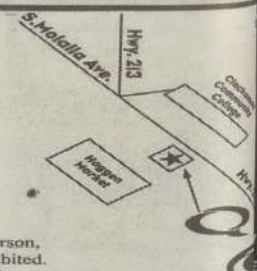


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