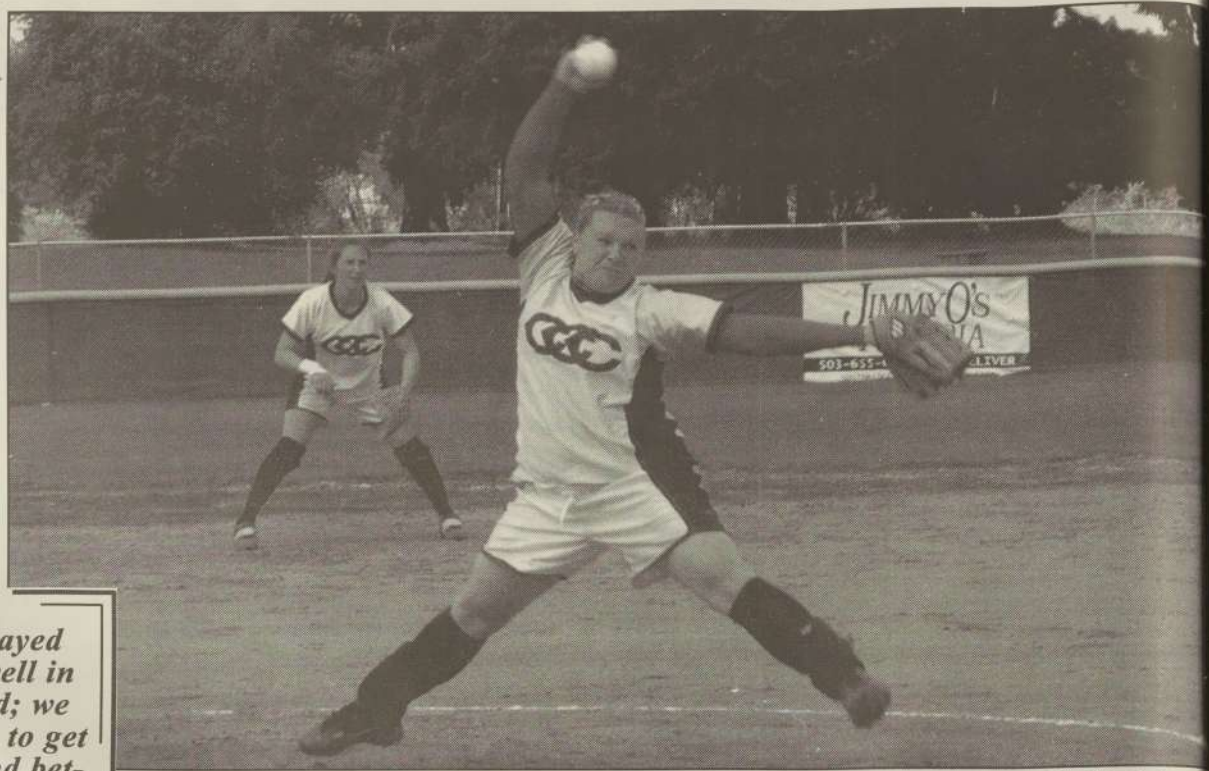


Cougar Softball shuts down Centralia

The Lady Cougars put on a showcase from both sides of the plate in two shutout wins

Frank Jordan

The Clackamas Print



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The Clackamas softball team suffered through two rainouts last week, but managed to pick a dry day and beat up Centralia Junior College on Thursday in a doubleheader sweep by scores of 8-0 and 9-0.

Holly Marlow bounced back from a disappointing loss to Southwestern Oregon CC last week by throwing a masterful two-hitter against Centralia, walking none and striking out five. Marlow's teammates contributed behind her, playing errorless softball while making several outstanding defensive plays.

The Cougar offense got off to a slow start, with the first six batters being mowed down by strike outs. Then the girls settled down and adjusted to their opposing pitcher and proceeded to rap out nine base hits, combining with five walks to score their eight runs en route to the victory.

"One of our better days of the season," said Head Coach Paul Fiskum. "We finally settled down after the first two innings and took it to [Centralia]."

"We played really well in the field; we continue to get better and better as the season wears on."

Paul Fiskum
Head Coach

Caitlin Ooley (background) gets into position, as Cougars' starting pitcher, Holly Marlow, is in full stride delivering a pitch. Marlow only gave up two hits and struck out five in the Cougars' 8-0 win versus Centralia last week.

Game two featured an offensive explosion by the Cougars as they scored eight runs in the bottom of the first to essentially finish off their opponent. The big blows were a home run by Casey Middagh and a bases-clearing double by Kelly Stratton, producing three RBI.

Chelsea Koch continued her solid pitching of late, tossing a two-hitter, walking only one and striking out four. The Cougars again played error-free softball as the defense continues to improve, much to the delight of the coach.

"We played really well in the field; we continue to get

better and better as the season wears on," said Fiskum. "Kelly [Stratton] made a big play throwing out a runner trying to steal. She has battled some injuries of late, but she is tough and her bat has been huge lately."

The Cougars will make up some rainouts this week traveling to Longview, Wash. today to take on the defending champion Lady Red Devils from Lower Columbia College, then going up the road to Gresham on Friday to play Mt. Hood CC in a doubleheader. The Cougars come home on Saturday to take on South Puget Sound CC at 4 p.m. on the Cougar softball diamond.

Clackamas athlete signs to Adams State

ALAMOSA, CO. - Clackamas Community College sophomore and Molalla, OR native Wes Jensen has signed a national letter of intent to play basketball for the Adams State College Grizzlies, ASC Coach Larry Mortensen announced on Wednesday, the first day that players could formally declare their choice of colleges during the regular spring signing period.

A six-foot, 220 pound wing and forward, Jensen helped lead the CCC Cougars to an impressive 24-7 record and a third place finish in the Northwest Athletic Association of Community College Tournament. Earning First Team All-NWAACC South Region and All-NWAACC Tournament honors, Jensen averaged 19.5 points, 9.5 rebounds and 3.5 assists per game throughout the season for the Cliff Wegner coached school in Oregon City.

"Wes is a great addition to our program. He brings leadership, scoring ability and a winning attitude," Mortensen said

about one of the top three-point shooters in the NWAACC.

A 2000 graduate of Molalla High School, Jensen averaged 14.7 points and 9.8 rebounds per game while picking up second team all-conference honors as a senior.

Jensen, one of eight children in the Jeff and Billie Jensen family, then redshirted at Ricks Junior College in Rexburg, Idaho during the 2000-01 season before going on a two year church mission to Puerto Rico.

He then returned home to Oregon and helped CCC to a solid 22-8 record in 2003-04.

An excellent student as well, Jensen earned a spot on the NWAACC's All-Academic Team and has more than a 3.9 GPA at CCC. He plans to major in exercise physiology and leisure science at ASC and hopes to become a college basketball coach following graduation. Mortensen also expects a handful of other players to sign with ASC in the coming days and weeks.

-Press release

"Wes is a great addition to our program. He brings leadership, scoring ability and a winning attitude."

Larry Mortensen
Head Coach ASC

Cougar track athletes shine despite rainy day

Jimi McDonnell

The Clackamas Print

This past weekend the Cougar track team hosted the Clackamas Invitational, in spite of the harsh conditions.

People fled the bleachers to watch from a more sheltered area under the tents that had been set up for the usual weather. When the athletes weren't competing they too would be stuffed under a tent, but never-the-less the games must go on, and go on they did.

"We're pretty use to this kind of weather so it doesn't really bother us. I think it might be weirder without it," joked thrower Kyle Steele.

Cougar athletes showed great determination, and performed to their best abilities, while not letting the rain be an excuse.

Cougar athletes Trevor Snook, Adam Miller, Elise Megale, Jessica Harper, David Arndt, Ashley Adams, Lyndsey Bartell, and John Butckey all had strong performances.

Snook ran the 800-meter dash with an impressive time of 1:54.98; that's the second best time in the NWAACC this season. He also narrowly missed making the CCC all-time top 10 list for the event.

Miller and Sexton pushed each other to fast times in the 400-meter hurdles, each recording times just under 57 seconds.

Arndt is another who had a solid performance despite the rough weather. He improved his hammer throw with his longest official heave of the year, a distance of 151'11".

Butckey, who currently leads

the NWAACC in the 5,000-meter and 10,000-meter, competed hard as well. He took second place in the 1500-meter with a solid time of 4:03.

As for the women there were a couple standout performances. Megale and Harper both did well, considering they ran doubles in that downpour. They each competed in the 1500-meter and 800-meter.

Adams, Bartell, and Passi had good outings at last weekend's invitational. All three ran the 5000-meter and recorded times of 19:32, 19:58 and 20:08 respectively.

"Overall I'd say we performed about 50-60% of our team competed hard and had strong performances while the other half just didn't really compete to their full potential and perform to their desire," Coach Keoni Mchone said.

As for other track news, Butckey recently signed to run with Western State College in Colorado. WSC are the defending cross country national champions in Division II.

The next upcoming track event will be held this Friday and Saturday, when select Cougar athletes will compete at the University of Oregon Invite in Eugene.

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