

# Cougars produce four champions

## Frank Jordan

The Clackamas Print

The 2004-2005 school year was a banner year for Clackamas Community College athletics as four teams took home Northwest Athletic Association of Community Colleges championships and several other sports kept up their respective winning traditions.

### Soccer

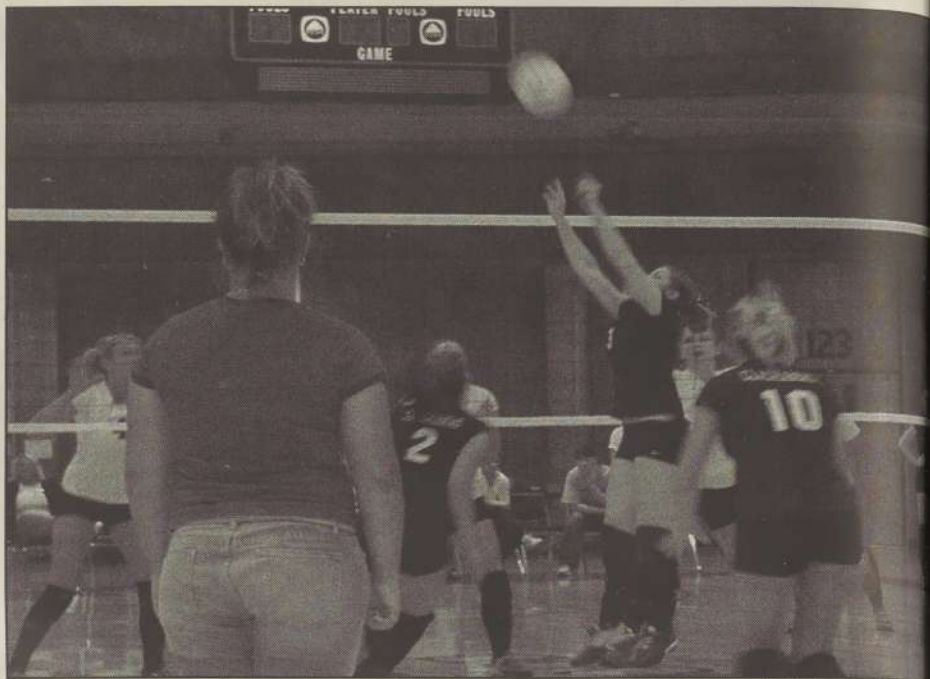
The women's soccer team won their first NWAACC championship in only the third year of the program, getting two goals apiece from Southwest Division MVP Vicki Rodriguez and All-Conference performer Tianna Meduri in the 6-0 rout of Tacoma in the final. The team finished with a 21-0-1 overall record and allowed an NWAACC-low five goals all season. Amanda Triller, Jessica Engemann, Trisha Little and Megan Diebel were also selected as All-Conference players and Head Coach Tracy Nelson was honored as Southwest Division Coach of the Year.

### Volleyball

The women's volleyball team defeated Walla Walla CC 30-32, 27-30, 30-23, 30-28 and 15-9 to win the NWAACC championship on Nov. 20. It was the second title overall for the Cougars, who won their first in 1996. Clackamas defeated Edmonds CC, Columbia Basin College and Spokane CC in the NWAACC tournament to win the title. Brianna McLeod was named tournament MVP, while Lindsey Girod-Burgess, Kristen Diehl and Karrin Orr were named tournament All-Stars. Head Coach Kathie Woods was named Coach of the Year. McLeod was also honored as a junior college All-American.

### Cross-Country

The women's cross-country team, led by Ashley Adams' seventh-place finish, won the NWAACC championship in Seattle on Nov. 13. Lyndsey Bartell finished in ninth, Tiffany Passi was 10th, Leslie Bartell was 12th, Jessica Harper was 13th and Samantha was 20th in the championship race. Adams was awarded All-American status based on her finish in



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The Cougars' volleyball team started the athletic year off with a bang, winning the NWAACC's in convincing fashion, and ending the year with a 43-9 record.

the race. Head Coach Keoni McHone was voted Coach of the Year for the second time in the last four years.

The men's cross-country team finished in second place at the NWAACC championships on Nov. 13, as Jon Butkey set an NWAACC Championship meet record on his way to the individual title. Butkey was the first man to break the 25-minute barrier in the title race, finishing with a time of 24:55. Hipolito Gonzales finished in sixth overall, joining Butkey in being awarded All-American status. Josh Cobb finished ninth, Chris Smith finished No. 30, Trevor Snook was No. 31, James Stevens was No. 43 and Terran Swehosky was No. 46.

### Basketball

The women's basketball team defeated the Yakima Valley CC Yaks 75-69 in overtime to capture the third-place trophy at the NWAACC championships in Kennewick, Wash. The defending champion Cougars lost in the semifinals to eventual champion Columbia Basin College. Freshman guard LaToya Hill led all players in scoring at the tournament with 26 points per game and was named

to the All-Tournament first team. The women finished the season with a 26-7 overall record.

The men's basketball team won the third-place trophy at the NWAACC championships by defeating Grays Harbor College 83-73 in Kennewick, Wash. The Cougars lost in the semifinals to Pierce College the night before. Sophomore Wes Jensen capped an outstanding junior college career by being named to the All-Tournament first team, while sophomore Matt Sanders was named to the second team. The Cougars finished the season with a record of 24-7, their seventh consecutive 20-win season.

### Wrestling

Chaz Cointment capped an outstanding season on the mats as he took home eighth place and All-American honors in the 197-pound class at the NJCAA national tournament in Rochester, Minn. Shane Slover, Don Bastings, Nick Stacks and Jimmy Crisman all qualified and wrestled well at nationals, each finishing out of the top eight in their respective weight classes. Cointment and Stacks each finished third at the Region 18 tournament, CCC's highest regional fin-

ishes.

### Baseball

The baseball team finished a disappointing fifth in the Southern Division with a 26 overall record and 11th in the division. One of the highlights of the season was a tripleheader sweep of eventual playoff team Lane CC on May 3. All-Conference selection had not been announced by NWAACC at press time.

### Softball

The softball team ended a six-year run by Lower Columbia College by defeating Columbia Basin College 8-1 on May 19 to win the NWAACC championship. The title was the eighth overall by the Cougars and first since 1997. Sophomore Holly Marlow won four games on the mound for CCC at the NWAACC tournament in Portland and was named tournament MVP. Anna Casey Middagh, Erin Stacks and Chelsea Koch were named to the All-Tournament team for their outstanding efforts. Coach Paul Fiskum was named NWAACC Coach of the Year, guiding the Cougars to a 26-7 overall record and 25-7 in divisional play. This year's team set a slew of school records in offense, including Middagh's school-record 10 home runs



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Clackamas softball proved for the eighth time in school history that they were the best in the Northwest.



Denise Nasuta Contributed

The women's basketball team wasn't fortunate enough to win the NWAACC title, but hard work earned them third.

## Cougar track teams earn fourth and fifth place respectively

## Jimi McDonnell

The Clackamas Print

On Thursday and Friday of last week, the NWAACC Track and Field Championships were held Mt. Hood Community College. Clackamas did well despite the dominance of Spokane C.C.

The first event for the cougars was the men's 10,000-meter. Clackamas runner John Butkey was the favorite to take first, but with three laps to go and about a 25-meter lead for first, he had to stop.

"I just felt like I was overheating and was going to pass out," said Butkey, "so I just took a little break."

He stopped for about 15 to 20 seconds and for a moment looked like he couldn't go

on. While he was catching his much needed breath, Lane C.C. runners Jeff Drouet and Matt Barnhart passed him up.

"I really thought I was going to have to stop, but I realized there were only three laps to go so I got up and just ran my hardest," said Butkey. "I had to aim for second at that point, realizing that first was probably out of reach."

While I am sitting there watching the race after Butkey had gotten up from his short break, I see the gap between Butkey and the other runners in first and second get shorter and shorter, until finally Butkey was able to pass up Barnhart and take home second place. He finished with a time of 32:51.18.

Butkey was also the favorite going into the men's 500-

meter, and didn't let us down, taking first with a time of 15:05.59.

After a season filled with records it was time for David Arndt to do his thing at the championships. Arndt was in the hammer throw, the shot-put, and the discus; and he did well in each. Arndt placed third in the shot-put with a throw of 48 feet, fifth in the hammer with a heave of 147 feet, 3 inches, and sixth in the discus with a toss of 142 feet.

One of Clackamas' only first place finishers was Erin Shafer. Shafer looked good all year but really stepped it up in the championships, taking first in the pole vault with a vault of 11 feet, 6 inches.

Another Clackamas athlete that did really well in this year's championship was Troy

Sexton. Sexton took second in the men's 110-meter hurdles, with a finishing time of 15 seconds. Teammates Lucas Ohmes and Chris Hoppie finished back-to-back in the event, taking sixth and seventh.

Hoppie also placed fifth in the men's long jump with a leap of 21 feet, 11.5 inches.

In the women's long jump, Clackamas' Emma Ward performed impressively, taking third with a jump of 17 feet, 4 inches.

Another Cougar athlete that took home a first place finish was Sean Jones. Jones was in the pole vault and finished with a winning height of 16 feet, 6 inches.

Jessica Harper of Clackamas had a strong performance as well. Harper ran the wom-

en's 800-meter and finished with a time of 2:21.08. Her mate Elise Megale followed her and finished in seventh. Harper also finished seventh in the 1500-meter with a time of 4:47.48. Megale followed her in this race as well, finishing fifth.

Trevor Snook was able to take home a first place finish in the men's 800-meter. Snook took sixth in the preliminary for the event, then stepped up when it mattered. He finished with the winning time of 1:53.95.

All in all, the Cougars had a decent finish in the championships, taking fourth in the men's overall team score and fifth in the women's scores, with point totals of 102 and 61. Not that bad a way to wrap up the season.