

Lady Cougars build momentum

Lady Cougars soccer regular season on a good note, leading the Southern Division of NWAACC and ready to defend their 2004 championship

By **McDonnell**
Clackamas Print

Clackamas women's team ended the regular season on a good note - actually two good notes. Thursday was the second win of the season for the Cougars, they continue building momentum for upcoming playoffs. Clackamas defeated Lower Columbia Lady Devils in current record of 14-3-1. But the Cougars did not easily

picked up the assist. The Cougars held on and proved their defense was tough by holding Lower Columbia to only one goal, sealing the win. Friday, Clackamas took on Wenatchee Valley CC. The Cougar offense came up with a seven-goal outburst, and defeated WVCC 7-0, thanks in part to the dominant play of Ashley Webster. Webster scored four goals on Friday and single-handedly put the game out of reach for Wenatchee Valley. Nash, Emily Ingalls, and Mariam Coto also scored, which added to the lopsided victory.

The regular season is now a wrap and Clackamas finished first in the Southern Division with an impressive record of 14-3-1. They hope to bring their winning ways with them into this year's NWAACC playoffs, where the Cougars are back to defend their 2004 NWAACC championship.

"We knew it was gonna be a tough season, with the realignment of the divisions ... but the tougher competition only made us better."

Tracy Nelson
Head coach of women's soccer

"We knew it was gonna be a tough season, with the realignment of the divisions and all, but the tougher competition only made us better," said Head Coach Tracy Nelson. "I think overall it was a really good season for us."

The Cougars, as the winner of the Southern Division, will receive a well-deserved first-round bye for their efforts. Treasure Valley takes on Edmonds CC in a first-round matchup today, with the winner facing Clackamas on Nov. 12 at 1 p.m. at the Oregon City High School football stadium in the second round.

"We're expecting to see Treasure Valley in our playoff opener, since Edmonds has

only won four games, and if we do, it should be a good one," said Nelson. "We have been fighting a few injuries but will have everyone back for our playoff game on Saturday [Nov. 12]."

Although the Cougars' first playoff game will not be held on the Clackamas campus, the coach and the team are hoping for a good turnout at the Oregon City football stadium.

"We would really like it if everyone that could come would; it should be an exciting game," Nelson said.



ABOVE: Lady Cougar sophomore forward Emily Ingalls (4).



LEFT: Lane Community College defender Mesha Clayton (5) gets physical on the field against sophomore Lady Cougar forward Ashley Webster (20).

Editor's Note:

Please support the Lady Cougars in their Nov. 12 playoff game at Canby High School's football stadium at 1 p.m.

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All-Academic teams announced; 10 Cougar athletes qualify

Lady Cougars' soccer dominates with five athletes named

Frank Jordan
The Clackamas Print

Athletic Association of Community Colleges has announced their 2005-06 Fall Term All-Academic teams, and 10 Clackamas athletes have qualified for their sports.

Four criteria have to be met for an athlete to make the NWAACC All-Academic team in his or her respective sport. An athlete must have sophomore eligibility, have earned at least 36 credits, have a cumulative GPA of at least 3.25, and

the athlete must be recommended by their college.

Trevor Snook and James Stevens were named to the men's cross country team, while Jessica Harper was named to the women's cross country team.

Jessica Hiedenreich and Ashli Itami were named to the volleyball All-Academic team.

The All-Academic women's soccer team boasts five Cougars. They are Nicole Cahill, Tianna Meduri, Stephanie Rodriguez, Amanda Triller and Ashley Webster.

"These student athletes have really shown their mettle, both on the field and in the classroom," said Clackamas Athletic Director Jim Jackson. "To get 10 athletes on these All-Academic teams is a tremendous accomplishment both for the sports involved and the college. We are really proud of them."