

# Soccer secures spot in semi-finals

Tom McDonnell

Clackamas Print

The Clackamas soccer team went into the 2005 playoffs healthy, confident and well-rested, allowing the Cougars to defeat the Lady Chukars 2-1 Saturday at the old City High School football stadium. Clackamas had been fighting minor injuries and getting a round bye really gave them the time they needed to fully recover for the playoff opener against Treasure Valley CC. Clackamas entered the game with a record of 14-3-1 and boasted NWAACC's fifth-leading goal scorer in Hannah Nash (18 goals). Treasure Valley finished second in the Western Division with a record of 12-2. The Lady Chukars also had NWAACC's sixth-leading goal

scorer in Jena Ogawa (15 goals). The Lady Chukars defeated Edmonds CC in the first round with an unexpected thriller that went into overtime, an achievement in itself for an Edmonds team that won only four games this season. Treasure Valley advanced with a 2-1 win, but would go no further against the Clackamas Cougars. The game between Treasure Valley and Clackamas started out defensive, with no scoring for over 41 minutes, until Hannah Nash came through with her 19th goal of the season off an Emily Ingalls assist, giving the Cougars a 1-0 lead. Then, in the 71st minute, it was an Amanda Triller assist to Nash that gave Clackamas a 2-0 lead, and put the game out of reach for Treasure Valley. The Lady Chukars never quit and made the end interesting after an Ogawa goal in the 77th minute made the score 2-1. Treasure Valley could get no closer.

With the victory Clackamas will move on to a semifinal match-up with Highline CC, who defeated Spokane CC 2-1 in the quarterfinals. Highline was the Western Division champion during the regular season, and is currently 12-2-3. The semifinal will be played at the Starfire Soccer Complex in Tukwila, Washington at 1:30 p.m. Saturday. The game follows the first semifinal match-up between Walla Walla CC and Shoreline CC, starting



Photo by Andy Zehrung Clackamas Print

Hannah Nash (19) gets down and dirty with Treasure Valley CC while Tianna Meduri (7) gets the ball and Amanda Triller (15) looks on. The two semifinal winners will play Sunday at 2 p.m. for the NWAACC championship, while the two semifinal losers will play at 10 a.m. for the third-place trophy.

## Cross country team takes third

Frank Jordan

Clackamas Print

The Clackamas cross country team each finished in third place at the NWAACC championships this weekend in Battle Ground, Washington, capping a fairly successful season. The Cougars' Jessica Harper finished the competition over the 5,000-meter course to win the women's individual title in 19 minutes and eight seconds. Lyndsey Killip capped a difficult last week with an eighth place finish in 20:03, while Kendra Stone finished strong in 20:39. Luda Mashova overcame a sprained ankle suffered in warm-ups to finish in 17th place in 20:55 and the Clapp closed out Clackamas with a time of 21:20 to finish in 24th place overall. Lane CC pulled off an upset to win the women's team title with 10 points, nipping second-place

Spokane CC, who finished with 47 points. Clackamas was third with 63 points. "Harper beat her previous personal best over a 5,000-meter course by 30 seconds to win the race," said Head Coach Keoni McHone. "She ran an outstanding race and was in control the whole way. That time is one second faster than Kari Rissmiller's time when she won the 2001 NWAACC championship on the same course in Battle Ground. Just a great effort by Jess." Josh Cobb out-kicked two Spokane runners over the last 200 meters of the men's 8,000-meter course to finish as Clackamas' top runner in seventh overall with a time of 26:27. Craig MacLean finished 16th in 27:11, Doug Benson was 18th in 27:19, Trevor Snook was 21st in 27:40 and Greg Nakata was 27th in 28:04. Matt Peterman ran a non-scoring 28:07 and Justin Schenck ran a 29:11 in the men's race. David Morgan of Lane CC ran

a 25:26 to win the individual title, but all five Spokane runners finished in the top 10 to lead the men to the team title by a 26-52 margin over Lane. Clackamas scored 89 points as a team to finish third. "Justin (Schenck) got hurt during the race so his finish was a little disappointing, but otherwise all of our male runners did a good job overall," said McHone. "Craig MacLean ran a particularly outstanding race, capping a great comeback to his season. Craig was hurt early in the year and has been battling to get back into shape." Clackamas looks fairly strong for next season, with only Cobb and Snook moving on. Cobb will actually remain at Clackamas, but will redshirt the 2006 track and 2006 cross-country seasons before returning to run track for the Cougars in the 2007 season. Harper will be leaving the women's team next term to enroll at Western Oregon University and run track in the spring.

## Volleyball finishes strong after tough season

Frank Jordan

The Clackamas Print

The Clackamas volleyball team concluded their season with a four-set loss to Mt. Hood CC Wednesday, finishing last in the tough Southern Division of the NWAACC. "We really did have a great season, but considering we had such a phenomenal season last year, it is disappointing that we will not get a chance to defend our title from last year," said Head Coach Kathie Woods. "Our division is always very tough and this year was no exception." The Cougars lost to the Lady Saints 29-31, 30-21, 32-34 and 28-30 in the Randall Hall gym. Catie Warren

led the way for Clackamas with 14 kills and 23 digs, while Rachel Gowen had 13 kills and 11 blocks and Sami Hennessey had 12 kills and 12 digs. The Cougars finish the 2005 season with a record of 27-21, 2-10 in the Southern Division. However, Clackamas won their last two tournaments on consecutive weekends against teams that will compete this weekend in the NWAACC championships. "We had nine freshman this season, which made defending our title an uphill battle to begin with," said Woods. "If we had the chance to go to the tournament, we would have done some damage. Yes, it is disappointing, but this team could have folded the tent at the end, [and] they didn't. It shows how competitive we were at the end, and I am very proud of the effort." Hennessey and Gowen were named to the All-Division second team, while Jessica Heidenreich was named to the third team and Heather Gerke was named to the honorable mention list. Hennessey was also chosen to play in the annual sophomore All-Star game, Dec. 3 at Clark College in Vancouver, Washington. Heidenreich was chosen as an alternate to play in the All-Star game. Gowen led the team for the season with a 28 percent kill ratio and 112 blocks, while Kori Trenholm led the team in assists at 29 percent. Gerke led the team in serve reception with a 2.07 average on a three-point scale. Woods will be taking the team to the NWAACC tournament on Friday at Bellevue CC in Bellevue, Washington, to give her team the "overall tournament experience," just to show them what they might have missed by not playing. "Most of the freshman will be coming back next season, and we need for them to take the lead in stepping up our play," said Woods. "Our goal, as always, is to get to the tournament, and our girls need to get a feel for what they have to do to get there."

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