

# Nine wrestlers to go to regionals

Matthew Olson  
Clackamas Print

of the 10 possible weight classes at the regional wrestling tournament in Coos Bay, the Cougar wrestling team is making nine competitors. He has earned his spot on the team with hard work and determination. Vela, a freshman here at Clackamas, is competing in the 125-pound weight class. "I think that I'm comfortable, I'll play my best," says of his mind set during matches. He plans for the future at Eastern Washington University and major in business.

Mike Beeson, a 133-pound wrestler, is no novice when it comes to big competitions. Having won the state competition in Idaho his senior year of high school, then attending the Fila Juniors Nationals in Las Vegas, Beeson has the experience to make it to nationals. His motto is, "Wrestle every match as if it's your last."

Shane Slover is a 141-pound wrestler who attended the NJCAA Nationals last year, and hopes to improve on his 3-2 record at the competition.

Seth Roy, a steady headed 149-pound wrestler, is wrestling his first year here at Clackamas. After a year at Northern Idaho, Roy returns to Oregon, where he won the

high school state competitions in '02.

"I try to stay focused and calm," said Roy, applying this to both poker and wrestling. As a big Texas Hold'em player, Roy brags, "I'm better than Shane Slover!"

Bryan Cantrell is in his second year on the Clackamas wrestling team as the 157-pound competitor, red shirting his first year.

"I just get in the mental frame that I can't be beat," said Cantrell.

Alex Bubb, an accomplished high school wrestler, is wrestling in the 165-pound class. Attending school to become an art major, Bubb is an optimistic competitor.

"No matter what, I go in

with a happy attitude," said Bubb. After attending the Fila Junior Nationals in Las Vegas this last spring, Bubb is ready to compete at the national level and move onto a four-year school.

Brandon Perkins roots for his team's success as well as his own prospects in the 174 pound class.

"We're all working hard towards that 'big goal,'" said Perkins of the nationals. Planning on studying American history and becoming a high school wrestling coach, Perkins' time in college wrestling will be vital to his career.

Jon Basting is competing in the 197-pound weight class. Placing second at the

regional competition last year and attending nationals as a heavyweight, this year Basting hopes to compete in a weight class that's a little more reasonable for him. With lofty aspirations to get a doctorate in history, this scholar/athlete is one to watch closely.

Dan Pownall is the heavyweight competitor with a weight of 285 pounds. After beating the third ranked heavyweight wrestler from Northern Idaho, Pownall is ready for regionals, and subsequently, nationals.

"I pray ... I talk to my father who died when I was a freshman in high school." Pownall says of his preparation for matches.



# Hill's all-around game showcased in women's ball

Frank Jordan  
Clackamas Print

Clackamas women had an up-and-down week on the court, losing to Mt. Hood CC and winning a road game against Lane on Wednesday. The Cougars took on an underdog Saints team from Mt. Hood (2-17, 0-8) on Wednesday, showing balanced scoring and a strong defense to defeat the visitors 81-42.

"Mt. Hood played hard, as they always do, but they just aren't very good and we pretty much had our way with them," said Head Coach Jim Martineau. "We got balanced scoring and everyone got a chance to play."

Charday Hunt led the balanced attack for the Cougars with 15 points and eight rebounds, while Kellyn Cooper and Monique Tribble each had 13 points. Kellie Morey scored 12 points, and LaToya Hill had a near triple-double with seven points, 12 rebounds

and 10 assists.

"It was good that everyone got a chance to play during this game," said Martineau. "Heather Rightley has not had much of a chance to play this season, but she came in and gave us 16 strong minutes. She had nine points on 3-4 shooting and just gave us a great effort."

Clackamas shot 49 percent from the floor and held the Saints to 29 percent shooting. The Cougars led 44-19 at the half and never let up in the 39-point blowout.

The Cougars traveled to Eugene on Saturday to take on second-place Lane (23-1, 7-1). Despite shooting poorly throughout, Clackamas led by five at the halftime break. The Cougars shot only 34 percent in the first half, but held the Lady Titans to 28 percent from the field.

The second half was a completely different story as Lane came out of the locker room with their shooting eyes refocused. The Titans hit 17-25 shots from the floor in the second stanza, including 5-6 from three-point range to take the victory.

The Cougars held tough and got within two points with eight minutes left, before two big threes put the game out of reach for Clackamas. Lane got clutch foul shooting down the stretch to hold off the Cougars and defeated the visitors 87-77.

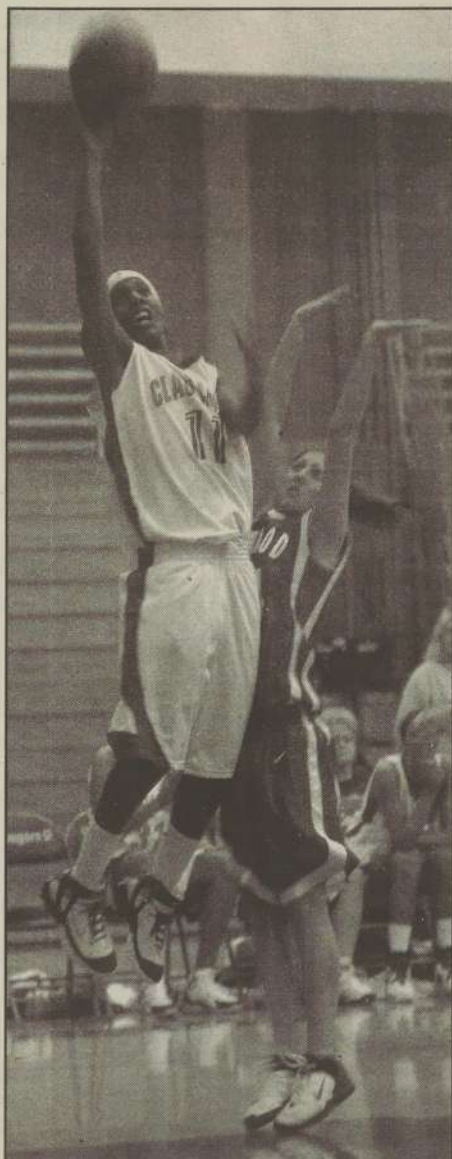
"Lane shot [the] lights out in the second half, and that above all else is what did us in," said Martineau. "We just did not play very well throughout. It really was disappointing. It was a game that we really could have won."

Morey was the only real consistent shooter for Clackamas, going 10-20 from the floor enroute to 20 points, while Cooper had a strong game in the paint, scoring 18 points and hauling in a game-high 11 rebounds. Hunt added 17 points and nine rebounds,

while Rochelle Reeves had 14 points. Hill had nine rebounds and nine assists, but only shot 1-10 from the floor and had four points.

The loss to Lane dropped the Cougars into a first-place tie

with the Titans at 7-1 in Southern Division play. The Cougars (17-4, 7-1) only have one game this week as they host the Lakers from Southwestern Oregon CC (10-10, 3-5) on Saturday in a 4 p.m. tip in the Randall Hall gym.



Harriet Strothers Clackamas Print

LaToya Hill shows a vertical leap as she goes up for a shot during a game last week. Hill has led the team all season in assists and continues to contribute to the team in various other ways. The sophomore is relentless in her play. The lady Cougars continue to play hard, finding themselves in the lead for first time.

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