

Southern Region: prep for NWAACCs

Frank Jordan
The Clackamas Print

The Clackamas cross-country teams competed well at the NWAACC Southern Region championships last Saturday in Battle Ground, Wash., finishing a solid second to Lane CC, while the women had all three runners finish in the top 12 of their 5000-meter race.

"Both teams did a really good job of sticking to the race plan that we had set for this competition," said Head Coach Keoni McHone. "We are still on pace to compete well at the NWAACC championships."

Savannah Walruff injured herself during training last week, but the other three women on the team competed well in Battle Ground on the Lewisville Park race course. Andria Scheese led the CCC women, running a :20.15 to finish ninth in the race. Allison Body was right behind Scheese in 10th with a time of :20.20, while Lyndsey McKillup ran a :20.32 to finish 12th. Sheryl Page of Mt. Hood CC won the race with a time of :18.46, while Clark College put five runners in the top 10, to win the team race by seven points over Mt. Hood.

"We held the women back for this race; we wanted to work on a couple of areas of racing to set ourselves up for a good race at NWAACC's," said McHone.



Jeff Sorensen Clackamas Print

LEFT TO RIGHT: Daniel Alvarez (5), Head Coach Keoni McHone and Jose Barajas show off their competitive juice at a recent home meet.

"Lyndsey (McKillup) was not feeling well the night before, but Saturday she came out and competed very well."

Brandon Snook led the Clackamas men, finishing 13th in the race with a time of :27.32. Spencer Bonney had a time of :27.42 for 17th place, and teammate Nathan Ingram was right behind with a time of :27.47 for 18th. Daniel Alvarez was 20th, running :27.52, Chris Baker ran a :28.19 for 22nd place, Jose

Barajas ran a :28.30 to finish in 25th place, and Kyle Pfenning ran a :31.07 to end up in 36th place. The Cougar men edged out Clark and Mt. Hood for second place in the team race, which was won by Lane CC, who placed five runners in the top six. Jordan McNamara of Lane won the men's individual title with a time of :25.09.

"We had some tough training runs last week, and some of the guys may have felt it by race

day," said McHone. "The men are still on pace for running well at the NWAACC meet in two weeks."

McHone is still anticipating having a full women's team by the time the NWAACC championship meet happens in two weeks in Spokane, Wash. The coach feels that the men can achieve a top-three finish, while the women will be battling for second or third in the championships.

Top Finishers:

Women:

- Andria Scheese :20.15 No. 9
- Allison Body :20.20 No. 10
- Lindsay McKillup :20.32 No. 12

Men:

- Brandon Snook :27.32 No. 13
- Spencer Bonney :27.42 No. 17
- Nathan Ingram :27.47 No. 18
- Daniel Alvarez :27.52 No. 20
- Chris Baker :28.19 No. 22
- Jose Barajas :28.30 No. 25
- Kyle Pfenning :31.07 No. 36

Editor's Note: NWAACC championships to be held in Spokane, Wash.

Volleyball banks way to second at Mt. Hood tournament

Nic Delzell
The Clackamas Print

With plenty of punch last Sunday, the Clackamas volleyball team has once again placed second in the Dorian Harris Mt. Hood Halloween Classic.

The Cougars came up short in the final game of the tournament to Columbia Basin CC 2-1, 27-30, 25-30 and 30-17.

"We were so close, but not quite there," Head Coach Katie Woods said. "We had

to step in right after playing Walla-Walla, and we were close the entire way."

The Cougars played Walla-Walla in the semi-final match and were able to even the score from a loss earlier this year, as Walla-Walla was defeated 23-30, 30-10, 33-31 and 30-20.

"I thought we played well against Walla-Walla," Woods said. "It took us a while to fight back into it ... but we came back and won three in a row, and that was really good."

The Cougar statistical lead-

ers in the semi-final were: Malia Kamahoahoa with 23 kills, Rhea Wortman with 21 kills and 17 digs, Meggan Chapin with 14 kills, and Sarah Hall added six blocks.

"This is meant to be the pre-NWAACC tournament," Woods said.

In pool play, the Cougars were victorious against Chemeketa 30-23, 30-19, 28-30 and 30-13.

Leading the way once again was Chapin with 14 kills, and Kamahoahoa with 20 kills.

In the Cougar's first tournament game, they were able

to set the jump off against Clark College 30-21, 30-27, 30-19.

"We played very consistent on Friday," Woods said.

Suffering through some injuries in the past few weeks, Woods said her team is now 100 percent available.

"We are still making our goal for NWAACCs," Woods said. "In our league games, we are not taking much risk because our main focus is NWAACCs."

The Cougars have two league games remaining against Chemeketa, the first

tonight in Salem at 7 p.m. and the second on Nov. 8 against Linn-Benton in Albany.

Woods is happy with the way her team has fought up to this point in the season.

"These girls are fighters ... they fight and claw and never give up. Sometimes we lose our focus, but the physical effort and will to win is always there," she said.

Editor's Note: Come support the Cougars as they play Chemeketa tonight in Salem, and Nov. 8 when they play Linn-Benton in Albany. Both

Soccer Highlights:

Results:

Oct. 18 vs. Lane C.C. W 2-0

Goals: Stephani Catt 2 (12)

Oct. 27 @ Lane C.C. L 2-0

Oct. 28 @ SW Oregon C.C. L 3-1

Goals: Hannah Nash 1 (28)

Upcoming Schedule:

Nov. 1 vs. Clark College @ Vancouver, Wash.

Nov. 10 to 11 NWAACC quarterfinals

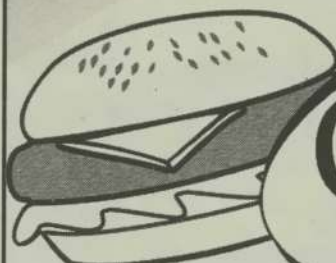
Nov. 18 to 19 NWAACC championships

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