

Cougar Volleyball

Lydia Bashaw

The Clackamas Print

One word to describe this year's Cougars volleyball team: disciplined.

After the first loss of the season, the team propels toward the Northwest Athletic Association of Community Colleges Championship. Now ranked fifth in the region, the team is putting the loss against the Mt. Hood Saints behind them.

Head Coach Kathie Woods



Contributed By Tracy Swisher

Clackamas player Baeckel jumps to spike in the game against Mt. Hood.

said, "Our goal is still to have a share of the Southern Region Title, and our ultimate goal is to win the NWAAC."

In the game against Mt. Hood on Sept 28., the Cougars fought a long battle for victory, but it just wasn't enough. They fell short, and have rededicated their efforts toward the future.

Ranked only below Columbia Basin, Mt Hood, Walla Walla and Spokane, Clackamas is following in the footsteps of the teams that have come before them.

The Cougars of the past have qualified for the championships 10 times in the last 11 seasons.

"We have been to the NWAACS the last three years," said Woods. "So, we always make that our goal to get back to that championship. The top four teams go to the NWAACS. We are still confident we are going to go there."

With almost a brand new team, Woods set out to keep the program strong at the end of last season. With only three returning players and one red-shirt freshman, the team is inexperienced but strong.

"We are a very young team," said Woods. "We had a slow start this year ... but we are full of character, and they have been working very hard and

improving by leaps and bounds."

The team's returning players bring experience to the fresh talent. Sophomore blocker Sarah Hall was named as the NWAAC's Southern Region Offensive Player of the Week in week two of play. Carley Johnson and Carla Crowder also return to the team this season.

New this year is Alaura Little from Sisuslaw High School, Taya Clark from Newport, Melita Elliot from Estacada, March Hiedenreich from Ritzville, Mellissa Fay from Skyview, and Kristel Baeckel and Alyssa Hernandez, both from Sam Barlow. Rounding out the new talent is Lindsay Ables, another freshman who was around the volleyball program last year.

Recruiting from all over the Northwest, Woods has created a well-rounded team. The program, though dedicated to volleyball, also concentrates on community service, academics and personal growth.

"We are doing more than just volleyball," said Woods. "We have more than one aspect to worry about. It's also about service and how we treat others."

Last year's Cougars were honored with the National Team Academic Award, an award given to teams with a high average GPA. The girls have set the goal of having their academics on the same level as their athletics.

Now halfway through the season, the Cougars concen-

trate on improving their game and getting ready for a tougher level of play.

"They are just learning the adjustments from high school to college ball," said Woods. "We have been talking about the factors of high-paced games. We are learning that as we get into the better play the second half of the year. We are trying to pick up our intensity and speed of our games."


Setting their sights high, the Cougars continue in their excellence on the court, in the classroom and in their hearts.

"I want everyone to know that we came into this year working hard ... we are known for having a very successful program," said Woods. "But there is more to it than just that: There is the academics, but most important is how we are as people."



Marcy Heidenreich an outside hitter prepares to serve.


Andrea Simpson Clackamas Print



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Event Catering Available

Sports Scores

Soccer

Oct. 6, 2007 - Clackamas 2, Yakima Valley 0

Oct. 5, 1007 - Clackamas 1, Lane 1

Volleyball

Oct. 6, 2007 - Clackamas Crossover Tournament
Clackamas Def. Highline (31-29, 30-26, 30-28)
Clackamas Def. Linn-Benton (23-30, 30-20, 30-28)
Whatcom Def. Clackamas (27-30, 30-20, 30-28, 30-22)

Oct. 3, 2007 - Linn-Benton Def. Clackamas (27-30, 30-13, 30-27, 30-26)

X-Country

Women

Oct. 6, 2007 - Clark Invitational
Spokane 22, Lane 53, Everett 90, Southwest Oregon 121, Clark 132, Treasure Valley 134, Mt Hood 147, Incomplete - Clackamas

Men

Oct. 6, 2007 - Clark Invitational
Everett 75, Treasure Valley 155, Clackamas 159, Clark 163, Southwest Oregon 167, Mt. Hood 187, Cascade College 243, Bellevue 251