

Coach inspiring students for 25 years

Kathie Woods has been coaching at Clackamas for a quarter of a century and still loves every minute of it

Andrea Simpson
Sports Editor

1974-75 season.

Breaking it down

Woods started coaching freshman volleyball at Lakeridge High School in the course of her student teaching.

"I got my teaching certification as something to fall back on as advice from my parents," she said. "I never even imagined that I would love to teach as much as I do."

"Teaching and coaching are so much alike. I love breaking things down and trying new ways to explain things. I love to tell real-life stories in my teaching because I think it helps to relate to the topic better when it is something that has been experienced."

Assistant Coach Lindsay Schiely, who is also a former Clackamas volleyball player, agrees that Woods' coaching style differs from most.

"Kathie is a good motivator," Schiely said. "She is not the type of coach to sit and yell or be angry at players to get a response. She motivates through positive reinforcement, and she never gives up on trying to correct mistakes."

Woods is also an active member of the Fellowship of Christian Athletes. She initiated the chapter at Clackamas, and last year was chosen as FCA College Coach of the Year for the Portland metropolitan area.

On and off the court

Woods doesn't simply encourage her team members to improve as players; their



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nature as people is just as important.

"She believes in her players and pushes them to be the best," Schiely said. "She stresses being a better person, which is not common for most coaches."

Tracy Swisher, a sports photographer on campus, said, "Kathie stresses her philosophy in giving 100 percent in school, volleyball and life. Her athletes work hard at becoming not only better volleyball players, but also on character development and showing respect in all of life's situations."

But although Woods knows how to play hard on the court and in life, she is well-known for her sense of humor. Each

year is filled with longstanding team traditions. They include going to the beach for a team retreat and ... a Kentucky Fried Chicken bucket?

"Every year there is the annual scavenger hunt," Schiely explained. "[Team members] are given a set time limit. They have to have their fingernails painted red and blue. They have to bring back a KFC bucket, a pizza box ... all sorts of crazy things!"

This year, the team had fun in the pre-season by setting up a giant Slip 'n Slide on the hill next to the track.

"Everyone was sliding down on inflated air mattresses, and Kathie was just sitting there in an inflatable kiddie pool on the side," Schiely recalled. "It was so much fun!"

"The team loves going on the merry-go-round in Spokane; or if we see a swing set, Kathie will make the team squish on, and no one's feet can touch the ground. We are always having fun together."

Accepting the answers

So how does Kathie look back on her 25 years at Clackamas?

"I still coach because I love young people and I have a passion for coaching," she said. "I love competition. I feel competition brings out so much in a person. Competition helps in the development of character."

"I do love my teams - every single one of them - no matter if we win or lose. I accept every team as a direct answer to prayer. Every year I pray for exactly the team God wants me to have. Then I feel a responsibility for each team to do the best I can at helping them grow as a person and as a student and as a volleyball player. They may not realize it or not, but they are my life."

Basketball wins over weekend, builds confidence

Megan Koler
Clackamas Print

Men's and women's basketball both found victory over the weekend.

The men's basketball team defeated Southwestern 96 to 91, while the women's team defeated their southwestern counterpart, the Lakers, 74 to 68.

These games brought the men's team's standings up to 1-1 in league play - 12-8 in season play - and the women's team's standings up to 1-1 in league play - 13-6 in season play.

Although the standings leave something to be desired, both coaches are optimistic that their teams will continue to improve and

This year's team is very young and inexperienced," Men's Basketball Coach Wegner said. "It is still finding itself and growing; trying to play together and consistently."

The women's team has been facing its own challenges, including numerous roster changes over the last few months and the addition of all sports athletes. With all of these changes, the team is still trying to find its identity and work with each other," said

Women's Basketball Coach Jim Martineau. "In comparison to past teams ... we are probably down a little in overall talent, but we have a trio of sophomores leading the group who work extremely hard to get better."

This trio consists of players Rachel Copeland, Kelsey New and Monique Tribble.

Talent seems to come in threes on the men's team as well. According to Wegner, David Fife, JC Cook and Austin Dunn are all making significant contributions to the team this year. The team as a whole seems to flourish at passing and shooting, he said.

The women's team has on their side a great ability to keep defending during poor offensive possessions and Kelsey New, the team's co-captain who has an affinity for shooting three-pointers.

The next game for the men's basketball team is today in Gresham against Mt. Hood at 7:30 p.m. The next home game will be against Umpqua at 6 p.m. on Jan. 26. The women's team will also face off against Mt. Hood today at 5:30 p.m. in Gresham, and will play Umpqua in a home game at 4 p.m. on Jan. 26.

Wrestling prepares for yet another successful season on the mats

Dale Balbi
Clackamas Print

The Clackamas wrestling team is on the rise.

As the Cougar wrestlers engaged in the at-home match between Clackamas and South West Community College on Friday, Jan. 11, the crowd was quiet. The coach shouted instructions such as "Move your feet" and "Hands on head" while both wrestlers tried to get an advantage on their opponent.

The Cougars won the meet 32-6. It is one of the team's many victories so far this season.

Head Coach Josh Rhoden is proud of the Cougars' recent performance, as well as of the individual players' standings.

"Three of our wrestlers are in the top eight in the country," he said, "and the team is in the top 10 out of 50 teams."

The region that the Cougars are in is the National Junior College Athletic Association (NJCAA).

Rhoden has high expectations for the team. "We want to do better than fifth in the nation and have at least six academic All-Americans," he said.

Clackamas has five returning wrestlers from last

season. They are Jim Halicki; Mike Beeson; Vance Beeson, who is ranked sixth in the country; Derrick Bartlemay, who is ranked seventh in the nation; and John Bates, who is ranked an impressive second overall. Both Bates and Bartlemay were All-Americans in the previous season.

Thus far this year, the wrestling team has made some strides.

"We had four losses last year, and there is a very good chance that they can improve that," Rhoden said.

Rhoden is extremely pleased with the timely progression of his team.

"The effort and focus are at high levels," he said. "There is lots of potential to continue our success in the future," he added.

The wrestlers have their own personal expectations. Take Bates, for example:

"My goals are to win a national title and graduate in the spring," he said.

What is the key ingredient to Bates' success? "My coaches and my workout partner, Nigel Bond," he said.

Bond is a freshman at Clackamas. Both he and Bates weigh in at 285 pounds.

Among the components of the team's overall achievement is its members' emotional closeness.

"We are united as a team," Bates said.



Photos by Genyva Laubach Clackamas Print
ABOVE: Coach Rhoden (right) yells instructions to a Clackamas wrestler on the mat. RIGHT: A Clackamas wrestler throws off an opponent.

