

# Basketball: Stand up and cheer

# 'Runnin' down a dream



Photos by Kyle Steele Clackamas Print

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"She said, 'Basketball is like five fingers; when you have five of them, you make a fist, and that's how I want you to play tonight - together,'" Niebergall said. "That's what we did tonight. We came together as a team, and it was a good win."

This now leaves the women's standings at 15-6 in season play and 5-2 in league play.

The men's basketball team won their game against Mt. Hood 71-57 last Wednesday, and began well enough last Saturday in their game against Umpqua, maintaining a very strong lead for the first half of the game. However, they lost the lead in the later half and were eventually defeated 104-88.

"It really hurt when [David Fife] rolled his ankle," said Men's Basketball Coach Cliff Wegner. "Once he left the ball game, it made things very difficult."

This loss brings the men's

standings to 13-9 in season play and 5-2 league play.

The men's basketball team will play Chemeketa in Salem at 7:30 p.m. today and Lane's team in Eugene at 6 p.m. next Saturday. The next home game for the men will be against Portland CC at

7:30 p.m. in Randall Gym.

The women's basketball team will play Chemeketa in Salem at 5:30 p.m. today and Lane's team in Eugene at 4 p.m. next Saturday. The next home game for the men will be against Portland CC at 5:30 p.m. in Randall Gym.



ABOVE: The women cheer on their teammates on Saturday. BELOW: Austin Dunn, center, guards Brian Williams of Umpqua CC.

# Arizo stretches hamstrings and manages to pull heartstrings

## Kenton Benfield

The Clackamas Print

"You cannot change the wind, but you can adjust the sails."

Upon approaching Athletic Trainer Kevin Arizo's office, this quote can be seen written right outside the entrance.

On the ground floor of Randall Hall, across the hall from the weight room, lies the athletic training room that is now Arizo's domain. The quote is fitting not only for his job, but also his past career course.

Arizo is familiar with and has worked with two of the previous athletic trainers at Clackamas: Tony Guyette and, more recently, Tara Hebert.

The job opportunity presented itself during Arizo's time at the North Lake Physical Therapy clinic, where he started work in 2003, due to the clinic's working relationship with the college. When Guyette left the department after 2006, Athletics Director Jim Jackson sent a request to the clinic for someone to fill the position.



ARIZO

"I was thinking about it (the job) after Tony left," Arizo recalled, "but I was debating if I wanted to go back to school. Then I decided that I might as well take this job because I was still working anyway."

It was not until a year later, following Hebert's departure, that he finally took up the position for the 2007-2008 school year.

Arizo sums up the job of an athletic trainer as "... keeping athletes healthy." Trainers are responsible for acting as a first line of defense should

an injury arise or if some other issue threatens the health of a performing athlete.

"In a way, we're that middle man in between the teams and the doctors and ... everybody else ... all the other healthcare professions ... [that] athletes deal with," he said.

This may include a large variety of services, such as administering first aid or providing nutritional advice, helping sprains or scrapes heal, increasing flexibility and performance of the athlete and, if necessary, deciding if an injury needs serious medical attention.

For Arizo, the best part of working as an athletic trainer at Clackamas is the students themselves.

He explained, "Part of being an athletic trainer is definitely developing relationships with athletes ... part of it is them being able to trust you to make the decision ... if they can play or not. If they don't trust you, they are not going to come to you."

"I get to work with athletes every day, all day ... probably one of the better parts of it is you get to see the progress that you are doing."

## Andrea Simpson

Sports Editor

With the surprising upset win of the New York Giants over the heavily favored Green Bay Packers Jan. 20, football fans are anticipating the Giants' facing off with the New England Patriots in Super Bowl XLII.

The Super Bowl is being held at the University of Phoenix stadium in Glendale, Ariz. It is the home of the Arizona Cardinals as well as the Tostitos Fiesta Bowl.

The Patriots boast a perfect season so far with a record of 18-0. The Giants emerged from a season starting record of 0-2 to a record of 13-6.

If the match-up invokes feelings of déjà vu, don't be surprised. The two teams faced each other not so long ago on Dec. 29 of last year, when the Patriots dug deep for a 38-35 win against the Giants.

The head coaches of the two teams are familiar with each other as well. Both Bill Belichick and Tom Coughlin coached on the 1990 Giants team. Belichick was the Giants' defensive coordinator, and doubled as secondary coach. Coughlin was in his third year as the Giants' wide receiver coach. Now 18 years later, the two will meet again.

According to the *Boston Globe*, the oddsmakers put the odds of the game at 12 points in the Patriots' favor.

The odds started at point favor but has since dropped. Sources speculate that it's because of recent rumors of Tom Coughlin spraining his right ankle, but makers say it has more to do with the way the team has played its last nine games.

This is the first time in 100 years that the Super Bowl has played somewhere other than the NFL stadium.

The University of Phoenix stadium was completed in 2006 and cost \$455 million to build. It is the first stadium in North America to sport a retractable roof and artificial field. The stadium normally seats 63,400 for Cardinals games and will provide approximately 60,000 more seats for the Super Bowl.

The half-time show has a departure from the barely-legal pop stars of the past.

This year, the band Tom Coughlin and the Heartbreakers will be performing at the half-time show sponsored by Bridgestone. Grammy award-winning artist Minogue, Paula Abdul, Soulja Boy, and Akon.

This is the first time Bridgestone has sponsored the Super Bowl. In the past, the show has been sponsored by companies as MTV, Radio City and Disney. Super Bowl XLII will be broadcast on Sunday, Feb. 3, at 6:30 p.m. on the FOX network.

# Sports Score

## Men's Basketball

01-23-08 - Clackamas 71, Mt. Hood 57  
01-26-08 - Umpqua 104, Clackamas 88

## Women's Basketball

01-23-08 - Clackamas 61, Mt. Hood 53  
01-26-08 - Clackamas 72, Umpqua 69

## Wrestling

Powell Duals 01-25-08 and 01-26-08  
Iowa Central 12-37 (loss)  
Northwest 12-28 (loss)  
Great Falls 25-17 (win)  
W. Wyoming 19-23 (loss)

# Games this Week

## Men's Basketball

Today, at Chemeketa (Salem, Ore.) at 7:30 p.m.  
Feb. 2, at Lane (Eugene, Ore.) at 6 p.m.

## Wrestling

Feb. 2, Northwest Open (Forest Grove, Ore.) at 10 p.m.

## Women's Basketball

Today, at Chemeketa (Salem, Ore.) at 5:30 p.m.  
Feb. 2, at Lane (Eugene, Ore.) at 4 p.m.

## The Clackamas Print

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