

# Cross Country: Destination NWAACC

## Matt Garrison

Associate Sports Editor

The Cougar Cross Country team will attempt to blaze a trail to the Northwest Athletic Association of Community Colleges (NWAACC) Championship this Saturday at the Southern Region Championships.

This past weekend, the Clackamas Cross Country team competed against nationally ranked teams from different college divisions.

"I feel that they did pretty good," said Distance Coach Ian Schroeder.

"The women did a good job of packing it up with another teammate to push each other to a good performance," continued Schroeder. "The men had a good competitive effort."

The men's team finished 11th out of 12 teams. The women's team finished incomplete because two of the athletes were sick; however, the athletes that finished the race averaged a 52 second improvement.

Robert Deguchi placed the highest out of all the men Cougars for 55th place in the four-mile run, with a time

of 21 minutes and 27 seconds. Tarra Brown placed the highest out of the entire lady Cougars for 78th place in the five kilometer run, with a time of 20 minutes and 27 seconds.

Clackamas runner Luke Correll dropped out of the race after two miles due to extreme stomach pain, Clackamas first runner Ashley Braniff sat out due to illness and Tegan McCarthy dropped out after a mile for the same reason.

"(To improve) the men need to be more conservative in the first mile and push a little bit harder in the middle," Schroeder said.

The women need to "continue gaining experience."

"This year we have a talented and young group," said Schroeder. "Numbers are up. We're working on developing a solid base."

The team is "slowly getting better," said Team Captain Grant Lewis.

"Our goal is to get a strong healthy team by NWAACCs," added Lewis. He feels that to get there the team needs to get stronger in their races.

On Saturday, Oct. 25, Clackamas will be hosting the Southern Region Championships at 11 a.m.



Photo contributed by

Ashley Braniff follows closely behind Whitman cross country athlete Sara Levy on Saturday at Fort Walla Walla Park in Walla Walla, Wash.

## Final Cross Country Meets

Southern Region Championship: Saturday, Oct. 25 at 11 a.m. at Clackamas  
NWAACC's: Saturday, Nov. 8 at Lewisville Regional Park, Battle Ground, Wash.

## Cougars kill opponents this season, focus on future success

### Nick Kornafel

The Clackamas Print

"One dream, one goal, one team."

This is the philosophy that Kathie Woods, head coach of the Cougars' Volleyball team, uses to inspire her team to strive for success.

And success, it appears,

is where the team is headed, with their overall wins at 27 and losses at only nine, placing them in third place for the upcoming NWAACC (Northwest Athletic Association of Community Colleges) Championship on Nov. 20 through 22.

"It doesn't matter that we aren't at the very top, so long as we excel when we get to the championship," Woods

said. "We are usually towards the top so we try to keep this up year to year."

Some notable achievements from players include 381 kills and 42 serve aces from Kristel Baeckel this season, and 237 kills out of 531 for Shikara White, ranking her percentage at 27 percent.

"We have enough skill and drive to win," said Kristen Diehl, assistant coach.

Although the team practice is hard, and play harder, no serious injuries have occurred throughout the season. All team members are in good shape and capable of playing. The team does their warm up exercises together before the games to avoid such injuries.

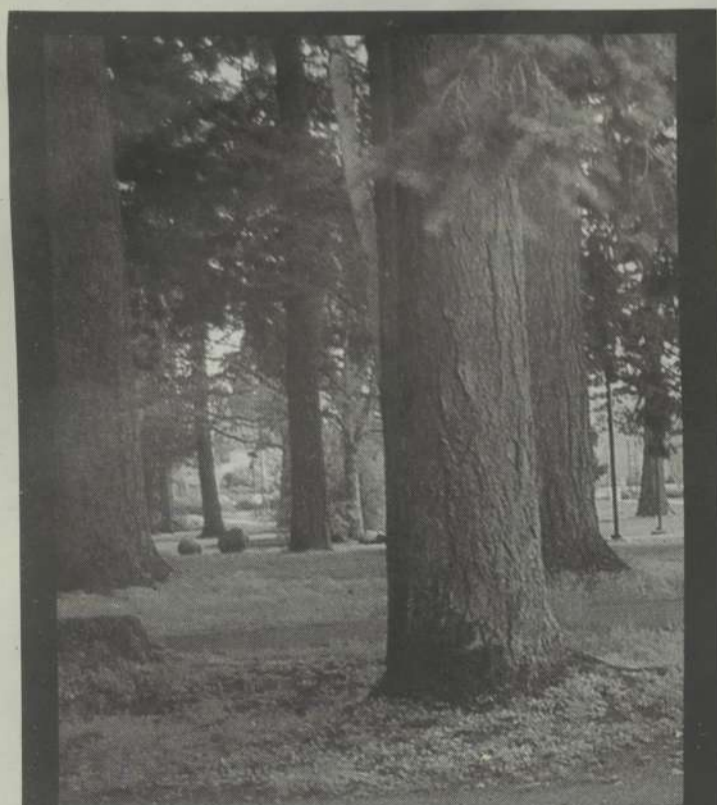
The team suffered two defeats against their main rivals, Chemeketa, losing three out of five matches

in both the first and second game played against them. The team, however, is in great spirits and is looking forward to them again on Oct. 25 in Salem, hoping that for the third time is the champion.

Although the team is still several weeks away and plenty of obstacles along the way, the team is looking good amongst the team. The team will not only get to the finals, but that they will win the championship. "We're going to win," said Liz Huntsman, a setter and defensive specialist.

Overall, the team's season is looking good. The spirit is high and the team moves right along towards eventual success.

"We can do it," said Joanna Abraham, a libero. "Yeah Cougars."

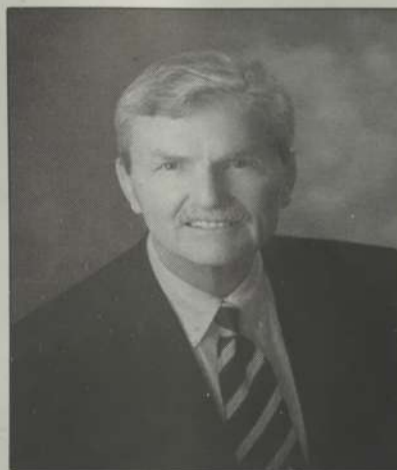


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Week

Sabrina had 10  
five assists,  
blocks, four  
a 2.0 serve rec  
16 passes th  
weekend for th  
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