

Track and field runs and jumps

Michelle Sanchez

The Clackamas Print

While running in circles may be considered unproductive to most of the known world, for the track and field team members at Clackamas, the daily ritual is of the utmost importance. Team members from Clackamas have been training since the fall term, and all their hard work is about to pay off.

The season will kickoff on Saturday, Feb. 28, at Pacific Lutheran University, and the Clackamas team members are raring to get started.

Courtney Heckerotch is a heptathlete, someone who competes in seven specific events, has been involved in track for eight years now and has been at Clackamas for two years. Her love of the sport comes from the social interaction, and experience of learning from more seasoned athletes.

"I love the interaction with other people, and you get to see a lot of good competition," said Heckerotch.

Alaura Little, another heptathlete who competes in pole vaulting and javelin, echoed Heckerotch's sentiments.

"I love the team aspect and the social aspect," said Little. "I'm really excited to start competing."

The regular coach Keoni McHone, is currently out on paternity leave, but assistant coaches Dan Barley and Jazzmin Reece have picked up the slack while the coach is away.

Reece is an alumnus of Clackamas and is excited about helping students at Clackamas meet their goals.

"It's great to be back and be helping with the program that helped me develop as a student athlete," said Reece.

Barley specializes in throws, while Reece works with hurdles, sprints and jumps.

The athletes are divided into categories and then trained according to their expertise.

"There is no point, training a jumper to do long distance running," stated Reece.



Robert Crawford

High jumper Trevor Melum, a freshman from Milwaukie, clears the 6-foot-9 bar with room to spare. Clackamas' track and field team will start their season at Pacific Lutheran University on Feb. 28. The men's and women's track and field teams placed fourth at the NWACC championship in 2008.

Athletes who compete in more than one event are known as multis.

Trevor Williams a newbie to the team this year came from Bend High School to play on the team. "I like to stay healthy and it's fun."

"Students are recruited from high schools all over

the place," stated Reece. "We even have some from Las Vegas this year."

But, whether they're from Nevada, Washington or Oregon, one thing is for sure - the Clackamas track and field members are ready to compete, and to go for the gold.

Paintball junkies get fix at school

Abby Neet

The Clackamas Print

Clackamas Paintball Brigade adviser Mike Caudle admits he really doesn't know much about paintball.

This is not much of a problem. Most of the guys who showed up for the paintball club's first meeting seemed to know a whole lot about paintballing and could easily make up for him not knowing details.

Caudle got involved in the Paintball Brigade when Clackamas student Erik Zapp had trouble finding an adviser for the club.

"I'm willing to help out," Caudle said, regardless of his lack of knowledge in paintball terminology and specifics.

Clackamas Paintball Brigade had their first meeting 2 p.m. Wednesday, February 18, in the Fireside Lounge.

Six of the college's finest paintball junkies came out for the meeting. Most were enthused and passionate about paintballing, and claimed to do it often.

"Every weekend," Justin Rolko boasted.

Plans were made regarding how often they should play together as a club. They decided once a month would be good for official club play dates.

They will have another meeting March 11 in the Fireside Lounge at 2 p.m. a few days before they



Megan Shaw Clackamas Print

Members of the new Clackamas Paintball Brigade at the first meeting. From left to right: adviser Mike Caudle, founder Eric Zapp, associate Brett Plumb and student Brent Bross. The next meeting will be March 11 at 2 p.m. in the Fireside Lounge.

first play.

Clackamas Paintball Brigade will play together at Brett Plumb's home in Estacada on March 14 at noon.

Plumb, who is not a Clackamas student, or a technical member of the Paintball Brigade is an affiliate of the club and Zapp's best friend. Plumb's family has land in Estacada that is regularly used by Plumb and friends, as well as church groups, for paintballing.

Plumb is very eager for the club to use the land. He cares for it all himself, and would not mind

if people would help make it a bit more paintball friendly, as he is providing a place to play without a field fee.

For a paintball virgin, playing on Plumb's land would be ideal. Plumb said it would only cost \$25 for paint and air. He also would provide the rental gear at no cost for a first timer.

Zapp wanted the college to have a paintball club because of how great of a time he has while paintballing.

"I got hooked on my paintballing from my best friend Brett. We may as well have a club just for fun, and it'll give us something to do in the summer. It's better than mowing the lawn," Zapp said.

The club still has some details to work out. Picking officers, determining fundraisers and making posters to get more awareness out are all things the club plans on doing in the near future.

For now, they will get updates and info via e-mail.

"We may as well have a club just for fun, and it'll give us something to do over the summer. It's better than mowing the lawn."

Erik Zapp
Paintball Brigade

Cougar Scoreboard

Men's Basketball

Women's Basketball

February 18, 2009

Clackamas (87) 11-1
Cook 4-15 7-7 17, 3-9 2-3 8, Dorman 3-9 2-3 8, Tapscott 11-22 7-9 29, Dunn 8-15 2-4 19, Wilde 2-5 2-2 7, Totals 30-73 22-27 87.

Mt. Hood (94) 11-2
Jones 6-15 6-9 19, Mortenson 10-14 4-7 24, Wohlers 5-12 1-2 13, Johnson 6-11 5-5 18, Weitzel 2-3 2-2 6, Totals 34-70 22-29 94.

February 21, 2009

Clackamas (100) 12-1
Cook 8-18 2-2 19, Dorman 2-7 1-2 5, Tapscott 9-16 3-4 21, Dunn 6-11 2-2 14, Wilde 2-8 0-0 5, Totals 39-92 16-21 100.

Umpqua (51) 1-12
Atherton 4-7 9-12 17, Wilder 2-5 0-1 4, Cavens 2-2 2-2 6, Belt 0-6 3-6 3, Spicer 6-12 2-3 14, Totals 16-43 19-28 51.

February 18, 2009

Clackamas (64) 9-3
Feters 7-13 1-2 11, Paul 2-8 1-2 6, Peters 1-2 11, Powell 2-12 11, Duty 4-8 0-4 8, Totals 69 6-15 64.

Mt. Hood (67) 6-6
Ramos 7-9 2-3 18, Birmingham 0-3 0-0 0, 3-12 0-0 6, Bennett 0 0, Melonson 3-9 3-4 0-0 6, Totals 63 11-14 67.

February 21, 2009

Clackamas (69) 9-4
Feters 3-12 2-3 10, Paul 4-7 2-2 11, Peters 7-20 9-10 24, Powell 2-2 11, Fillipetti 0-7 11, Totals 35-76 9-14 87.

Umpqua (87) 12-1
Russel 1-8 0-0 3, 9-17 4-6 28, Holeson 10 1-2 12, Scheffelman 4 0-0 4, Tiggett 5-8 2 11, Totals 35-76 9-14 87.

Box Score Key: Basketball

Visiting team is listed first, followed by their final score, and then home standings.

Following a player's name are field goals made and attempted, free throws made and attempted, and ends with the player's total points.