

Track and field closes season

Dale Balbi
Clackamas Print

The track and field team is getting faster, more aggressive and stronger than ever before. At the Southern Regional Championships, Clackamas' own Kaitlyn Reid got first place in the women's 400-meter hurdles with a final time of 1.05 minutes. "It was a good improvement," said Keoni McHone, track and field coach. "Kaitlyn made a 1.7 second improvement in the 400-meter hurdles."

Reid, who is in her second year at Clackamas, was not available for comment. Wes Keller, the team captain who's in his third year at Clackamas, is like family to the track team. "The team calls him Uncle Wes," said McHone. Unfortunately, Uncle Wes injured his hamstring at the last regional competition, but that isn't stopping him. "I tweaked it coming out of the blocks in the first 15 or 20 meters," Keller said. "I did some light work on the bike and some work with the trainer." Keller tested the injury at practice on Wednesday, May 20. "I didn't want to risk further injury," he

said. The men aren't the only ones showing off their strength and endurance. Sierra Hess, who throws the javelin, shot-put and discus, threw the longest distance out of anyone on the team. She took first place in the discus at the last regional, throwing the discus 125 feet. "I practice the discus two hours a day, twice a week, and I practice the shot-put and javelin once a week for about two hours," Hess said. Hess is in her second year at Clackamas and plans to take some time off after she is done to figure out her academic goals. "I just do this for fun," said Hess.

Keller and Hess both plan to go to Western Oregon University. "A track and field scholarship would definitely be a possibility," Hess added. The season is at an end, and all the hard work paid off. The women finished the NWAACC Championships in fourth place, and the men in third.



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Wes Keller, left, paces himself after an injury to his hamstring while running with fellow athlete Eric Lorento, right. Both men competed in the NWAACC Championships in Spokane, Wash.

Track and Field NWAACC Championships
Spokane Falls Community College
Spokane, Wash.
May 21-23, 2009

Women - Team Rankings - 21 Events Scored

- 1) Spokane CC 224
- 2) Lane CC 179
- 3) Mt. Hood CC 131.50
- 4) Clackamas CC 84.50

Men - Team Rankings - 21 Events Scored

- 1) Spokane CC 277.50
- 2) Lane CC 251.50
- 3) Clackamas CC 69.50
- 4) Treasure Valley CC 66

Cougar Scoreboard

Baseball

Game	Clackamas	Mt. Hood	Lower Columbia	W. Columbia	W. Oregon	W. Oregon State
May 14, 2009*						
Game 1	123	456	789	R	H	E
Mt. Hood	---	---	---	10	10	1
Clackamas	---	---	---	2	11	1
Game 2	123	456	789	R	H	E
Mt. Hood	---	---	---	17	15	3
Linn-Benton	---	---	---	4	6	4
May 22-24, 2009, NWAACC Championships						
Game 2	123	456	789	R	H	E
Clackamas	000	000	000	0	7	5
Columbia Basin	001	100	20x	4	13	0
Game 6	123	456	789	R	H	E
Clackamas	000	202	003	7	9	1
Lower Columbia	010	030	010	5	9	0
Game 2	123	456	789	R	H	E
Mt. Hood	---	---	---	9	6	3
Clackamas	---	---	---	1	7	2

*We were unable to gather the complete scores for these games. Sorry for the inconvenience.

Cougar chat with Taylor Hill

Jayc Izso
The Clackamas Print

This week I had the opportunity to chat with Taylor Hill, a right-handed pitcher for our Cougar's baseball team. Hill's been unbelievable this season, and his most recent accomplishments included two wins against Linn-Benton and seven saves over the season. Don't be fooled; just because his coaches call him "Bulldog" doesn't mean that he's not one of the nicest, most mature guys you'll ever meet in college athletics.

So how goes the season?

It's been a tough season. We've had a tough schedule. We've really had to fight quite a bit, but it's gone pretty well. We've had to come back a lot, but we haven't done too bad at all.

Well, the big question is: How much do you hate Mt. Hood?

(Laugh) Well, I came into the season knowing they were going to be tough. We knew they were a good team. You know, I never really had the time to get into the rivalry, but they're a good team. I look forward to playing them. They're good competition.

Where to after this?

Oh, I don't know. I haven't really talked to any coaches. I mean I'm coming back next year. I'd like to go to George Fox. That would be ideal.

When did you start playing?

(Laugh) I have no idea. I have three sisters and two brothers and none of them are

into sports. I'm a pretty competitive guy, so yeah.

Have you ever just wanted to say screw it to pitching and a pick up bat?

You know, I just love playing baseball. I mean, I'm a utility guy: whatever spot needs filling I'll go out there and play. Well, I came into Clackamas and told them I wanted to pitch and I wanted to play infield. We had a bunch of guys when I first came in so I knew I had my work cut out for me. I miss hitting, but pitching is where I need to be.

So it's clear you're beastly just look at the stats. Are you the hero of this team?

(Laugh) No, definitely not. I

rely on my defense; they're a great group of guys. I mean, I'm not a strikeout pitcher, so I really rely on those guys.

What are your thoughts on your coaches?

They're just good guys. I'm sure it's hard to find coaches who are there just to be there and have fun. I don't think anybody goes out to practice and thinks they don't want to play. I think that's because of our coaches. (Laugh) I mean, they're great guys. They make it fun. They're really no pressure. I love playing for them. They really help us get through the season.

So you're the second shortest pitcher on this team, and the third shortest guy overall. Thought?

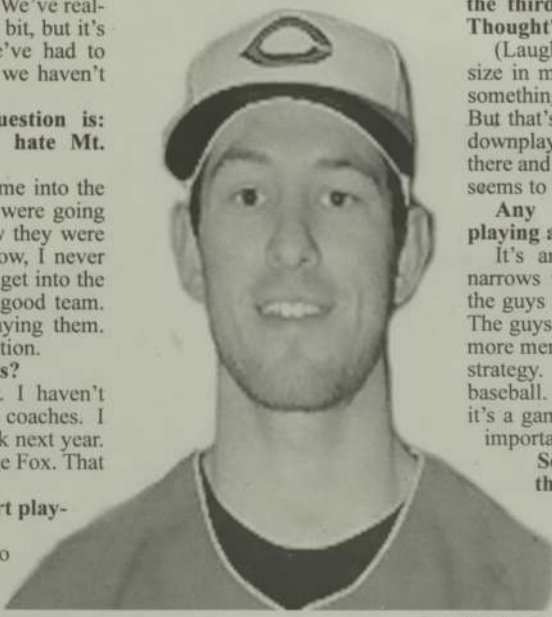
(Laugh) I don't have any size in my family. I know that's something the colleges look for. But that's something that's really downplayed me, but I just go out there and do my best, play hard. It seems to be working out.

Any major changes from playing at Sherwood High?

It's another game. This just narrows it down. You weed out the guys who don't like baseball. The guys who want to play. It's a more mental game, it's a lot more strategy. I mean, you know its baseball. (Laugh) In the long run, it's a game, you know and that's important to remember.

So I'm sure you know this last question, do the haircuts help?

(Laugh) Yes, absolutely. We got guys out there with mohawks and just look at how good they do.



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