

# Fresh meat for Clackamas Cougars

By Jaycob Izso  
Contributed Article

A shoddy roster last season seems the baseball gods really thrown the Cougs a curve. '09 to be more specific. The Cougars' roster has swelled this season, when the small crew marched their way to the NWAACCs.

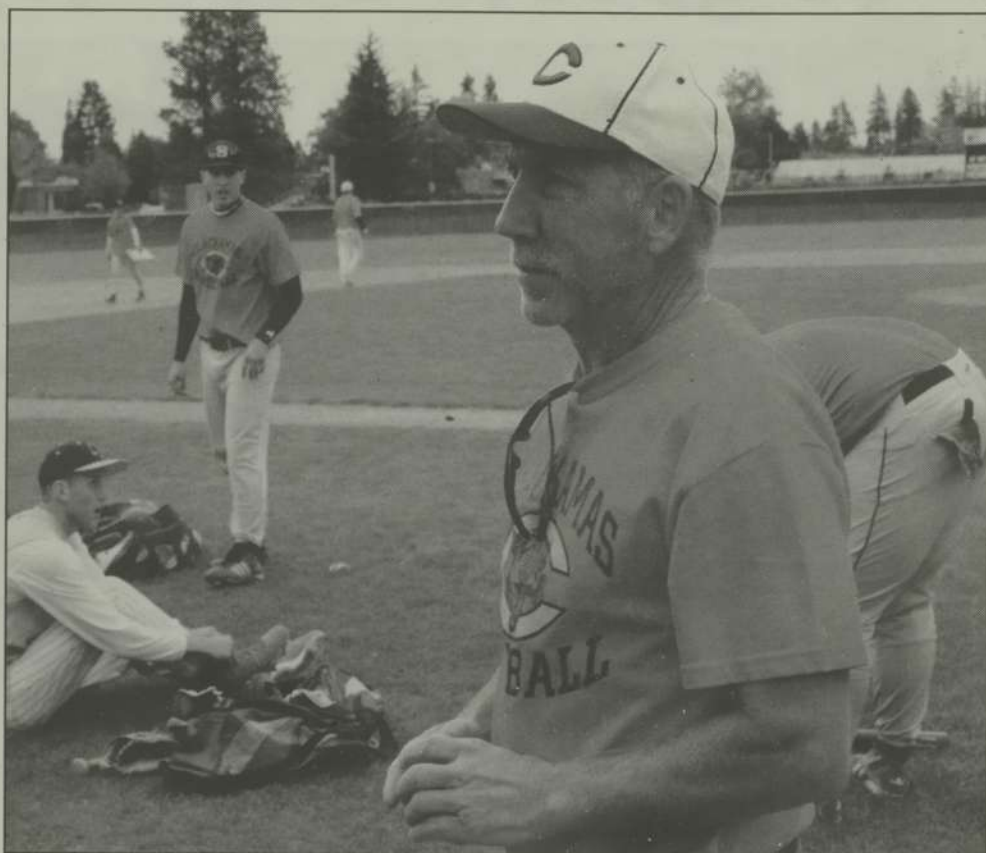
"We've got a lot of newcomers," Head Coach Robbie Robinson said, "but we've also been lucky about the guys we've added."

Robinson has every right to be confident with the Cougs losing a portion of their roster last season. Grades, lack of accountability and various other issues. Robinson, with the knowledge of last season in their minds, the guys are staying positive.

"These guys weren't just hurt because the team they were hurting was hurting," said veteran pitcher Taylor Hill. "We have a lot better leadership this year though, and we're really excited to work with these guys and make it fun for them."

David Greenstein, another All-Star, agreed, "We have built up our reputation from last season. We're all over the place to get them ready," he said.

The feeling was mutual between the veterans and rookie Jordan Anderson, a new recruit from Idaho, pointed out. "I'm glad to be here, to be part of the team," he commented. "The pitchers and coaches have been really helpful so far." "You would argue there is a gap for both the rookies and



Coach Robin Robinson stands by as players pack up after practice. Robinson is currently in his 20th year at CCC and 30th overall.

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veteran guys to be concerned though simply because of the sheer amount of competition.

"We're feeling like we have a lot of good talent," said Robinson. "Our pitching staff is really deep and we have at least two solid guys at each position."

Even with that level of com-

petition, sophomore pitcher Cody Ching was unphased.

"I feel like I've earned my spot," he mentioned coolly. "I've been working on a lot since last year so I guess it's more motivation for a lot of the younger guys."

Hill concurred, "I've been

running a lot more than I have in the past, focusing more on aspects I've struggled with. You just have to set yourself apart from the rest of the guys."

Some of the players were even more excited with the prospect of fresh competition.

"Everyone is lifting, running

staying in shape," said the 5'8" 200 pound tank that is David Greenstein. "It's really exciting with everyone competing for starting positions."

Several of the new guys felt the same way.

"I'm working on the right adjustments and doing everything else I can do," confirmed rookie catcher Beau Day. "It's nice to have that level of competition."

Robinson was characteristically the most calculating on the topic. "Our goal is simple: teach, teach, teach," he said after giving a quick pep talk to several players running drills. "We put these guys in situations and we just have to see who will learn the fastest."

The other players obviously had picked up on this vibe as several rookie pitchers could be seen working with pitching coach Mike Ellet, while other young players could be seen in the dugout with the veterans of last year.

"The competition level is a given" said Anderson. "It makes me want to go out and earn a spot."

As always it was Hill who brought things in to perspective.

"Baseball is mental game" said Hill with his typical calm demeanor. "That's where I get my advantage and that's where these guys are going to have to look for theirs."

"The key is though, to go out and have fun each day," Hill continued.

Veteran Rayce Belmont could be seen joking with a couple of the new players, as Robinson yelled at his boys to run faster - seem like things just fine in Cougars Baseball.

## Soccer team looks to kick it up heading into playoffs



Marissa Santana pushes the ball upfield against Chemeketa Community College Oct. 9.

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knit team ready to prove themselves in post-season play come November

By Javierh Montero  
The Clackamas Print

There is no doubt that women's soccer, in general, tend to be male dominated than

anything, but in a school that just so happens to have a 55.1 percent female population, against 43.2 percent male, and 1.7 undeclared, Clackamas Community College can't fall behind.

For the women's soccer program, women get recruited from high schools, club tournaments, state championship games, and Olympic development programs; it's mostly networking.

"I've always played; I played all four years of high

school on varsity and was recruited from my club team," says Kristin Krieger.

Being good is not enough. Aside from loving to play soccer and having the talent, hard work and effort are required. Team players not only train hard for two hours every weekday but also every Saturday, as long as there is no game going on.

With ups, downs, and lots of enjoyment, the team is currently 6-2-2 overall, and 6-1-1 in the league. The season has been going fairly well but not without the occasional bumps on the road.

With three more games to be played, women's soccer coach Tracy Nelson hopes for a peak right before the playoffs towards the beginning of November. The goal? To be playing "the best soccer once playoffs hit," said Nelson. "We have the potential to win."

However, winning the playoffs is not their only goal. The main goal of the soccer program is to get the women ready for the next level. By playing at CCC, the team not only gets to play in a safe environment, but also experiences soccer at a higher level.

"Girls are expected to not do anything that will embarrass them or the program ... the idea is that they will be better people not just for now, but for the future as well," said Nelson.

But how does Clackamas help out in their future?

Scholarships are awarded to the best of the best, which is tough in a team full of dedicated and committed players. The philosophy of the team is one of unity, where no one woman is the star; every one of them is important and valuable to the team.

"They're very good people ... we have a lot of talent in our team," said Nelson.

At home, the games are played in the Oregon City Pioneer stadium. CCC does not have the required field to host a soccer team at this time.

Coach Nelson explains that according to NCAA regulations, "The field needs to be a minimum of 110 yards long, and a minimum of 70 yards wide."

"All of us have great chem-

istry" said Krieger.

In sports, athletes learn discipline, respect, and values and as Krieger stated, you learn to not "take other teams [or anything] for granted ... give 100 percent in every single game and in class."

The Cougars play their final home game today at 1 p.m. against Clark College. Their final regular season game is Nov. 7 against league rival Chemeketa Community College in Salem.



Freshman defender Rachel Nevell clears the ball against Chemeketa on Oct. 23.

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