

Lacrosse makes a goal at CCC

By Mark Foster
Sports Editor

Lacrosse has long been an East Coast sport; now two students are trying to bring the sport to Clackamas.

Casey House and Ryan Carr both began playing lacrosse during their sophomore years at Oregon City High School and have been hooked ever since. Both hope to bring their playing, as well as coaching, experience to the team.

Both House and Carr have been very optimistic about the new club on campus. They hope to begin practices as soon as spring term begins.

One issue they have run into, though, is finding a source to fund their operation.

"We are hoping to do fundraising up until that point," said Carr, referring to the beginning of spring term and practices.

One of Carr's main missions is to gather equipment for the team and rent it out on a monthly basis so that players do not have to purchase their own. Carr said he wants to "keep this sport as cheap as possible so we can get more people."

The more the merrier.

Carr and House have decided

to not split the team based on gender until they are sure they have enough people to form two teams.

No experience? Not a problem. Between the two of them, House and Carr feel they have enough coaching and playing experience to teach newcomers the game and hopefully get them up to speed and ready to play in games.

"You can show up not knowing anything about lacrosse and we will teach you over time," said Carr.

Until they can get enough players to field a full team, the club will only host intrasquad scrimmages to help teach players the ins and outs of lacrosse. Once again, money is the key factor. Without money it becomes hard to secure teams to play against, fields and referees.

House and Carr know of many clubs throughout the state and city that they would like to contact to schedule games once they feel the team is ready.

"Any clubs near the area or far away, just once again it depends on money," said Carr before he pauses. House and Carr look at each other and say "Road trip," and cap it off with a laugh.

Aside from fliers posted around the school, they hope that spreading the news by word of mouth will eventually bring in the majority of players. They hope this helps to bring in players from outside of the college.

The two have also gone online to advertise. House said, "We've done Facebook. We started a club on Facebook so that people can know what's going on and can join if they so choose."

The majority of people who have utilized the club's Facebook page are those who do not actually attend Clackamas. House and Carr both concurred that it is going to take time to get people involved.

Although there are not a lot of people currently involved, Carr said with the people they already have, they can play small games seeing as there are many variations of the game. The goal is to have a total of 28 players so they can field two teams of 12-14 players.

Interested in getting involved? Look up the club on Facebook at Lacrosse Club of CCC. Not a user of Facebook? Not a problem. E-mail lacrosseclubofccc@hotmail.com with your questions or if you would like to donate to help get it started.



Brad Heineke Clackamas Print
Ryan Carr practices in full gear. Carr is looking to get on the field along with fellow CCC students for lacrosse.

New faces, same expectations for NWAACC champion Cougars

By Carlos Calderon
The Clackamas Print

It's Thursday afternoon and the men's basketball team practice is winding down. The team is split into groups of four or five as they practice one key element of the game: free throws. Make or miss, there are always words of encouragement from fellow teammates, all the while showing developing chemistry amongst each other.

Basketball is the one sport where

team chemistry is imperative for team success. There can't be one without the other. It doesn't matter how talented or skilled a team is, if there isn't chemistry, the team's full potential and goals, more often than not, are never reached.

"I truly believe (chemistry) is a huge part of every successful team and in basketball, I think it's more critical than any other sport," expressed head coach Cliff Wegner. "Right now we are carrying 18 guys. The more guys you carry, the longer it takes for the chemistry to develop,

but we really haven't had chemistry problems here. It's something we really pay a lot of attention to ... they are getting to a point where they are able to step up, compete harder and make themselves better."

With the departure of integral parts of last season's NWAACC championship team and the addition of 12 new faces on this year's team, it is essential for the team to get acquainted with one another and form a bond and build team chemistry in order for them to repeat as NWAACC champions.

"We won it last year. We are trying to win it again, that's the main goal. Winning an (NWAACC championship) is what we always shoot for, our main objective. We lost a couple key players but we have guys that are stepping up and filling their spots," said sophomore wing, Justin Steinke.

With five players returning from last year's championship team, the leadership and knowledge of what it takes to win a championship is there. Taking constructive criticism and advice from someone that has

already been through the tribulations of a championship is an easier pill to swallow.

"We have strong returners that know what it's like to win championships. They are the way, showing us how it is done," said freshman point guard Andrew Steinke.

The Cougars will be looking to start the season by hosting the 16th NWAACC Jamboree. So that will be featuring nine teams, including rival Multnomah Community College on Nov. 10. Scrimmages starting at noon.



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(Left to right) Justin Steinke controls the ball as Josh Lekeno and David Krantz attempt to play trap-defense during a scrimmage in practice on Nov. 2.

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