

# Cougars make tracks towards goal



George Craig Clackamas Print

Right: Chris Olsen races in the 400 meter relay. Olsen and his partner, Carlos Vazquez, finished third in their relay on April 9.

Left: Anthony Lantz tosses the shotput at practice on April 26.



Travis Hardin Clackamas Print

**Sports Terms FOR DUMMIES**  
2nd Edition  
With Steven Weldon

Photo illustration by Brian Steele and Kayla Berge Clackamas Print

## 6A wrestling champ signs with CCC

By Mark Foster  
Sports Editor

Tommy Siciliano is a four-time 6A Oregon state high school wrestling champion and is now looking to continue his success on the mat wearing red and blue for the Clackamas Cougars.

Siciliano, who was recently named Oregon player of the year for wrestling, was high on Clackamas' list coming out of Newberg High School. Aside from being highly ranked in the state, he was also ranked in the top 25 by USA Wrestling for his weight class.

Head coach Josh Rhoden is very excited to have him and sees a lot of potential to grow in Siciliano.

Rhoden credited Tyrell Fortune with helping Clackamas get its name out there and attracting high caliber athletes.

Rhoden said, "When [Fortune] chose Clackamas, it opened the door for us to get guys like Tommy."

After meeting Fortune, Siciliano

spoke about the national champ saying, "He's a good guy, excellent wrestler. He kind of helped keep the team together."

With six sophomores moving on to four-year colleges and two others leaving the team, there is a lot of room to fill.

It was at the National High School Coaches Association senior national tournament that Siciliano really stuck out to Rhoden and other coaches.

Rhoden said, "The senior national deal kind of solidified that we needed to get this guy."

Siciliano finished second at that tournament, wrestling at 125 pounds. Like his state championships, he has won the Reser Tournament of Champions four times.

About Siciliano's performances, Rhoden acknowledged he has the ability to win the big tournaments, "Wrestling wise, he is tough minded; he knows how to win."

The new recruit spoke very highly of Rhoden and his coaching staff saying that he and the other

coaches were what made his decision over Northern Idaho College easier.

Siciliano felt that his new coach was a lot like his previous one at Newberg; he said, "My high school coach to me, he was kind of like a second dad. He was there to help me; he kind of pushed me through high school and helped me focus ... the way [Rhoden] does for all of his wrestlers is a lot like a high school coach."

Aside from the coaching, Siciliano is looking forward to getting to work on the mat and meeting his new teammates. His plan is to stay at Clackamas for two years and hopefully move on to a Division 1 school after. The four-time state champ said that coming out of high school he had spoken to some coaches but due to the fact that his grades were subpar he was unable to go to a larger school.

Siciliano's ready to put in his time and get the big time results he's got his eye on a national championship.

## Soccer terms get defined

By Steven Weldon  
Associate Sports Editor

Spring has sprung, and that means it's time for some soccer. The Portland Timbers season has begun, and the 2010 World Cup in South Africa is on June 11! This week I'll cover some soccer terms if you don't quite understand the game all that well.

**Pitch:** This is the British and Australian English version of our "field." It's basically an open air field for activities. Overseas, they call a soccer field a "football pitch."

**Bicycle Kick:** This not only sounds cool, it looks cool. A bicycle kick takes place when the player receiving the ball kicks it in mid-air, backwards and over his or her own head. Picture a "Y" shape when trying to imagine this insane maneuver.

**Offsides:** Everyone wants the advantage right? In soccer, if you have too much of an advantage on offense, you'll give the ball up. Why? If an offensive player is passed the ball and there are not at least two opposing players between them and the goal line, usually this is the goalkeeper and another defender, it's considered offsides.

**Corner Kick:** If you notice the flags on the four corners of the field, this is the general area where a corner kick takes place. If the defending team kicks the ball out of bounds on

the end line, the attacking team will get the ball in the corner closest to where the ball went out and attempt to set up a play to score a goal off of the kick sent from the corner.

**Yellow/Red Card:** This is not good. This means you made the referee mad. Maybe you didn't call him or her "sir" or "ma'am," maybe you delayed the game or maybe you did something dangerous on the field. In any case, if you receive a yellow card; it's a warning. If you get another yellow card while on the field, hit the showers; your day is over. Red card is even worse. Once you get this, you're done on the spot. If two yellows or one red is given, your team has to be without a player on the field for the rest of the game. For instance, nine or 10 players on the field as opposed to 11 players.

**Timbers Army:** A rabid fan base that takes up section 107 and even branches out to 106 and 108 at PGE Park. The Timbers Army chants most of the duration of the game, with such ditties as "MERRITT PAULSON!" when they see the Portland Timbers and Beavers owner walk by the section, singing "You Are My Sunshine" to inspire goals, and my personal favorite, "There's no pity in the Rose City!" when an opposing player is on the ground in pain. The group was developed in 2001 when the Portland Timbers became an expansion team in the United Soccer League.

**Create a market for yourself.**

Finish your degree online, within your budget and on your schedule. Linfield College's Adult Degree Program is one of the most affordable degree completion programs in the country. Our next semester of online classes is starting soon.

**So don't wait - invest in yourself today.**

Complete your bachelor's degree online in:

- Accounting
- Management
- Nursing (RN to BSN)
- International Business
- Social & Behavioral Sciences
- Business Information Systems\*
- Arts & Humanities\*

\*weekend classes required.

**Find out more about the Linfield Adult Degree Program**

Call Academic Advisor  
**Ryan Madden**  
503-413-7166 or email  
rmadden@linfield.edu  
or log on to linfield.edu/dce

**FREE** 3 CREDIT HOURS

SAVE \$100. OFFER ENDS 2.20.2010  
With class registration by 6.14.2010

**LINFIELD**  
CONNECTING LEARNING, LIFE, AND COMMUNITY  
**LINFIELD.EDU/DCE**  
McMINNVILLE PORTLAND ONLINE