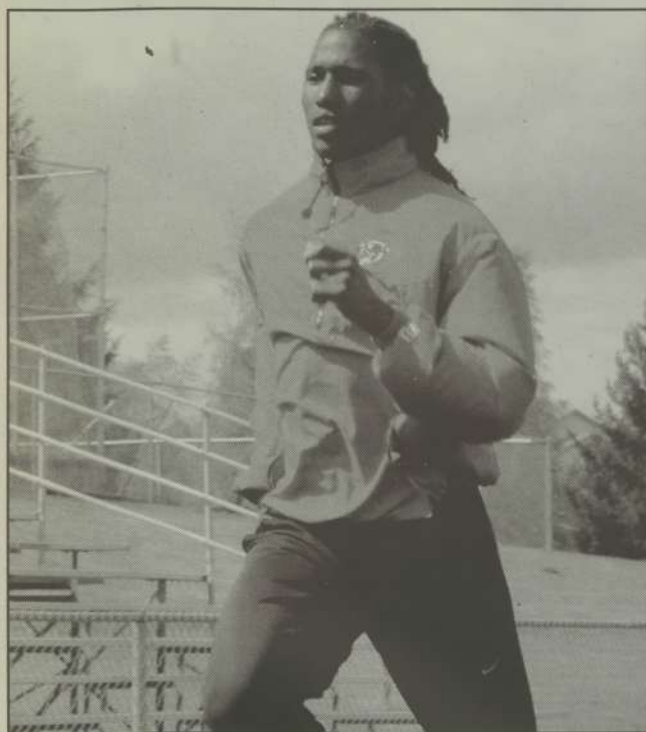


Track & Field meets at NWAACCs



Hillary Cole Clackamas Print

Demarcus Garner runs at practice on Wednesday, May 12. Garner helped Clackamas to a first place in the 4x400 at the NWAACC Southern Region Championships May 15 and 16.

Cougars' track team finishes second at NWAACC Southern Region Championships

By Steven Weldon
Associate Sports Editor

The Cougars are racing to the finish line for 2010 track and field season and heading into the Northwest Athletic Association of Community Colleges' championships at Spokane Falls Community College on May 24 and 25. Fresh off of a second-place finish at the NWAACC Southern Region championships, the Cougars track squad appears poised for a great showing at the NWAACC championships.

On May 15 at Southwestern Oregon Community College, the Cougars finished second in both men's and women's events, compiling a score of 191 for the men and 181 for the women. Lane Community College took the Southern Region championship by get-

ting the top scores in both men's and women's events, collecting 210.5 for the men and 274 for the women.

Despite Lane's dominance, the Cougars' Jennifer Roberts gained 35.5 points to lead all individual competitors. Roberts finished second in the 100- and 200-meter dashes to gain 16 points, and then assisted in a Cougars' victory in the 4x100 and a second place in the 4x400-meter relays to gain another 18 points.

On the men's side, James Ratliff paced the Cougars with 30.5 points; good enough for second in the individual scores. Ratliff finished the 110- and 400-meter hurdles with first place finishes, giving him 20 points, and was the fourth leg in a first place 4x400-meter relay finish, giving him another 10 points.

Other notable finishes on the men's events included Chris Olsen winning his first ever steeple chase competition, and Jared Hippler taking home first in the pole vault. Ethan Moore launched to first in the long jump, and Anthony Lantz tossed his hammer to first as well. Kenny Echternkamp also

made it to first place, throwing the javelin to the top in that event.

On the women's side, Emma Bucholz not only helped in winning the 4x400-meter relay for the Cougars, but she also won the javelin as well. All in all, the Cougar women earned seven second place finishes.

Coach Keoni McHone stated in an e-mail that "We are ready to go. We underemphasized the Southern Region Championships in our physical and mental preparation. We did not rest them for last weekend in order to peak at [the] NWAACC's."

Last season at the NWAACC Championships, the men gained a third place finish and the women a fourth place finish. This season, the Cougars appear ready to improve upon that and more.

UPDATE: Day one of the NWAACC Championships are through, with the Cougars men currently in second place behind Spokane Falls Community College, and the women currently in fifth place. Day two took place on May 15, but results were unavailable at press time.

The offseason: Athletes plan to train in their down time, summer

By Cody Ferdinand
The Clackamas Print

When the baseballs aren't being pitched, and volleyballs are no longer being spiked, and when the high squeals of plastic on newly polished hardwood floors cease, what happens? What do our athletes do during the summer?

Well, one thing is for sure: they don't go into hibernation mode and sleep all through summer and then jump back into it once the season starts. The athletes here at Clackamas Community College never stop.

"I'll be working out and working on my game. I got to get ready for next season," said sophomore guard Justin Steinke.

The 6'2" guard was on the starting championship Cougar basketball team this year. Steinke averaged 13 points a game and three assists.

To stay on top of their game most of the athletes will be working out and lifting weights and working closely with the coaches to make sure when they come back they are faster and stronger and ready to bring their "A" game in the next season.

"I'll be working with my coaches a little bit on shooting and ball handling; I got to get my game right," said Steinke.

But it's not all work and no play for Steinke. He has social life outside of basketball.

"I'll be hanging with friends. You always hang with friends in summer, but that's for the night. During the day you do your work and at night you go out with friends. You get the drills done in the day, and then you can go have fun at night," said Steinke.

Women's basketball co-head coach Kayla Steen just wrapped up her first season as co-head coach and before that she spent four years as the assistant coach. Due to certain regulations, Steen won't be able to spend as much

time as she would want to with her girls this summer, so it's up to them to make sure they are on top of their game for the next season.

"We won't get started till about the middle of August, but there will be a lot of open gym work, and the girls will have their own individual work to do at home," said Steen.

"There are NCAA regulations that regulate how much time we can spend with each individual athlete with hours per week, so for the most part it's a lot of individual work, it is really their own responsibility," Steen added.

Women's basketball guard Shayla Ball gave her plans as well. "I go back to my high school trainer, and he helps me with some agility drills, and I work with my

dad and my brother at home and they help me with other drills."

The 5'11" freshman guard was selected this year for the Northwest Athletic Association of Community Colleges All-Tournament Second Team. Before that she led her Hillsboro Spartans to a 2009 Northwest Oregon League Championship.

It won't be all drills for Ball though, she has other responsibilities for this summer.

"I have a job, so I will be working all summer," Said Ball.

The athletes here at CCC are very dedicated to their sports, but they have their lives outside of the sport. They have a healthy balance of their love of the game and the importance of an identity outside of the game.



John Shufelt Clackamas Print

Freshman Shayla Ball pushes the ball up the court against Chemeketa. Ball plans to work with her high school trainer over the summer to keep in shape.



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