

Wrestling wins regional championship

By Robert Morrison
Sports Editor

The Clackamas Community College wrestling team is ranked No. 1 among junior colleges heading into nationals

Clackamas, welcome home your 2010-2011 Region 18 Champions.

The Clackamas Community College wrestling team is coming off an impressive win at regionals to qualify 10 wrestlers for the National Junior Collegiate Athletic Association's National Championship. The team goes into the nationals ranked No. 1 among junior colleges and with three wrestlers ranked No. 1 in their weight class: Terrence Williams, Tyrell Fortune and Derek Mestrovich. Last year the team had eight wrestlers make nationals.

"I think it's the perfect chance for us to win nationals. Having 10 guys and one person in every weight class, obviously we have a chance to get the max amount of points possible. It makes me feel really good," said Fortune. He will have a bye his first round and will face 285 lb. wrestler Josh Hodge in



The Clackamas Community College wrestling team poses for a photo after their regional victory in Coos Bay on Feb. 13.

Contributed by Tracy Swisher

his first actual match.

"Last year, we only had eight wrestlers and we still did good. This year we will have two more wrestlers giving us points, giving us a good chance

to win," said 174 lb. wrestler Williams. Williams will also have a bye in his first round. Williams will watch Marciano Ali and Shawn Seppala wrestle for the chance to face him.

For Clackamas to win, the team will need all of its players to score points to be able to bring the championship home to CCC. Some wrestlers will wrestle fewer matches as well

as a few having a bye as first match. The team will stay energized and hopefully pick up wins in their matches. This is the cream of the crop of junior colleges.

Each wrestler has their idea of what they need to win and what the team needs to do to win the championship.

"(I need to) stay dedicated to the weight cut, stay focused, don't let the nerves get to you. Keep a clear mind and be focused," said Mestrovich. "I think it's going to be hard. I think it's going to be hard. I think it's going to be hard. There are a lot of places where our No. 1 will hopefully get to the top and win it, but we need a few guys ranked No. 7 or No. 12 to win those matches to win Nationals."

Mestrovich will sit and watch James Bennett and Bernie Dupuy wrestle in the first round to see who will be up facing him in the second round.

All of Clackamas' other wrestlers will be wrestling in the first round. The 1 ranked wrestlers will have to wrestle four times to get the championship and the wrestlers ranked farther down will have to win five matches. The National Championships will be held Feb. 25 and 26 starting at 10 a.m. in Spokane, Wash.

Baseball is back with a whole new outlook on the game

By John Howard
The Clackamas Print

Returning for what is now his 21st season coaching baseball at Clackamas Community College, Head Coach Robin Robinson has a lot of knowledge about the game to impart to his players.

"We've been known for the fact that we always have very good catching. Our shortstops have been all-league ... many times here," said Robinson. "But for me personally, it's more than just baseball. I want kids to get a degree; I want them to make a better life for themselves and their families."

"I talk and teach a lot about responsibility, and I think that's huge. College education is a lot about responsibility and time management, and those are the two things that, as a coach, we talk about that all the time," he said.

Robinson's philosophy seems to be paying off. The

Cougar baseball team always does extremely well academically, and Robinson claims that he does it because his players need to have something to lean on when baseball has run out.

"Baseball will end for a lot of these guys in three to five years, and what did they gain to make a better life for them and their families?" said Robinson.

Freshman pitcher David Rasmussen understands the special position that he and his teammates are in as athletes.

"You've got to work a nine-to-five job sometime, so I'm just going to enjoy this while I can," said Rasmussen with a chuckle. "It's not an opportunity that most people get, so I might as well ride it out and see where it goes."

Rasmussen said that his most pleasant surprise was how much the team could get done in a short amount of time when they were focused on the plan that they had in place and mentioned that the



The Clackamas Community College baseball team comes back with a stronger grip on the ball.

All photos by John Howard Clackamas

sophomores on the team were a big help in learning the ropes.

needs to get done to make the team better," Rasmussen said. Rasmussen's sophomore teammate Roman Lorentz remembers being in that same position.

"Last year, I was kind of the quiet guy," said Lorentz. "This year it's just turned out that I have to take a leadership role and make sure that all the freshmen are on the same page that I am, so come game time, they're ready to perform to the best of their ability."

Lorentz expressed confidence in the team's capability to win a berth in the Northwest Athletic Association of Community Colleges tournament, which he said was his goal for the season. He cited the team's young potential as a challenge but not one they can't overcome.

"I think we can make it. No doubt about it. We've got a lot of talent," said Lorentz.

"When we work hard, we're a really good team."

With the season less than two weeks away, the players and coaches alike are more focused than ever. They have been working out and practicing together since fall, starting up early every morning to work on pitching, hitting, catching and fielding, and seems that nobody has let up for a moment.

"We wake up at 6:30 and come play baseball till 10 in the morning," said freshman outfielder Derek Atkinson. "That's hard for some people because that's not what they want to do, but these guys want to be out here. We just want to be out here competing."

The season begins for the Cougars on March 11. Clackamas will play their first home game on March 29 against Southwest Oregon Community College.



Player Derek Atkinson (outfielder) throws a baseball to another CCC player in Randall Hall's gym.

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Roman Lorentz
CCC pitcher

"When it comes time to get something done they buckle down and keep you in line to make sure you get done what