

# Wrestlers struggle with North Idaho

Andrew Millbrooke  
Sports Editor

The No. 3 ranked Clackamas Community College wrestling team is working its way back from injuries and illness as it looks forward to hosting the Region 18 championships on Feb. 9.

In the most recent matches, Clackamas defeated Highline CC and Southwestern Oregon CC before losing to national No. 1 ranked North Idaho College of Coeur d'Alene last Saturday at Randall gym.

The Cougars have had a rough season as far as losing guys for one reason or another. "It's been spotty. We had over 20 guys with the flu and six season ending injuries," said Clackamas head coach Josh Rhoden. "It's been a different year for us as a staff. In the past we've dealt with some sickness or injury but nothing of this magnitude."

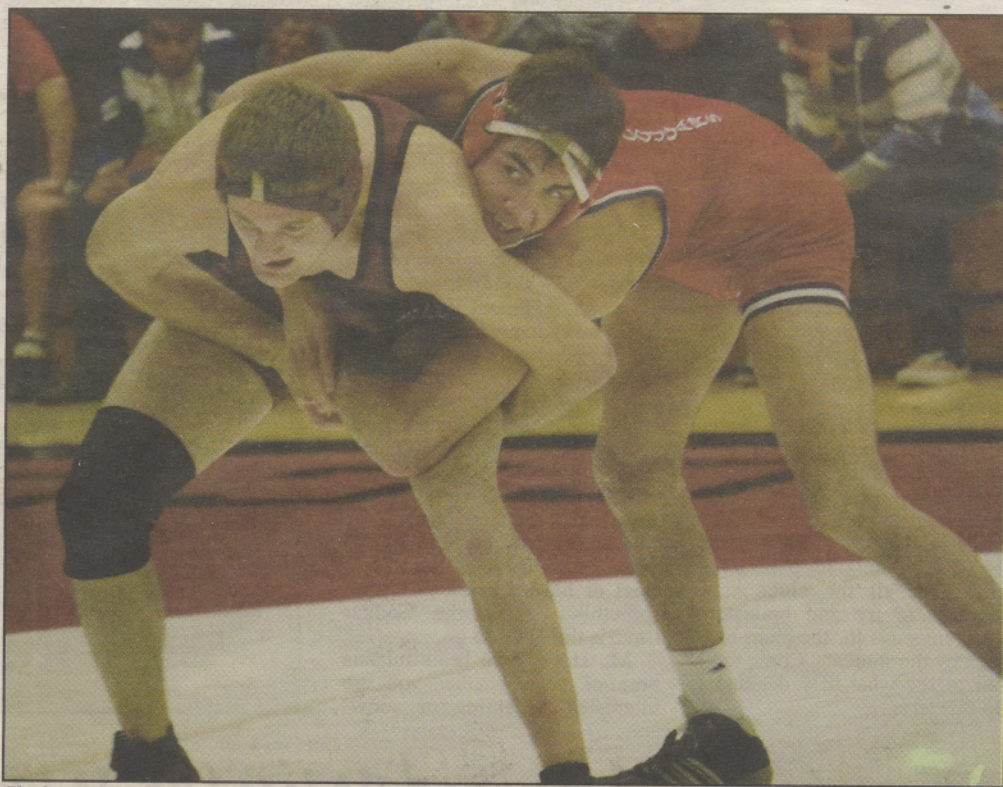
The recent match with top-ranked North Idaho did not come at a good time for the Cougars. The Cardinals won the first five matches at the lower weight classes to take a commanding 21-0 lead on the Cougars.

"It's important to get that momentum going," said North Idaho head coach Pat Whitcomb, talking about the lower weight classes. "That is where we're strong right now. It's good to get those points going." North Idaho won seven of the 10 matches overall for a final score of 27 to 13.

Rhoden said that losing those early matches makes it tougher for the wrestlers behind them. "The rest of the team has to figure out how to stop the bleeding, you know, and they put more pressure on themselves," said Rhoden.

"It's exciting to come in and get the blood boiling towards them," added Whitcomb. "But, I've got a lot of respect for Josh and his program."

Former Clackamas wrestler



Andrew Millbrooke The Clackamas Print

Clackamas' Trent Noon (right) got some revenge on No. 1 ranked Kyle Sweedman of North Idaho, who had beaten him in a 1-0 decision earlier this season. The 3-0 win solidified the Region 18 top seed and national No. 1 ranking for Noon.

and Olympic silver medalist Matt Lindland was on hand taking care of the announcing duties during the match. Lindland won the 158-pound junior college national title in 1991 for the Cougars and later went on to take the Silver medal in Greco-Roman wrestling at the 2000 summer Olympics.

"Every time I'm in town, if they have a meet, I'm up here supporting the team," said Lindland. "Getting here and working with my alma mater is always a pleasure."

Lindland talked about the great respect and rivalry that CCC has had with North Idaho that has existed since before he attended Clackamas.

"It's hard to see them lose

that match to North Idaho," said Lindland. "It's a long-standing rivalry. They always put together a phenomenal team."

The Cougars did produce some highlights against the perennially tough Cardinals, winning three matches in the evening. Third-ranked Trent Noon, a sophomore from Oakdale, Calif., defeated the No. 1 ranked wrestler in the nation at 174 pounds, Kyle Sweedman, by virtue of a 3-0 decision.

Noon and Sweedman are very familiar with each other. "Trent beat that kid twice last year and lost a match 1-0 earlier this year," said Rhoden. "They are both great wrestlers that will have great careers beyond junior college. It was a good win for him."

Niko Hughes, a sophomore from Kelso, Wash., also continued his tough wrestling at 165 pounds with an 11-4 decision over Connor Pelzel. "This is as impressive as he has been wrestling," said Rhoden of Hughes.

In the final match of the evening, heavyweight Jacob Mitchell, a sophomore from Portland, used an impressive display of brute strength to drag Curtis Burger back to the mat before pinning him in the second round.

"He's the kind of guy that hates to lose and he goes out and gives that effort every time," said Rhoden.

"Josh always has a good team and he's got them ready to wrestle," said Whitcomb. "It's a back

and forth battle with us and them and it makes both of us better."

It was not the team result that the Cougars were looking for, but they have three more weeks to prepare for the Region 18 Championships and over a month until the NJCAA championships in Des Moines, Iowa.

"There is still a lot of time left in the season to get prepared for the national tournament," said Lindland.

This Thursday, Clackamas flies out to the Northwest Wyoming duals in Powell, Wyo. The Cougars will face national power Iowa Central, Western Wyoming and Northwest Wyoming during the weekend tournament.

"This weekend is sort of a practice for nationals," said Rhoden. "We try to do it once a year where we fly somewhere, have to make weight and get in a tough competition."

**Clackamas 45, SWOCC 4** - The Cougars exacted some revenge on Southwestern Oregon on Jan. 12 at Randall gym, winning nine of 10 matches to hammer the team that beat Clackamas, 28-26 in early December. The highlight of the match came when Hughes defeated No. 5 ranked Payton Moore, with a 2 to 1 decision. Raymond Evans, a freshman from New Plymouth, Idaho got a win in his first action for the Cougars by pinning the Lakers Kyle Johnston in the third round at 133 pounds.

**Clackamas 24, Highline CC 18** - It came down to the last match of the night against Highline as A.J. Ballard, a freshman from Canby, got the decision over Max Welsh at 141 pounds to clinch the victory for the Cougars. Freshmen Joshua Christianson, from Dallas, Oregon, and Bruno Becerra, from Hillsboro, got wins to highlight their first action. "I love the direction these guys are taking this program," said Rhoden. "It will be exciting to see how we continue to improve."

## Jui Jitsu tournament coming to Randall Gym

David Beasley  
Associate Sports Editor

Coming soon to Randall Hall; the Pacific Northwest Regional Championships will roll out the wrestling mats for a different type of grappling competition. On Feb. 2, Clackamas Community College will be the proving grounds for Jiu Jitsu grappling competitors around the Northwest.

"We have people signed up from Idaho, Washington, California, British Columbia and Oregon," said event coordinator Fabiano Scherner. "Northwest Brazilian Jui Jitsu uses International BJJ Federation rules. We have refs from different gyms. Jeff Borgeois is an IBJJF ref and coordinator for the competition."

"There are currently 55 people signed up," said Scherner. "We expect around 150."

The divisions include kids, adults, masters, male and female. If not ranked, (belt) division assignment goes by experience. No-Gi Rules are the same for Gi and No-Gi without grabbing clothes for No-Gi.

To score points, competitors must get takedowns, pass guard and gain crucial position for 3 seconds. A match is over if one competitor forces another to concede verbally or by tapping the mat twice with an open hand.

Certain holds and attacks are prohibited under the rules for safety, but basic locks and chokes are permitted methods of securing a victory.

"Medals and Herbalife supplements will be awarded to winners as prizes," said Scherner. "Herbalife is sponsoring the event."

"Another two competitions will take place this year," said Scherner. "The second competi-

tion will follow the same format, but the third will be a different format, winners from the first two competitions compete in final matches."

On scoring Scherner said, "Nine points for win, six for 2nd place and three for third." The competition will also serve as a fundraiser for the CCC Wrestling team as some team members will be working at the competition.

The competition starts at 9:30 a.m. Saturday, Feb. 2. It is scheduled to run past 4:30 p.m. and may go all day depending on the number of matches. It will be an interesting day to be at CCC, with such a different type of sports event.

The competition is open to enter and costs \$45 for entering one division, \$65 for two. The complete (projected) schedule of events and rules can be found at the event's homepage: NWBJJ.com.

Sports  
**CALENDAR**

January 23-30

**WEDNESDAY-1/23**

- **CCC Women's Basketball:** at PCC at 5:30 p.m.
- **CCC Men's Basketball:** at PCC at 7:30 p.m.

**THURSDAY-1/24**

- **Intramural Volleyball:** Noon-1 p.m. in Randall Gym
- **Randall Fitness Center:** Noon-8 p.m.

**FRIDAY-1/25**

- **CCC Wrestling:** at NW Wyoming Duals in Powell, Wyo.
- **Hockey:** Portland Winterhawks at Spokane, 7 p.m.

**SATURDAY-1/26**

- **CCC Women's Basketball:** vs. Umpqua CC at 2 p.m. in Randall
- **CCC Men's Basketball:** vs. Umpqua CC at 4 p.m. in Randall

**SUNDAY-1/27**

- **NBA:** Portland at L.A. Clippers 6:30 p.m., KEX, CSN

**MONDAY-1/28**

- **Randall Fitness Center:** 8:30-10 a.m. and 1-6 p.m.

**TUESDAY-1/29**

- **Intramural Volleyball:** Noon-1 p.m. in Randall Gym
- **Randall Fitness Center:** Noon- 8 p.m.