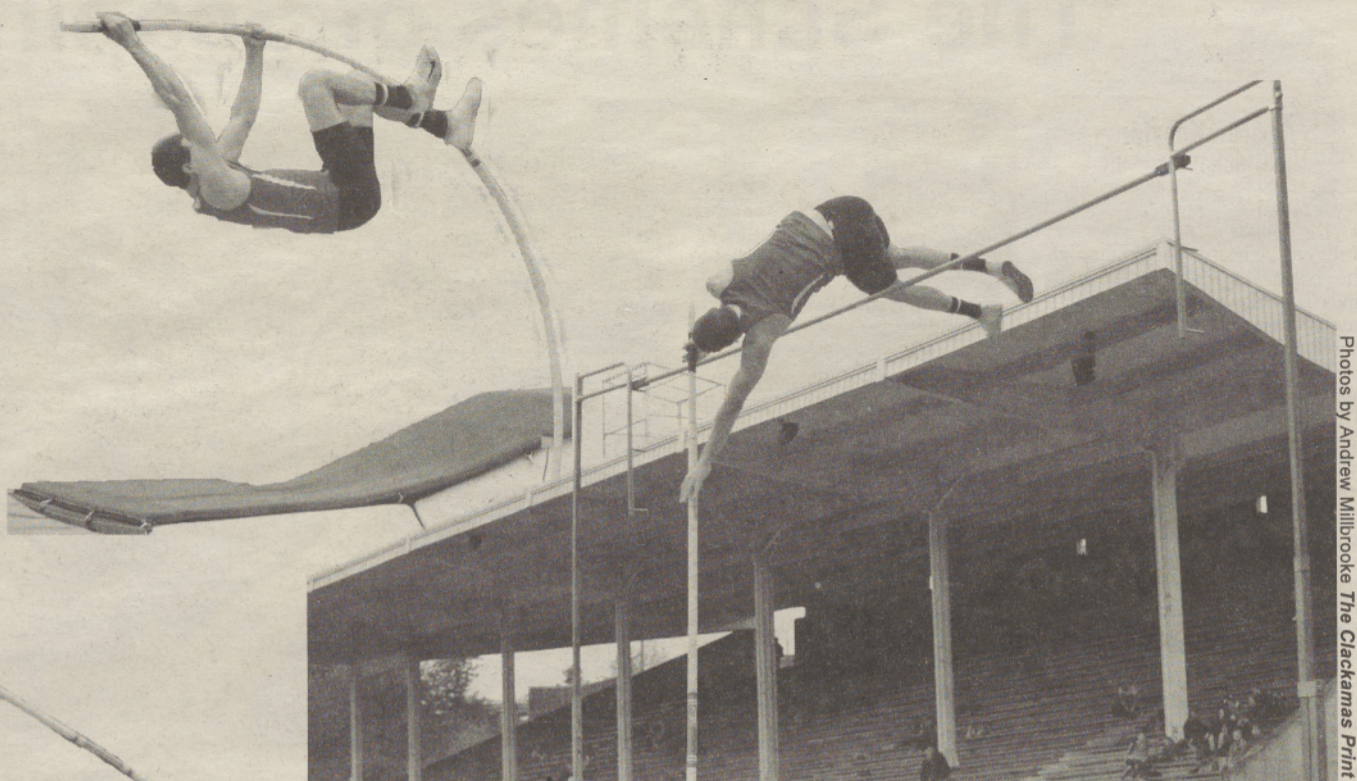


CCC Technique Of The Week

Each week The Clackamas Print features a step by step breakdown of techniques from different sports. Players and coaches give their experienced advice and explain the developmental process of building competitive tools.

This week head track and field coach Keoni McHone gave insight into some specific pole vault drills. Freshman pole vaulter Chase Davis provided an example of vaulting technique.

"A lot of it is swinging activities, rotating from the hands, a whole body swing like gymnastic rings or high bar. They do a lot of what's called 'stiff pole' drills, when they takeoff and the pole bends.



Photos by Andrew Millbrooke The Clackamas Print



They work with the pole straight, swing up right where legs don't swing underneath, so they takeoff, start and stop the swing, the pole flexes to the outside and body swings straight through the hole.

A mistake would be swinging to the outside. Takeoff leg should hit the pole to stop the legs."

“

(A successful vault):

1. Initiate takeoff with straight pole.
2. Quick swing.
3. Rotating around the pole.”

Keoni McHone
Head track and field coach

McHone described another possible mistake:

"Helicopter swings around pole or swings off to the side.

They are making sure they are straight on takeoff."

McHone explained another drill that helps prevent mistakes:

"Inversion, going upside down, the whole body goes straight up and down then they land on their back, getting them use to swinging fast, they want to swing fast to keep pressure on the poles and it gets them inverted. Also helps them to be completely comfortable with being completely upside down."

— Compiled by David Beasley

Softball leads south region

Andrew Millbrooke
Sports Editor

The defending NWAACC champion Clackamas Community College softball team is eyeing another championship after sweeping Chemeketa on Saturday in Salem, 11-3 and 5-2. The wins increased Cougars (22-12 overall, 9-3 in region) lead in the South Region standings to two games as they look to win their 10th Region Championship in the last 21 seasons.

Clackamas was hot at the plate in the first game, rapping out 13 hits as four players got at least two hits apiece. Rashaun Sells led the way, going 4 for 4 with 2 runs batted in. Sells is now batting a team leading .488 after the doubleheader, good for tenth in the NWAACC.

Nicole Lehman, Taylor Gould and Tasha Silvius also added two hits apiece in leading the Cougars. Silvius is hitting .472 and leads the Cougars in home runs (9) and RBI (41) on the season. Silvius is among the NWAACC leaders in both categories; ranking fourth in RBI's and is tied for fifth in home runs.

Alyson Boytz (8-3) held the Storm to four hits and three runs over four innings to get the win, while Lucy Baldovino came on in relief to pitch three hitless innings.

In the second game, Breann Morrison (6-2) scattered seven hits over five innings to get the 5-2 win. Baldovino excelled in relief again by pitching two scoreless innings. Lehman was 2 for 4 with an RBI and Megan Malvick added a two run double for the Cougars.

The Cougar softball team starts a three game home stand with a doubleheader on Saturday at Noon against Lane, before hosting Mt. Hood at 3 p.m. on Tuesday, May 7.

Track and Field

Three Cougars won their respective events as the CCC track and field team travelled to Eugene on Friday to compete in the Titan Twilight at Lane Community College. In her season debut, sophomore Ashleigh Anderson won the javelin with a toss of 121-feet 1-inch.

Anderson took some time off at the beginning of track season after earning All-Region honors for the Cougars NWAACC runner-up basketball team this winter. CCC's other winners were men, as distance runner Brad Prettyman won the 3,000-meter steeplechase in a NWAACC leading 9 minutes, 34 seconds and Matt Brown won the hammer throw with a toss of 153-2.

Both 4x100 meter relay teams ran well as the men finished second and the women garnered third. The quartet of

Shelby Grubb, John Koch, Jake Cleverly and Thomas Sutherland ran a solid time of 42.91 in the men's race. The women's team of Morgan Grubb, Taylor Ballard, Bridgette Rusnac and Nettie Wayne ran 51.22 to place third.

The Cougars also had multiple individuals perform well in their respective events. Sutherland ran 10.93 to take second in the 100, while placing fifth in the 200 in 22.35. Wayne finished third in the 100 in 12.40 and fifth in the 200 in 26.19.

Tiara Fuller ran 15.48 to place third in the 100 hurdles. Grace Viuhkola impressed in a distance double, finishing seventh in the 1,500 in 4:55.44 and fifth in the 800 in 2:27.29. D'Nara Jones leaped 17-0.5 in the long jump for seventh place. Pole Vaulter Daniel Fauss cleared 14-11 to tie for third place, while Chase Davis cleared 14-1.25 to finish seventh.

The Cougars hosted the NWAACC Multi-Events Championships on Monday and Tuesday at Oregon City High School. Seth Buck and Elizabeth Venzon were both in second place after day one. For full results, visit TheClackamasPrint.com

The track team will split up this weekend, with some athletes headed to the Oregon Twilight at Hayward Field in Eugene on Friday, while others are going to the Pacific Twilight in Forest Grove on Saturday.

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Sports CALENDAR

May 1-7

WEDNESDAY-5/1

- CCC Softball: at SWOCC in Coos Bay at Noon
- MLB: Baltimore at Seattle, 7:10 p.m.

THURSDAY-5/2

- MLS: New England at Portland Timbers 7:30 p.m.
- Randall Fitness Center Open Hours: Noon-8 p.m.

FRIDAY-5/3

- CCC Track and Field: at Pacific Twilight in Forest Grove at Oregon Twilight in Eugene

SATURDAY-5/4

- CCC Baseball: Lane at CCC, 1 p.m.
- CCC Softball: Lower Columbia CC at CCC, Noon

SUNDAY-5/5



MONDAY-5/6

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

TUESDAY-5/7

- CCC Softball: Mt. Hood at CCC 3 p.m.
- CCC Baseball: Linn-Benton at CCC 1 p.m.