

A day in the life of an athlete

by PATTY SALAZAR
editor-in-chief

A miniature world hides at Clackamas Community College, and most students hardly notice it. In Randall Hall you get a whiff of it, that lingering smell of dirty locker rooms. You can see the walls lined up with trophies from past seasons; you can hear the shoes squeaking on the basketball court from players practicing for their next game. They are the athletes of CCC.

One of the athletes is Celeste Ventura, a freshman and a high jumper for the track and field team. Ventura, originally from Silverton, is a full-time student and has a part-time job. The Clackamas Print wanted to know how a typical athlete juggles her responsibilities.

The Clackamas Print: Walk me through your average day.

Ventura: Mondays and Wednesdays are my busiest days; I wake up at 8:30 a.m., get ready, get my backpack for practice ready and everything else for class. I have class at 10 so I sit through math. Then at 12, I have a psychology class. After my psychology class it's my track practice until 4. We do our workouts and lift after our workouts. Usually people go home but I have class. It's an ASL (American Sign Language) class after my practice.

Then I go home and make myself dinner because I haven't eaten all day basically, I start some homework from my classes or at least start it and then go to bed at 11 o'clock. I'm part-time

working right now, a full time student and an athlete so it's pretty busy.

TCP: How do you stay on top of it all?

Ventura: I get a lot of help from my parents, especially my mom. She helps me a lot with my scheduling and time management because I had a big problem with that in high school. I used to procrastinate a lot... For work I get scheduled around my school and track so they know what's going on. They know that I am an athlete and they are more than willing to help me. With school I have classes back to back so whenever I have the time I always do some homework.

TCP: How do you stay fueled?

Ventura: You have to be really nutritional if you want to at least maintain healthy diets. Being a student, everything is expensive since you are paying for school and rent, so I'm really tight on money. It sucks going to go buy groceries because all of the healthy food is expensive, but you make do. I do an all carb diet then I just work it off during my practices.

TCP: What is your personal record?

Ventura: 4' 10" that's what I got as a senior in high school. It's close to getting to 5 feet but not quite there yet.

TCP: What is your record as a Cougar?

Ventura: Because of my injuries it has set me back in my height. My record right now is 4' 5", which is really bad. I've been working on it in practice and I can get to 4' 10".

TCP: How did you get injured?

Ventura: I used to have a shin splint in my left leg and that came back because our track isn't very good. It's definitely injury prone; it's really torn up. Because of how torn up the track is, my shin splint came back and that put me out. I had to build up my muscle so now I'm injury free but it's always on the back of my mind. The downside of doing track is getting hurt; not being able to do something you really want to do and watching everyone else do it puts you in a down mood.

TCP: What are you studying?

Ventura: I'm getting my associates and then transferring over but I'm not going to a four year college. I'm going to Mt. Hood community college. That's where they have their physical therapy assistant program. It's one of the two best programs in Oregon.



VENTURA

Weekend sports wrap up

TRACK and FIELD: Clackamas represented well at the Pacific Twilight meet over the weekend. There were 40 events over Friday and Saturday – 20 men's and 20 women's – at Pacific University and Clackamas finished in the top three of 12 different events. Jordyn Searle took 1st in the women's 100-meter dash, women's long jump, women's triple jump and ran on the women's 4x100 meter relay – with Emma Hill, D'Nara Jones and Tiffany Richeson – that finished 2nd. Richeson took 1st in the women's pole vault, Jones took 3rd in the women's long jump and 2nd in the women's triple jump, and Hill finished 3rd in the women's triple jump.

The men fared just as well. Daniel Fauss and Chase Davis finished 1st and 2nd in the men's pole vault, respectively. Dillon Hoecker had a strong weekend, taking 1st in both the men's 110-meter hurdles and the men's 400-meter hurdles. Seth Buck also placed in the men's 400-meter hurdles, taking 3rd. Justin Cornejo, Zach Rial, Jake Cleverley and Thomas Sutherland ran the 4x100 meter relay and took 1st. Cody Britt and Justin Sleutel, along with Cleverley and Cornejo, ran the 4x400 meter relay and placed 3rd. Sutherland got another 1st place finish in the men's 100-meter dash.

It was a busy day for Rial, who also participated in the men's 100- and 200-meter dash, finishing 3rd and 2nd. Up next for the track and field teams is the Southern Region

Championships at Mt. Hood this Saturday, May 10.

SOFTBALL: After dropping out of the 1st place tie with Mt. Hood last week, the Clackamas Cougars rebounded with a sweep of Southwestern Oregon CC on Saturday at home. The first game was tight, and the Cougars squeaked out a 4-2 decision. The second game was not nearly as exciting as the first; four Cougars hit homeruns as Clackamas routed SWOCC 12-2. There's only one weekend of action left for the Cougars before the NWAACC Championship Tournament – a doubleheader against Mt. Hood in Gresham on Friday, May 9.

BASEBALL: Last week, the Clackamas Cougars ended their 14-game losing streak and were looking to keep things rolling against Chemeketa at home Friday. But Chemeketa had different plans, winning both games of the doubleheader 14-5 and 13-6. The Cougars had to quickly bounce back with another game less than 24 hours later. The team answered by splitting – nearly sweeping – their series with Southwestern Oregon CC on Saturday. Game one went to the final inning, but the Cougars were unable to score and lost 8-7. Game two was a defensive battle; the Cougars only managed two runs but shutout SWOCC to hold on for a 2-0 win. With the season winding down, it looks like the Cougars only have a few games left: Friday, May 9 at Lane CC and Saturday, May 10 at Mt. Hood.

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