

Former player returns as coach

Sarah Hoeke takes over as head volleyball coach

BY KATIE ARCHER

A perfectly timed set between setter and hitter can produce a point and spark a blazing fire in a team.

After 32 years of coaching, Kathie Woods retired when last year's volleyball season ended.

For assistant coach Sarah Hoeke, the timing was perfect to ascend the roll of head coach for the Clackamas Community College volleyball team. Had the timing been different, Hoeke doesn't know if she would have applied for the job.

Regardless, if it's a game or a practice, Hoeke wants her players to have fire on the court.

"So I ask them about fire," said Hoeke. "Where the fire comes from? It comes from within."

The team also talks about what's important now. W-I-N. They talk about what they need to individually focus on for the team to succeed.

There have been some challenges during Hoeke's first year as head coach. One being she has a brand new team with only two sophomores, Lindsey Keegan and Hanna Wright. Keegan, along with freshman Cassidy Richardson, are two of Hoeke's fire starters.

"One of my main goals was to mesh as a team. To work together as a team," said Hoeke. "To trust each other, to trust each other's skills and come together on the court as a team and progress from there."

According to Hoeke, once a team starts to mesh, everything else starts to get better, but team meshing takes time. At the start of the team's first conditioning class over the summer, most of the girls didn't know each other.

The girls have hung out after practice, volunteered together and some of them are roommates. Hoeke is proud of her team for becoming friends both on and off the court.

The only returner from last year is Keegan. "Everyone on this team, I can say, there's no clicks and everyone really enjoys each other's company," said Keegan. "For how much time we spend together as a team in the gym, we still spend time with each other outside the gym. We don't get sick of each other."

Redshirt freshman Alyssa Christiansen contributes the team growth to their ability to play volleyball.

"You know, become friends, like a family," said Christiansen. "You know, we were strangers. It's been half way through the season and we've already become a family."

From 2000 to 2001, Hoeke played for Woods. Woods' 32-year coaching

legacy left Hoeke with some big shoes to fill but she uses Woods as a model of what a good coach is on the court and off.

Keegan said, "They were both great coaches. Sarah took a lot from Kathie in her coaching style and it's definitely paid off in how we became as a team." Age is the only difference between the coaches for Keegan.

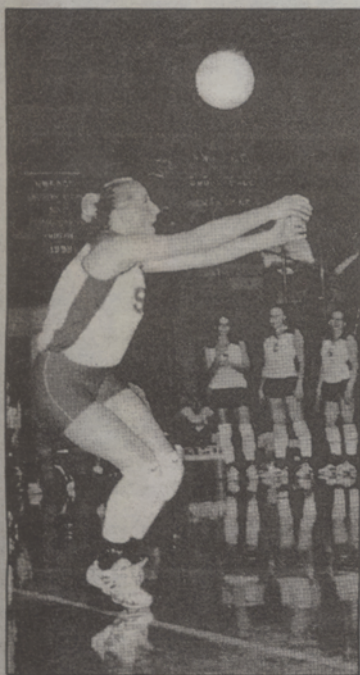
After a tough loss, Hoeke isn't the kind of coach to tell her girls they could have done better, said Christiansen.

"She's always positive; she's never negative. She's like 'You guys did great,' you know, she always says positive things," said Christiansen. "She never worries about the loss."

Continued on page 7

photo by Austin Boltz

PHOTOS BY DICK CLOUSER



Setter Sarah Entenman earned this week's Player of the Week

Before she started coaching, Sarah Hoeke played for the Cougars from 2000 to 2001. Image from The Clackamas Print November 8, 2000 issue.



Head coach Hoeke, in back, celebrates a point with player Hannah Wright during the Mt. Hood game on Oct. 9.