

Sports

Cougar grapplers compete at state

Jason McMillen
IVN Contributing Writer

The entire Illinois Valley High School (IVHS) wrestling team, consisting of Chase Nelson, Ayden Lindsey and Dillion St. Onge, made it to the state competition this year held Feb. 24 and 25.

St. Onge, a junior, took fifth place for his weight class which was an improvement over his personal performance last year which landed him in sixth. The other members of the team wrestled valiantly, but were eliminated before placing.

In the past, sophomore Lindsey and St. Onge had been to the state competition at least once. For Nelson, a junior, it was his first time.

Zach Arythenotta, one of the coaches of the team and lifelong resident of Cave Junction, has been coaching for around six seasons and helped to lead the trio through two practices a day in preparation for the tournament. The diligent and dedicated team showed up every day before class at 6 a.m. to do strength and conditioning exercises, then after school, they met up again to work on drilling and technique.

“Just hard work,” Arythenotta replied, when asked why he thought the entire team made it to the state competition, “The kids, for the most part, showed up every day and tried to better themselves.” In all, the team participated in some 35 to 40 matches before they were qualified to compete at state.

“My uncle Jay’s been the head coach there for quite some time,” Arythenotta said before explaining that Jay is a national hall of fame wrestling coach and that the program itself is solid. According to Arythenotta, elements of his team make it to state,

“every year,” but this is the first season that the entire team made it. However, with bigger teams in the past, it is not the largest amount of students that had qualified for attendance.

A big problem facing the IVHS wrestling team is that there are not enough students participating. Their lightweight competitor did not have an equal opponent to practice against for a good portion of the season since the other student in his weight class dropped out of the program. “We’re kind of in a slump right now,” Arythenotta said of the situation, “because numbers are down and we

haven’t had the numbers coming up from the youth, but the youth is a pretty strong program, so in about four or five years we’ll be back on top.

“As bummed as we are about the season being over we’re already looking forward to next season,” Arythenotta explained, before adding that all three team mates and current coaching staff are planning on competing again next year.

Throughout the offseason the team will be assembling for practices a couple of days a week so that they don’t lose what they’ve gained.

Ladies falter in second half, season comes to an end

Ray Brown
IVN Contributing Writer

The Lady Cougars were seeded to open their state playoff run by having to take on the No. 1 3A team, Salem Academy and traveled to Salem to represent their school Saturday, Feb. 25.

Coach Serena Barry gave an account of the final game: “Tori Johnson led the Cougars in scoring with 14 points, going six for eight from the free-throw line. Aundrea Miller had eight points, also going six for eight from the line. Final score was 26-47.

“I am proud of how hard the girls played against the No. 1 team in the state. We were out sized at every position, but the girls weren’t intimidated and came out strong. We played a tough first half, going into halftime only down two points, 15-17, and controlling the tempo of the game.

“However, in the third quarter, they were able to adjust to our defense and their size and ability started to take over as they began to crash the boards and set more screens for their star point guard Aimee Smith, who was the high scorer with 18 points. We struggled to score in the third and the fourth and weren’t able to match their production.

“Overall, I am happy with our performance and with how we ended the season with good attitudes and having fun. Our seniors Aundrea

Miller, Tori Johnson, and Roza Jonas have done so much for this program and they will be missed.”

And don’t forget about coach Serena Barry. This young lady is

much like this year’s team, achieving more success than expected. There was a basketball coach at Denair High School in the 1960s and 1970s, Glen Loftin, and a volleyball coach at

Fall River High School from around 2000 to present, Kelly Freeland-Sloat. These two coaches could take an undersized group of underdogs and mold them into champions. Barry

is one of these coaches that have a knack for bringing out strengths of both the individual and the team, and we’re fortunate to have her in this town. Thanks Coach!



(Photo by Michelle Binker, Illinois Valley News)

No. 25 senior Tori Johnson led the Cougars in points during the road playoff loss in Salem Saturday, Feb. 25.

Fun for the entire family

Illinois Valley Little League
Chili Feed & Cook-Off
Friday, March 11, 2017
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<p>Art's Red Garter</p> <p>Live Music Ripple Effect March 3 & 4 @ 9 p.m.</p> <p>KARAOKE Wednesdays @ 9 p.m.</p>	<p>MICHAEL CRUZ</p> <p>Friday, March 3 5:30 PM</p> <p>from Taylor's Country Store</p>	<p>Wild River HANDCRAFTED FOOD & ALE</p> <p>TIM MITCHELL Saturday the 4th @ 6 p.m.</p> <p>Every Wednesday Open MIC Night 6 - 8 p.m.</p> <p>J Barley Fridays @ 6 p.m.</p>	<p>KARAOKE w/ Steve - OH Friday, March 3 @ 9 p.m.</p> <p>Saturday Pool Tourney @ 7</p> <p>Free pool on Sundays</p> <p>Sportsman Tavern</p>	<p>The SPOT</p> <p>Hump day Karaoke w/ Jammer Dave 8-midnight</p> <p>Open Mic w/ B Thursdays @ 7 p.m.</p> <p>OPEN: Tues. - Sat. 6 PM - MIDNIGHT</p>	<p>Willie & the Poor Boys</p> <p>March 3 @ 9 p.m., \$5</p> <p>Eat @ McGrew's!</p>
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