

Success materializes for Hawkins at state

by SCOTT NEWTON

Two fine back-to-back performances on the balance beam this weekend earned SUHS senior Janice Hawkins a fifth-place finish in the Oregon School Activities Association's State Gymnastics Meet.

Forty-two of the state's best began competing at 10:30 Saturday for the honor of competing in the finals.

Hawkins performed what she considers her best routine ever late that morning. The 9.0 composite rating given her by the judges was her best in a successful season, and it set a school record.

"As soon as you walk in those doors you get nervous," said Hawkins after preliminaries. She said that controlling her nerves is something she has always had to work at.

If she was nervous it didn't show. She received a 9.89 in the finals, performing in front of a full house at Reynolds High School.

Coach Molly Knudsen said that for three practices preceding the state meet she had Hawkins cut back on the physical work and concentrate on the mental aspect of her routine, having her imagine herself doing the perfect routine.

"Personally, I think it has really helped her because it gives her a

chance to sit and calm down and really concentrate on her routine right before she goes."

Hawkins said, "It works. The first time I tried it, it worked."

"If you think it's not going to work, it's not going to work. If you believe in it, it could happen. And, I put my mind to it and it happened."

She described what she'd been doing as being similar to watching a video tape of one's self on a television screen. "It's supposedly my perfect routine," she said with a smile, "but once in a while I visualize myself falling off."

Hawkins said that she did not expect to do so well at the state meet. After the preliminary routine, which Knudsen also felt was her "best ever," Hawkins said, "This year I was really hoping to make it to state because it's my last year. I'm really glad that I have. Even if I don't go to finals, I just feel so good because I'm here."

Hawkins has competed in gymnastics for about 10 years, starting when she joined a club when she lived in Hawaii.

As a freshman in high school in San Diego she participated in a state meet, but didn't place.

Hawkins said that she has really enjoyed this season. About Knudsen, she said, "She makes you want to be there. Not that the coach last year

didn't. We had fun last year too. (But) it's her sense of humor. She's crazy."

Also, Hawkins said that Knudsen is strong, and is able to spot them on difficult moves.

"She's just so fun," Hawkins added. "I think this season has been my best. It has been the most fun. I've had a really good time."

Hawkins begins her routine with a front walk-over mount. Asked if that is a difficult way to start a routine, she said, "For me it is."

She then does a full turn on her hands, and two back walk-overs.

She does a sissone—a leap—to get back to the other end of the balance beam, and then does two back walk-overs to get back again.

She turns, does two poses, and then does two front walk-overs.

"Those are the scariest things I do up there," she said. "I don't like doing anything forward. Some people think that the back ones are harder because they can't see where their hands are going. I feel that my body knows where my hands are going, but if I don't know where my feet are going, that scares me."

Hawkins then does two "kick-the-habit" leaps, does a few dance steps, and a flying dismount.

Her routine takes only a minute and a half, but she made all three minutes count Saturday.

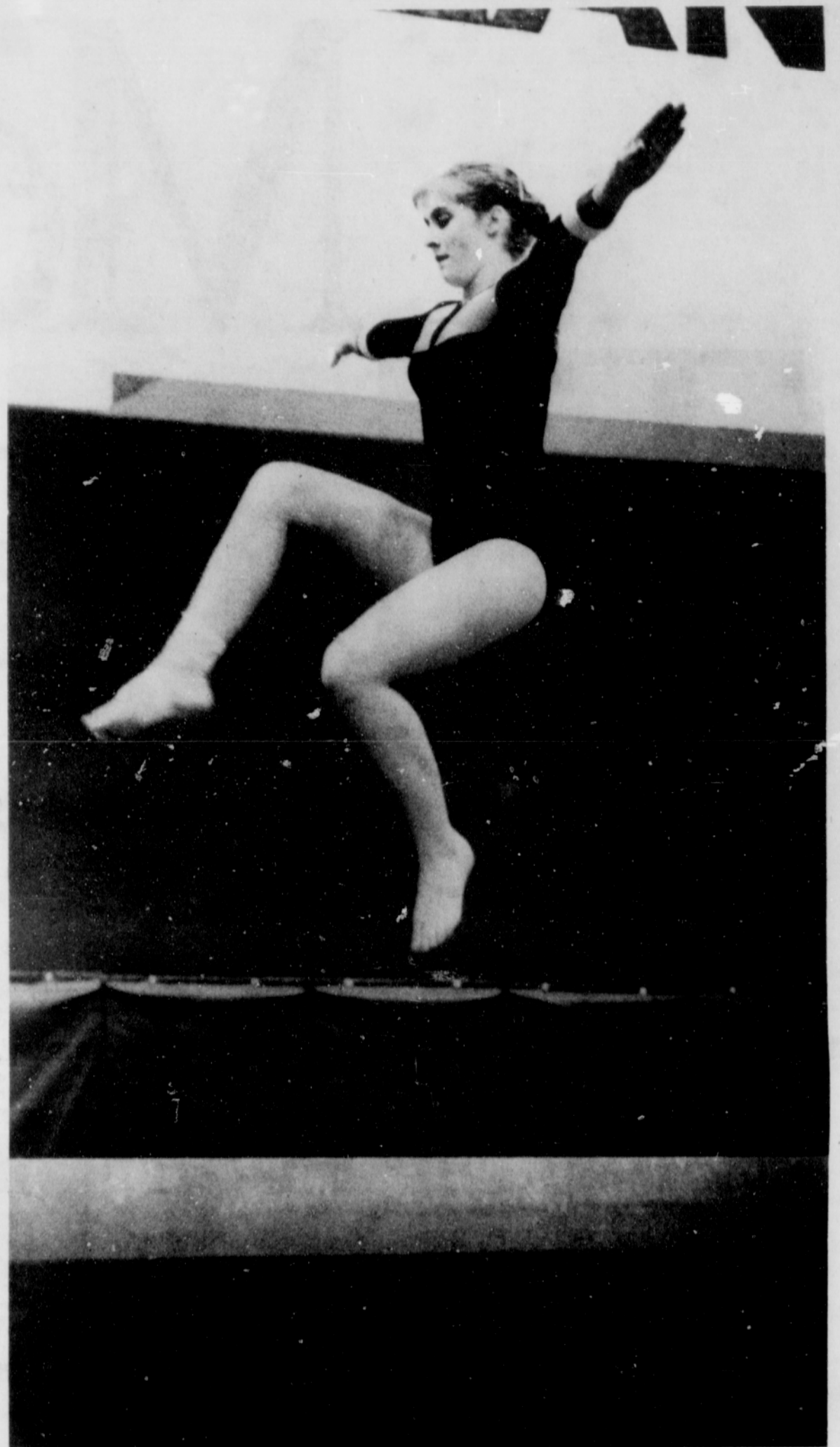


Photo by Scott Newton

Janice Hawkins performs her routine on the balance beam at the OSAA State Gymnastics Meet.

Wrestlers to begin season with Carey Larson Memorial

by SCOTT NEWTON

While the Sandy Union High School wrestling team may not be as awesome this season as expected, Coach Ron Calhoun feels that they're going to be respectable.

"It would appear to me," he said, "that the bigger the tournament, the better we'll be because we've got some quality kids that will go a long way."

But, instead of the veteran squad he expected to have, they'll now be depending on some younger, less experienced wrestlers to come through for them.

The varsity's season begins Dec. 3 at the Carey Larson Memorial Tournament, which will begin at 2 p.m.

Larson was killed Nov. 6 in an automobile accident. He was a starter on last year's team.

Dean Fischer, who was injured in the accident, was not a starter last year, although he did end up going to the district tournament, where he upset the second- and third-place seeds, finishing second in the tournament and earning a trip to the state meet.

"He was a real factor to our success last year," Calhoun said.

Chris Jones, a 148 pounder, won the state championship last year, as well as taking the state freestyle title, and winning the Western Regional championship.

"He had quite a summer," Calhoun said.

"At this point he is coming out of his coma," Calhoun said Monday. "It seems like every day I see more and more signs of improvement."

"He seems to follow instructions now. I helped shave his head last night and was lifting his head, and I said, 'Chris, we're going to raise your head now,' and I could feel him lift his head. And then when we got done I said, 'Okay, we're going to lay your head down,' and I could feel him relax."

"So, it's looking better and better all the time."

At the Carey Larson Memorial a plaque will be given for the best performance by a Sandy wrestler.

Also, the school is setting up a memorial fund, and the money will be used for equipment or financial aid to wrestlers that need it.

Wilson, Parkrose and Columbia River (of Washington) will be competing here a week from today. San-

dy's first dual of the day will be at 2 p.m., and the school will be on its assembly schedule, which will give the student body an opportunity to see the match.

Wrestling at 98 pounds for the Pioneers will be John Cox, a junior in his second year. "He's looking real good," Calhoun said, adding that he's strong and learning fast. "It looks like he could really help us out."

At 106 pounds will be junior Larry Topliff, who finished third in the state last season.

At 115 pounds it will either be junior Randy Swanson, or senior Dave Kenison, if he can get his weight down that low.

In the 123-pound weight class it'll most likely be senior Bill Mathews that'll be on varsity, although Calhoun reports that several wrestlers will be pushing him for that position.

Junior Mike Rohweder has jumped from the 106-pound weight division to the 130-pound class. Calhoun reports that Rohweder is "solid," and so that's not a big concern, although he's curious to see how Rohweder competes in his new weight class.

Freshman Brent Kearney has a good chance of making the team as a 136 pounder. Junior Mike Sheppard, however, could also be at that weight.

Five or six wrestlers are expected to be battling it out for a place on the team in the 141-pound weight division. Senior Paul Gagner and junior Mo Contreras probably have the inside track.

"It's going to be pretty tight for that position," Calhoun said.

Senior Doug Ziolkowski has a good shot at making the team as a 148 pounder, although Calhoun reports that sophomore Joe Betschart has come a long way.

Dan Martin, the 1981 AAA state champion in the 157-pound weight division, will be back to defend his title.

The Pioneers will be strongest in the upper weight divisions.

Frank and Cal McKinnis, Scott Skipper and Chuck Kearney will all be fitting into the picture either in the 168- or the 178-pound weight divisions.

Kearney, who finished second in the state for Parkrose last year, is out with a separated shoulder right now, but it is expected that he'll be

ready soon, if not by the third. Skipper will be wrestling either 178 or 191.

"We have more people up there than spots, and they're all good people," Calhoun said.

In addition, senior Randy Carmony, who weighs in at 190 pounds, could wrestle either 191 or heavyweight.

Senior Tim Sytsma, another heavyweight, won 75 percent of his matches last year, and has looked good in practice, according to Calhoun.

Calhoun pointed out that challenge matches haven't been held to determine which wrestler will be at what weight. He added that there could be some surprises.

A number of the wrestlers got the season off to a start last weekend, having competed in the Pacific University High School Open in Forest Grove, which earned the distinction of being the largest folkstyle (collegiate) high school wrestling tournament in the United States with 667 wrestlers competing.

"We weighed in at 7:30 in the morning and wrestled until midnight, on eight mats. And boy, were we ever rummy by the end of the day," Calhoun said.

No team standings were kept.

Calhoun said that a number of wrestlers turned in outstanding performances, including Martin, who had to leave early as he had a part in "West Side Story."

Loren Bateman went 2-1, as did Robert Paul, who's progression was stopped by a five-time world champion that also won the tournament for his fifth time.

Brent Kearney finished 2-1. "He showed a great deal of courage for a freshman," Calhoun said.

Gagner got two "good wins," but got beat out by the eventual champion.

Carmony pinned his first two opponents, but then lost to the eventual champion on a "questionable call."

Topliff went through a 36-man bracket to finish third in the 108-pound division.

Skipper went through a 34-man bracket to take third in the 180-pound bracket.

Also competing were Destry Fry, Kenny Jebsen, Mathews, Jeff Newberry, Rohweder, Hui Choi, Dave Gibson, Kenison, and Frank and Cal McKinnis.

Cinder Hawks win Region 12 title

The Cinder Hawks track team has done it again.

The 11- and 12-year-old girls re-

main undefeated, having won the Region 12 Junior Olympic Championships in Seattle last weekend.

The week before they won the Oregon State Junior Olympic Championship in Eugene.

The Region 12 championship includes teams from the entire Northwest.

They had 24 more points than their nearest opponent.

Runners from the Bull Run area on the team include Danielle Jordan-Krebs, who finished 33rd out of over 60 runners. All runners competing in the Region 12 meet had qualified earlier at state meets.

Coleen Fones, who didn't compete this past weekend because of an injury, is also a member of the team.

The 10 and under girls took third in

the competition.

"They did a fantastic job," said Coach Darold Beymer.

Kim Yankauskas finished 17th out of over 40 runners.

Rosey Pankey "did an outstanding job," finishing 19th. Gracie Pankey, Angel Bean and Halo Bean also contributed with their respective finishes.

Beymer said that most of the runners on the 10 and under team will be able to compete on the team another couple of years. In other words, they have a young team.

About six or seven girls in the 10- and 11-year-old girls bracket will be able to make the trip to Los Angeles to compete in the national meet, Beymer said.

Times were not available.

SYL officers extend thanks

The Sandy Youth League officers wish to extend appreciation to all who showed support for the reinstatement of athletic programs at the recent Sandy Elementary Board of Education meeting.

Also, a special thanks goes to Dave Freeman, assistant coach, whose talents helped "C" league team number three to break their three-game losing streak with a 19-14 win over team number two Thursday night.

Also, a thanks for support goes out to Darrel Shepherd and Mrs. Randi Leuthold, principals.

There will be a meeting to discuss policy at the secretary's house Dec. 13 from 7:30 to 8:30 p.m. All board members are instructed to attend. R.S.V.P. Call 668-8434.

Nov. 19 Results
3 19
B 18 C 12
D 30 G28

Nov. 20 Results
1 22
No League Standings at this time. Coaches, call in scores.

Nov. 26 and 27, Schools are closed for Thanksgiving, no games scheduled.

Dec. 1 Schedule
(S is Sandy gym, C is Cedar Ridge gym.)

A vs B 6:30 p.m. (S)
1 vs 2 7:30 p.m. (S)

D vs E 8:30 p.m. (S)

Dec. 4 Schedule
B vs C 6:30 p.m. (C)
2 vs 3 7:30 p.m. (C)
F vs G 8:30 p.m. (C)

Cleaners make it 5 straight

They had to come from behind to defeat an improved Cedar Ridge team, 7-15, 15-7 and 15-2, and then they downed The Store 15-12, 15-9. The Store was able to shake off an initial 15-0 loss to take two games from Cedar Ridge, winning 15-10 and 15-2.

Mt. Hood Cleaners won its fifth straight match last week, giving the team a shot at the "B" division playoffs.

Bowling

In other games, Buckboard Pizza narrowly overcame a Paul Koch rally to win 15-6, 9-15 and 15-13.

"B" division standings

Team	W	L
Mt. Hood Cleaners	10	6
Buckboard Pizza	4	2
The Store	7	7
Paul Koch Ford	6	10
Truck Designs	3	5
Cedar Ridge	0	6

Mt. Hooders	Nov. 19	W	L
Williams Thriftway		21	15
Pioneer Real Estate		20	16
Dirt & Aggregate		20	16
Town & Country		18	18
Michael's Pre-cast		17	19
Accent Hair		16	20
J. Welches Antiques		16	20
Sheppard's Con.		16	20

Individual game: Barb Johnson, 209; Individual series: Irene Blount, 537; Team game and team series: Pioneer Real Estate, 771 and 2159.



Staff photo

The Timber Valley League all-star football players from Sandy are, from left to right, Locke Christman, Dale Rasmussen, Chuck Kearney, Dan Martin and Randy Carmony. Cal McKinnis is not pictured. Christman was a second-team guard. Rasmussen was a second-team tackle. Kearney was a second-team running back. Martin was a first-team guard and linebacker, and Carmony was a first-team center and a second-team defensive end. McKinnis was a second-team defensive guard.