



Dawn New makes the play at first for the Pioneers during a playoff loss to Canby Friday. Photo by Scott Newton

Slow start fatal to girls in playoffs

Canby dashed the Pioneer girls' playoff hopes Friday, taking a 9-2 win.

Wednesday morning it was announced that senior Patty Gray and freshman Wendy Heckard were named to the second team all-star squad.

Gray, who received the most votes as second team pitcher, was also the top bat for Sandy, hitting .317. She had a .860 fielding average.

Heckard, a fielder, second baseman and shortstop, had seven put-outs to her credit, as well as a .244 batting average.

After the first three innings, Sandy played competitively with Canby. "The playoff jitters, if you will," Coach Gary Curtis said.

Both teams had two errors, with Sandy getting six hits to Canby's eight. Canby took a nine-run lead into the fourth inning.

Gray hit a single and a double Friday, senior Allison Carpenter hit a triple, Heckard hit two singles and junior Kim Pearson hit a single.

The Pioneers, who were 8-6 in TVL

play, won 6-5 over Sweet Home Wednesday to qualify for the league playoff game against Canby.

"Mighty Mo" Beckett, a sophomore, hit a solo home run.

A throwing error by Sweet Home's shortstop also helped the Sandy effort. The shortstop's wide throw "rolled almost as far as Mo Beckett's home run." The ball being in fair territory, the Pioneers were able to empty the previously-loaded bases, except for Pearson (whose hit resulted in the error), who ended up on second.

Curtis said that he was very satisfied with the Sweet Home win. With one out, the Huskies got within a run of Sandy in the top of the seventh, but Heckard caught two pop flies for the final two outs. Curtis was pleased that "the girls didn't get shook."

Curtis is losing five starting seniors off this team, which was 10-8 overall.

Gray, Carpenter, Dawn New, Jill Dahlager and Cindi Coleman will have to be replaced.

New, a first baseman, had 77 put-

outs (to only two errors) and six assists to her credit. Dahlager had 19 put-outs, eight assists and a .250 batting average to her credit. Coleman had 12 put-outs and Carpenter had 12 put-outs, seven assists and a .283 batting average.

Returning will be a much-improved Jill Ingram, Anne Sarich, "who played well despite a broken finger," and Pearson, who has thrown three people out at first from right field, and has a .308 batting average (with 13 at-bats).

Tammy Edwards, with nine put-outs and two assists, will also be returning, as will Beckett, third baseman.

Curtis said that he's been pleased with senior Shelley Petrie's play. She has seven put-outs, one assist and a perfect fielding average to her credit.

SUHS	100-104-X623
SUHS	100-001-3573
Canby	324-000-0982
SUHS	000-100-1262

Sandy girls down West Linn for a 7-0 dual-meet record

Before the Sandy girls traveled to West Linn Coach Randy Hutchinson, using league statistics, figured the scoring. He figured Sandy would win by a single point.

Hutchinson wasn't even close. The Pioneers won 75-52.

The girls went over to win, he said. "We competed extremely well."

The win gives them a 7-0 dual-meet record.

"Considering the workouts we had last week, and the weeks' previous, I was surprised we had any PRs," Hutchinson said.

About being 7-0 Hutchinson said, "Other than to say, 'Hey, we're dual-meet champions,' there's no notoriety."

"Now there was a bit of pride involved. And I think that's why we won, because of a little bit of pride. They certainly had the potential to beat us."

Hutchinson likes those "I'm tired but I'm going to go after it anyway" attitudes.

Polly Kelley broke her own sophomore record in the 400, turning in a 59.33 and taking first.

Senior Gayle Roth set a personal record in the 100-meter high hurdles, taking first. Hutchinson said Roth ran the event because they thought Sandy would need the points. "That's what I'm talking about," Hutchinson said, "our senior leadership."

Roth also won the 800-meter run and the 300 intermediate hurdles, and ran on the winning 1600-meter relay team.

Hutchinson said, "When Gayle was a freshman I said, 'What am I going

to do three years from now when she graduates?'"

All three shot putters set personal records. Junior Paige Daugherty won with a 39-8 and one-half, sophomore Denise Proctor was second with a 37-0 and senior Stephanie Hagstrom was third with a 36-6 and one-half.

Hagstrom has been competing most of the season with a shoulder and elbow injury. She'll still win the district javelin throw. Hutchinson predicted, "I don't care if her arm's broken, she's still going to win," he said. "She's a competitor."

For the boys, who lost 94-51, junior Chris Crabtree "looked great."

He set a personal record in the pole vault, taking first with a 13-0 vault. He's figured out how to turn going over the bar, Hutchinson said.

"Bob Karsten made him stop vaulting at 13 because he had it won. We didn't want him to know what his upper potential might be. He cleared 13 feet by more than a foot."

Hank Grenier set a freshman record in the high jump, finishing second with a 6-foot jump.

"That's a super effort," Hutchinson said. "That's probably the outstanding performance of the meet."

Senior Steve Brader set a personal record in the 110-meter hurdles, running a 16.78. "He doesn't like that race but I asked him to run it because we might have needed the points," Hutchinson said.

Junior Russell Fork set a personal record in the 400-meter run, finishing second with a 51.7. "A super job," Hutchinson said.

The girls won the last Coast Valley League meet a couple years ago. He feels Sandy can exit the Timber

- Valley with the last girls title.
- For the boys, he's figuring third. But then Hutchinson also thought the girls meet last week would be close.
- "With a couple of breaks the boys could finish even higher than that," Hutchinson said.
- The district meet will be Friday and Saturday at the Sandy track.
- Sandy girls 75, West Linn 52**
- 1500: Sharon Jensen, 1st, 4:58.70; Laura Stringham, 3rd, 4:59.23, season's best.
- Shot put: Paige Daugherty, 1st, 39-8 1/2, PR; Denise Proctor, 2nd, 37-0, PR; Stephanie Hagstrom, 3rd, 36-6 1/2, PR.
- 200: Lisa Hassett, 2nd, 27.56.
- Javelin: Hagstrom, 1st, 118-5; Daugherty, 3rd, 102-3.
- 100: Crystal Calkins, 2nd, 13.53.
- Discus: Hagstrom, 1st, 111-3 1/2.
- 300 intermediate hurdles: Roth, 1st, 46.71; Jensen, 3rd, 53.10.
- 400: Polly Kelley, 1st, 59.33, PR.
- Long jump: Jensen, 2nd, 15-9; Calkins, 3rd, 15-7.
- 3000: Donna Nelson, 2nd, 11:14.38.
- 100 intermediate hurdles: Roth, 1st, 17.21, PR.
- 800: Roth, 1st, 2:28.82.
- High jump: Shelby Dries, 2nd, 4-10.
- 400-meter relay: Calkins, Hassett, Tamee Lindsay and Julie Dasher, 2nd, 53.07.
- 1600-meter relay: Kelley, Hassett, Jensen and Roth, 1st, 4:13.06.
- SUHS boys 51, West Linn 94**
- 1500: Sam Romey, 1st, 4:06.34.
- 800: Metelak, 2nd, 2:00.77.
- 300 intermediate hurdles: Steve Brader, 3rd, 43.28.
- Javelin: Scott Skipper, 1st, 200-1.
- Pole vault: Chris Crabtree, 1st, 13-0, PR.
- Shot put: Skipper, 1st, 48-8; Dale Rasmussen, 2nd, 41-5; Roland Aumuelier, 3rd, 45-1 1/2.
- Triple jump: Bob Nippert, 3rd, 39-1.
- 400: Russell Fork, 2nd, 51.74, PR.
- High jump: Hank Grenier, 2nd, 6-foot, PR and freshman record; Nippert, 3rd, 5-10.
- 110 high hurdles: Brader, 1st, 16.78.
- 200: Tyson Cummins, 3rd, 23.61, PR.
- Discus: Steve Pettigill, 1st, 136-0 1/2; Skipper, 2nd, 1:14.4; Mike Marleau, 3rd, 123-0 1/2.
- 400-meter relay: Fork, Cummins, Brader and Ryan Coombs, 2nd, 45.78.
- 1600-meter relay: Brader, Cummins, Fork and Metelak, 2nd, 3:36.24.

Karsten selected to school

Robert Karsten, who has coached two Sandy girls ski teams to state titles, was recently selected to attend the Alpine Coaches School of the United States Ski Coaches Association.

He was one of 40 coaches across the United States to have been selected. He is reportedly the first high school coach ever selected for the training.

The United States Ski Coaches Association is affiliated with the U.S. Ski Association.

The week-long training session, which runs from May 16 through the 23rd, is being held at Mt. Bachelor this year.

Karsten is training, along with watching films and receiving other instruction. He said the coaches association is dealing with the latest in ski racing technique.

He is pleased to have the "hardy approval of the administration," and said that this opportunity will help in keeping the SUHS program competitive.



Robert Karsten

Baseball finale a repeat

The baseball season ended on a positive note with the Pioneers winning 7-2 over Molalla Friday.

Troy Wolf takes the win. He went the distance on the mound. He was also three-for-four at the plate.

In a related item, junior Steve "Mo" Contreras, catcher, junior Mike Lund, outfielder, and sophomore Jerry Bennett, pitcher, were named to the second team all-star team, it was announced Wednesday morning.

The season ends with six Pioneer batters hitting over .300. Contreras ended up with a .457 and 16 RBIs. Lund was .385, with nine RBIs. Wolf was .353, with four RBIs.

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Metelak plans on putting the two-minute barrier to rest

by SCOTT NEWTON

"I've had a lot of potential, and that's about all I've had," SUHS senior Steve Metelak said last week.

That's not the way Coach Randy Hutchinson sees it.

Metelak, working without a solid distance base, is the fifth-fastest 800 man in school history. He's the fourth-leading point scorer on the team with 52, ranking behind junior Scott Skipper, sophomore Sam Romey and junior Russell Fork.

He ran a 2:00.2 at Oregon City (TVL Relays), a 2:00.3 at the Sandy Invitational, a 2:00.8 at the Barlow Invitational and a 2:00.7 at West Linn Thursday.

Obviously, the two-minute barrier is eluding him.

"It's just like there's somebody there with an anchor and they throw it out just before he gets to the finish line," Hutchinson said.

"I've told him all year that when he does it, it's not going to be by one-tenth of a second. Not the way he's running. He's running too consistently."

What Hutchinson is hoping for is a sonic boom, a big drop in time and a first-place finish at the district meet, which is being held in Sandy this weekend.

"I hope that's what happens. Everything we've done so far has pointed to it," Hutchinson said.

He rested Metelak before the West Linn dual, hoping he'd break two minutes there.

The day before the dual, however, Metelak went to the senior picnic, and like others on the team played in a pickup football

game, which was supposed to be tough but turned out to be tackle.

Hutchinson said, "He admitted to me after the race, 'Well, I was just a little tired.'"

That's just the point. If he can run two minutes flat with tired legs, what'll happen when he's rested.

Said Hutchinson, "We haven't just said, 'Okay, take a break now. Go home and take your vitamins and eat your pancakes and stand by because we're going to tear the world apart.'"

That was the message this week. Metelak thinks Tyler Radtke of West Linn is the person to beat. "I'm going after him," he said. Radtke edged Metelak in the 800 at West Linn last week.

Radtke's run—a 1:58.3. Tim Gerkman of Oregon City has run a 1:58.0.

Hutchinson doesn't think a 1:58.0 will take it, unless perhaps the weather's bad.

"I haven't had much speed, so I've had to take guys early," Metelak said of his racing strategy. By early, he means kicking with as much as 500 meters left in the race.

At the district meet he plans to take off with about 300 meters left. "I haven't had a really decent race yet this year, not to where I know I can be," Metelak said.

He said he feels good, despite the lack of a long-distance base.

His lack of a solid base goes back to last season.

It was a down season for the boys. Against Estacada the 1600-meter relay turned out to be

the key to a win. Metelak and Mark Buswell, an old rival, were running the anchor legs for their respective teams.

Buswell passed Metelak on the back straight, but Metelak won in the kick.

Competitors from both teams were aware of the fact that the race was for the dual win. They lined both sides of the track.

"It was real exciting," Hutchinson said. "It did a lot to lift the team's spirits. There were kids hooping and hollering for two days afterward."

So Metelak was ready to "pop a 1:57" at the district meet. But he fell the Sunday before the meet, having slipped off a window sill while changing an outdoor light bulb.

He landed on a rock, twisting an ankle, tearing ligaments and crushing the bone.

So, he leaned on crutches watching a race he could have won. He also missed last fall's cross country season. In October he damaged the bone again playing a pickup game of basketball.

He finally started running about 15 miles a week, on soft surfaces, in March.

Last year's injury was not the first disappointment for Metelak. As a sophomore, the cross country team missed qualifying for state by three points. He injured his back during the spring track season, but still competed.

His junior year on the cross country team he dealt with the flu most of the season.

Although his Achilles' tendon is

"still a bother," he's finally ready again.

His mother and stepfather have been at every meet this season. "They're really, really supportive," he said. "They've really gone through a lot, you know, with me being injured and stuff, and being grouchy when I'm peaking."

If Metelak is grouchy, he doesn't take it to practice. Hutchinson describes him as coachable, competitive and popular with his teammates.

"He's really contributed over the years to the positive things we've had going around here," Hutchinson said.

"I don't think I've ever had to chew him out for anything. That's unusual because usually I chew everybody out sooner or later."

This weekend Metelak will also be running the anchor leg on the 1600-meter relay team, which is comprised of Tyson Cummins, Steve Brader and Fork. Metelak feels they have a chance of qualifying for state.

Although he plans to run for Linfield College next year (at 6-3 and 170 pounds, he's got the size as well as the potential, according to Hutchinson), the next two weekends will be it for Metelak and others.

Bob Nippert, Locke Christman, Dale Rasmussen, Doug Baucom, Darby Binder, Stephanie Hagstrom and Gayle Roth, like Metelak, are fourth-year seniors.

"The majority of people around here don't have any idea what these kids do for workouts, how many miles they run in a season, in a week," Hutchinson said.

It's time for that work to pay off. Now, if we can just keep Metelak away from football fields, basketball courts and light sockets...



Steve Metelak