

The Sandy Post Sports and Recreation

At Mt. Hood Community College

Locals added to successful program

Dorian Harris, Mt. Hood Community College volleyball coach, said she'll take Sandy people anytime if her experiences this past season are an indication of what they're like.

The Saints were 10-2 in league play, earning co-Oregon Community College Athletic Association honors.

"I've got no complaints, that's for sure," said Harris, whose team also finished third in the Region 18 playoffs.

"Our Sandy people did a bang-up job."

Stephanie Hagstrom, a substitute front-line hitter and blocker, "did an excellent job."

Julie Coleman got in 98 percent of her serves this season, and as amazing as that is, her main strength to the team was as a hitter.

In addition, said Harris, Coleman probably improved the most defensively through the season.

"She didn't start out as one of our best back people but she really came along," Harris said.

Traits like "personality" and "sense of dedication" contributed to their season, Harris said. And if she thought they all came out of Sandy like Coleman and Hagstrom, "I'd take 'em sight unseen, I'll tell you that."

Harris added, "I can't say enough about them."

She said this is the first year all the players came to her from "quality" programs. "It's nice to start out at a higher level," Harris said.

Overall the OCCAA was more balanced, said Harris, who has

coached volleyball at MHCC since 1970.

Coleman, who plans to play on the East Wind winter volleyball team (sanctioned by the United States Volleyball Association), said learning basics at Sandy made all the difference in making the team.

With nine freshmen and only two sophomores on the team, she said she'll have to tryout again next year.

A strong-side hitter, Coleman was in the starting rotation by the end of the season. A 1982 graduate and first-team all-TVL selection her senior year, Coleman said there is a lot of difference between high school and college volleyball.

The competition is tougher, she said, adding, "I liked it a lot. I'm looking forward to next year."

Coleman, the daughter of Ron and Joyce Coleman, is undecided on a major. She's currently working part time at the Clackamas Town Center in addition to attending school.

About the difference between college and high school volleyball, Hagstrom said, "You have to be the one who wants to do it. It takes a lot out of you."

Hagstrom also credits the staff at Sandy as being responsible for her having made the team.

Her shoulder, once again, kept her from having as successful a season as she would have liked.

It is a problem that plagued her entire senior year at SUHS.

It was so bad at times this fall her hand would go numb. Although she's going to rest it this winter, missing



Julie Coleman and Stephanie Hagstrom

track season seems to be out of the question.

"I don't know what I'd do if I missed a season," Hagstrom said.

Hagstrom is the owner of two district javelin titles, and finished fifth at state her senior year.

As a junior, she scored the most points for the track team. She also finished fourth in the nation in Junior

Olympic competition, again in the javelin.

Presently her studies are keeping her busy—she's a physical education major now but may change to training, and would like to coach—and will be working part time refereeing intramural volleyball games.

Hagstrom lives with her parents in the Redland area.



Photo by Scott Newton

Gordon Brinser puts up a shot during the Pioneers' intrasquad scrimmage.

Woman from Boring always on the go

Esme Jensen always seems to keep busy.

This fall the Lewis & Clark College senior played on the volleyball team. She's working at Nordstrom's until school starts up again after Christmas, and is already getting ready for track season.

The Lewis & Clark volleyball team was 4-6. Though it wasn't a banner year, Jensen gives the impression it was a positive experience.

First of all, Lewis & Clark had three coaches, instead of one, as was the case her freshman and sophomore years.

Her coach, Mary Hunter, has been at it a long time. "She sees the little things that are going right or wrong," Jensen said.

She added, "It helps to have someone who gives me positive feedback."

Jensen, a 1979 SUHS graduate, started her junior and senior years on the Pioneer volleyball team. They made it to the state playoffs both years, and Jensen was selected to the Metro All-Star team her senior year, the first year a team was selected.

She was also a four-year letterman in track at Sandy.

At Lewis & Clark she plans to concentrate on the 400-meter hurdles. She recently learned the new conference they'll be joining won't be sponsoring heptathlon competition, which is a disappointment.

There will be heptathlon competitions for her to participate in, however.

Jensen holds the Lewis & Clark heptathlon record with a total of 4,365 points. She also holds the school's 400-meter hurdles record, with a time of 66.9, and the javelin record, with a toss of 116-3.

Jensen said she enjoys participating in lots of different events. Although some would say the heptathlon offers lots of different events in which one could fail, "I look at it the other way," said Jensen.

All those different events to succeed in include, on the first day of a heptathlon competition, the 100-meter hurdles, the high jump, the shot put and the 200-meter run. On the second day, heptathletes compete in the javelin throw, the long jump and the 800-meter run.

Jensen said she has a tendency to favor the sport that's in season.

"It's harder for me to lose when I'm on a team," she said. "There are so many variables."

About track season, she said, "I feel I'm in control and I can determine the outcome."

Training pretty much year-round has been important. She feels a "foundation of endurance and strength" are to her advantage in heptathlon competition.

Jensen's range of experiences has not been limited to fields of competition.

Her junior year she participated in an overseas program, spending seven months in Australia. She is an English literature major, and worked on an independent project (studying contemporary Australian poetry), but also studied in the disciplines of anthropology, marine biology and natural history.

They never stayed in the same

place more than two or three weeks, and Jensen pointed out that Australia is about as wide, from east to west, as the continental United States.

They did a lot of camping and diving, and the trip only whetted Jensen's interest in overseas travel.

In fact, with the seasons in Australia the opposite of what they are here, it's only natural that going

back would be on her mind.

Jensen, who was interviewed by telephone, said she is preparing to take the Foreign Service exam this weekend.

Graduate school may be in the future, "but probably not right away."

She is the daughter of Ralph and Esme Jensen of Boring.

Winter sports underway at SUHS

by SCOTT NEWTON

The winter sports season gets underway this week for SUHS teams.

The boys and girls basketball teams have hopefully filled the voids caused by graduation, the wrestling team faces an extremely tough schedule, the swim teams will enter familiar waters and the ski teams appear strong again.

State champs looking good

Anne Sarich, Sue Sarich, Ulla Pearson, Charr Bridge, Marci Huff and Nicole Schouten—they're all back. The Pioneer girls will go for their third state title this winter.

"It looks real good," admitted Coach Robert Karsten.

About 40 turned out for skiing, and they've been practicing for a month. They'll practice on snow for the first time Saturday, with the first meet not scheduled until January.

Although the boys didn't get to the state meet last year, they did help the girls win the Mt. Hood Championship, which comes with an ugly trophy that Karsten is quite proud of.

In the Mt. Hood Championship meet the boys finished one second behind Hood River, the team that turned out to be the second-best in the state.

Ingrid Peterson transferred to Lakeridge, Mike Wall won't be back due to an injury, and two varsity skiers graduated.

Otherwise, Karsten, in his fourth season and for the second year president of the Oregon Interscholastic Ski Racing Association, has his team back intact.

Returning boys include Steve Sarich, Chris Welch, Jeff Day, Brian Silvey and Eric Marter.

Pernilla Fack, a Swedish exchange student, is expected to contribute to the girls team.

Girls boast good balance

The girls basketball team was 10-10 last year, and a win away from going to the state tournament.

Coach John Smith has lost his two big girls, and as a result they'll have a different look this year.

"If basketball were based on running relays, we'd win the league," Smith joked.

In all seriousness though, there are still nine girls battling for five starting spots on Tuesday. Sandy's depth and overall talent is as good as it has ever been, according to Smith.

"We will, without a doubt, be com-

petitive," he said. Barlow and Parkrose are the teams to beat, he said, adding that from experience this fall, they know the new Mt. Hood Conference will be balanced.

Six lettermen return. They are Linda Mosbrucker, 5-7 senior, Kellie Garlock, 5-8 senior, Peggy Gillies, 5-9 senior, Ami Aschoff, 5-7 senior, Sharon Jensen, 5-7 junior, and Jill Ingram, 5-5 junior.

This is Mosbrucker's fourth season on the varsity, and her third year as a starter. She has "excellent offensive potential," Smith said. Though she had a 7.5 point per game scoring average, she averaged 17 per outing the last five games of the season, when it was do-or-die.

In a varsity girls-freshman boys scrimmage, Jensen, the TVL leader in steals and a returning starter, scored 21 points, made four steals and grabbed nine rebounds.

The girls, by the way, nipped the boys, 69-64.

Others competing for a starting spot include Wendy Heckard, 5-4

sophomore, Crystal Calkins, 5-7 junior, and Tamee Lindsay, 5-8 junior.

Heather Kostrba, 5-6 junior, will split time between the varsity and the junior varsity.

Though they'll be small, Smith hopes with lots of running and substituting they'll be able to wear people down. Their goal is to outscore people in the fourth quarter, and Smith said that's "realistic."

Boys ahead of schedule

The boys basketball team scrimmaged Tuesday night, and Coach Dan Brisbin was pleased with what he saw.

"We're where we should be, if not a little ahead," he said.

The Pioneers were 9-10 last season, and return five lettermen.

Although a starting guard, Troy Wolf, transferred to Gresham, and some key seniors graduated, Brisbin said he's got a "pretty good" group.

He said they're good shooters and "extremely intelligent."

Intelligence is a trait not discussed that much, but Brisbin sees it as a real advantage.

He said they players learn quickly, make adjustments. He hopes that by being able to execute a number of defenses, they'll be able to keep a step ahead of opponents.

He feels the Mt. Hood Conference will be a "really strong" league, and that good rivalries should develop.

Parkrose, the defending state champions, Gresham and David Douglas are the teams to beat, from what he can tell.

Returning lettermen include Mike Lund, 6-foot senior, Mike Marleau, 6-1 senior, Gordon Brinser, 6-2 senior, Steve Pettingill, 6-3 junior, and Robert Brader, 6-6 junior.

Pettingill started most of the season last year, and Brader started a few times toward the end of the season.

Brisbin said he's glad to have Pat Baird, 6-3 senior, on the team. Baird

transferred from Gresham. "He has a quality that we need in that he's an excellent passer," Brisbin said.

Ron Muck, 6-1 junior, "looked really good in the scrimmage."

Mark Beck, 5-8 senior, Pete Schmutz, 6-1 senior, and David Bennett, 6-4 junior, round out the varsity, with Mark Shelton, 5-11 junior, and Brian Prosser, 6-foot guard, splitting time between the varsity and the junior varsity.

Swimmers keep same company

Swim Coach Mark Smith, first of all, wished to express "a big thank you" to the community for supporting the committee to Reinstate Sandy Swim Teams, which raised \$6,955 after the pool fund was put on the unsuccessful "B" ballot in September.

About 15 lettermen return, with about 30 out all together.

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With goal set, funds for trip needed

Sam Romey, standout runner from the Sandy area, would like to compete in the Junior Olympics national meet in Cincinnati, Ohio.

As of Tuesday evening he was still \$120 short of having the money needed for the trip.

Romey recently told The Post he would like to compete against the caliber of runners that will be at the national meet. He would like to finish in the top 25, with a field of 250 expected.

Scott McMullen said after the state cross country meet it is a pleasure to coach Romey because he has always had "total trust" that he'd complete his workout.

Romey often ran to school, or home from school, in addition to the regular workouts.

Romey qualified for the national meet by finishing fifth at the Regional Junior Olympics in Euphrata, Wash.

A junior, Romey recently took 15th in the AAA cross country championships.

He was undefeated in Mt. Hood Conference cross country competition, and won his second district title this fall.

Last spring he was the district 1500-meter and 3000-meter champion, placing eighth in the 1500 at state and 12th in the 3000.

He owns the school record for the 3000, and the sophomore school records for the 800, the 1500 and the 3000.

As a sophomore he set the school cross country record, and finished 29th in the state meet (in addition to his district title).

Even as a freshman Romey was making waves. He qualified for the

state meet, and was the second fastest freshman ever in the state in the 1500.

He was TVL runner-up in the 1500, and set the freshman records for the 1500 and 3000.

Romey would be competing at the nationals for the local Oregon Cinder Hawks track club. Tax-

deductible donations may be made to this non-profit organization.

Romey would leave Dec. 9, and needs to know by this weekend if he'll be able to raise the needed \$576.

For more information contact Randy Hutchinson at Sandy Union High School, 668-8011.



Sam Romey during a quiet moment after a meet.

Photo by Scott Newton

Bowling

Sandy Early Birds
Nov. 29

Raggedy Ann's & Andy Too	34	14
Brightwood Store	27	21
Zig Zag Inn	23	25
West Coast Bowling	22	26
Eagle Foundry	21	27
Toni's	19	29

Individual game: Ruth Smith, 182; Individual series: Irene Blount, 490; Team game and team series: Raggedy Ann's & Andy Too, 716 and 2056.