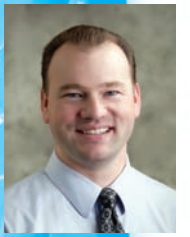


The Athlete's Best Friend ...is their Chiropractor.



Quality Chiropractic for the Whole Family
CALL TODAY 503-391-9112
1797 Lansing Ave NE, Salem • www.nwfamilychiro.net

Meet Dr. Andrew Isaksen



KeizerSports

KEIZERTIMES.COM



McNary's Mathew Ismay tries to get a shot off around a pair of tall West Salem defenders in the game Tuesday, Jan. 13.

Titans give Celts biggest scare yet on hardwood

By ERIC A. HOWALD
Of the Keizertimes

The McNary High School boys varsity basketball team didn't get much time to adjust to having a mark on its back.

Celtic players and coaches knew that competing with West Salem High School Tuesday, Jan. 13, was going to be a tall order. Man-for-man, the Titans are one of the tallest teams in the Greater Valley Conference and they used it to great effect against the Celtics. McNary won 50-44, but trailed the Titans from the second minute to the 27th minute.

"When you play a big team like that rebounds are tougher

and the shots are contested a lot more," said Tregg Peterson, a McNary senior.

Celt junior Trent Van Cleave put McNary on the board first with a point from the free throw line, but it was the last lead McNary would enjoy until the fourth quarter.

West kept their defenders bunched up under the net creating pressure for the Celtics when handling the ball and bad looks on the shots McNary players managed to get off. When the Celtics managed to grab a rebound around 6-foot-11 Titan Christian Russell, West destroyed their press.

The Titans ended the first

frame with a 10-point lead. The second period didn't get much better for McNary. The Keizer team edged its way back into the fray cutting West's lead to four points on a bucket and free throw by Peterson, but the teams went to the half 26-20. Only a buzzer-beater by Trent Van Cleave closed the gap that much.

"We had struggles with their height. I actually think we could have had a better game plan going into the game, but that's not to take anything away from West Salem as a team," said Ryan Kirch, McNary head coach.

The Celtics still trailed by Please see SCARE, Page 18

Olys' depth proves too much for Celtics

By ERIC A. HOWALD
Of the Keizertimes

The McNary High School girls varsity swimming team had a narrow miss in its meet with Sprague High School Thursday, Jan. 15.

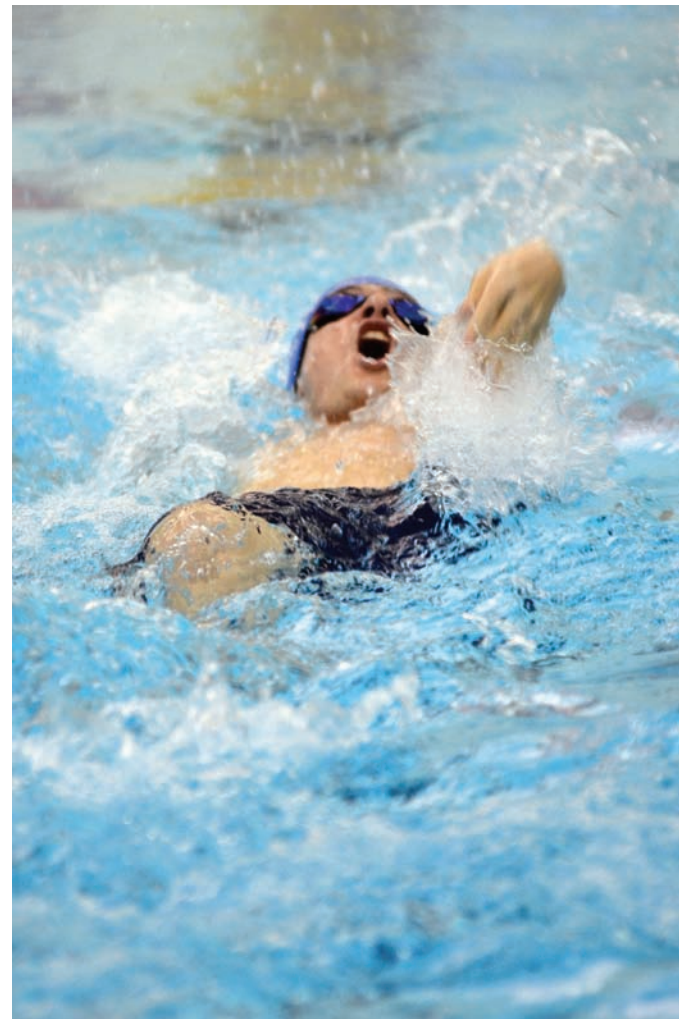
The Lady Celts posted relatively few winners in the 88-82 loss, but spread out enough talent in second and third placings to keep things close against a tough Oly team.

Freshman Marissa Kuch continued her dominance in the girls sprints. She took first in the 50 free with a time of 25.53 and the 100 free in 56.83. Fellow freshman Sara Eckert won the 500 free for the team with a time of 5:56.06. Junior Kiana Briones won the 100 breaststroke in 1:21.52.

On the other hand, the girls junior varsity team fared quite well as far as race wins. Ella Wells won the 100 free in 1:12.65; Chloe Lelack won the 100 butterfly in 1:26.29 and the 100 individual medley in 1:27.73; and senior Korie Chapin won the 100 breast in 1:47.63;

The boys varsity team had a tough go of it with Sprague. The Olys won the boys' side of the meet 110-58.

The boys' 58 points came from placing in a number of races rather than outright wins. Jared Kelson, Tanner



KEIZERTIMES/Eric A. Howald
Celt Marcos Goodman cruises through the water in his leg of the medley relay in a meet earlier this season.

Hughes, Evan Alger, Parker Hughes, Evan Alger, Parker Dean, and Marcus Bracamonte all notched several points for their team.

In junior varsity races,

freshman Matthew Albright won the 50 free in 29.00, and sophomore Alexey Sharabin won the 100 backstroke in 1:29.14.

Mat Men struggle at Classic

The McNary High School varsity wrestling team attended the Oregon Classic where Celt Alvarro Venegas took down one of the state's top-ranked wrestlers.

Venegas threw down with Roseburg High School's Will Reddekopp at the Redmond-based tournament and came up with a 3-2 win. Venegas was one of only two Celts to escape with outright wins in the dual meet, teammate Brayden Ebbs beat Roseburg's Isaiah Hernandez in an 8-5 decision. Junior Joey Kibbey also notched a win after his opponent left the mat with an injury. McNary lost the contest 49-18.

Overall, McNary took something of a beating at the six-team tournament. In five dual meets, the Celts only bested Clackamas High School.

Aside from Clackamas, the Celts got closest to a win in a dual meet vs. Glencoe High School. Glencoe edged McNary by a single point, 36-35.

Please see CLASSIC, Page 18



KEIZERTIMES/Eric A. Howald
McNary's Jonathon Phelps hoists a McKay opponent before taking him down in a match two weeks ago.

Lady Celts handle Titans, pick apart Royal Scots

By ERIC A. HOWALD
Of the Keizertimes

When the McNary and West Salem girls varsity basketball teams clash, it's typically a big deal, but Head Coach Derick Handley had a few butterflies headed into the game Tuesday, Jan. 13.

"We have had some early struggles this season against talented teams, and I knew that we matched up very closely with West Salem. Our coaches weren't sure how we'd handle a difficult team in a difficult environment (at West)," Handley said.

Had it not been for junior Kaelie Flores, Handley might have had more cause for hand-wringing. Flores poured in 24 points going 12 for 12 from the field en route to a 64-53 win.

"We were struggling a bit with shots early, but she kept us in it until her teammates warmed up," Handley said.

The Celtics outscored the Titans 15-11 in the first frame, but the teams went into halftime with only three points separating them. Defense played a major part in the third period.

"Vanessa Hayes and Lauren Hudgins played outstanding defense against Paige Whipple, who is probably their biggest threat, which allowed us to be aggressive on defending their guards," Handley said. McNary held West to just eight points in the third period while scoring 15.

In the final quarter, both teams were shooting out the lights. McNary put in 24 points to

Please see GIRLS, Page 18



KEIZERTIMES/Eric A. Howald
McNary's Emma Jones heads back to open court in the game with McKay High School Friday, Jan. 16. The Celtics won by a dominating 61-8 final score.