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Lady Celts cruise to second round

By ERIC A. HOWALD
Of the Keizertimes

McNary High School's get-out-of-zone free card, Madi Hingston, was working hard in a first round state playoff game with Century High School Tuesday, March 1.

Hingston earned that moniker because when teams like the Jaguars attempt to keep the Celts from attacking the rim with a zone defense, a three-pointer by the McNary senior typically prompts them to go back to man-to-man coverage. Hingston drained four shots from three-point range on the night to as McNary blazed a trail to the second round with a 63-34 win.

"Mentally and emotionally, I was really proud of the way the girls carried themselves. You would never think it was a team that hadn't won a playoff game in six years," said Derick Handley, McNary head coach.

Three of Hingston's four treys came in the first frame, but the Keizer team as a whole buttoned up on defense to keep the Jaguars from going on long runs.

"We knew that they were a better than decent shooting team and really good from the three-point range," Hingston said. "We knew they had some good guard play and we wanted to be on them so they couldn't get outside of the arc and set their feet."

McNary was up 14-3 when Century went on a short run to close the gap to 14-11. After shutting down the Jaguar offense, McNary answered with an 10-0 run to finish the period up 24-11.

"Our girls were the first to calm down and they were able

to stop the runs. Every time Century started to make a run our girls were able to shut them down and then go on a run of their own," Handley said.

By halftime, McNary was riding a comfortable 39-22 lead to the locker room.

"We didn't want to settle because they are a good shooting team. We wanted to keep the pace up but not lose composure," Hingston said.

Coming out of the break, the Celts took the foot off the gas offensively, but foiled nearly every possession by Century. The Jaguars scored only four points in the third and McNary led 49-26.

"Our passing was phenomenal, a few times we got a little sloppy and didn't use ball fakes, but for the most part we did a great job. Our posts did a

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KEIZERTIMES/Eric A. Howald

ABOVE: Sydney Hunter makes a charge to the net in the game with Century High School Tuesday, March 1. RIGHT: Kaelie Flores hooks in a shot.



Coaches pick Cavell as Player of the Year

By ERIC A. HOWALD
Of the Keizertimes

Harry Cavell's route to becoming the unanimous Greater Valley Conference basketball Player of the Year as a McNary High School senior was circuitous at best.

As a freshman he started out playing for West Salem High School's junior varsity team with a handful of minutes on the varsity court.

"It was nice to be part of a winning program and see what that felt like. I also got to play with my brother which was great," Cavell said.

As a sophomore, he attended a preparatory boarding school in South Carolina, which is where he discovered his passion for the game.

"We would practice twice a day and work out. It's where I learned to be serious about the game, but I pretty much ate, slept and breathed basketball and school," he said.

While the experience helped him grow, Cavell said he and his parents were ready for him to return home when his junior year rolled around.

Technically, Cavell should have been part of the McNary program for his first two years of high school, but the Celtic program was just beginning to emerge from an era of difficult seasons with the help of a new head coach, Ryan Kirch.

When Cavell enrolled at McNary as a junior, he wasn't sure what to expect, despite



KEIZERTIMES/Eric A. Howald

McNary senior Harry Cavell was the Greater Valley Conference unanimous selection as Player of the Year.

having grown up alongside a number of the Celtic veterans. As it turned out, he needn't have worried quite as much.

"Tregg (Peterson) and Devon (Dunagan) and Cole (Thomas) were all good friends

of mine and they all welcomed me back into the program even after I should have been at McNary my first two years," Cavell said. "I just wanted to play with my friends again."

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Ebbs, Burrows fourth in state, Phelps fifth

By ERIC A. HOWALD
Of the Keizertimes

The McNary High School varsity wrestling team posted three state placers at the tournament held in Portland Feb. 26 and 27.

Celt sophomore Brayden Ebbs led the way, finishing fourth in the 138-pound weight class. He improved on his sixth place finish as a freshman.

"I wrestled hard and did most of the things I should have. I had a pretty quick first day, but the second day you have to have a completely different mindset because every match is going to get tougher and tougher," Brayden said.

While Brayden was visibly disappointed in not coming home with a state title, father and McNary Head Coach Jason Ebbs said there was little reason for it.

"He walked into the state tournament with his confidence exactly where he needed to be, but there were five returning state placers at his weight class," Jason said. "Watching him go out there with that confidence facing those odds was comforting."

Ebbs made it to the semifinals before getting ousted from title contention, but already has his sights on goals for next year.

"I'm definitely still chasing that state title, but I also hope to go undefeated next year," Brayden said.

Senior Jon Phelps placed

fifth at 132 pounds. Phelps, the third of three brothers to graduate from the program, scored the family's biggest trophy.

"Jon beat the No. 3 seed in the tournament right off the bat. He not only made it to the podium, he beat some tough kids along the way," Jason said. "The great thing about Jon is that once he believed he could make it to state and then place, he let nothing stand in his way."

Phelps said he got on a hot streak the first day of competition, but felt a little off kilter the second day.

"Still, I recovered and took fifth and this feels amazing," Phelps said.

Phelps is joining the U.S. Marines after he graduates and said he'll take important lessons from wrestling with him into the Armed Forces.

"I've learned discipline and

how to work hard and love it. I love working out and being good and taking the wins and the losses," Phelps said.

Freshman Brooke Burrows took fourth in the girls state tournament at 106 pounds. Burrows won the regional championship three weeks ago.

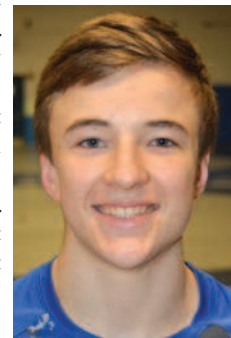
"It didn't go as well as I'd hoped, but I figure I'm still a freshman and I placed fourth in the state," Burrows said. "The goal next year is to go to state again and win more matches than I did this year."

Her coach offered Burrows about the highest compliment he can offer any wrestler in his program.

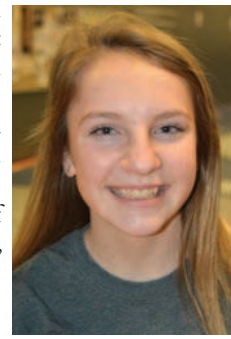
"She is the toughest 106-pound wrestler in Keizer right now," Jason said.

McNary's Isaiah Putnam, a sophomore, and Wyatt Kesler, a junior, also made it to the state competition, but came up short of placing at state.

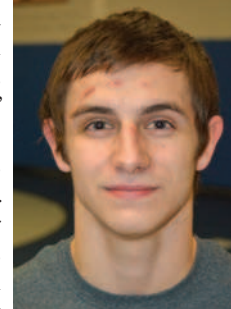
"I'm sure they're both disappointed, but both of them are the types of wrestlers who are going to come back next year with bigger goals and a better idea of how to achieve them," Jason said.



Brayden Ebbs



Brooke Burrows



Jon Phelps