

LAX, continued from Page B1

ball in the net in while tilting it back and forth, cradling, in preparation for passing or scoring.

One of the goals for the Celtic girls lacrosse club this year is working toward mastery of the basics, said Becca Lewis, the team head coach.

"If (a player) cannot throw, catch and cradle then there is no use in teaching them an offense," Lewis said.

The game's goal sits inside a circle known as the crease. Attacking players cannot enter the crease, but can reach in with their sticks. Defenders can only enter the crease if they do not have possession of the ball.

The girls play with two additional field markings known as the arc and fan. They are lined in red on the McNary field. The arc is also known as the 8-meter and the fan is just as well known as the 12-meter.

"They are mainly used for calling and following through with fouls. For example, if an offensive player is in the critical scoring area (CSA), inside the 8 meter, then there are fouls that can be called," Lewis said. "One foul is shooting space. This is when a defensive player is in direct line of shot of an offensive player who is inside the CSA. This cannot be called unless they are inside the CSA."

The lines are also used in establishing a staging formations for the defense and as boundaries for players on penalty shots.

While not specifically lined as such, the 30-yard lines on both sides of the McNary field mark the start of the offensive box. The team on offense has a limited time in which to move the ball to the offensive box at the beginning of a play, but can back out and use the rest of the field after the initial breach.

There are two orange lines on the McNary turf that are also used for lacrosse. The lines are parallel to the sidelines and designate the wing area. Attackmen and midfielders must wait on these lines while two players meet to vie for possession of the ball at centerfield during faceoffs. Faceoffs are used at the beginning of the four game quarters and after each point.

Tactics and strategy

Lacrosse tactics most resemble what someone might see on a basketball court, but there are elements of hockey and soccer mixed in.

"The main difference is we can carry the ball behind the goal and that makes it more like a hockey-style offensive movement," Bowlby said. "On-ball screens and off-ball screens work well in lacrosse, and you're always hoping to have a motion offense just like basketball."

The sport resembles soccer in that players try to move the ball in triangle formation and often move the ball backward on the field to create space for moving it forward.

"Most of the passes are going to be something like 20 to 25 yards to move the ball and we are hoping to shoot from the seven-yard range," Bowlby said.

Possession can change hands when a ball leaves the playing field, but if it leaves

the playing field on a shooting attempt, there are other considerations.

"When the ball exits the field on a shot, possession goes to the team with a player closest to the ball. If you keep an offensive person behind the goal it can benefit you in the long run in those situations," Bowlby said.

Penalties can be called for hitting someone in the back or head with a crosse. Tripping or performing too large of a wind-up – slashing – before a pass or shot can also incur a penalty. Players called for penalties must leave the field for a specified amount of time and play continues.

"Most penalties are releasable and end after the next point, but there are also non-releasable penalties. Helmet-to-helmet checks incur three-minute, non-releasable penalties," Bowlby said.

Stick checking is the most common form of checking in lacrosse and most often involves trying to dislodge the ball from another player's stick by poking or slapping the arms with either end of the crosse. The boys are allowed to body check opposing players as long as there is a teammate within range of making a play on a ground ball.

Girls outlook

The McNary girls team is comprised entirely of athletes new to the sport, but Lewis said that isn't standing in their way.

"There are some girls that you can see in the first days of watching them play that just get lacrosse. I can see the concepts just click right away," Lewis said.

While those that have played volleyball and basketball are benefiting from their knowledge of body positioning, Lewis said she was equally excited for the new players who have the opportunity to "become the athletes lacrosse need."

The team's goals for the season are twofold: first is creating a fun and engaging opportunity for the whole team, but Lewis also wants to see the sport grow locally and regionally.

"Most all Portland high schools have girls lacrosse teams that are winning championships and sending their girls to play at a D3, D2, or D1 school. In Salem, it's still growing," Lewis said.

While still in its nascent stages, Lewis said to keep an

eye on the Lady Celts' two captains, Kailyn White and Jessica Grimmer.

Boys outlook

The McNary boys varsity lacrosse team was in the hunt for its first league title through the midway point of the 2015 season, then the wheels came off.

While the team graduated a boatload of talented seniors, many of the other teams in the North Valley Division are in the same boat.

"It's going to make for a good mix," Bowlby said.

Home games this season

3/29 Boys vs. Thurston - JV, 6:15 p.m. and varsity, 8 p.m.

4/1 Girls vs. Cres. Valley, 7 p.m.

4/5 Boys vs. South Salem - Varsity, 6:30 p.m.

4/7 Girls vs. Redmond, 6:30 p.m.

4/15 Girls vs. West Salem, 7 p.m.

4/18 Girls vs. South Salem, 7 p.m.

4/19 Boys vs. Glencoe - JV, 6:15 p.m. and varsity, 8 p.m.

4/26 Boys vs. Corvallis - JV, 6:15 p.m. and varsity, 8 p.m.

4/29 Boys vs. Sprague - JV, 6:15 p.m. and varsity, 8 p.m.

5/3 Boys vs. West Salem - JV, 6:15 p.m. and varsity, 8 p.m.

5/12 Boys vs. West Albany - JV, 6:15 p.m. and varsity, 8:15 p.m.

"We've also got a lot of new coaches in the league that are going to shake things up."

Sophomore Jonathan Williams is back for his second year with the team and said, there are a lot of new faces on the roster with some talent.

"There's a bunch who are picking up the stick for the first time and they're playing pretty well, especially on defense," Williams said.

Williams and McCoy, that "freakishly athletic" goalkeeper, were both hoping the team emerges as something all together different than it has been in seasons past.

"We need to come together more as a team rather than having one player we're relying on every game, which was what happened a lot last year," McCoy said. "But being able to play on our own field gives us more passion. We have more energy and excitement because our town gets to come out and watch us play and that puts more attention on the sport of lacrosse."

Williams said he wants to see the up-and-coming players prove their worth this year.

"We have sophomore and junior returners who are good enough to fill the shoes of those guys," Williams said.



Greener pasture at KLL field

Recent renovations at Keizer Little League Parks Field 3 left it looking lush and green in recent weeks. The Keizer Parks Board recently approved a \$10,000 grant for the project expected to cost about \$100,000 for field rehabilitation, and new dugouts and fencing.

ABOVE: The field with new sod. RIGHT: Volunteers remove the old grass.



grads & grades

• Austin Coburn, Kaylee Cooper and Cedra Schrock were recently named to the dean's list at George Fox University in Newberg.

• Nizhoni Garcia, Trevor Howard, Cody Jackson and Brandyn Wyatt were recently named to the dean's list at Linfield College in McMinnville.

• Ryan Edsall was recently named to the dean's list at Virginia Military Institute in Lexington, Va.

• Elizabeth Lopez was recently named to the dean's list at Azusa Pacific University in Southern California.

• The following students recently graduated from George Fox University: Mackenzie Callahan, bachelor of arts in management and organizational leadership, and Shelby Magnuson, bachelor of arts in Christian ministries.

• The following students were recently named to the Oregon State University scholastic honor roll: Tara N. Bonar, Gordon Colfax,

Victoria M. Hittner, McKinzie F. Isaac, Taylor M. Keeker,

Jonathon I. Lopez, Taylor L. Norby, Teresa J. Peterson, Thomas L. Bonar, Sarah E. Darst, Emily R. Dickson, Kenny R. Fisher, Shazeya L. Galligan,

Alexis R. Garcia, Grant E. Gerstner, Kortney V. Gillett, James L. Greaney, Todd R. Hatley, Judy L. Jiang, Emma D. Jones, Dillon J. Juhring,

Travis D. Marks, Alexandra D. Martino, Aaron J. Peloquin, Alyx D. Peterson, Anthony J. Quinn, Hailey F. Reed, Taylin N. Sparks, Makenzie N. Swiger, Cole C. Thomas, and Aaron M. Wenning.

• Melanie Gottfried, Evan Rummerfield, and Laura Webber were recently named to the dean's list at Eastern Oregon University in La Grande.

• Lydia Nichol was recently named to the dean's list at Harding University in Searcy, Ark.

• Tiffany Chan was recently named to the dean's list at Biola University in La Mirada,

Calif.

• Breanna Lyons was recently named to the provost's honor roll at Whitworth University in Spokane, Wash.

• The following students recently graduated from Western Governors University: Daniele Spragg, Sarah Dillon and Tiffany Karnaghon-Wirt.

• Samantha Belleque was recently named to the president's list at Gonzaga University in Spokane, Wash.

• Chelsea Pippert was recently named to the dean's list at Baldwin Wallace University in Berea, Ohio.



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