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Above: The McNary High School volleyball team is holding open gyms this month to prepare for the fall season under new head coach Bruce Myers, below.

A new era

Championship coach takes over MHS volleyball program

By **DEREK WILEY**
Of the Keizertimes

Bruce Myers, the new head coach of the McNary volleyball team, is excited to wear blue.

Myers grew up in Eugene, six blocks from the University of Oregon campus, but for the past 21 years—19 at Roseburg, followed by two at Sprague, he had to suit up in orange and black—Beaver colors.

But the new color scheme isn't all that attracted Myers to MHS.

"It's a 6A school and they have good tradition and I really like the philosophy of the school," Myers said. "Keizer is their own community and you really feel the community support and the kids believing in the community."

After graduating from Southern Oregon University in 1978, Myers taught at Douglas High School in Winston for 31 years and was the head volleyball coach for eight years.

Myers' teams finished in the top 8 in the state three times, including fifth in 1984.

Taking over at Roseburg

in 1994, Myers then won nine conference championships and placed in the top 8 in the state nine times, including state runner-up his final season in 2012.

He was named National Federation of High Schools State Coach of the Year in 2009 and 2012.

"McNary High School is excited to have a quality coach for our volleyball program," Athletic Director Ron Richards said. "Coach Myers has a wealth of experience, experience in big games on a big stage. McNary has a tradition of strong volleyball and coach Myers can help us to maintain that tradition and keep it growing."

Myers moved to Salem two years ago to be closer to his three grandchildren.

His son Travis is the new head boys basketball coach at West Salem.

Myers said the key to his coaching success is talent.

"Pure and simple," he said. "I had extremely talented kids that were highly competitive."

Myers will bring knowledge, experience and, most importantly, a love for the



game to McNary.

"The girls will learn that I just absolutely love the game and I love coaching and I love being around the kids," Myers said. "I want to see them grow and become better volleyball players, better students, better citizens."

His style of volleyball depends on the roster. Myers has won with tall and short girls.

"I had teams where I didn't have a player under 6-feet in the front row and then there's teams like my 1984 team at Douglas, our tallest player was 5-7 and we finished fifth in

the state," Myers said. "You adjust to what you have."

While at Roseburg, Myers noted he coached against McNary in the 2001 state playoffs and he coached on an all-star team with former Lady Celts coach Dan Borresen.

To prepare for the fall season, McNary began having open gyms last week and will scrimmage Greater Valley Conference rival South Salem Monday.

The Lady Celts will also scrimmage Sprague and Dallas later this month.

GVC Player of the Year commits to Seattle Pacific

By **DEREK WILEY**
Of the Keizertimes

The son of a former college basketball player, Harry Cavell, had a ball in his hands since he was old enough to walk.

And now the McNary senior has decided to follow in his father's footsteps by committing to Seattle Pacific University.

"It's always been a goal," Cavell said. "Obviously when you're little, you want to play in the NBA. But I always wanted to play college basketball since I was little and I made it my goal once I got serious about playing basketball that I would play college and it ended up working out."

Cavell visited Whitman College, George Fox and even

had a couple of open gym sessions at the University of Oregon, where he had the opportunity to walk-on, before sending the new head coach at Seattle Pacific, Grant Leep, an email about a month ago.

Cavell's sister, Madi, played volleyball at Seattle Pacific and still lives in the area.

"She loved it. She had a good experience," Cavell said. "I didn't think I had a serious opportunity to play right away [at UO]. I wasn't the most excited about that but that would have been a cool opportunity, too."

Cavell visited the Seattle Pacific campus and committed to the Falcons less than a week later.

Please see CAVELL, Page 9

MHS kicks off spring football

By **TIM HAYS**
Of the Keizertimes

On Monday, May 30 the McNary High School football program hit the field for the first time this spring. It was an exciting five-day camp of mostly fundamentals, and it provided a basis for where second-year Head Coach Jeff Auvinen wants to begin.

"These kids are fired up, and they are excited," Auvinen said. "We're trying to put in some new things offensively, and some new things defensively. Obviously with a young football team you want to work on some fundamentals."

And a young team they are. The Celts graduated 22 players from their roster last season, with 12 players starting on either offense or defense. There are many roles to fill in this upcoming season, and the spring will help the coaches get a good idea of who might fill those roles.

"The senior class is rising up and taking over the lead-

ership positions and responsibilities," Auvinen said. "We are going to try and emphasize a good work ethic and more responsibility because I think it will bring us together as a unit. We need to get stronger, get more physical, and we need to buy in to the team concept."

With new roles, comes new concepts. Second year Offensive Coordinator, Brad Emmert, feels like his new scheme this year will be more consistent.

"Last year we were more physical," Emmert said. "We had big guys like Jason Sperle and Hayden Sader up front. This year we have more speed which will allow us to spread the ball a little bit more and make plays in space. I think we will be best when we get the ball in space."

The quarterback competition will also be fierce because there is not a quarterback on the roster with varsity experience.

Please see FOOTBALL, Page 9

Keizer girl keeps pushing after state track meet

By **DEREK WILEY**
Of the Keizertimes

Leilani Salang, a Keizer resident and three-sport athlete at Blanchet Catholic School in Salem, set three national powerlifting records in March.

In May, she won three events at the PacWest Conference Track and Field Championships, placed second in another and was named the top Girls Field Event Athlete in the conference. She then went to the State Championships in Eugene and reached the podium in all four of her events.

No one could blame Salang if she wanted to take a break this summer before entering her senior year.

But that's just not in her nature.

"I enjoy it and want to be the best athlete I can be and help my school," said Salang, who was back at it in the USA Track and Field West Coast Invite Saturday and Sunday at Linfield College.

Salang is working with Super Thrower Track Club and coach Scott Skipper in Oregon City, whose alumni include University of Oregon

athletes Greg Skipper and John Nizich.

She plans to compete in at least four more USATF meets this summer, all leading up to the Junior Olympics July 25-31 in Sacramento, Calif.

Salang will also play volleyball this summer for Blanchet, where she's a co-captain, as well as basketball.

She wants to make time for a powerlifting event in Eugene in July.

And Salang also has a job as a food server at Emerald Pointe.

"I can't keep up," Salang's mother Gina said. "We just try to give her food."

Salang, a workout warrior, set national records at the U.S. Powerlifting Association Southern Oregon Iron Classic in Grants Pass. She bench pressed 155 pounds, squatted 265 and deadlifted 315.

And she set the marks raw, which means no wrist or knee wraps or anything else to assist her.

Salang has also broken many Blanchet weight lifting records, which were set by one of her role models—Shei-

la Limas De La Cruz, a senior at Blanchet when Salang was a freshman and now throws at Western Oregon University.

Salang credits De La Cruz with showing her how to spin in both the discus and shot put instead of just standing and throwing.

De La Cruz's instruction has paid off. Salang won the PacWest Conference championship in both the discus and shot put, and finished second in the javeline, an event she just picked up midway through her junior season.

At state, she placed third in 3A in the discus, her favorite event, finishing only behind Oregon State commit Lindsay McShane and La Pine standout Jordynn Slater.

Salang threw a season best 34.07.25 in the shot put to take fifth in the state and launched the javelin nearly 20-feet farther than she ever had to finish fifth, despite being seeded 12th.

"I wasn't practicing jav that much. It was just kind of my third event," Salang said. "My PR came from going to state and seeing the girls there and



Submitted
Leilani Salang, a junior at Blanchet Catholic School, reached the podium in all four of her events at the state track and field championships in Eugene.

their form and trying to do what they were doing, kind of on the spot, the way they were rotating their hips and stuff like that."

Salang also runs.

Competing with two freshmen and a sophomore, the

Blanchet 4x100 relay team set a school record earlier in the season, won the PacWest Conference and then finished sixth in the state in 52.10.

And the scouts have noticed. Salang toured Western Oregon this spring and has

received letters from nearly a dozen other schools.

Salang has wanted to compete in college ever since she first threw the shot put in sixth grade.

It's just part of what drives her.