

Volcanoes catcher not fazed by change



Dylan Manwaring was signed as a free agent by the San Francisco Giants in 2015 and moved from third base to catcher. Submitted

By **TIM HAYS**
Of the Keizertimes

Dylan Manwaring has been through his fair share of moving around.

Originally born in Scottsdale, Ariz., Manwaring has lived in every part of the country. From Arizona, Manwaring moved to West Palm Beach, Fla.

After a short stint in Florida, the Manwaring household would settle up north in New York, where his Dylan's father, former San Francisco Giant, Kirk Manwaring, was born. In New York, Dylan would develop into one of the best east coast high school players of his class.

Now in Oregon, Manwaring has solidified himself on the Volcanoes roster.

Out of high school, Manwaring was drafted in the 9th round by the Atlanta Braves in 2013. It was a day he would never forget.

"I was given a great opportunity," Manwaring said. "The Braves agreed to pay for my college if I decided to go back. It was always my dream to

play professional baseball, and I didn't know if I was going to get that opportunity again." Unfortunately for Manwaring, his experience in the minors didn't come as easy as he thought it would.

"When I was 18-years-old I had never truly failed, and it wore me down," he said. "I came from upstate New York where I was facing 80-85 mph and then I got to rookie ball and I saw 90-95 on a consistent basis. It was definitely a big jump, and I struggled to start. It was and still remains a daily grind."

Manwaring could not find success in his two and half seasons with the Braves. Fortunately, his story wasn't over.

In the winter of 2015 the San Francisco Giants signed Manwaring as a free agent.

"I got through it, and I am thankful that the Giants have given me this opportunity and the fresh start," he said.

More moving would soon come as Manwaring switched to an unfamiliar position. Manwaring, who began his career as a third baseman,

would now be converted to play catcher in the Giants organization. Accustomed to change, Manwaring has no problem.

"It's pretty crazy to get behind the dish," he said. "I haven't ever done it before, and these last two months have seen a lot of firsts for me. It's cool to be back there. I get to see different guys and it is interesting to see what they do. It even helps in the batter's box, too. I kind of have an idea of what pitchers are going to throw me. I am the quarterback on the baseball field, and I have to know what to do at each position. It is definitely a process, and I'll keep learning every day for as long as I am back there."

Entering his third full season, Manwaring has a lot of baseball experience to fall back on. His dad, his former teammates, and a ton of family support.

"I am still young and still progressing each day. This is the best organization in baseball, and it doesn't get much better than this."

DROP, continued from Page 12

Volcano manager Kyle Haines argued the call so heatedly that umpire Darius Ghani ejected him, with first base coach Ricky Ward taking over managerial duties. Lowery scored Wilson with an infield single.

The Hops added three runs in the fifth. Anderson led off with a single and went to third on a double to deep center by Lowery. Vizcaino, who became the losing pitcher with a 4-0 record, left the game with Nolan Riggs taking the mound. Luis Silverio grounded out with Anderson scoring on the play. Riggs made a throwing error trying to pick Silverio off first, Lowery scored, and Silverio reached third. A wild pitch by Riggs scored Silverio.

In the Hillsboro sixth, Karaviotis hit the ball over the left field fence with the bases empty for his first home run of the season.

Mark, the winning pitcher, left the game after six innings. Curtis Taylor pitched the seventh and retired the Volcanoes in order.

John Timmins pitched the seventh and allowed no runs despite a single, an error, and

a double steal.

In the Salem-Keizer eighth, with Colin Poche pitching, Quinn hit his fourth homer, a bases-empty shot over the left center field fence.

The Hops answered with three runs in the eighth. In the ninth, with Jake Winston pitching for Hillsboro, Ashford Fulmer walked on a 3-and-2 count. He reached second base on defensive indifference and third as an error put Ryan Howard on first. Kevin Rivera scored Fulmer with an infield single.

"We did everything wrong," Haines said. He added that while his job was to instruct the players, it was their job to motivate themselves.

Quinn, whose overall play was not typical of the team's performance, said: "We just need to execute things, not let things get us down."

The Volcanoes, apart from Friday's loss to Hillsboro, had a 2-2 record in their last four games before press time.

July 27: Eugene 4, Volcanoes 1

The Emeralds evened the series in Eugene even though Salem-Keizer outthit them 7-6 and the hosts made the only error of the game.

The Volcanoes' only run came in the sixth inning. Heath Quinn singled, Gio Brusa walked, and Ashford

Fulmer hit into a double play with Quinn reaching third base. Ryan Howard singled Quinn home.

Eugene scored three of its runs in the first. Three singles, a stolen base, a hit batsman, and a triple by Jose Paniagua did the job. The triple was the only extra-base hit of the game, and the Emeralds made two double plays to none for the Volcanoes and stole two bases to none for the visitors.

Emerald starter Manuel Rondon was the winning pitcher with a 4-0 record, and Wyatt Short had his second save. Conner Mendez, a newcomer, took the loss.

July 28: Volcanoes 5, Eugene 4

This game meant a road series victory for Salem-Keizer over an arch-rival club that has the best overall record in the Northwest League so far this

season.

The Volcanoes scored two runs each in the second and third innings and one in the sixth. The Emeralds tied the score in the second but never led.

Victor Concepcion was the winning pitcher in relief and Jeff Burke had his first save. Eugene starter Jesus Castillo took the loss at 2-3.

The biggest Volcano hit was Ryan Kirby's third home run of the season, which he hit in the second inning with Heath Quinn on base.

July 30: Hillsboro 6, Volcanoes 3

The loss meant a Hillsboro series win, but the Volcanoes played more effectively overall than they did in the first game of the series.

Two outstanding Salem-Keizer performances were by Bryan Reynolds, who had

three hits and two runs and made an assist from center field, and Henberger Medina, who pitched 3-1/3 innings of relief, striking out five and allowing only one hit and one walk.

The first Salem-Keizer run came in the first inning, when a double by Heath Quinn drove in Reynolds, who had singled. In the third, Manuel Geraldo doubled, Reynolds singled, and Quinn was hit by a pitch. A sacrifice fly by Gio Brusa scored Geraldo, and Reynolds scored on a ground out.

The Hops scored once in each of the first four innings and twice in the fifth. Josh Anderson hit a solo home run in the first.

Anfernee Benitez was the winning pitcher in relief at 3-4, Riley Smith got his second save, and starter Melvin

Adon took the loss for a 1-4 record.

July 31: Volcanoes 5, Hillsboro 1

This decisive win saved Salem-Keizer from a sweep and showed Matt Krook's prowess as a starting pitcher.

Krook, who went 5-2/3 innings for his longest start as a professional so far, had five strikeouts to one walk and allowed four hits. He was the winning pitcher with a 1-1 record.

All five Volcano runs came in the second inning. After Ryan Kirby doubled and Ryan Howard singled, Kevin Rivera singled Kirby Howard home. A double by Zack Bowers drove in Howard and Rivera. Ashford Fulmer singled, Bryan Reynolds' double drove in Bowers, and a single by Heath Quinn scored Fulmer.

Salem Health offering sports physicals

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tantly, sports physicals can also help spot rare conditions that could be life-threatening.

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TRACK, continued from Page 12

While his throws of 152-10 and 141-01 in the javelin and discus, respectively, were both better than any pentathlete age 30 to 83, Krause also

competed in each event individually. He placed third in the javelin and fourth in the discus.

"I'm a tweener," Krause said. "If you take my 200 time [26.08] and compare it against the guys my age that specialize in the 200, they'll smoke me. The big guys that can throw

farther than me, can't sprint. The guys that can sprint faster than me, can't throw. That's why it [decathlon] suits me."

Krause pulled a hamstring a month before the competition and decided to stop training.

"I said I may be in the worst shape imaginable but I'm going to be healthy so my goal was to make it to the end and be able to compete and do respectable. I wanted to score over 3,000 points and I did that."

His goal now is to break the U.S. record in his age group—3,639.

After college, Krause said he'd been stationary for 25-30 years when his wife, Karma, convinced him to try CrossFit with her.

He now works out five days a week at Mahoney CrossFit in Salem.

"I'm probably stronger now than I've ever been in my life," he said. "I was shocked by how weak I was [before CrossFit]. When you hit 40, you start losing muscle mass. This is the heaviest I've been in my life. Since joining CrossFit, I've gained about 20 pounds. My issue was not being fat. It was getting weak. I was withering. This will kick

your butt. Things that are easy usually don't make that much of a difference. It works because it's hard. This is a home atmosphere. People rally and take care of each other. When people are sick, they get together and are cooking each other meals. It's very much a community atmosphere. That's more important to me than how difficult the workouts are."

Krause also goes to the track to work on his throws and sprints two days a week, which he considers his days off.

He doesn't have an official track coach, but Karma, who competed in high school, helps.

Krause also studies the game, watching professionals and their technique.

"I've learned a tremendous amount," he said. "When I was in college, I was strong enough that I could muscle things and make it happen. I can't do that anymore. That's been very interesting. My discus has improved and my javelin has fallen off the cliff. As I've aged, I'm stronger but not nearly as flexible. You really start getting an understanding of what your body can do."

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