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Van Voorhis gets full ride to DePaul

By DEREK WILEY
Of the Keizertimes

With top three times in the 100, 200 and 400 meter races, Brendan Van Voorhis was already all over the McNary track and field record book.

Last week he continued to make his mark, becoming the first Celtic runner to sign with a Division-I program in 15 years.

Van Voorhis signed with DePaul University on Friday, April 14 in the McNary library.

“My coaches always talk about the kid that holds the record,” Van Voorhis said. “It would be cool if I could take that spot of the person they talk so highly of.”

He chose DePaul, a private school in Chicago, over similar opportunities at the University of San Francisco, Boston University and the United States Military Academy in West Point.

Van Voorhis visited all four schools and while San Francisco was equally enticing, DePaul ultimately gave him an offer he couldn't refuse—a full scholarship: 70 percent athletic and 30 percent academic.

“I pretty much liked them equally and San Francisco is closer. DePaul gave me more money,” Van Voorhis said. “I like the feel of Chicago. DePaul is right by Lake Michigan so it's super nice houses. I liked the kids. My host was really cool. The whole atmosphere was nice and it really made me want to be a part of their program.”

Van Voorhis began making his mark on the McNary program as a freshmen. Running with Brett Hildebrand, Anthony Nguyen and Kyle Torres, the 4x400 relay team finished second at the state meet in 2014.

The following year, Van Voorhis, Torres, Austin Brown and Riley Moore placed third in the state in the 4x100. Van Voorhis, Brown, Nguyen and Levi Timmons then took third in the 4x400 in 2016.

“I've been lucky with the kids that I've had on the track team with me since I've been a freshman,” Van Voorhis said. “I've had good influences. It's been a good time here at McNary and the track program here.”

Individually, Van Voorhis has placed sixth in the 400 at the state meet the past two



McNary senior Brendan Van Voorhis signed a national letter of intent in the McNary library on Friday, April 14 to run track at DePaul University in Chicago.

KEIZERTIMES/Derek Wiley

seasons.

“He's so talented so it makes it (my job) easy,” Mc-

Nary head track and field coach Franklin Gauntz said. “He's willing to try new

things. He's really coachable. He's just a great kid and a wonderful talent. He just

wants to be the best and you can't ask for anything more.” Please see DEPAUL, Page 11

Up in the air

McNary girls finish 1-2 in long jump

By DEREK WILEY
Of the Keizertimes

A friendly rivalry between two young gymnasts has moved to track and field and McNary High School is reaping the benefits.

When senior Alyssa Looney watched her teammate Courtney Giessinger long jump 17-00.05 at Oregon City on Saturday, April 15, she was not going to be outdone.

Looney went 17-02.75 to get within a quarter of an inch of the school record and win the Willamette Falls Invitational.

Ankle injuries kept Looney from jumping last season so it had been nearly two years since she went more than even 16 feet.

Her previous PR was 17-00.05 and her best this season was 15-07.5.

“It was a lot of motivation because my teammate (Giess-

inger) started jumping,” Looney said. “We've had friendly competition our entire lives and it really motivates both of us. She's one of my really good friends. I think it helps. I just smiled and laughed. My only goal was to get 16 and when I jumped 17 I just couldn't stop smiling.”

Giessinger, also a senior, is new to long jumping and has gotten better with each meet but her PR was 15-02.25, set on Wednesday, April 12 at West Albany.

“I don't really know how I did it,” Giessinger said. “The coaches were telling me how to finish my jumps because I wasn't doing that at first so that helped a lot. I was really shocked because my last jump at the last meet was 15 so to go to 17 was a lot. It was a big jump.”

Giessinger is also enjoying both competing against and learning from Looney, who



McNary seniors Courtney Giessinger and Alyssa Looney went 17-00.05 and 17-02.75 to finish second and first in the high jump at the Willamette Falls Invitational on Saturday, April 15 in Oregon City.

KEIZERTIMES/Derek Wiley

started long jumping at the end of her freshman year.

“We used to go back and forth in gymnastics together,

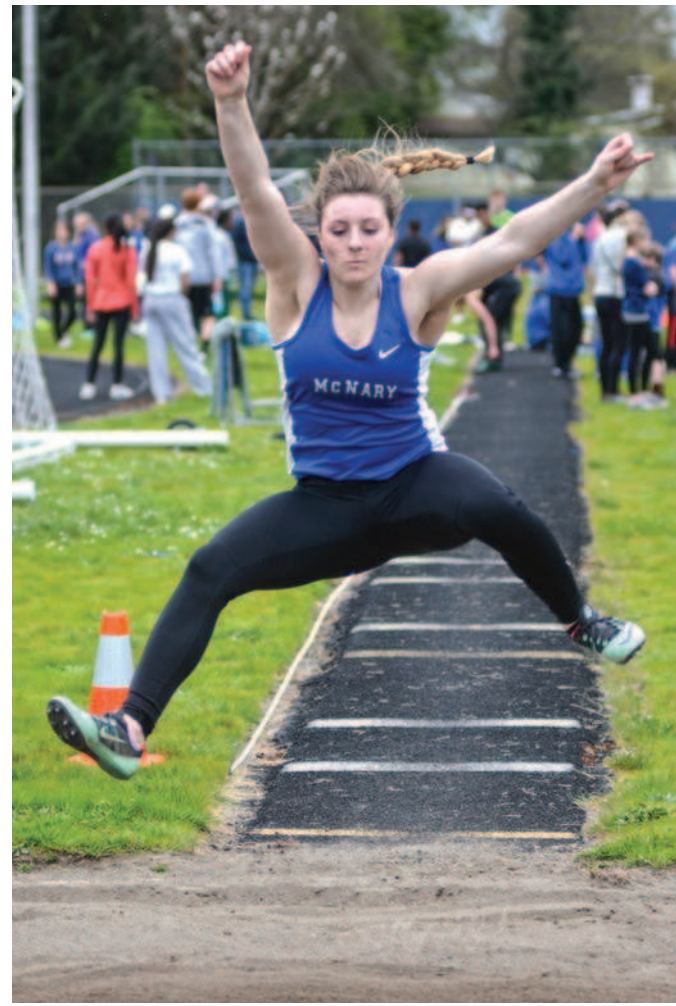
first and second, so us doing it together brought back the good old days.”

McNary head track and

field coach Franklin Gauntz noted the program hasn't had two girls go over 17 feet in the long jump in his tenure.

“Two girls going over 17 feet in the long jump is awesome,” he said.

Please see RIVALRY, Page 11



Lady Celts score record 20 goals

By DEREK WILEY
Of the Keizertimes

McNary's girls lacrosse team's second ever varsity win was one for the history books as the Lady Celts defeated West Albany 20-10 on Thursday, April 13.

The 20 goals are a record for the program.

“It was all mental,” McNary head coach Becca LaFramboise said. “We have the skill. Finally with the West Albany game, we were able to keep our energy up. We were able to keep our minds in the correct place to be able to use our skills in the way that we needed to.”

The Lady Celts were also able to control possession as

Carly Levario was moved to the draw and finished with seven goals in the victory.

“We had worked a lot at getting possession off of the draw,” LaFramboise said.

“We were able to tweak how we did the draw to help get possession and once we were able to get possession we were able to score because the problem has never been not being able to score, the problem has always been getting possession of the ball. Once we get down there, we can get it in.”

Marissa Dougal started the scoring with her first ever goal less than a minute into the game.

Levario then gave McNary a quick 2-0 lead less than four minutes into play.

Jessica Grimmer had five goals in the win. Katelyn Martinez and Ashley Setzer each added three goals. Savannah Bailey also scored for the Lady Celts.

“That was the other great thing to see is we did have a wide variety,” LaFramboise said.

“It wasn't all from the same three people. We had a good variety, which is amazing to have because the defense is kept on their toes.”

McNary improved to 2-5 with the win, which LaFramboise hopes leads to more victories.

“I think it will help with our mental game,” she said. “That was the biggest hold-back of their game because we have the skill. We just need to be confident in them. I think definitely with this win and they see how well we played together and as a team and that so many people scored a goal, I think that it will definitely help the girls realize that they do have the capability to win.”

McNary's next home game is Tue, April 25 at 6:30 p.m. versus Crescent Valley.

LaFramboise noted it will be a good test for the Lady Celts who have already fallen to Crescent Valley twice this season.



Carly Levario scored seven goals in McNary's 20-10 win against West Albany on Thursday, April 13.

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