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## McNary senior up for Oregon Sports Award

By DEREK WILEY  
*Of the Keizertimes*

A year ago, McNary senior Katelyn Lester “never in a million years” thought she would be invited to the Oregon Sports Awards show along with the best athletes in the state or up for the same honor that in 2015 went to former Ducks quarterback Marcus Mariota.

Last April Lester was diagnosed with mononucleosis and when the symptoms lingered for months she went to Doernbecher Children’s Hospital in Portland for more tests. Lester had a 104 degree fever, severe joint pain, migraines and doctors didn’t know why. A year later, they still don’t.

Due to fatigue, Lester gets out of school everyday at 12:45 and, except for a single serve to open the match on senior night, she wasn’t allowed to play volleyball.

But that didn’t stop Lester from contributing in other ways. One of those was keeping stats.

“It was definitely hard not



to play volleyball, just because it was my senior year but I was happy that I got to be part of the team in some way,” Lester said. “I still feel like I made an impact on the team. I went to all of the practices and all the tournaments and games and it was still cool to be a part of that.”

Lester also wanted to show people that even if you have an injury you can still be part of a team.

“You have the freshmen that come in and the program can be intimidating at first because you go from

middle school to high school and I wanted to help them get comfortable,” Lester said. “I’ve played with the girls on varsity for years now. I didn’t just not want to be part of that experience anymore.”

Lester has taken the same route with golf this spring, going to practices even though she can’t compete.

And it’s that mentality along with volunteering with OSAA that got Lester one of 12 Play It Forward awards.

The honor, presented by Nike and Providence Health and Services, went to two high school and two college athletes each season, fall, winter and spring.

Of the 12, one will be honored as the Play It Forward Athlete of the Year at the Oregon Sports Awards on June 18 at Nike’s World Headquarters in Beaverton and receive a \$2,500 scholarship.

On the same night, the top male and female athlete in each sport will also be announced.

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Submitted  
McNary senior Katelyn Lester will attend the Oregon Sports Awards on June 18 at Nike’s World Headquarters as one of 12 nominees for the Play It Forward award.

## Lady Celts 9-2 in GVC with five to go

By DEREK WILEY  
*Of the Keizertimes*

McNary head softball coach Kevin Wise chalked up the performance, a 12-5 home loss to West Salem on Monday, May 1, to an off night.

“Even in warmups, I don’t think the focus was there as much,” Wise said.

“We got up 4-1 and it seemed like we had it for a few minutes. I don’t know if we let off the gas at that point or what. We keep talking about when we get up like that, we’ve got the put the pedal to the metal.”

Wise also credited the Lady Titans, who cranked out 18 hits to score 12 runs.

“They play really well and they just hit the ball well,” Wise said. “There were a lot of their girls that we were trying to work around. It just didn’t work tonight and we made a few errors that were uncharacteristic. That’s probably the worst defensive game we’ve had. That all kind of plays into it. A team like that, you can’t keep giving them at bats because they’re going to hurt you.”

McNary pitcher Faith Danner shut out West Salem

for the first three innings and the Lady Celts went up 1-0 in the bottom of the third when Haley Ebner drove in Nadia Witt with a RBI single.

West Salem began hitting the ball in the top of the fourth but McNary was able to get out of the inning with a 1-1 tie thanks to two defensive plays by senior Hannah Carr.

With one out and runners at second and third, Carr made a catch in shallow center field to save at least one run and possibly a second. When a ball went through the legs of Ebner at first, Carr was there to back her up and run to first to make the tag to end the inning.

The Lady Celts then scored three runs in the bottom of the fourth to take a 4-1 lead.

Sabella Alfaro singled to center field to score Haley Bingenheimer. Alexa Cepeda then hit an infield single to the pitcher to drive in Alfaro and Nadia Witt.

Danner began to pitch behind in the count in the top of the fifth and West Salem made her pay, scoring four runs on six hits and a walk.

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McNary freshman Haley Bingenheimer slides in safe Monday, May 1 against West Salem.

KEIZERTIMES/Derek Wiley

## Giessinger breaks school record

By DEREK WILEY  
*Of the Keizertimes*

McNary senior Courtney Giessinger needed less than one track and field season or exactly seven meets to break a school record in the long jump that had stood for 23 years.

Giessinger went 17-06, three more inches than the record, in her second jump at the Nike/Jesuit Twilight Relays on Friday, April 28 at Jesuit High School in Portland.

She finished eighth in the meet that draws schools from Washington and Idaho as well as Oregon.

“I was really shocked because I knew the record was 17-03,” Giessinger said. “To beat it by that much was good because my goal was to beat it

by the end of the year. Coach just told me to just jump as high as I could and bring my knee up high and I guess that helped a lot. I watched a video of it and my form was better. I just keep working on my form and it keeps getting better and better.”

Giessinger’s next goal is 18 feet and a berth in the state meet at Hayward Field in Eugene.

Running in the 100 meters elite division, Brendan Van Voorhis finished sixth with a personal record of 10.92 at Jesuit.

“It was cool. I feel like my start wasn’t too good but I PR’d with a bad start,” Van Voorhis said. “It was a good experience to have and they gave

me free gear for being fast.”

Cambrain Partridge couldn’t stop smiling after breaking 100 feet in the discus for the first time this season on Wednesday, April 26 in a dual meet against McMinnville. She threw a PR of 104-02 to win the event.

“It was a good meet,” Partridge said. “It just felt right. I was nice and smooth, relaxed. I’m more comfortable at home now that we’ve got our new ring. Last year we didn’t have a ring so we practiced at different schools. It’s nice that we get to practice everyday here so it’s definitely an advantage.”

Partridge wasn’t as successful at Jesuit, where her best throw was 87-09 in tough conditions.

“The discus area wasn’t on turf so it was super wet and muddy,” Partridge said. “It was kind of like a swamp. You stepped in and sunk three inches. I was covered in mud. It made the ring really slippery so a lot of people were falling out and slipping.”

Tim Kiser won the boys discus on Wednesday, throwing a PR of 124-03. Caitlyn Kiefiuk Yates took first in the 100 hurdles in 17.41 at home and then PR’d at Jesuit in 16.68. Angie Martushev won the pole vault Wednesday in 8-06 and Van Voorhis finished first in the 200 in 23.15.

The Greater Valley Conference Championships begin Wednesday, May 10 at West Albany High School.



KEIZERTIMES/Derek Wiley

Courtney Giessinger went 17-06 in the long jump at Jesuit.