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## McNary lineman recovering from neck injury, concussion

### Area football teams not competitive

Tasked with reviving a sport with declining participation, an OSAA football ad hoc advisory committee began meeting last October.

In January, the 6A athletic directors then voted for a four-game league schedule.

The idea was the flexibility of playing five non-league games would allow teams to put together a more competitive schedule after 42 percent of games were decided by more than four touchdowns the year before.

Um... How's that working?

Three weeks in, Salem-Keizer schools are a combined 3-15 with McNary, Sprague, North Salem and McKay all 0-3. The Celtics have been outscored by 100 points.

Sprague? 51.

McKay, which thanks to the ad hoc committee, was allowed to play down to 5A, lost its first two games by 24 and 20 points.

The schedule doesn't get any easier this week.

West Salem, which itself opened the season with a 27-point loss at Lake Oswego but has since carried the flag for Salem-Keizer by blowing out Bend and handling Grant, hosts Sheldon.

McNary travels to Tumwater, Wash. while McKay and North Salem each play two of the top ranked teams in 5A.

Here are my picks:

#### Sprague at South Salem

One of the consequences of a four-game league schedule is two teams located four miles apart are playing each other in a non-league game. The good news here is a Salem-Keizer team gets a win. Of course the bad news is it also gets another loss. The Olympians have dominated this series the last two years, winning 48-7 and 58-12. However, Sprague, 0-3, is obviously not the same team. This game could really go either way. But I'll take the team that's played the more difficult schedule.

Prediction: Olympians 28, Saxons 24

#### McKay at Lebanon

Playing on Thursday night due to the referee shortage, the Royal Saxons nearly got their first win last week, falling to South Albany by four points. Next, McKay gets Lebanon, fresh off a 37-36 loss in a heavy-weight battle against undefeated Silverton. While the Royal Scots showed progress, they are not ready to knock off one of the best teams in 5A.

Prediction: Warriors 37, Royal Scots 14

#### Silverton at North Salem

The Vikings have been close the past two weeks before falling off in the second half. A win should be coming soon but not against the Foxes, who are on a roll.

Prediction: Foxes 50, Vikings 21

#### Sheldon at West Salem

A win by the Titans would go a long way in bringing some respect to Salem-Keizer football. It would also show that West Salem is a serious threat to compete for the 6A state title. But the Irish, featuring two of the top players in the state in quarterback Michael Johnson Jr. and tight end Patrick Herbert, have owned West Salem, winning 41-7 and 35-8 the past two seasons.

Prediction: Irish 38, Titans 21

#### McNary at Tumwater, Wash.

Here's what I know about Tumwater: The T-Birds played for the 2A state championship last season and at 3-0 are currently ranked No. 1 in the classification. With more than 1,200 students, Tumwater would compete in 6A if it were located in Oregon. On offense, the T-Birds run the wing-T, which McNary will be familiar with from playing North Salem. In junior Dylan Paine, Tumwater has a running back who rushed for more than 1,800 yards and 24 touchdowns last season. McNary's schedule should eventually get easier but not yet.

Prediction: T-Birds 40, Celtics 27

Derek Wiley is Associate Editor of the Keizertimes.

Last week: 4-2, Overall record: 11-7



McNary senior Wyatt Sherwood was back with the varsity football team, on the sideline, Friday, Sept. 14.

By DEREK WILEY  
Of the Keizertimes

While he's still weeks away from returning to the football field, McNary senior Wyatt Sherwood was standing on the sideline Friday and back at school on Monday.

Sherwood suffered a neck injury and concussion run blocking at West Linn on Friday, Sept. 7. Early in the third quarter, Sherwood had his defender on the ground when McNary running back Junior Walling was tackled into him, bending his head back.

"You can't really see it on film but that's how we're presuming it happened," Sherwood said. "I think I kind of blacked out a little bit because I can't really remember much of that play. There was some pain in my neck but a lot of numbness. My legs felt a little different. I couldn't move them at first but then I could. When they stood me up, my extremities all went numb and that's what really kind of scared me."

Sherwood was carted off the field, placed in an ambulance and taken to Oregon Health and Science University in Portland, where it was determined he had swelling in his C5, 6 and 7 vertebrae and spinal canal. After spending Friday night at the hospital, he was released Saturday at 5 p.m.

Sherwood tried to go to school the

following Tuesday.

"I didn't really do well because the lights really hurt," Sherwood said. "I had a pretty good concussion at that time."

A week later, Sherwood was feeling much better.

Sherwood has always been a lineman, although an undersized one. He played offensive tackle at 185 pounds last season.

"I had to prove myself there against some big guys, some 300 pound guys," Sherwood said. "It was difficult but I held my own."

With the goal of getting up to 220, Sherwood spent the offseason in the weight room and eating more protein. By the start of this season, Sherwood, who also grew two inches, weighed in at 245.

"I'm bigger and stronger. I feel faster," Sherwood said. "I can hold my own against guys and I can take guys, too."

Sherwood, who also plays on the defensive line for the Celtics, looks forward to returning to the field.

"I plan on coming back sometime," he said. "I'm thinking two weeks from now, maybe less. I'm not sure yet. It will be kind of different. I might be a little more cautious with things than I was before. I might not use my head as much as I used to. I'll be wearing a cowboy collar to keep my head from going back again like that to prevent that injury again."

## Celtics on fire entering league play

By DEREK WILEY  
Of the Keizertimes

McNary boys soccer coach Miguel Camarena set a goal to be in the top 10 of the OSAA power rankings at the end of non-league play.

With a 1-0 win over Gresham on Monday, the Celtics accomplished that, rising to No. 4.

McNary's next goal, a league championship, begins Tuesday, Sept. 25 when the Celtics host West Salem to open Mountain Valley Conference action.

"Every conference game is always a challenge because you know everyone," Camarena said. "Our kids are ready. I'm excited."

McNary finished the preseason 4-1-2 with the only loss coming at No. 1 and undefeated Lake Oswego.

Senior Jesus Lopez said the loss was a wakeup call.

"After our first loss, we started to pick it up a bit and we realized we can't take another loss," said Lopez, who scored McNary's only goal against Gresham, heading a corner kick off a Gopher defender and into the net.

"As I was going up towards the ball I tripped on the other player," Lopez said. "I tried to head it and it rebounded off the other player and went in."

After scoring just one goal in each of its first three games, two ties and a loss, the Celtics scored 10 in its next four, all wins.

"We create so many opportunities and in the first two or three games we missed those goals and now we're scoring in every game," Camarena said.

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**ATHLETE**  
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## Booster Club to honor Beacons, raise money for participation fees



Kim Phillips

By DEREK WILEY  
Of the Keizertimes

Kim Phillips, one of 10 individuals who will be honored on Oct. 6 by the Salem-Keizer High School Sports Booster Club, coached at McNary for 34 years.

But she almost didn't make it more than one.

"It was a time when they were going to be moving people and I didn't want to move so they needed a coach for another sport (track), so I did for a season to keep my job," Phillips said.

While Phillips main sport was swimming, she never

stopped stepping up when McNary needed another coach. She was the head coach of the varsity volleyball program from 1982 to 87 and then girls golf for 18 seasons from 1994 to 2011.

Phillips coached notable swimmers Seth and Martin Pepper—an NCAA champion and qualifier for the Olympic trials and an NCAA champion, respectfully, Jake Palmer—a state champion and Amber Boucher, who participated in the 2012 U.S. Olympic Team Trials.

On the golf side, Phillips coached two individual state

champions—Jerilyn White and Rebecca Kim.

Her girls swim team finished third at the state meet and the girls golf team placed second in 2005, missing the state championship by just two strokes.

Also a P.E. teacher for 34 years, Phillips saw the benefits of being a student athlete.

"They learned how to work together, winning and losing isn't everything, perseverance, especially for some of those kids that weren't very good when they first started and stuck with it," Phillips said.

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