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# KeizerSports

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## McNary to host state champions

By **DEREK WILEY**  
*Of the Keizertimes*

Two defending state champions, Roseburg in 6A and Dallas in 5A, are coming to McNary as the Celtics open wrestling season on Friday, Nov. 30 with the Jerry Lane Invitational.

"They're tough, top of the line," McNary head coach Jason Ebbs said. "We like wrestling them. We like setting the bar. We like believing that's the level we're going to reach and beyond."

Ebbs has been impressed with what he's seen in the McNary wrestling room.

"I'm seeing a better focus in the kids and I'm just seeing a better confidence in them," Ebbs said.

"We're going through drills faster. They're catching on a little faster."

As usual, he just wishes there was more of them.

"With a school of 2,000 kids, all I want is 10 percent," said Ebbs. "If we can get 200, we're doing our job right. We're just trying to make wrestling accessible to everybody. We're looking for kids to take on the challenge and to

grow."

McNary had a little over 60 attend the first week of practice, which Ebbs called "on the good side of typical."

"We're bringing out a nice solid young group of kids," Ebbs said. "We've got a little bit bigger freshmen group. It's the first group that had a chance to wrestle three years in middle school."

The Celtics are led by senior Enrique Vincent, who has won back-to-back district championships and placed third in the state at 120 pounds as a sophomore and fourth at 126 as a junior.

"I'm excited because it's my last year," said Vincent, who weighed in at 140 pounds to open the season and hopes to improve his technique and cardio.

McNary junior Nicolette Parra leads a small group of girls.

Parra, who has wrestled since middle school, won the Sierra Nevada Classic in Reno last season and then placed fourth at the girls state tournament.

Surgery to repair a broken knuckle kept her from wres-



KEIZERTIMES/Derek Wiley

Wrestling at 106 pounds, Grady Burrows finished fourth in the district and competed at the state tournament as a freshman. The Celtics open the season Nov. 30 at home in the Jerry Lane Invitational.

ting much in the offseason.

"I was doing a lot better than I thought I would," Parra said of the first week. "I was

wrestling with some people that I had a hard time with last year and it's been a lot easier than I thought it would be."

While Parra enters her junior year more confident, she also knows she won't sneak up on anyone.

"I know what I'm capable of now but also people know my name now," Parra said.

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KEIZERTIMES/Derek Wiley

Jordan Graneto, a McNary graduate and former assistant coach, is the head boys basketball coach at Sprague.

## McNary grad takes over Sprague hoops program

By **DEREK WILEY**  
*Of the Keizertimes*

Jordan Graneto was voted the Greater Valley Conference's boys basketball assistant coach of the year after McNary won the league title last season.

But it was his experience as a player, where he won two league championships with the Celtics, that attracted Graneto to coaching.

He wanted to be like Jim Litchfield and Erik Jespersen, his varsity and JV coaches at McNary.

"I was on two really good teams when I was in high school," Graneto said. "I just grew up around those guys (Litchfield and Jespersen) and they were the inspiration for me wanting to become a teacher and a coach. I loved basketball and those two were role models for me growing up."

After graduating from McNary in 2009, Graneto earned a scholarship to play basketball at Corban University. After two seasons, Graneto stopped playing to become a volunteer assistant at Sprague.

Right out of college, Graneto got his first teaching job at North Salem, where he was the JV coach.

At just 22-years-old, Graneto was then named the head varsity coach at North Salem.

But after two years he decided to return home and accepted a teaching position at McNary, where he was also the JV coach and assistant varsity coach under Ryan Kirch.

"It's always different going from being in charge of an entire program to being someone's assistant," Graneto said. "Ryan does a really good job and he gave me a lot of responsibility that I had control over with the varsity and JV team. I learned a lot from the different ways that he runs it."

With Graneto as an assistant, the Celtics had two of their best seasons in the program's history, winning 20 games last season and 19 the year before.

"The last three or four years are some of the best teams in McNary's history," Graneto said.

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## Lady Celts young but experienced

By **DEREK WILEY**  
*Of the Keizertimes*

McNary's seven sophomores, five of which played on the varsity as freshmen, spent last season getting out the nerves.

"At the beginning of last year I was terrified because being a freshman and starting I didn't want to disappoint my team," point guard Leah Doust said.

Now, the young Lady Celts are ready to ball.

"I just feel more comfortable because this is my group now," Doust said. "A lot of our team is sophomores this year and we've been playing together for as long as I can remember. I feel like we have really good chemistry and we play well together. It should be fun."

Thanks to the varsity minutes played last season, McNary will be young but not inexperienced.

"Normally when you have seven sophomores, almost everyone is new to varsity but we've got three of them ((Doust, Mackenzie Proctor and Kennedy Buss) that played quite a bit last year," McNary head coach Elizabeth Doran said. "It helps a lot. When you're dealing with young kids, the first time they're playing varsity, there are a lot of nerves and there's no way you can resolve that other than playing more minutes and that's good that a lot of the sophomores have quite a few minutes under their belts"

Proctor gives the Lady Celts an outside shooting presence while Buss will provide toughness.

Rebekah Grimmer, another sophomore who played varsity last season, can shoot and play inside.

McNary returns two seniors in Abbie Hawley, who

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KEIZERTIMES/Derek Wiley

ABOVE: Senior Sabella Alfaro returns for McNary this season. BELOW: Leah Doust started at point guard as a freshman.

