

Cowapa All-League girls soccer team announced

The Cowapa All-League girls soccer team is loaded with players from Scappoose and Valley Catholic, following another successful year for the league.

Coach of the Year Rebekah Kurle of Scappoose led the Indians to their second state championship in three years last week. The Cowapa Player of the Year award went to Scappoose senior Lucy Davidson, who was joined on the first team by four of her teammates.

Valley Catholic — state champions in 2013 and 2014 — had six players selected to the first team.

Astoria had three players named first team all-league, including juniors Daniela Garcia and Jenna Rudolph, and sophomore Lexis Law, one of two first team all-league goalkeepers.

Senior Megan Bergeron and sophomore Claire Albright were selected honorable mention.

Seaside also had three players on

SCOREBOARD

GIRLS SOCCER

Cowapa All-League

Player of the Year: Lucy Davidson, Scappoose

Coach of the Year: Rebekah Kurle, Scappoose

First Team

Lucy Davidson, Sr., Scappoose

Lizzie Barnes, Jr., Seaside

Reilly Blood, Sr., Valley Catholic

Taylor Browning, Sr., Tillamook

Daniela Garcia, Jr., Astoria

Lauren Hill, Jr., Banks

Eleanor Jones, Sr., Scappoose

Aubrey Kimmel, Sr., Banks

Kate MacNaughton, Fr., Valley C.

Taylor Menkens, So., Valley C.

Natalie Muth, Sr., Scappoose

Jenna Rudolph, Jr., Astoria

Ariel Slifka, Sr., Banks

Cassie Streblov, Sr., Banks

Regan Torres, Sr., Valley C.

Sophie Trevino, Sr., Seaside

Madison Verzino, Sr., Scappoose

Whitney Westerholm, Sr., Seaside

Lauren Whisenhunt, Fr., Scappoose

Meredith Woolverton, Sr., Valley C.

GK: Lexis Law, So., Astoria

GK: Noelle Mannen, So., Valley C.

Honorable Mention

Claire Albright, So., Astoria

Bryre Babbitt, So., Seaside

Megan Bergeron, Sr., Astoria

Jessi Beyer, Sr., Valley Catholic

Mackenzie Ela, So., Scappoose

Annika Filip, Sr., Valley Catholic

Samantha Pestner, Jr., Banks

Aspen Slifka, Fr., Banks

Ragen Whisenhunt, Sr., Scappoose

Alie Zagata, Sr., Seaside

the first team: seniors Sophie Trevino and Whitney Westerholm, and junior Lizzie Barnes.

Senior Alie Zagata and sophomore Bryre Babbitt were selected honorable mention.



Daily Astorian/File Photo

Astoria sophomore Lexis Law was one of two Goalkeepers of the Year in Cowapa League girls soccer.

Gabbert provides 49ers' offense new look against Seahawks

By CHRIS BIDERMAN

Associated Press

SANTA CLARA, Calif. — Having not won in Seattle's CenturyLink Field since 2011, the San Francisco 49ers are hoping a change at quarterback can spark their struggling offense against the Seahawks.

It will be Blaine Gabbert under center for San Francisco (3-6) for the second straight game after he helped the 49ers beat the Falcons 17-16 in his first start since 2013 with Jacksonville.

"He successfully ran the offense," Seattle cornerback Richard Sherman said. "He got them down the field, he made some great decisions in terms of running and passing the football. Obviously, there were some mistakes in there as well. But to come off the bench and beat the Falcons, it was a great performance."

Gabbert finished with 185 yards on 15 of 25 completions with two touchdowns and two interceptions. He was effective with his legs, running for 32 yards on eight carries, including a designed 5-yard run just outside of two minutes remaining for a first down that helped seal the win.

This week, Gabbert's test is drastically more difficult in a stadium considered one of the toughest on visiting teams.

"It's going to be loud, we know that," Gabbert said. "In these stadiums where it is extremely loud, you really have to focus one play at a time because if you don't hear a call, you don't hear the play, one or two guys aren't going to be on the same page and that's the difference between winning and losing games."

Despite the 4-5 record, the Seahawks still boast the league's second-ranked defense in both total yardage and passing yards.

Since the win over Atlanta, Gabbert had a bye week to



Ben Margot/AP Photo

San Francisco 49ers quarterback Colin Kaepernick (7) and quarterback Blaine Gabbert (2) warm up before an NFL football game against the Seattle Seahawks in Santa Clara, Calif., Oct. 22.

become more acclimated to his new role as starter after the struggling Colin Kaepernick was benched.

In Kaepernick's last three starts against Seattle, the 49ers were outscored 56-13 while he failed to throw a touchdown pass, including in a Oct. 22 loss at Levi's Stadium, 20-3.

The previous time the

49ers beat the Seahawks on the road, their starting quarterback was Alex Smith, who Kaepernick replaced midway through 2012 before leading his team to a Super Bowl appearance.

Kaepernick hasn't played up to lofty expectations this season. Prior to his benching, the 49ers' offense ranked last in both yardage and scoring

by significant margins.

Given the way the league operates, Sherman isn't surprised he won't be going against Kaepernick on Sunday.

"Football's a crazy game," Sherman said. "It's who's playing well at the time, at the end of the day. Who would have thought when they were playing

well and Alex Smith was out there, that a year later Alex Smith would be gone from San Francisco and Colin Kaepernick would be their guy? Things like that happen in football and you just got to roll with the punches."

49ers coach Jim Tomsula would not commit to Gabbert as the starter beyond Sunday's game, leaving open the

possibility of Kaepernick returning to the lineup.

"I liked the way (Gabbert) handled the game. I liked the way he played the game, and I want to move forward with Blaine and we'll go from there. That's all I have for you going into this game," Tomsula said.

AP NFL website: <http://pro32.ap.org/dailyastorian>

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