

BOYS BASKETBALL

Big lineup has Astoria ready to compete

By GARY HENLEY
The Daily Astorian

The Kevin Goin era of Astoria boys basketball managed to get off the ground last season ... even if it only hovered around like a U.S. Coast Guard helicopter.

Following a few tough years for the Fishermen, Goin came to the rescue last season, as he tried to turn a program around that had gone 5-19 overall the year before and had lost most of its talent.

Heading into the 2015-16 season, Goin has his system in place, along with three all-league returners as the Fishermen look to improve on last year's 9-15 record.

And right off the top, Astoria should be much better in Year No. 2 of the Goin era.

THE COWAPA

It's hard to get anywhere when you live in the "Conference of Champions."

Like several other sports at the 4A level, boys basketball is the home of a defending state champion, following a state title won last year by Scappoose.

The Indians lost a load of talent to graduation, but Scappoose is always contending for a league title. And so is Seaside, which is ready to make another strong run at the state tournament.

"We had a really good league last year," Goin said. "We had four of the final 16. We really



Joshua Bessex/The Daily Astorian

Kyle Strange was all-league last year and looks to lead Astoria this season.

ASTORIA BOYS

Coach: Kevin Goin, 2nd year

2014-15: 9-15 (3-7 Cowapa)

Playoffs: None

All-League Losses: None

All-League Returners: Morgan Fruht, Sr.; Derek Jarrett, Sr.; Kyle Strange, Jr.

proved out to be one of the better leagues.

"Scappoose lost quite a bit, but Seaside brings almost everybody back, and they should be real tough. Tillamook is always good, even though they lost some guards (including Player of the Year Zane Wright).

"As usual, everything will be pretty competitive, and on any given night you could get a win," he said. "Seaside has to be the clearcut favorite. They have their guards back ... that group is all a year older, and I definitely think they're the ones to beat."



Joshua Bessex/The Daily Astorian

Morgan Fruht is one of seven players on this year's roster listed as over 6-foot tall.

THE FISHERMEN

A year older, a year wiser, taller, bigger, stronger ... the team has more depth ... what more could Goin ask for?

"It's nice to not have to start from scratch," he said. "We have good numbers, with a really big freshman class. I'm real excited

about the varsity level."

For one, "We're a lot deeper than we were last year. We've got guards. Having Ole Englund (Jr.) back helps, Fritz (Fremstad, a junior who suffered a shoulder injury in football) should be ready by mid-December. Clay Williams (hamstring injury),



should also be back by mid-December."

The Fishermen will likely be the biggest team in the Cowapa.

"We're really big, with Ryan Palek (Jr.), Jackson Arnsdorf (Jr.), Morgan Fruht (Sr.) and Rory Loughran (Sr.) — four kids who are 6-4, and Derek Jarrett (Sr.) is 6-5 or 6-6. Clay Williams (Sr.) is 6-2; Alex Burchfield (Jr.) is 6-1 and plays a lot bigger. We've really got a lot of size."

The significant returners are all-leaguers Kyle Strange (Jr.), Fruht and Jarrett.

Strange played football, while "Derek and Morgan have really spent of lot of time in the weight room. They are significantly different kids, physically," Goin said. "Having Kyle and Ole back ... we really have some depth and more guard play than we've had in a long time."

Other players on the Astoria roster include guards Kyle Meisner (Sr.), Jasyn Gohl (Jr.) and Cade O'Brien (Jr.).

GIRLS BASKETBALL

New attitude could lead to big season for AHS girls

By GARY HENLEY
The Daily Astorian

Mike Jacobson's first year as the Astoria girls basketball coach didn't go exactly the way he wanted — at least in wins and losses.

Injuries were largely to blame for Astoria's 2-8 finish in league play, which did not reflect the team's season, nor its future.

The Lady Fishermen advanced to the second round of the league playoffs before they were eliminated, and with all-league caliber players returning at every position, the 2015-16 season promises to be a lot more productive.

Not to mention it will be Jacobson's second year with the program. And he only needs one year to turn it into a winner.

THE COWAPA

It's tough at the top — that's all you need to know about Cowapa League girls basketball.

"I'm sure it will be Valley Catholic, Banks and Seaside," Jacobson said. "As long as Valley didn't get any new players, it should be those three in no certain order. And we should be right in the middle. We thought we should have been last year."

He added, "Banks didn't lose many. They should have the best chance to win league."

THE LADY FISH

It will be largely the same cast as last year for the Lady Fishermen, only healthier.

"Sickness and injuries really got us," Jacobson said. "It's only been a week-and-a-half of practices, but the whole attitude has changed. They're just more into it, and they know what to expect.



Joshua Bessex/The Daily Astorian

Rylee DeMander is part of a deep and talented junior class for Astoria.

It's just a better vibe the coaches are getting from the kids."

Seniors Mykka Abrahams, Chloe Hunt and Taylor Mick-

le enter their final seasons of Astoria basketball, while a deep



Joshua Bessex/The Daily Astorian

Kaylee Mitchell is entering her second varsity season and should play a prominent role on the floor.

ASTORIA GIRLS

Coach: Mike Jacobson, 2nd year

2014-15: 10-16 (2-8 Cowapa)

Playoffs: Defeated Scappoose (32-23), lost to Banks (25-43) in league playoffs.

All-League Losses: None

All-League Returners: Chloe Hunt, Sr.

and talented junior class returns Ashlee Dalton, Rylee DeMander, Kaisa Israel and Alexis Wallace.

Israel had foot surgery, and will be released the beginning of January to start playing, Jacobson said. Mickle missed much of last season with a concussion.

Sophomore Kaylee Mitchell enters her second varsity season, and should play a prominent role on the floor, while a couple new additions should help with the team's depth.

Junior Anna Gimre, who

played at Liberty High School last year, returns to Astoria; while the Lady Fish picked up McKailyn Rogers, a sophomore transfer from Knappa.

"We'll be a better team all around," Jacobson said. "For the most part, we'll be able to handle the ball pretty well. And we're pretty athletic with that first seven or eight kids, so I'm hoping we'll use that to our advantage."

Jacobson will be assisted by Marla Olstedt and Nikki Jacobson.

GO!
FISHERMAN

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