

Astoria Baseball: Ready for another big season

By GARY HENLEY
The Daily Astorian

The Astoria Fishermen beat Scappoose two out of three games in the regular season last year, and finished with a 13-2 league record. Astoria also earned the Cowapa League's No. 1 seed, with the tie-breaker over the Indians.

Yes — the same Scappoose Indians who went on to win the Class 4A state championship.

Such is life in the "Conference of Champions."

The 2016 season promises to be another standout year in Cowapa baseball, with the familiar Purple & Gold leading the way.

And will the third sport be the charm for the Cowapa? Scappoose lost the state title game to Cascade in football, and Seaside lost the boys basketball state championship to Philomath. It could be Astoria's turn at the plate, literally.

THE COWAPA

The Fishermen are back in their usual spot as league favorites — bigger, better and a little deeper on the mound than last season.

Astoria will still face challenges from the usual suspects. And right away.

"Our first four league games are 'Poose twice and Valley twice,'" said coach Dave Gasser. "Valley's got most of their guys coming back, and they've got a nice shortstop/right-handed pitcher. They're not bad. And Banks is good."

Astoria's only two league losses last year were to the Indians and the Braves.

THE FISHERMEN

The lineup is as solid and experienced as it's been in years. Infield, outfield, pitching, behind the plate ... and many of those same players will be back next year.



Photos by Joshua Bessex/The Daily Astorian
Junior Fridtjof Fremstad is one pitcher the Fishermen will rely on this year.



Astoria's Cade O'Brien slides back to first during a game against Scappoose.

"We didn't lose a whole lot, from a team that could have won a quarterfinal game last year (Astoria lost a 12-10 playoff at Hidden Valley)," Gasser said. "There's no confusion that we're trying to be a semifinal team."

"Our key," he adds, "is to make sure we pitch well

enough to be a playoff team."

The Fishermen will certainly be in the post-season mix. With senior Carter Wallace (Cowapa League Player of the Year) and junior Fridtjof Fremstad, plus others, "our pitching is a little deeper than it's been," Gasser said. "We have Jackson Arnsdorf

(Jr.), a 6-4 lefty; and Ryan Palek (Jr.), a 6-4 righty. We have a little more pitching, and we should be solid defensively." Sophomore Tyler Lyngstad has already made significant contributions on the mound.

The return of junior Olaf Englund from an injury will

ASTORIA BASEBALL

Coach: Dave Gasser, 9th year
2015: 21-6 (13-2 Cowapa)
State Playoffs: Defeated Estacada, 11-2; Lost at Hidden Valley, 10-12
All-League Losses: Kai Brown, Nick Scott
All-League Returners: Carter Wallace, Sr. (MVP), Fridtjof Fremstad, Jr.; Ryker Helmersen, Jr.; Kyle Strange, Jr.



Senior Carter Wallace is a returning Cowapa League Player of the Year.

also solve a lot of problems, said the coach.

"The beauty of getting Ole back, and him having the ability to play both shortstop and second, settles us down a lot when Fritz pitches."

At first, the Fishermen can put Arnsdorf or Palek, with Englund and Fremstad in the middle, and junior Kyle Strange at third base.

Junior Samboy Tuimato can play either infield or the outfield ("I can see him playing second base when Fritz pitches, and Olaf swing to short," Gasser said).

Junior outfielder/pitcher Cade O'Brien is a solid defensive player and a clutch hitter at the plate; and Lyngstad can also play the outfield.

"We have experienced people at every spot in the infield; a two-year starter at catcher (senior Ryker Helmersen); so from an infield perspective, that should be a strength, no question about it," Gasser said.

Other contributors include junior catcher Jasyn Gohl; sophomore infielder Trey

Hageman, who had two hits in two swings in the season opener; and junior outfielder Jared Lucore.

Astoria baseball had a rare late start, with the boys basketball team advancing to and playing all three days in the state tournament.

"It's a pretty quick turnaround," Gasser said. "We're as ready as we can be."

"I have a bunch of guys who don't like to lose, and I just hate it. But despite that, I want to put ourselves in a position in the preseason to give the kids a good idea of what we need to work on."

"The teams we're playing out of the shoot, we'll be very fortunate to be 2-3 after five games (Astoria was 2-3 after five). In the long-term, we'll be better off from them making that deep run in the state tournament."

Prediction: "Tradition Never Graduates" is the motto for Astoria sports. And Fishermen Baseball tradition is filled with Cowapa League titles. The tradition continues ... **League Champions.**

Chloe in the Hunt for Astoria girls golf

By GARY HENLEY
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In Cowapa League girls golf, fielding a complete, tournament-eligible team is half the battle.

The Astoria girls have apparently won that battle, as the Lady Fishermen have five golfers on the roster as they head into the 2016 season.

Most are young, but at least they're there.

Astoria has a senior who will be one of the top individuals in the league, along with four other golfers with varying degrees of experience on the course.

The Fishermen finished 2015 sixth out of 13 teams in the Regional tournament, won by Crook County. Astoria was third in the district meet the week before, behind Scappoose and Valley Catholic.

THE LADY FISH

One of two returners on head coach Chris Hunt's roster also happens to be his daughter, senior Chloe Hunt.

The volleyball/basketball standout (headed to Evergreen College to play volleyball) was all-league last season, finishing 16th out of 37 golfers in the Regional tournament. Hunt was fourth in the Cowapa League championships, seven strokes behind medalist Syrira Revis of Scappoose.

Astoria's other varsity



Photos by Joshua Bessex/The Daily Astorian
Astoria's Arthur Clark III is a returning junior on the golf team.

returner is sophomore Sadie Wooldridge.

"Sadie made big improvements over last season and will continue to get better, as she has a great attitude for golf," coach Hunt said.

Rounding out the roster will be junior Kristen Travers, and freshmen Samantha Hemsley and Jenna Travers. Hemsley has Junior Golf experience, while the Travers sisters are beginners.

"Samantha is a great athlete who will do really well as she gains experience in competitive golf," Hunt said. "Kristen and Jenna are just learning the game, but show great coachability and attitudes."

THE COWAPA

Scappoose lost its top three golfers to graduation and will have a new coach, "but they seem to find some good young talent every year," Hunt said.

"I see Valley Catholic as the team to beat in league — they have the most returnees, and one of the regional contenders. Seaside, Scappoose and us will be very similar. We all have some experienced golfers to combine with newcomers."

Individually, "Chloe will be one of the top golfers in the league, along with Caroline Kotson from Seaside (placed 13th at Regionals) and Matti Thurman from Valley Catholic (11th at Regionals)," he said.

ASTORIA BOYS GOLF

Astoria boys golf is rebuilding in every sense of the word, as the Fishermen enter a new era.

Former Astoria golfers Kevin Goin and Steven Davis will share the coaching duties, for a team that has 12 golfers on the current roster — but only two returners.

Goin and Davis are replacing Dan Foss, who stepped down following last season.

Astoria's young 2015 squad finished fifth out of six teams in the Cowapa League championships, then placed sixth out of 11 in the Regional tournament.

In addition to his accomplishments in two years as the Astoria boys basketball coach, Goin also has a successful record as a golf coach and golfer under former coach Miles Branden.

Goin ran a successful girls' golf program at West Salem, which produced several Division I golfers, including Ashlee Pickerell, currently at Oregon State.

Davis also golfed for Branden, and was part of Astoria's second-place squad at state in 1990, fourth place in 1988 and '89.

Astoria's current roster includes two junior returners — Arthur Clark III and Kirk Faussett Jr.



Daily Astorian File
Astoria's Chloe Hunt is hoping (and hopping) for a big senior season on the golf course.

Clark finished 32nd out of 55 golfers in the Regional tournament with a two-round score of 199, while Faussett tied for 22nd in the league championship tourney.

The Fishermen have two seniors, Cole Keyser and Kyle Meisner. In addition to Clark and Faussett, the junior class includes Sergei Davis, Andy Justo, Ron Schumacher, Hunter West and Brian Wilder; and freshmen Conner Long, Taylor

Palmberg and Joe Scott round out the lineup.

THE COWAPA

Like a handful of other sports, Cowapa League boys golf includes yet another defending state champion, as Seaside seeks a third straight state title.

The Gulls lost several key seniors, however, and the race for the league title is up for grabs.



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