

# Astoria hopes to challenge Banks, Scappoose



Photos by Danny Miller/The Daily Astorian

Astoria's Fridtjof Fremstad makes a run as the Astoria football team practices Aug. 16 at CMH Field.



Astoria Football Head Coach Howard Rub talks to his team as the Fishermen players practice at CMH Field earlier this month.



The Astoria football team takes to the field to prepare for the fall season at CMH Field in Astoria.



Astoria's Dylan Matteucci completes a catch as the Astoria football team practices at CMH Field. More photos online at [www.dailyastorian.com](http://www.dailyastorian.com)

By GARY HENLEY  
The Daily Astorian

If they played 7-on-7 full-time, the Astoria Fishermen would rule the world. Or at least the Oregon 4A part of it. The Fish usually dominate the off-season 7-on-7 stuff, as well as the "Linemen Challenge," at Camp Rilea.

They did again this summer, and head coach Howard Rub is hoping that translates to success this fall.

The Fishermen had another great offseason, and after playing in their first state playoff game last year for the first time since 2010, Astoria is looking for a return to the tournament, with one of its most talented, experienced lineups in years.

## The Cowapa

Coach Howard Rub enters his 17th year at Astoria, one year behind Sean McNabb's 18 years at Scappoose.

The rest of the league features a bunch of newcomers.

Banks, Seaside and Valley Catholic all have new coaches, while former Fisherman Kye Johnson is in his second year as the Tillamook coach. Former Astoria assistant Cole Linehan is the head coach for the Braves, while Ben Buchanan moves to an assistant coach position.

"You expect Scappoose and Banks to be in the thick of things, like normal," Rub said. "Tillamook will be better in their second year under coach Johnson."

"Seaside is in a transition with a new coach (Chad Smith), Valley Catholic has a new coach (Nick Hegwood), and they're always intriguing, being a private school with no JV team. You don't what they're going to have, personnel-wise."

In other words, the Cowapa could be up for grabs, with no clear favorite. The league title "will come down to the end, I really believe that," Rub said.

## The Fishermen

Astoria lost a pair "C-Dub's" off the first-team all-league offense, running back Carter Wallace and center Clay Williams.

The Fishermen also lost some first-team defenders — linebackers Wyatt Dietrich and Clay England, and defensive back Ryker Helmersen.

Still, Astoria can win with defense in '16. Rub liked what he saw in a recent full-contact scrimmage.

## ASTORIA FOOTBALL

**Coach:** Howard Rub, 17th year

**2015:** 6-4 (3-2 Cowapa)

**State Playoffs:** Lost at North Bend, 12-37

**All-League Losses:** Carter Wallace, Clay Williams

**All-League Returners:** Fridtjof Fremstad, Sr. (QB), Kyle Strange, Sr. (DB), Samboy Tuimato, Sr. (LB).

"Defensively we looked real solid," he said. "Tyler Lyngstad looked legit as an inside backer. He was an all-league D-end last year. He's a real solid defensive player."

With the graduation of Dietrich and England, "that's partly why Tyler had to move to the middle. He and Samboy Tuimato look great, and Cole Olson (Sr.) is new to the mix."

And of course the Fishermen offense, as always, likes to throw a little bit of everything at opposing defenses.

Rub has dusted off some of the old Astoria playbooks for the 2016 season.

"With our speed, we hope to spread things out and try to use that to our advantage," he said. "It will look more like it did from '06 to '11, when we had guys like Poyer, Davis and Harber."

"Fritz Fremstad (Sr.) has been our starter the last two years, and he's like having another running back in the backfield. And it's good to see Olaf (England) do really well. He's going to make good decisions when he's asked to be back there."

"Trey (Hageman) has done a good job all summer. He's a smart kid. And we even have a fourth quarterback in K.J. Johnson (Jr)."

The Fishermen run deep in skill position players, such as seniors Cade O'Brien, Ryan Palek, Kyle Strange and Tuimato.

Along the line, "we have good competition at center and right tackle," Rub said. "At right guard, Matthew Mather (Sr.) is really stepping up and looking good. Keldon Littell (Sr.) is back at left guard. Our left tackle is a new student, Isaac Villa (Sr., from Florida)."

Villa is 6-foot, 237 pounds, while another hard-to-miss player on the field is No. 78, "Big Ben" Carpenter, a 6-6, 375-pound sophomore.

# Coach Cain takes charge of Astoria boys soccer

By GARY HENLEY  
The Daily Astorian

## ASTORIA BOYS SOCCER

**Coach:** Lee Cain, 1st year

**2015:** 4-9 (4-4 Cowapa)

**Playoffs:** Lost Regional Play-in at Ontario, 1-5

**All-League Loss:** Rory Loughran

**All-League Returners:** Rafael Alcantar, Sr.; Jorge Herrejon, Sr.; Luis Herrejon, Sr.

The Astoria boys soccer program went the first 24 years of its existence with just three head coaches — Max Bigby, Jerry Boisvert and Bill Patterson.

Now, all of a sudden, the Fishermen are on their third coach in three years.

It's hard to build with constant coaching changes, but at least the Fishermen continue to go with familiarity.

Tim Fastabend coached Astoria last season, and now it's Lee Cain who has taken over, as Fastabend has moved over to coach the Astoria varsity girls' team.

A teacher at Astoria High School, Cain is a familiar name in Lower Columbia Youth Soccer circles.

"Over the years I've worked with these families," he said. "I know a lot of them pretty well, either as players or students."

"I'm real excited to be coming in here," he added. "We have a talented core group. Techni-

cally, very talented. They've been a pleasure to work with."

And of course everyone is hoping that transfers into wins.

The Fishermen finished with just four victories in 2015 — unofficially the all-time low for the program.

## The Cowapa

While Cain spent last season as the girls' junior varsity coach, he knows enough about boys soccer in the Cowapa to know that "we've always got

a challenging league," he said. "Seaside has a super-fast team, they're very physical, and that's how we have to plan for them. They're an extremely aggressive, fast team."

"I don't know much about Scappoose, but they have a long tradition of being a challenging team."

Two of Astoria's four wins last year came over the Indians, who were the only team to beat Seaside in league play.

## The Fishermen

"We don't have a lot of size, and that's the thing we have to work around," Cain said. "Hopefully we can make up for that in the technical abilities, and then building their physicality and speed."

"There's some speed there," Cain said. "Kyle Birge (senior goalkeeper) is looking real fit, and has a great attitude. He will be a co-captain with Cole Beeson, a junior with a strong mid-field presence."

"Luis and Jorge (Herrejon,

both seniors) are looking real good," he added. "They pass well and intuitively know where everyone is going to be."

Rafael Alcantar and Efrain Gutierrez are other seniors listed on the varsity roster, along with juniors Trevor Byrd, Cody Early, Tyler Gagnon, Jose Gonzalez, Juan Jimenez Maya, Michael Kee and Gustavo Velasquez.

Junior Jacob Hurd may also see time in goal.

Sophomores who may see time on the varsity field include Aldo Cruz, Ivan DeLaCruz, Jonathan Jimenez, Christian Medina-Perez, Taylor Palmberg and Porter Whitsett.

There's also an "incoming group of freshmen that will provide a real good core," Cain said. "The next three or four years we're going to have some pretty good teams."

Those players include David Bermudez, Tony Bermudez, Dalton Byrd, Riley Cameron, Brooks Fromwiller, Michael Postlewait, Marco Houser, Shrey Sharma and Colby Thygeson.



Gary Henley/The Daily Astorian

Brothers Luis (left) and Jorge Herrejon will be a tough duo to defend this year for the Astoria boys soccer team.

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