

SPORTS

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Fremstad, Tuimato among Cowapa MVPs

The Daily Astorian

Astoria senior Fridtjof Fremstad was named Offensive Player of the Year, Samboy Tuimato was one of three Defensive Players of the Year, and Howard Rub was named co-Coach of the Year this week, with the release of the 2016 Cowapa All-League football team.

The league champion Fishermen had a league-high 14 selections, including three of the Cowapa's 11 all-league wide receivers, along with four offensive linemen, while Fremstad was one of three quarterbacks earning all-league honors.

Astoria's Andrew Schauerermann was the first-team placekicker.

Defensively, the Fishermen landed one defensive lineman, two linebackers and two defensive backs on the all-league team.

Four Seaside players (one junior, three sophomores) were selected all-league.

This year's complete Cowapa All-League team:



Danny Miller/The Daily Astorian

Astoria quarterback Fridtjof Fremstad is the Cowapa League's Offensive Player of the Year. The Fishermen had 14 selections this year.

FOOTBALL

Cowapa All-League

Offensive Player of the Year: Fridtjof Fremstad, Astoria

Defensive Players of the Year: Milo Applebee, Banks; Samboy Tuimato, Astoria; Daniel Hardy, Valley Catholic

Coaches of the Year: Howard Rub, Astoria; Sean McNabb, Scappoose

First Team Offense

WR: Charlie Bevins, Sr., Valley C.

WR: Olaf Englund, Sr., Astoria

WR: Daniel Hardy, Sr., Valley C.

WR: Tanner Kramer, Sr., Scappoose

WR: Ryan Palek, Sr., Astoria

WR: Gunnar Partain, Jr., Banks

WR: Nate Reiman, Sr., Scappoose

C: Ian Birrell, Sr., Valley Catholic

G: Josh Dickerson, Sr., Scappoose

G: Matthew Mather, Sr., Astoria

T: Keldon Littell, Sr., Astoria

T: Isaac Villa, Sr., Astoria

RB: Milo Applebee, Sr., Banks

RB: Jimmy Jones, Jr., Scappoose

QB: Fridtjof Fremstad, Sr., Astoria

QB: Jerad Toman, Jr., Scappoose

K: Andrew Schauerermann, Jr., Astoria

First Team Defense

DL: Ian Birrell, Sr., Valley Catholic

DL: Jack Grasberger, Jr., Valley C.

DL: Alex Hansen, Jr., Scappoose

DL: Jaxsen Johnson, Sr., Tillamook

DL: Keldon Littell, Sr., Astoria

DL: Chase Massey, Sr., Banks

DL: Clay Pena, Sr., Banks

LB: Milo Applebee, Sr., Banks

LB: Colin Haggerty, Sr., Valley C.

LB: Daniel Hardy, Sr., Valley C.

LB: Blain Herb, Jr., Banks

LB: Tyler Lyngstad, Sr., Astoria

LB: Gunnar Partain, Jr., Banks

LB: Gio Ramirez, So., Seaside

LB: Zach Rice, Sr., Scappoose

LB: Trevor Thiessen, Sr., Banks

LB: Samboy Tuimato, Sr., Astoria

LB: Mark Weir, Sr., Tillamook

DB: Fridtjof Fremstad, Sr., Astoria

DB: Michael Gift, Sr., Scappoose

DB: Jack Margheim, Sr., Scappoose

DB: Ryan Palek, Sr., Astoria

DB: Alexander Teubner, So., Seaside

DB: Austin Weeks, Jr., Tillamook

DB: Aiden Welsh, Sr., Valley C.

P: Joey Buchler, Sr., Tillamook

Honorable Mention Offense

OL: Isaac Fiemmer, So., Valley C.

C: Jared Lucore, Sr., Astoria

RB: Kevin Eckrosh, Sr., Valley C.

RB: Cameron King, Jr., Seaside

WR: Tevin Jeannis, Jr., Scappoose

WR: Kyle Strange, Sr., Astoria

WR: Trevor Thiessen, Sr., Banks

WR: Duncan Thompson, So., Seaside

QB: Jake Evans, Sr., Banks

Honorable Mention Defense

DL: Rory Coon, Sr., Tillamook

LB: Ross Parsons, Jr., Scappoose

DB: Christopher Silveira, So., Tillamook

SPORTS IN BRIEF

Harden has third triple-double, Rockets win

Associated Press

HOUSTON — In the post-game locker room after the Houston Rockets' 126-109 victory over the Portland Trail Blazers on Thursday night, James Harden teased teammates, laughed about excess shower water caught in his beard and joked with reporters.

It was a stark contrast from the more solemn and stern version of Harden from last season.

"I've been having fun all year, even in games we lose," Harden said. "This is a special group of guys, coaching staff included, and this locker room is definitely enjoying this ride right now."

Harden had 26 points, 14 assists and 12 rebounds for his third triple-double of the season to help the Rockets overwhelm the Trail Blazers in their highest-scoring game of the season.

Harden completed the triple-double in the third quarter. The Rockets rebounded a night after scoring just three points in the final 6 minutes of a 105-103 loss in Oklahoma City.

C.J. McCollum led Portland with 26 points, Maurice Harkless had 19, and Damian Lillard 18, his second-lowest output of the season.

"We kind of suck right now — it's that simple," Lillard said. "We're usually a pretty good offensive team. We've been bad on offense and bad on defense. We're trying hard, but we're not making the smartest plays -- just not good enough. We're not very good right now."

Blazers coach Terry Stotts was much less harsh in his assessment of his team's second straight loss. Portland outscored Houston by a combined 12 points in the second and fourth quarters but was ultimately doomed by a 29-point deficit in the first and third quarters.

The game was tied at 62 at halftime, but Houston took a 100-83 lead into the fourth quarter.

UP NEXT: BLAZERS

• Portland Trail Blazers (7-6) at New Orleans Pelicans (2-10)
• Today, 5 p.m. TV: CSNW

SCOREBOARD

PREP SCHEDULE

Football

Friday — Washington 2B: Naselle at Lummi Nation, 7 p.m.

Class 4A Semifinals

Saturday — Estacada vs. North Bend, 5:30 p.m., at Cottage Grove HS; Cascade vs. Cottage Grove, 5:30 p.m., at Hillsboro Stadium

Class 3A Semifinals

Saturday — Salem Academy vs. Blanchet Catholic, 11 a.m., at Cottage Grove HS; Harrisburg vs. Coquille/Pacific, 2:15 p.m., at Cottage Grove HS

Class 2A Semifinals

Saturday — Heppner vs. Regis, Noon, at Liberty HS; Kennedy vs. Stanfield, 5 p.m., at Liberty HS

Oregon overpowers Valparaiso

By RON RICHMOND
Associated Press



AP Photo/Chris Pietsch

Oregon's Jordan Bell dunks against Valparaiso during the second half of an NCAA college basketball game Thursday in Eugene. Bell added 15 points and seven rebounds for the Ducks.

EUGENE — An embarrassing road loss to Baylor may prove to be a valuable lesson for Oregon.

If the fourth-ranked Ducks want to meet their own lofty expectations, they'll have to earn it on the boards.

Two days after losing by 17 points to the unranked Bears, Chris Boucher had 25 points and nine rebounds to lead Oregon to its 27th consecutive home victory, 76-54 over Valparaiso on Thursday night.

Boucher was coming off a 12-point, two-rebound performance against Baylor.

"His activity allowed him to him to have the 25 points," Oregon coach Dana Altman said. "He had no defensive rebounds the other night and we lost the rebounding battle by 11."

"Tonight we won it by 13, and that was the difference in the game."

Jordan Bell added 15 points and seven rebounds for the Ducks (2-1), who took control early in the second half with an 11-4 run fueled by Bell's eight points to open a 52-38 lead. Bell scored 12 points in the second half as Oregon shot 15 of 27 from the field.

"That was our goal, just to go inside," Bell said. "Against Baylor we went 3 for 21 at the 3-point line, so we just wanted to go inside."

Alec Peters led the Crusaders (3-1) with 24 points to become the school's second-leading career scorer. Tevonn Walker added 12 points.

Backup freshman point guard Payton Pritchard had nine points and five assists for the Ducks, who led by as many as 25 points in the second half.

UP NEXT: DUCKS

Maui Invitational, in Hawaii
• Georgetown Hoyas (1-2) vs. Oregon Ducks (2-1)
• Monday, 1:30 p.m. TV: ESPN2

Hard-hitting Seahawks host improving Eagles

By TIM BOOTH
AP Sports Writer

SEATTLE — Even with all the teaching he's done to change the way tackling is handled in the NFL, Seahawks coach Pete Carroll still believes in the importance of the big hit.

So when Earl Thomas raced across the field and leveled Rob Gronkowski with a shoulder tackle to the midsection last week, Carroll was ecstatic about the result of the play, and the message it sent that the game can still be physically brutal but in a safe way.

"Neither one of the players got hit in the head. Still the jolt was significant, but if we could show kids how we want them to hit and play this game, and college kids, that's how you do it," Carroll said. "It's the new way, it's the new way to make hits."

The duo of Thomas and strong safety Kam Chancellor are just two of the challenges rookie quarterback Carson Wentz has to face when the



AP Photo/Matt Rourke

Philadelphia Eagles quarterback Carson Wentz (11) looks to pass during an NFL game against the Atlanta Falcons in Philadelphia.

Philadelphia Eagles travel to Seattle on Sunday. Wentz has passed plenty of tests in his first NFL season, getting Philadelphia into the playoff conversation at 5-4 after last week's

home win over Atlanta.

But even Wentz acknowledged there's little that can prepare him for the experience of facing the Seahawks' defense in Seattle.

UP NEXT: SEAHAWKS

• Philadelphia Eagles (5-4) at Seattle Seahawks (6-2-1)
• Sunday, 1:25 p.m. TV: CBS

"You go in there confidently. You don't worry about the extra outside noise and all those things," Wentz said. "You just go in there and play ball."

The past two weeks have indicated another second-half surge could be on the horizon for Seattle. After holding off Buffalo in a Monday night victory, the Seahawks went across the country on a short week and won at New England, stopping the Patriots at the 1-yard line in the final seconds. They kept a two-game lead over Arizona in the NFC West.

It ranked among the more impressive regular-season wins since Carroll arrived in Seattle and showed flashes that a plodding offense could be on the verge of a breakout.