

Jewell boys aim to be 'faster, stronger'

By DON ANDERSON
For The Daily Astorian

Former Astoria High School basketball star Mark Fick has coached the Jewell boys and girls basketball teams for over a decade now.

Fick, the former athletic director at Jewell, brings deep experience both as a player and a coach to two teams that are surprisingly deep for such a small school.

"We are about half experienced and half new and haven't played much basketball," said junior Ben Stahly. "Myself, (senior) Sean Hinson, (junior) Nathan Kane and (junior) Thomas Meehan provide the experience, while the team also has one sophomore and four freshman."

"It just really hit me. It doesn't feel like it could be my senior year," said Sean Hinson when asked about his final year of high school basketball. "Hopefully we will at least go to district this year, but we still have that state goal though."

Stahly interrupted him. "Of course we are going to state!" he said. "I'm going to make sure that we are going to state."

"Pushing other guys around and playing defense is my favorite part of the game," said junior Thomas Meehan.

Jewell, not known for its height or strength, has a lot of diversity on its team this year, with four players over six feet and one player over 200 pounds. Corey Lyon at 6-foot-4 and 260 will be a formidable force in the paint, while Stahly and the rest of the starting squad are adept at outside shooting.

"Our teamwork is pretty good, it is a lot better than last year," said Hinson, but teammate Nathan Kane added, "We still need to work on communication."

"We're going to be faster, stronger and out-rebound the other teams," said Meehan.



Photos by Don Anderson/For The Daily Astorian
ABOVE: Jewell senior Sean Hinson will lead the Blue Jays this year as the only senior on the varsity basketball squad. **BELOW:** Blue Jay's Ben Stahly and former senior Nico Chavera-Munk listen as Jewell head coach Mark Fick outlines a play during practice in 2015.



JEWELL BOYS BASKETBALL

Coach: Mark Fick
2015-16: 4-19 (0-16 Casco)
Key Losses: Fylan Murray, Dallas Ritchie, Trystan Silva
Key Returners: Sean Hinson, Thomas Meehan, Ben Stahly



Don Anderson/For The Daily Astorian
One of just two seniors on the varsity squad, Alyscia Littlepage is known for her shooting and leadership, skills she hopes to use in postseason play this year.

Jewell girls continue to gel on the court

By DON ANDERSON
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The Blue Jay varsity girls sport two seniors, three juniors, sophomores and freshmen on their team.

Alyscia Littlepage and Heidi Hollenbach provide the experience on the team with junior Gabi Morales giving the team speed outside shooting ability.

Jewell School has a history of athletic and competitive girls' basketball teams, and this year shouldn't be any different, provided the team can continue to gel on the court. All the players have their eyes on postseason play, but they must get past some formidable opponents in the Casco League first.

"We shouldn't have any problem getting to district this year, if we focus on teamwork and out-hustling our opponents," said junior

JEWELL GIRLS BASKETBALL

Coach: Mark Fick
2015-16: 6-16 (3-13 Casco)
Key Losses: (No seniors)
Key Returners: Emma Guillen, Alyscia Littlepage, Gabi Morales

Emma Guillen. "I hope we make it to state. We need determination and focus. We have to all play and want to win," she said.

Last year Jewell made it to districts, but couldn't go beyond. "This year I'm excited to have freshman Haven Shaw on our team because she is tall and has speed, and she is good at posting up," Guillen said. "We don't have a lot of height and can use it," she added.

SCOREBOARD

PREP SPORTS SCHEDULE
WEDNESDAY
Girls Basketball — Jewell at Portland Waldorf, 4 p.m.
Boys Basketball — Jewell at C.S. Lewis, 6 p.m.; Ilwaco at South Bend, 7 p.m.
Wrestling — Knappa Mix 'n' Match, 5 p.m.
THURSDAY
Girls Basketball — South Bend at Ilwaco, 7 p.m.
FRIDAY
Girls Basketball — Seaside at Gladstone, 7 p.m.; Waldport at Warrenton, 6 p.m.; St. Stephen's Academy at Jewell, 6 p.m.; Ocos-

ta at Ilwaco, 5:45 p.m.
Boys Basketball — Gladstone at Seaside, 7:30 p.m.; Waldport at Warrenton, 8 p.m.; St. Stephen's Academy at Jewell, 7:45 p.m.; Ocosta at Ilwaco, 7:30 p.m.
SATURDAY
Girls Basketball — Warrenton at Junction City, 5 p.m.; SW Christian at Jewell, 2 p.m.
Boys Basketball — Ilwaco at Warrenton, 7:30 p.m.; Open Door Academy at Jewell, 4 p.m.
Swimming — Tillamook Invitational, 10:15 a.m.
Wrestling — Knappa at Ocosta, TBA

Astoria, Seaside seniors earn all-league honors

The Daily Astorian

Cowapa League girls soccer is good, young ... and it will be even better next year.

The league that has had one team in the state championship game in each of the last four years, also sports one of the youngest all-league teams across the state at the 4A level.

Of the 21 players on the first team, only four are seniors.

Two of the seniors belong to Astoria — midfielders Jenna Rudolph and Rachel Simmons; and the other two seniors are from Seaside — midfielder Elizabeth Barnes and defender Morgan Brown.

Valley Catholic, which lost the 4A state championship game to North Valley, swept the top awards, as the Valiants placed seven players (two juniors, four



Daily Astorian/File Photo
Astoria's Jenna Rudolph, left, and Seaside's Lizzy Barnes both capped their senior seasons with selections to the Cowapa All-League girls soccer team.

sophomores, one freshman) on the first team.

Valley Catholic junior Taylor Menkens was named Player of the Year, while junior teammate

Noelle Mannen was selected as the Goalkeeper of the Year.

The Valiants' Kayla Gaspardis was named Coach of the Year.

GIRLS SOCCER

Cowapa All-League

Player of the Year: Taylor Menkens, Valley Catholic
Goalkeeper of the Year: Noelle Mannen, Valley Catholic
Coach of the Year: Kayla Gaspardis, Valley Catholic

First Team

Taylor Menkens, Jr., Valley C.
Elizabeth Barnes, Sr., Seaside
Morgan Brown, Sr., Seaside
Marissa Dodson, So., Banks
Mackenzie Ela, Jr., Scappoose
Emma Jones, Fr., Scappoose
Sarah Jones, So., Valley Catholic
Kim Jordan, Jr., Banks
Callie Kawaguchi, So., Valley C.
Kate McNaughton, So., Valley C.

Samantha Pester, Jr., Banks
Shayna Redpath, So., Scappoose
Jenna Rudolph, Sr., Astoria
Parisa Sabet, Fr., Valley Catholic
Rachel Simmons, Sr., Astoria
Aspen Sliika, So., Banks
Katelyn Snook, So., Valley C.
Celeste Stout, So., Tillamook
Lauren Whisenhunt, So., Scappoose
GK: Noelle Mannen, Jr., Valley C.
GK: Alyssa Bakkensen, Jr., Scappoose

Honorable Mention

Ashley Baughman, So., Scappoose
Chloe Brock, So., Valley Catholic
Jerusha Brown, Fr., Tillamook
Emily Campos, Jr., Scappoose
Sophie Herrera, So., Valley C.
Robin Hibdon, Jr., Tillamook



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