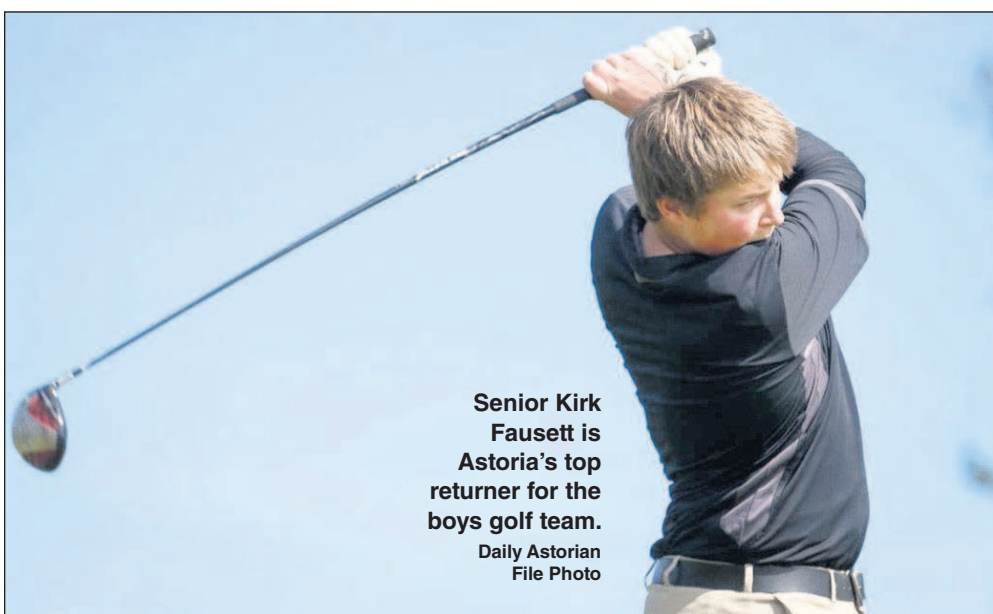


AHS boys golf — a young team in a tough district



Senior Kirk Fausett is Astoria's top returner for the boys golf team.
Daily Astorian File Photo

By GARY HENLEY
The Daily Astorian

A young team competing in a strong district was not a good mix for the Astoria boys golf program last season.

Once again, the state champion came out of Special District 1. Following back-to-back state titles for Seaside, Crook County won last year's state championship, with Scappoose fourth and Valley Catholic fifth. The Indians had actually won the Regional title, a week before Crook County won state.

The Fishermen, meanwhile, got lost in the shuffle, placing ninth out of 10 teams

in the Regional meet.

Astoria competed at districts with one senior, two juniors and three freshmen. Some are back and some are not for head coach Kevin Goin.

"We're seven deep, with 10 total" golfers, Goin said. "A lot of those kids are equal in talent, and that gives us some options," with the top returners being senior Kirk Fausett and sophomore Taylor Palmberg.

Fausett had Astoria's top score in last year's Special District Regional, with Kyle Meisner and Joe Scott in between Fausett and Palmberg.

Rounding out Astoria's top seven this year will be Dylan

Altheide-Nielson and Trevor Altheide-Nielson (who played two years ago), sophomore returner Conner Long, newcomer Josh Olson and senior Brian Wilder.

Others on the roster include Sergei Davis, Tryton Matlock and Marcus Soderstrom.

Team-wise, not much has changed atop the Cowapa, Goin said.

"Scappoose should be good — they've got six tough kids, and depth makes a lot of difference," he said. "Then Valley Catholic and Seaside third, just given their past accomplishments. Then it's Banks, Tillamook and us all fighting for fourth."

Gasser: 'Looking forward to one more shot'

By GARY HENLEY
The Daily Astorian

They're loaded with talent, stacked with seniors, and the coach is ready for one more go-round, as Astoria baseball prepares for the 2017 season.

The goal: To win the Cowapa League. And in the Conference of Champions, if you do that, you've got an inside track to a state title.

Astoria was 8-7 in league play last year — certainly not the best ever for the Fishermen — but the Fish also advanced all the way to the 4A semifinals.

To head coach Dave Gasser, it's pretty simple:

"Goal-wise, it's a realistic goal to win our league. And if we win our league, we might be home for a long time in the playoffs. Any team that wins our league is going to be highly rated. Simple as that."

For Gasser, the winningest coach in Oregon high school baseball history, the coach has already announced that the 2017 season will be his last.

"Definitely. I made it official the end of last summer. I'm going to graduate with the kids who were 7 and 8 when I started. It's good timing. Just looking forward to one more shot."

THE COWAPA

In the recently completed boys basketball season, four of the final eight teams were from the Cowapa League.

Baseball could be equally strong.

The league was "one one-run ballgame from three out four teams being in the semis last year," Gasser said. "If Valley Catholic wins, they're in the semifinals."

"Banks is the returning league champion, and they have a number of good players returning," he said. "Valley lost some kids, but they have good athletes and are well-coached; Scappoose is always solid. I wouldn't be surprised if we had three top 10 teams."

Goal No. 1 for the Fishermen: avoid last year's 1-3 start in league play.

THE FISHERMEN

Some of the key players are still recovering from injuries suffered in other sports. The list includes Astoria's only all-state returner, senior pitcher/shortstop Fridtjof Fremstad. Senior outfielder Kyle Strange broke his leg playing football, and senior Jared Lucore did the same in wrestling.

"Fritz is recovering from a sprained ankle, and making



Gary Henley/The Daily Astorian

Entering his final season of a long and storied coaching career, Astoria's Dave Gasser has the Fishermen pointing in the right direction for a great spring.



The Daily Astorian/File Photos

ABOVE: Astoria's Fridtjof Fremstad is "one of the state's best shortstops," according to Astoria coach Dave Gasser. RIGHT: Astoria's Ole Englund plays at second base and is the No. 2 pitcher.

progress; and Kyle is about 85 percent," Gasser said. "Overall, the kids are good."

The final nine Astoria puts on the field will be one of the best at the 4A level. And the talent level goes far past the first nine.

"We're probably two-deep at every position," Gasser said. "The kids up front should be fine. It should be as good a team as we've had in quite some time."

Six-foot-4 Jackson Arnsdorf, a hard-throwing senior, will always be in the lineup, either on the mound as the No. 1 pitcher, or at first base. Arnsdorf will play at the next level with Corban College.

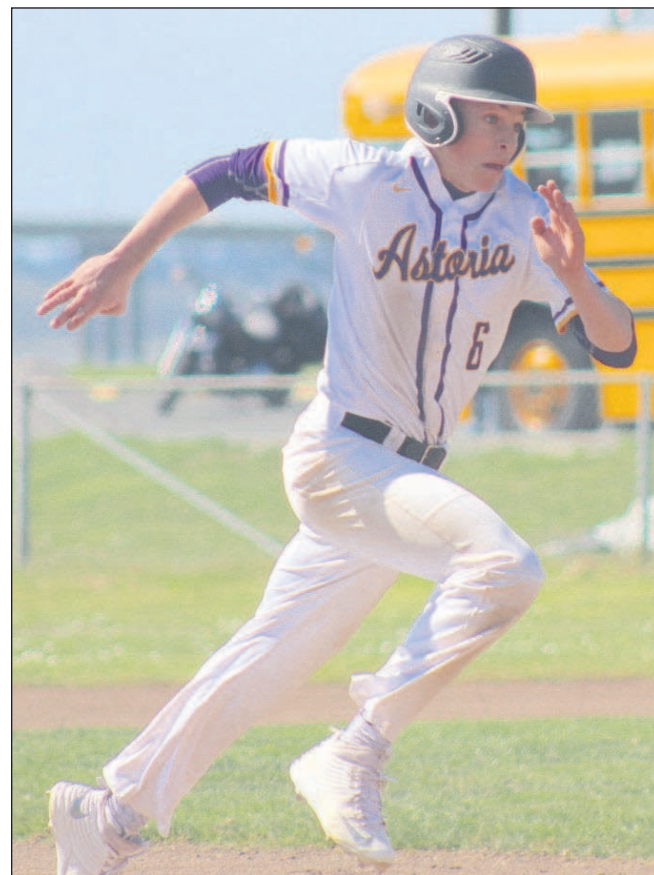
Senior Tyler Lyngstad is currently on the inactive list, working his way through a

torn patellar tendon, suffered when he was trying to stretch a double into a triple against Gladstone. "We're hoping that it will be rectified, and we can get him back soon," Gasser said.

Rounding out the infield, the Fish have senior Ole Englund at second base, Fremstad at shortstop and Trey Hageman at third.

Englund will serve as the No. 2 pitcher, Fremstad as a closer and potential starter, and Hageman has already seen action on the mound, where Astoria will still have one of the deepest pitching staffs at the 4A level.

"Ole is 6-2 and has really grown up," Gasser said. "His arm's a lot better than it was last year. He's got a strong



arm, and he's a four-year letterman with great poise."

Fremstad is "one of the state's best shortstops. With Fritz and Ole up the middle, most any team in the state, any classification, would be happy with that. They're legitimately good players, and their IQs are very high."

In addition, Hageman "has two years of varsity under his belt. When we moved him to third and Kyle Strange to

center last year, we took off. Trey has a very strong arm, nice glove and handles the hot stuff well."

The Fishermen have more players than spots in the outfield, with Cade O'Brien (Sr.), Samboy Tuimato (Sr.), Tristan Wallace (So.) and Strange.

"Cade has started two years, Samboy was close to being a first-team all-leaguer last year, hitting in the high .300s ... Tristan Wallace is

ASTORIA BASEBALL

Coach: Dave Gasser, 10th year
2016: 17-12 (8-7 league)

Playoffs: Won state playoff games at North Bend (7-6) and Cottage Grove (4-2); lost semifinal at Henley (2-5).

All-State Losses: Carter Wallace, OF

All-State Returners: Fridtjof Fremstad, Sr.

also in the mix," Gasser said. "He's a left-handed hitter, a better-than-average contact guy who can bunt and run, and very solid as an outfielder."

Behind the plate is Jasyn Gohl (Sr.), who "hit over .300 last year, can run well, he's 6-2 and has a very good home-to-second arm. He's going to throw people out."

Finally, Astoria's top three or four pitchers could be No. 1 or 2 pitchers on pretty much any team in the Cowapa.

"Ole did a lot of pitching last summer and did real well in the state tournament," Gasser said. "He was good. Ole's there, and when Fritz gets healthy, we'll be looking for him to close."

"Fritz is around 6-0, 195; Linky (Lyngstad) is 5-11, 195; Ole's 6-2 ... Arnsdorf, Olaf and Fremstad are the top three (until Lyngstad's possible return), with Trey and Wallace," he said. "And a sixth coming up is Calvin Kaul (also an outfielder/first baseman). He's going to be a good one."

"Tristan is a solid left-handed pitcher, decent fast-ball, decent curve and very good command. If we play five games in a week, by the fourth day we could throw Trey and Tristan, and it wouldn't be a badly pitched game."

Adding depth to the lineup will be Burke Matthews (So.), Zach Patterson (Jr.) and Will Reed (So.).

With the talent, depth, experience and coaching ... the 2017 season could be a special one for the Fishermen, who are looking to get back to the state title game for the first time since 2011.

Of this year's senior group, "three of them started as freshmen, and we lost in the first round that year," Gasser said. "The next year as sophomores they lost in the quarters (at Hidden Valley), 12-10; and last year we lost in the semi's."

"So the kids have been moving up with each year. Realistically, if we play well, we should be a very good team. There's no mystery to that."

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