

SPORTS

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SWIMMING

Taft sweeps past Seaside

The Daily Astorian

The Seaside swim teams opened the new year with a dual meet at Taft last week, where the Tigers edged the Gulls for a pair of team victories at the Lincoln City Swim Club.

Taft scored an 85-75 win over the Seaside girls, while the Tigers clipped the Seaside boys, 82-80.

The Gulls still had plenty of wins in the pool.

For the girls, Seaside freshman Nicole Blankenhorn had the best time among 12 entries in the 50-yard freestyle (32.51 seconds, ahead of teammate Anna Huddleston's 33.75). Blankenhorn also won the 100-yard butterfly in 1 minute, 16.87 seconds.

Seaside sophomore Brooke Blankenhorn was the first of three swimmers in the 200-yard freestyle in 2:50.09.

For the Seaside boys, sophomore Henry Garvin won the 50 freestyle in 29.56, placing ahead of teammate Nick Konyha (30.86). Garvin also took first in the 100-yard freestyle in 1:08.55.

Seaside swept the 200-yard freestyle relay event, with the girls' foursome of freshmen Nicole Blankenhorn, Taryn Shay and Emma Arden, along with Huddleston, winning in 2:20.21.

The Gulls' team of Garvin, Chris Quashnick, Sam Heroux and Konyha won the boys' 200 relay in 2:10.33.

SCOREBOARD

PREP SPORTS SCHEDULE
TODAY

Girls basketball — Estacada at Astoria, 4 p.m.; Seaside at Gladstone, 7 p.m.; City Christian at Knappa, 6:30 p.m.; Falls City at Jewell, 7 p.m.; Ilwaco at Life Christian, 5:45 p.m.

Boys basketball — Estacada at Astoria, 5:45 p.m.; Gladstone at Seaside, 7:30 p.m.; Southridge, BC at Warrenton, 6:30 p.m.; City Christian at Knappa, 7:30 p.m.; Falls City at Jewell, 5:30 p.m.; Ilwaco at Life Christian, 7 p.m.

Swimming — Tillamook at Astoria, 4 p.m.; Seaside at Valley Catholic, 4 p.m.

WEDNESDAY

Wrestling — Seaside 4-way meet, 5 p.m.; Astoria 4-way meet, 5:30 p.m.

THURSDAY

Girls basketball — Columbia Christian at Knappa, 6 p.m.; Jewell at Livingstone Adventist, 5:30 p.m.

Boys basketball — Columbia Christian at Knappa, 7:30 p.m.; Jewell at Livingstone Adventist, 7 p.m.

Wrestling — Warrenton at Rainier, 5 p.m.



Krissy Barendse-Goodman
Knappa's Eli Takalo will be the top returning quarterback in the state next season at the 2A level.



Krissy Barendse-Goodman
Knappa junior Kanai Phillip made the all-state team as both a receiver and defensive back.



Gary Henley/The Daily Astorian
Logger lineman Jaxson Goodman made all-state on both sides of the ball.



Krissy Barendse-Goodman
Knappa senior Luke Goozee is the latest in a long line of Logger all-state running backs.

FIVE KNAPPA PLAYERS NAMED TO ALL-STATE TEAM

The Daily Astorian

Five different Knappa players landed seven different spots on the Class 2A all-state football team, released last month.

The best part? The Log-

gers — who finished as the No. 4-ranked team in the state — will have four of the five players back next season.

Knappa will definitely be one of the front runners for the 2019 state title, with the return of all-state quarterback Eli Takalo and

receiver Kanai Phillip.

Both were selected to the first-team offense as juniors, while junior Jaxson Goodman was a second-team offensive line selection.

Running back Luke Goozee capped his senior season

by being chosen third-team all-state.

Defensively, Phillip was named as a second-team defensive back, junior Spencer Teague was selected as a third-team linebacker, and Goodman was a third-team defensive lineman.

Carroll's optimism for future outweighs Seattle's early exit

By **TIM BOOTH**
Associated Press

RENTON, Wash. — Once Pete Carroll was finished answering for the shortcomings of a disappointing playoff loss, the oldest coach in the NFL started articulating why he's so excited about what the future holds for the Seattle Seahawks.

After listening to his enthusiasm, it's no wonder Carroll signed a contract extension to stick around Seattle a few more years to see if this group of Seahawks can develop into another championship team.

"That connection they have to what we are asking them to do, and the willingness to practice that on a regular basis, to bring their attitude and bring their energy all the time, that's rare. It's special," Carroll said on Monday.

"And that's what gives me the thought; I can go back a few years, I said the same thing four, five, six years ago, whatever it was now, you know? You can tell that the nucleus and the core of the team that you need to have a



AP Photo/Michael Ainsworth

K.J. Wright (50) and Bobby Wagner celebrate an interception against Dallas Cowboys quarterback Dak Prescott.

championship club is here."

Carroll's feeling about the direction of the Seahawks after an unexpected 10-6 regular season and opening-round playoff loss to Dallas mirrors that of many of his veterans, who believe Seattle is on a similar track to its 2012 team that unexpectedly made the playoffs with a mix of young talent and important veterans — and a year later won a Super Bowl.

No one is going as far as to expect Seattle is going to be playing for a championship a

year from now, but the Seahawks overhaul last offseason ended up being a quicker rebuild than most expected and has them in a place with fewer question marks headed into 2019.

Instead of continuing a rebuild, the Seahawks could be more supplementing with the belief they are a contender.

"We're pleased with the progress that we've made with the guys we have, so we know we're adding to. We don't feel like there's big voids and big holes, so we're

going to add," Carroll said.

"To make this roster more competitive across the board is really the intent and make guys have to work harder to hold their spots and have to get better to do that. That's right at the heart of what we're all about, so we're really looking forward to that."

In the short term there was still disappointment about last Saturday's 24-22 loss to Dallas that ended Seattle's season.

Much of the frustration about Seattle's loss centered on the offense and a game plan that seemed conservative and slow to adjust.

Carroll tried to deflect criticism being thrown at offensive coordinator Brian Schottenheimer, pointing out the success the offense had during the season both developing the top running offense in the NFL and having one of the best scoring teams in franchise history.

Seattle was held to just 73 yards rushing by the Cowboys and was 2 of 13 on third-down conversions.

Nurkic paces Portland in win over Knicks

Associated Press

PORTLAND — It really hasn't been any easier for Jusuf Nurkic for the past half-dozen games, even if it appears that way.

Nurkic had 20 points for his fourth straight game with 20 or more and the Portland Trail Blazers beat the New York Knicks 111-101 on Monday night.

The 7-foot Bosnian center has been on a roll lately, averaging 21 points and 11.8 rebounds in the last six games for Portland.

"I work hard for that," Nurkic said when asked about his recent success. "I got in foul trouble tonight, but I keep myself in the game. We won, so it's good."

UP NEXT: BLAZERS

• Chicago Bulls (10-30) at Portland Trail Blazers (24-17)
• Wednesday, 7 p.m.
TV: NSNW

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