

SPORTS

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Four Knappa players earn all-league

The Daily Astorian

League champion Columbia Christian swept the top awards, but second-place Knappa landed four players on the Northwest League's all-league boys basketball squad, announced at last weekend's league tournament.

Columbia Christian had two players on the first team, two on the second team and one honorable mention, as all five starters for the No. 1-ranked Knights were selected all-league.

The Knights also swept the individual awards, as sophomore Ben Gregg was named the league's Player of the Year, and Bart Valentine was Coach of the Year.

Columbia's Elijah Munyan was selected as the

NORTHWEST LEAGUE ALL-LEAGUE

Player of the Year: Ben Gregg, Columbia Christian
Defensive Player of the Year: Elijah Munyan, Columbia Christian
Coach of the Year: Bart Valentine, Columbia Christian

FIRST TEAM

Ben Gregg, So., Columbia Christian
Josh Elinsky, Sr., Neah-Kah-Nie
Timber Engblom, Sr., Knappa
Riley Marshall, Sr., Gaston
Malakai Munoz, Sr., Portland Christian
Elijah Munyan, So., Columbia Christian
Eli Takalo, Jr., Knappa

SECOND TEAM

Brad Antal, Sr., Portland Christian
Dominic Blake, Sr., Columbia
Jakob Handegard, Sr., Vernonia
Ian Knox, Sr., City Christian
Isiah Mariscal, Jr., Columbia
Caleb Predmore, Sr., Faith Bible

Third team

Chase Dorsey, Sr., Neah-Kah-Nie
Moritz Hartwich, So., Columbia
Isaac Johnson, Jr., City Christian
Tristan Lund, Sr., Gaston
Mitchell Richwine, Jr., Nestucca
Ty Vanderburg, Sr., Knappa

Honorable mention

Eoghan Collopy, Jr., Portland Christian
McKinley Faria, Jr., City Christian
A.J. Pieper, Sr., Neah-Kah-Nie
Joe Ramvick, Jr., Knappa
Nik Rex, Sr., Faith Bible
Kale Sullivan, Jr., Vernonia
Sportsmanship: Nestucca
All-league (defense)
Elijah Munyan, So., Columbia
Sakari Haynes, So., Portland Christian
Eric Lambert, Jr., Neah-Kah-Nie
Tristan Lund, Sr., Gaston
Ytbarek Solomon, Sr., City Christian
Ty Vanderburg, Sr., Knappa



Krissy Barendse-Goodman/For The Daily Astorian

The Northwest League's all-league boys basketball team is introduced in last Saturday's league tournament. Columbia Christian's Ben Gregg, left, is greeted by Knappa's Timber Engblom. Logger junior Eli Takalo is at right.

NWL's Defensive Player of the Year.

Knappa had two first-team selections, with senior Timber Engblom and junior Eli Takalo joining five others on the first team.

Logger senior Ty Vanderburg made the third team and also made the league's all-defensive team, and junior Joe Ramvick was named honorable mention.



Angela Barendse

The Knappa middle school wrestling club had three wrestlers in Monday's tournament, and all three placed in the top four of their respective weights. From left to right, Blaine Ogier, Josh Bangs and Corbin Roe, the champion at 80 pounds.

Middle school wrestlers score wins

By GARY HENLEY
The Daily Astorian

Middle school wrestling teams from Clatsop County and one from Ilwaco all took part in the Columbia Pacific district tournament for middle schools, held Monday in Tillamook.

The team championship was won by Tillamook with 396 points, ahead of teams from Scappoose (310), Banks (223.5) and Warrenton (211).

Astoria was sixth out of the 14 schools that took part. Ilwaco was eighth, Knappa 10th and Seaside 14th.

Astoria had two individual champions, including Aiden Giles, who took first at 175 pounds.

Giles scored a pair of quick pins against Jake Hobbs of Banks (14 seconds) and Ilwaco's Dillon Shaw (18 seconds), then pinned teammate Sal Wienecke in the final, in 3:39.

Astoria teammate Wil Hofmann only had to wrestle one match to take first at 275 pounds, a 9-3 decision over Tillamook's Andrew Niemi.

Knappa's Corbin Roe wrestled two matches to win the title at 80 pounds, where Roe pinned Michael Seaver of St. Helens in 15 seconds, then won by fall over Tillamook's David Weathers in 2:26.

Warrenton scored big points with several top five placers.

With a 17-3 record, Warrenton's Raul Molina took second at 125 pounds.

Molina pinned four straight opponents, with falls over Clatskanie's Stormy Turk (1:48), Logan Boyd of Rainier (1:27), a quarterfinal pin vs. Caden Harris of Banks (2:17) and a semifinal pin over Rainier's Angel Becerra (2:31).

In the title match, undefeated Austin Stockwell of St.

Helens pinned Molina in 57 seconds.

Warrenton teammate Brandon Runolfson took second at 140, where he had three straight pins over wrestlers from Vernonia (Kaden Mergel, 1:06), Astoria (Stian Matthews, 2:38) and Tillamook (Devin O'Conner, 2:10), before Tillamook's Gilbert Whitlatch scored a 13-1 major decision over Runolfson.

And Warrenton's Kai-son Smith placed second at 160, where he had a 44-second pin over Timmy DeSanto of Scappoose, an 8-6 decision over Clatskanie's Dominic Navarro, and a 59-second pin against Daevon Vereen of Banks in the semifinals.

Ben Rintoul of Scappoose scored a 38-second pin over Smith in the title match.

Other Warrenton placers included David Niehuser (third, 102), Richard Bolanos (third, 140), Alex Horrace (third, 195), James Mickelson (fourth, 132) and Ryder Sturgell (fifth, 102).

In addition to their two individual champions, Astoria's meet was highlighted by second-place finishes for Sal Wienecke at 175 and Glen Lewis at 220.

Other placers included Gunnar Olson (third, 110), Andrew Davidson (fourth, 90), Stian Matthews (fourth, 140) and Conner Colvin (fourth, 175).

For Knappa, Blaine Ogier was second at 85, where he won three straight by pin over Gage Hillman of Ilwaco (1:08), Nestucca's Zakai Chatelain (29 seconds), and George Bergstrom of Banks (1:28). In the championship match, Carson Jackson of Scappoose pinned Ogier in 53 seconds.

Also for Knappa, Josh Bangs was fourth at 102.

Seaside's Isaac Hale took sixth at 150.

Blazers in familiar territory but with 2 new additions

By ANNE M. PETERSON
Associated Press

PORTLAND — The Trail Blazers find themselves in much the same position as last season heading into the post-All-Star break stretch run.

They're coming off a confidence-boosting win over Golden State.

One thing is new this year, however. The Blazers made a couple of key moves before the break to shore up their bench and to help propel them into the playoffs.

Portland resumes its season tonight at the Brooklyn Nets, the first of a grueling seven-game road swing. The game will likely mark the Blazers debut of Enes Kanter, signed just before the break.

Kanter was waived by the Knicks following the trade deadline. He was once a starter in New York but he fell out of the rotation when the team turned its focus to younger players. The center from Turkey averaged 14 points and 10.8 rebounds in 115 games over two seasons.

"As far as the rotation, that should be pretty seamless. He'll get the backup five minutes," Blazers coach Terry Stotts said. "He's a proven NBA player. He can score, he can rebound. He's played in big games. So it shouldn't be too difficult."

Kanter will join a second unit that, as it stands, includes Jake Layman, Seth Curry, Evan Turner and another newcomer, Rodney Hood. Acquired at the



AP Photo/Kathy Willens

New York Knicks center Enes Kanter signed with the Trail Blazers just before the all-star break.

trade deadline in a deal with Cleveland, Hood has played in four games with the Blazers, averaging 9.72 points a game.

The moves give Portland better depth as the team heads into the critical part of the season. The Blazers are 34-23 and in fourth place in the Western Conference. They're seven games back of first-place Golden State, the team they bested by 22 points last week.

"To go into the All-Star break and be confident knowing that we beat one of the best teams, if not the best team in the NBA, it's huge for us," forward Zach Collins said.

There are still 25 games left, but for the past two years the Blazers have

mounted post-break rallies.

Last year at this time, Portland was 32-26, sitting in sixth place in the West, and also coming off a victory over the Warriors. The win touched off a 13-game winning streak that helped the team secure the West's third seed for a fifth straight playoff appearance. The team's streak matched the franchise record.

The previous season, Portland lost three straight games to go into the break at 23-33, and an overtime loss at Detroit shortly thereafter put the Blazers 11 games under .500. But Portland caught fire from there and went 13-3 in March. Damian Lillard was named the conference's Player of

the Month, averaging 29.1 points in 16 games, and Stotts was named Coach of the Month.

Following the latest victory over the Warriors, Lillard said he was happy with the team's position heading into the remainder of the season, even if they let a few slip away.

"I like it, I think it's better than it has been in the past going into the break," he said, referring to the team's current record. "A big win going into the break. So that's a positive, but obviously for us we look back at the opportunities we let slip away. The Dallas game, the Miami game at home. ... But all things considered, I think we all like where we are."

Seager enters 2019 after physical, dietary makeover

By JACK MAGRUDER
Associated Press

PEORIA, Ariz. — Seattle third baseman Kyle Seager enters the 2019 season after a physical and dietary makeover. He learned to embrace flexibility training, spinach, and a long-term health plan.

Seager played the second half of last season with a broken left big toe, and while that did not knock him out of the lineup, it affected his ability to plant and drive forward and led to a .221 batting average and a .273 on-base percentage, career lows.

Even after a seventh consecutive 20-home run season, he felt it was time to try something new.

"It really opened my eyes and pointed out I needed to make some adjustments," Seager said. "I needed to make some changes physically. I knew



AP Photo/Charlie Riedel

Kyle Seager waits to bat during spring training in Peoria, Ariz.

my body wasn't recovering like it should."

Seager, who leads major league third basemen with 1,079 games since 2012, said his new program with North Carolina-based trainer Jason Lindsey concentrated on stretching and flexibility rather than weight work.

"The first aspect was physically cleaning up

all the areas that were so inflexible," Seager said.

Seager did stretches and exercises in the early mornings before driving his children to school and continuing on to his training session. He did more exercises at night.

Seager learned that his broken toe, generally traced to a late June at-bat, was not caused by a foul ball

but by his general inflexibility, as were other issues.

"My back would get tight on me throughout the season," Seager said. "It always has done that. I thought you play third base, you do 150 squats a day basically over there, you are going to get tight. You swing a lot. Going to Jason, he pointed out a lot of other areas of my body that were tight and that were causing issues. It (flexibility) is important for swing, defense, everything."

Manager Scott Servais said Seager's changes have been noticeable in early batting practice.

"It (swing) looks a little bit different," Servais said. "It is probably what we saw more out of Kyle earlier in his career. Hopefully, he can get his body in better positions and get it moving better and get the results he is looking for."

SCOREBOARD

PREP SPORTS SCHEDULE

FRIDAY

Girls basketball — 1B regional: Clallam Bay vs. Naselle, 6 p.m., at Mark Morris HS
Boys basketball — 2A state playoff: Coquille at Knappa, 6 p.m.

Wrestling — State meet, Memorial Coliseum, Portland

SATURDAY

Girls basketball — 3A state playoff: Amity at Warrenton, 6:30 p.m.; 2B regional: Davenport vs. Ilwaco, 4 p.m., at Mark Morris HS

Boys basketball — 1B regional: Naselle vs. Sunnyside Christian, 2 p.m., at Ellensburg HS
Wrestling — State meet, Memorial Coliseum, Portland