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SPORTS

SPORTS IN BRIEF

VOLLEYBALL

Warrenton sweeps Rainier, again

Warrenton continues to pull away from the rest of the field in the Coastal Range League volleyball standings, as the Warriors scored another three-game sweep Tuesday night over Rainier.

After sweeping the Columbians in a nonleague match last month, Warrenton, 4-0 in league, cruised in Tuesday's contest at Rainier, 25-17, 25-15, 25-7.

"This game — a lot like the first time we played them — was decided at the service line," said Warrenton coach Staci Miethe, whose team served at an 86 percent clip, just under their goal of 90 percent.

The Warriors had 29 ace serves, while the Columbians missed 19 serves. Mia McFadden led Warrenton, hitting 23-of-25 serves, with 12 aces, "including six in a row to get us to 23-6 in the final set," Miethe said.

Avyree Miethe was 11-of-13 with eight aces.

"Everyone on the team that serves had at least one ace," coach Miethe said. "Offense was working well too, despite the unusually tight officiating on the setters."

Avyree Miethe led the Warrior offense hitting with nine kills, followed by Leah Schiewe with seven. Nora Ayo and Grace Fritz split the setting duties and each had six assists.

Warrenton plays Banks on Thursday.

Astoria holds off Tillamook in four

Eighth-ranked Astoria had to work a little harder than usual, but ultimately held off 19th-ranked Tillamook in four sets Tuesday night, 25-14, 25-22, 15-25, 25-20, in Cowapa League volleyball action.

Astoria's win at the Brick House helped the Lady Fish improve to 2-1 in league play, 8-3 overall, while the Cheesemakers remain winless in league (0-2), 4-6 overall.

Kelsey Fausett and Taja Tuimato led the Astoria attack with 11 kills apiece, followed by Julia Norris with seven, and Halle Helmersen and Kajsa Jackson with six each.

Jackson also had six blocks, while Hailey O'Brien served up six aces, with five more from Norris. Helmersen led Astoria with 35 digs.

Astoria takes to the road for its next two matches, Thursday at Valley Catholic and Oct. 10 at Seaside.

Jewell holds off Willamette Valley Christian

The Jewell Lady Jays evened their league record at 4-4 Tuesday night, with a four-set win over Willamette Valley Christian, 25-17, 25-13, 22-25, 25-19.

Jewell also improves to 6-8 overall, and hosts St. Paul next Tuesday. The No. 3-ranked Parrots currently sit atop the Casco League standings at 9-0, 17-2 overall.

— The Astorian



Gary Henley/The Astorian
Megan O'Meara and the Astoria Lady Fishermen controlled most of the action and had more shots on goal, but Banks left CMH Field with a 2-1 win Tuesday night.

Late goal lifts Banks girls over Astoria, 2-1

Valiants defeat Gulls

By GARY HENLEY
The Astorian

The Banks Braves had just four shots on goal in Tuesday night's Cowapa League girls soccer match at Astoria.

But all it took was a couple of perfectly placed shots at the Fishermen net, and the Braves left CMH Field with a 2-1 win over Astoria.

The crucial early game in the league standings gives Banks a 2-0 league record atop the Cowapa, while the Lady Fish fall to 0-1-1 in league, tied for third with Seaside, behind Valley Catholic (1-0).

An evenly played first half saw both teams manufacture a few well set-up shots on goal.

In the 15th minute, the Braves' Tyler Rose sent a short pass to teammate Kate Hailey, whose shot at the net was stopped by Astoria goalkeeper Baylee McSwain, back in the starting lineup after a recent injury.

With 12:40 remaining in the first half, Astoria sophomore Vanessa Velazquez sent a perfectly placed through-ball to Elle Espelien, on the run and out in front of the Braves' defense. But Espelien's low line drive shot was deflected by a diving Lillie Breadon, the Banks' keeper.

The first score of the night came off the foot of Banks junior Madeline Jacobs. On a free kick from 31 yards out, Jacobs launched the ball over everybody — including the outstretched arms of McSwain into the upper part of the net for a 1-0

lead.

The Lady Fish came out charged up to start the second half, working the ball around the Banks defense for the first six minutes.

And in the 47th minute (7:56 into the second half), Astoria drew a foul in the penalty area following a corner kick.

Hayley Kelley took the shot, and placed the ball into lower left of the net to tie the contest at 1-1.

The Fishermen held onto the ball and the momentum, holding the advantage in possession time and shots for most of the next 20 minutes.

A shot on goal by Velazquez was stopped by freshman Natalie Eastman (the Banks keeper in the second half), and Megan O'Meara nearly scored moments later on a shot attempt from 30 yards out, also stopped by Eastman.

With 7:48 left in the game, the Braves had their only shot on goal of the second half, an attempt from 25 yards away at the left post, a left-footed shot by sophomore Skyla Zechmann that again got past a diving McSwain for the Braves' second goal.

The Fishermen went into their late-game offense, and managed one more shot on goal, an attempt by O'Meara that was gathered in by Eastman.

Time expired as Astoria was lining up for its sixth corner kick opportunity of the second half.

Now 2-3-3 overall, the Lady Fish hope to rebound Thursday at Tillamook, the first of four straight road games for Astoria.

In other league action, Valley Catholic opened league play Tuesday night, and opened it in nice style with a 4-0 win over Seaside at Broadway Field.

BOYS SOCCER

Valley Catholic clips Seaside, 1-0

The Astorian

Valley Catholic defeated Seaside 1-0 Monday night in Beaverton, where the two teams fighting for the Cowapa League boys soccer title met for the first time this season.

The Valiants and Gulls will go at it one more time in league play Oct. 17 at Broadway Field. The two squads could meet a third time deep in the 4A state playoffs.

For now, the No. 2-ranked Valiants hold the upper hand in the

league standings at 1-0, while the Gulls are a half-game back at 1-1.

Valley Catholic scored on a header off a corner kick in the first half in Monday's contest.

Seaside has more than a week off before playing Oct. 8 at Tillamook.

Nike coach hit with doping ban

By KEN GOE
The Oregonian

Nike Oregon Project coach Alberto Salazar and a Houston endocrinologist who had treated athletes belonging to the Portland-based training group, have been banned for four years for doping violations.

The decision was announced Monday by the U.S. Anti-Doping Agency and begins immediately.

In a prepared statement, the USADA wrote that two, three-member arbitration panels had determined Salazar and Dr. Jeffrey Brown should be banned for "orchestrating and facilitating prohibited doping conduct."

Salazar said he was "shocked by the decision." He said he would appeal.

Much of of the arbitrators' report about Salazar concerns an experiment involving a large infusion of the amino acid L-Carnitine to Steve Magness, then an Oregon Project assistant. The infusion is larger than permitted. Magness never competed as an Oregon Project athlete.

The report also details an experiment in which Salazar's sons had small amounts of testosterone applied to their skin, and then tested to see if their testosterone levels exceeded allowable levels. Neither son is an elite athlete.

Salazar is believed to be in Doha, Qatar, where a number of Oregon Project athletes are competing in the World Outdoor Track & Field Championships. Dutch distance runner Sifan Hassan of the Oregon Project won the women's 10,000 title on Saturday.

A former University of Oregon track star, Salazar has had a storied coaching career, guiding Olympic gold medalists Mo Farah and Matthew Centrowitz, as well as two-time Olympic medalist Galen Rupp.

Centrowitz and Farah left the Oregon Project before the ban was announced, Farah in 2017 and Centrowitz last year.

Salazar repeatedly has denied the charges, and did so again Monday.

In a prepared statement on the Oregon Project website, Salazar criticized his treatment during the USADA investigation as "unjust, unethical and highly damaging."

Salazar took particular umbrage at a statement attributed to USADA chief executive Travis Tygart that read: "While acting in connection with the Nike Oregon Project, Mr. Salazar and Dr. Brown demonstrated that winning was more important than the health and well-being of the athletes they were sworn to protect."

Salazar said: "This is completely false and contrary to the findings of the arbitrators."

Nike stood behind him, issuing a statement that read, in part: "Today's decision had nothing to do with administering banned substances to any Oregon Project athlete. As the panel noted, they were struck by the amount of care Alberto took to ensure he was complying with the World Anti-Doping Code.

"We support Alberto in his decision to appeal and wish him the full measure of due process that the rules require."

Jeff Manning contributed to this report.