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SPORTS

ATHLETES OF THE WEEK

KAISA LILJENWALL Seaside/Warrenton

The Gulls had three meets in a seven-day span, with several swimmers performing well in all three meets. For the Seaside girls, Kaisa Liljenwall — a Warrenton High School senior who competes for Seaside — highlighted her week with a win in the 100-yard freestyle in a three-way meet Jan. 24 at Astoria with 6A West Salem. Her time of 1:04.08 was the best among 19 entrants in the event. She teamed with Brooke Blankenhorn, Emily Philbrook and Nicole Blankenhorn for second in the 200 freestyle relay.



Gary Henley



Melissa Linder-Cho

COLTON McMASTER Astoria

The Fishermen were winless in two games last week. On the plus side, both losses came against top five teams (Seaside and Banks), while Astoria sophomore post Colton McMaster has become one of the top scorers in a talent-laden Cowapa League. In a close loss to Seaside, McMaster scored 35 points, 14 in the fourth quarter. Back-to-back three-point plays by McMaster, followed by another McMaster score, had Astoria within 50-47 with three minutes left. Three days later against Banks, he scored 24.

Astoria, Seaside tune up for postseason meets

The Astorian

Astoria, Seaside and Gladstone met for a three-way swim meet Thursday afternoon at the Astoria Aquatic Center.

Seaside swimmers won 11 of the 22 events, and Astoria had nine victories, as the two teams begin preparations for the post-season meets.

The three-way dual meet scores included wins for the Seaside boys (117-33 over Gladstone, and 102-61 vs. Astoria); the Astoria boys topped Gladstone (107-38); the Astoria girls won by scores of 81-64 vs. Seaside and 90-57 over Gladstone; and the Lady Gulls defeated Gladstone 81-60.

The Seaside boys were the big winners, with victories in eight events.

Henry Garvin won the 50-yard freestyle (25.49 seconds) and 100-yard freestyle (57.69), and swam legs on two winning relays: the 200-yard medley with Leif Rehner, Leif DeWinter and Logan Dennis (2:00.44), and the 200-yard freestyle, with Westin Carter, Dennis and Sean Olea (1:46.57).

Elsewhere, Dennis won the 100-yard butterfly (1:05.97), Rehner was first in the 100-yard backstroke (1:08.64), DeWinter captured the 100-yard breaststroke (1:16.94), and Seaside finished with a win in the 400-yard freestyle relay (4:10.86).

The Astoria boys had two wins: Riley Cameron (200 freestyle, 2:02.06) and Nikolai Boisvert (500 freestyle, 6:39.07).

On the girls' side, Astoria had seven wins, with a big meet from Tori Smith, winner of the 200 individual medley (2:35.55), and the 100 butterfly (1:14.37).

Grace Peeler added victories in the 100 freestyle (1:04.24) and 100 breaststroke (1:22.94), Emelia Cameron captured the 200 freestyle (2:23.22) and Constance Rouda won the 100 backstroke (1:21.13).

The four swimmers teamed up to win the 200-yard medley relay in 2:12.66.

Seaside finished first in three events: the 50 freestyle (Nicole Blankenhorn, 29.03); the 200 freestyle relay (Kaisa Liljenwall, Brooke Blankenhorn, Emily Philbrook, Nicole Blankenhorn, 1:58.24), and the 400 freestyle relay (Liljenwall, Philbrook, Ashlee Fraser, Brooke Blankenhorn, 4:54.57).

PREP ROUNDUP

Knappa girls get revenge win over Neah-Kah-Nie

Knappa snapped a two-game losing skid and scored a little pay-back against Neah-Kah-Nie in a Northwest League girls basketball game Thursday night.

Coming off a 20-point loss at Portland Christian just 24 hours earlier, the Lady Loggers defeated visiting Neah-Kah-Nie 51-28, as Knappa prepares for the final four league games of the season.

Freshman Katelynn Weaver scored 19 points with four steals and Hannah Dietrichs added 11 points in Thursday's win over the Pirates, who had beaten Knappa 42-36 on Jan. 7.

"Tonight was a redemption game for our girls," said Knappa coach Tracie Brockey. "We lost to Neah-Kah-Nie by six last time, and really felt we gave that one away."

"Tonight's game was how I'd hoped we'd match up with them three weeks ago," she said. "Our girls' effort and enthusiasm was there tonight."

Knappa's Sophia Carlson "was our 'hustle player' of the game," Brockey said, "collecting six steals and rebounds, getting a few saves to earn us extra possessions, and she, along with our other guards, forced a lot of turnovers with their hedging and aggressive half court defense."

Carlson had 10 points as Knappa's third player in double figures.

"I was super proud of her specifically, in addition to the team as a whole," Brockey said. "We had a lot of special performances tonight. Our players who don't get as many minutes came in and did great work as well."

Olivia Rilatos "played her best varsity game tonight even though the stat sheet doesn't show it," Brockey said. "You are seeing some confidence and chemistry emerge in this group, and I'm hopeful that will translate to wins as we close out our league schedule."

Knappa boys run past Neah-Kah-Nie

Knappa hopes to be playing three



Hudson named new Seaside coach

The Astorian

Laurie Hudson has been named as the new Seaside High School varsity volleyball coach, announced at a Seaside School District Board of Directors meeting Jan. 21.

Hudson replaces Demi Lund, who stepped down after giving birth to a baby girl in December.

Hudson served as an assistant to Lund last season, when Seaside finished 8-15 overall and 0-8 in league play to qualify for the regional play-in round.

games in three days in the upcoming state tournament a month from now, and warmed up this week by winning three games in four days.

After a 93-46 win Monday at Vernonia and a 60-46 victory Wednesday at Portland Christian, the Loggers cruised to another win at home Thursday vs. Neah-Kah-Nie, 62-37.

Willamina rallies for last-second win at Warrenton

Bulldogs trailed by 12 in first half

The Astorian

The Willamina boys basketball team scored a stunner Tuesday night at Warrenton where the Bulldogs rallied from a six-point deficit to start the fourth quarter to beat the Warriors, 41-39.

Ruben Rizzo's mid-range jump shot from the right side with 1.2 seconds left was the game-winner, helping Willamina break a tie with Warrenton in the Coastal Range League standings.

The Bulldogs improved to 3-1, while the Warriors drop to 2-2.

The first half belonged — mostly — to the Warriors.

Willamina connected on a 3-pointer in the opening seconds

and built an early 7-3 lead, but the Bulldogs spent the next five minutes missing NBA-range 3-pointers, while the Warriors ran a patient offense and began scoring on easy baskets inside.

In addition, Warrenton's Austin Little got hot from the outside, and the Warriors turned a 7-3 deficit into an 18-7 lead.

With the help of three 3-pointers, Little scored 16 points in the first half, and that was plenty to give the Warriors a seemingly safe 21-9 lead at one point.

But Willamina managed to hang around, as the Bulldogs closed to within 25-17 at halftime, then opened the third quarter on a 6-2 run.

Austin Little and Dawson Little answered with fast-break baskets to give the Warriors a 31-23 advantage late in the third.

The Pirates trailed by just nine points at halftime, 27-18, before Knappa outscored the visitors 35-19 in the second half.

In Wednesday's win at Portland Christian, Knappa led most of the game, "but PC played well and kept it close throughout," said Logger coach Paul Isom.

Fresh off a 40-point game in a win at Vernonia two nights earlier, Mason Westerholm led the Loggers with 23 points, followed by Eli Takalo with 18 and Devin Hoover with 13.

"We had great minutes from Camo (Miethe) and Logan (Morrill) tonight," Isom said. "Joe (Ramvick) was out tonight, and those two guys really stepped up and filled that role nicely, especially on the defensive end of the floor."

Tillamook boys work overtime to beat Astoria

Two Tillamook players combined to score 54 points and the Cheesemakers outscored Astoria 13-5 in overtime for a 64-56 win over Astoria in a Cowapa League boys basketball game Tuesday night at Tillamook.

Freshman guard Trask Veek-Petersen led the Cheesemakers with 30 points, which included six 3-pointers and a bunch of free throws in the overtime period. He finished 10-for-12 at the line, while Tillamook was 15-for-23 overall.

Tillamook sophomore Marshall Allen added 24 points, 14 in the third quarter.

Astoria jumped out to a 6-0 advantage to start the game, but trailed 20-12 after one quarter.

The Fishermen bounced back and outscored Tillamook 28-24 over the second and third quarters, but the two teams were tied at the end of regulation, 51-51.

The Cheesemakers hit a 3-pointer to open the extra period, and gradually increased their lead, made free throws, and closed out the win for their first league victory.

Colton McMaster led the Fishermen with 18 points, 13 in the first half. Isaac Brockman added 11 points and Dylan Junes finished with 10, all in the second half.

— The Astorian

Pizazz dance clinic Feb. 8

The Astorian

The Astoria High School Pizazz dance team will be hosting a youth dance clinic Saturday, Feb. 8, at Astoria Middle School.

The clinic will run from 10 to 11:30 a.m., and is for boys and girls, age 4-14.

Registration opens at 9:45 a.m. Cost is \$20 with a Pizazz T-shirt, \$15 without.

This is a fundraiser for the team's competition season. Those attending are encouraged to wear comfortable dance or gym clothes.

Participants will be placed into groups based on grade level in school. They will work on dance skills such as turns, leaps, kicks and tricks. Students will also learn a short dance routine, choreographed and taught by Pizazz team members.

For questions or more information, contact coach Emily Madsen at 503-440-5384.

On Friday, Feb. 14, youth are invited to perform this routine with current Pizazz dancers at halftime of the Tillamook vs. Astoria girls basketball game, which begins at 6 p.m.

SCOREBOARD

PREP SPORTS SCHEDULE TUESDAY

Girls Basketball — Seaside at Banks, 7:45 p.m.; Taft at Warrenton, 6 p.m.; Knappa at Faith Bible, 6:45 p.m.; C.S. Lewis at Jewell, 5:30 p.m.

Boys Basketball — Seaside at Banks, 6 p.m.; Taft at Warrenton, 7:30 p.m.; Knappa at Faith Bible, 8:15 p.m.; C.S. Lewis at Jewell, 7 p.m.

BASKETBALL Coaches Polls (First place votes in parentheses)

- 4A Girls**
1. Philomath (8) 98
2. Astoria (1) 83
3. Baker 75
4. Hidden Valley 73
5. La Grande 52
6. North Marion 45
7. Madras 27
7. Cottage Grove 27
9. Molalla 24
10. Stayton 16
Others receiving votes: Valley Catholic 15, Henley 8.

- 4A Boys**
1. Marist Catholic (10) 139
2. Philomath (3) 131
3. Seaside (1) 116
4. North Marion (1) 101
5. Banks 86
6. Cascade 85
7. Woodburn 67
8. Gladstone 30
9. Marshfield 20
10. Stayton 19
Others receiving votes: Henley 10, Sweet Home 9.
2A Boys
1. Western Christian (8) 98
2. Toledo (2) 88
3. Knappa 84
4. Columbia Christian 58
5. Santiam 54
6. Coquille 46
7. Oakland 37
8. Kennedy 18
9. Butte Falls/Crater Lake 15
10. Bandon 8
10. Sheridan 8