

SPORTS

Astoria's Leary earns national strength coach award

The Astorian

Dan Leary, the strength and conditioning coach at Astoria High School, has been named a Coach of the Year by the National High School Strength Coaches Association.

Leary joined strength coaches from Washington and Idaho as the Coaches of the Year for Region 5 Northwest.

Leary, the strength coach for Fishermen athletes since 2019 (and prior to that Seaside's strength coach from 2010 to 2018) is certified as an SFG II (StrongFirst "giryu," for kettlebell) strength coach. He also holds certifications with Team EXOS, CrossFit and TRX, and is a certified Advanced USA Weightlifting Olympic weightlifting coach.

"Dan is a coach committed to his athletes, his school, and professional excellence, and has been successfully influencing kids for a long time," said Rick Huegli, the Northwest Regional Director. "He is a great example of the outstanding strength coaches that are in the state of Oregon and the NHSSCA is proud that he is part of the family."



Astoria High School strength and conditioning coach Dan Leary with members of the Astoria girls basketball team.

Leary works with all student-athletes at Astoria, including the Lady Fishermen basketball team — a strong candidate for a state championship at some point in the next three years.

Leary was part of a successful run at Seaside, where he helped the Gulls to several state championship game appearances, including four straight in boys basketball, and a title game appearance in football.

Said Leary, "I am thankful for my time at SHS, and was lucky to work for (principal) Jeff Roberts there."

Leary is also a certified clinician with the Functional Movement Screen, and has been a guest speaker at Nike's Coach of the Year Football, Glazier Football and Seattle All Sports clinics, and is a regular contributor to American Football Monthly, discussing strength.

Lady Fishermen hold off Seaside, 33-23

Astoria co-league champions

The Astorian

The Astoria Lady Fishermen were playing their game in the first half Thursday night, running and gunning, knocking down 3-pointers, and forcing turnovers on their way to an eventual 33-23 girls basketball win over Seaside in a Cowapa League regular season finale at the Brick House.

Astoria freshman Tayla Huber connected on two 3-pointers in the first half, with additional treys from

freshmen Shelby Bruney and Nayomi Holmstedt.

Coupled with 16 Seaside turnovers, Astoria held a comfortable 22-11 lead at halftime.

Huber opened the second half with another 3-pointer and Mollie Matthews scored four points in the fourth quarter, but Seaside held the Lady Fish to just 11 total points in the second half.

Playing the final basketball game of her stellar four-year career, Seaside's Lilli Taylor led the Gulls with nine points, while Huber had 10 for Astoria. Seaside freshman Madi Olson hit two 3-pointers for six points.

The Fishermen will play a tie-breaker with Banks (Saturday at 3 p.m. at Tillamook) for the Cowapa League's No. 1 seed to the state playoffs. Seaside finishes the season 5-16 overall.

It was a "great team win for sure," said Astoria coach Mike Jacobson. "Senior Night, rivalry game, league championship on the line with a win, and they gutted it out. It's always a tough game vs. Seaside, no matter what the records are. Just have to keep it going Saturday vs. Banks."

"Physically we're fine. Mentally they have to be strong and believe in themselves, and they'll be able to accomplish their goals."

Seaside back on track with win at Astoria

Gulls are co-league champions

The Astorian

Seaside bounced back from a 32-point performance at Banks on Wednesday, with a 63-point effort Thursday night at the Brick House, where the Gulls closed the regular season with a 63-34 boys basketball win over Astoria.

Coupled with a Banks victory over Tillamook (68-30), Seaside's win sets up a tie-breaker for the Cowapa League's No. 1 seed to state between the Gulls and Braves. For the third time in four years, Banks and Seaside will meet on a Saturday night (7 p.m.) at Tillamook High School. Both will likely host first round state playoff games.

Despite the loss, Thursday's result worked out just fine for the Fishermen.

The Saturday tie-breaker between Banks and Seaside canceled a league playoff between fourth place Tillamook and third place Astoria, with the Fishermen automatically locking up the No. 3 seed to the play-in qualifier — which Astoria will likely host.

As for Thursday's game, the Gulls had all the points they would need by halftime, leading 36-17.

Seaside connected on 8-of-11

3-pointers in the first half, three apiece from Cash Corder and Conner Langmo, and two from Ever Sibony.

The big three combined for 48 points, led by Corder with 17, followed by Langmo (16) and Sibony (15). The Gulls finished the first half on a 16-0 run.

A lengthy halftime show seemed to cool the Gulls off to start the third quarter, in which Astoria opened with a 9-2 run.

But Sibony hit a 3-pointer to get Seaside back on track, Carson Kawasoe added a trey, and the Gulls — with another 16-0 run — turned a 41-28 lead into a 57-28 advantage early in the fourth.

Colton McMaster led Astoria with 10 points.

Warrenton 56, Rainier 47

Despite losing twice to Willamina in the regular season, the Warrenton boys basketball team will get one more shot at the Bulldogs, this time for the Coastal Range League's No. 1 seed to the state playoffs.

The Warriors earned their spot in the league championship with a 56-47 overtime victory against Rainier Thursday night, Warrenton's third win of the season (and second nine-point win vs. Rainier in the last week) over the Columbians.

Willamina will host Warrenton at 7 p.m. Saturday.

SCOREBOARD

PREP SPORTS SCHEDULE

SATURDAY

Girls Basketball — (Cowapa League tie-breaker at Tillamook) Banks vs. Astoria, 3 p.m.
Boys Basketball — (Cowapa League tie-breaker at Tillamook) Banks vs. Seaside, 5 p.m.; Warrenton at Willamina, 7 p.m.; TBA at Knappa.

GIRLS BASKETBALL

ASTORIA 33, SEASIDE 23

SEA (23): Lilli Taylor 9, Olson 6, Nofield 4, A-Taylor 2, Bowles 2, Joli, Martinez, Klumper, Betts, Gooldy.
AST (33): Tayla Huber 10, Biederman 5, Bruney

5, Matthews 4, Holmstedt 4, Dundas 4, Peterson 1, Palmberg.
Seaside 6 5 7 5-23
Astoria 9 13 5 6-33

BOYS BASKETBALL

SEASIDE 63, ASTORIA 34

SEA (63): Cash Corder 17, Langmo 16, Sibony 15, Kawasoe 5, White 4, Jantes 2, Thompson 2, Wunderlich 2, Kraushaar, Palmer.
AST (34): Colton McMaster 10, Woodrich 7, Williams 7, Benesch 6, Boudreau 2, Field 2, Faulkner, Wintersteen, Olson.
Seaside 20 16 15 12-63
Astoria 14 3 11 6-34

DEGREES, CERTIFICATES, CLASSES, & MORE

KEVIN STAPLES MARINE SCIENCE INSTRUCTOR

I train future mariners in all aspects of going to sea.

REGISTRATION IS OPEN

Clatsop
Community
College

www.clatsopcc.edu

Clatsop Community College is an affirmative action, equal opportunity institution. ADA accessible. For the complete Non-Discrimination and Accommodations statements, please visit www.clatsopcc.edu/ada.
Clatsop Community College es una institución de igualdad de oportunidades y de discriminación positiva. Para las declaraciones completas de No-discriminación y de Ayuda a las personas discapacitadas, por favor visite www.clatsopcc.edu/ada.

GIVE YOUR IMMUNITY A BOOST

Recent data suggests COVID-19 vaccine effectiveness wanes over time. If it's been more than five months since your last vaccination (or two months since you received the J&J shot), we recommend getting a booster shot. Boosters are free and available at many local pharmacies, as well as the County Public Health Department.

Please help us reduce disease transmission and severity of disease by getting a booster as soon as you can!

PROVIDENCE
Seaside
Hospital

COLUMBIA
MEMORIAL
HOSPITAL