

Gymnasts earn high marks in 2015 MAC Open

Riverside Gymnastics Academy's (RGA) Level 4 gymnasts captured the title at the 2015 MAC Open in Portland on Feb. 13 with a team score of 111.625. Team placement is determined by the top three scores on each individual event.

RGA's first-place team consisted of 12 gymnasts, with three of the team members from Hood River, who played a big role in the victory.

Regina Sanchez Marcia took second place all around with a score of 12.375; she placed first on floor with a 9.3, third on bars and beam and fourth on vault.

Jacy Johnston placed third all around behind teammate Regina, with her highest all around score of 36.225. She took second on beam with 9.325, third on vault and fourth on bars and floor.

Sophia Riviello placed sixth all around with a score of 33.4, in her first Level 4 competition. She placed second on vault with a 9.25 and sixth on bars.

In the Level 3 division, the girls took second place with a score of 110.65. Hood River's Audrey Fuentes captured the all around title with a score of 37.475. She placed first on bars (9.5) and beam (9.4) as well as second on vault and floor.

Ava Krentz placed sixth all around with a score of 34.95 and had a second place finish on the vault with a 9.25.

In the Level 6 division, Poppy Miller placed sixth on bars with an 8.65. This is Poppy's first season as an Optional gymnast.

Levels 6 through Elite are Optional, while Levels 3-5 are compulsory (all gymnasts performing same routines).

The girls will go for the title once again in Corvallis on March 7th.



HRV Nordic team finishes season

The HRV Nordic team traveled to Mt. Bachelor for their state Nordic meet on Friday and Sat, Feb. 27 -28. They raced skate style Friday in a blizzard which was an unusual condition for this winter. On Saturday, the storm had abated and they raced classic style in bluebird sky conditions and new cold snow. In the aftermath of Friday's storm, wind gusts Saturday at Bachelor reached 80 mph mid-mountain.

The OHSNO league recognized the ten most improved times for the top league skiers at their culminating awards banquet on Saturday evening. The OHSNO league is made up of Summit, Bend, HRV, Corvallis, Sisters, Redmond, St. Mary's, Cleveland/Portland and South Eugene, and several independent skiers. Included in these recognized improving racers for HRV were Zoe Shepard, Ella Van Cott, Lauren Robinson, Alec Matthews, Elkin Parker and Luke Serra. Head Coach Bonnie Lambert is excited that these racers were recognized for their efforts and can't wait to see them come back as powerful skiers next season!

HRV Nordic will regretfully say goodbye to seniors Nils Engbersen, Garrett Kelly, Mason McDowell, Alex Chadney, and Terri Hewitt. Nils Engbersen, along with Daniel Fischer, has qualified for the Junior Nationals and will travel to Truckee, Calif., in March to compete against Nordic high school racers from around the country. The Truckee race will also see Sam Wiley, an HRV Nordic alum, compete in the U20 category.

Friday's boys 7K skate race resulted in HRV taking second overall. The first-place finisher was Summit's Robert Shannon with a time of 19:21. HRV's Jesse Wiley was fourth with a time of 20:07; followed by Nils Engbersen at sixth, with a time of 20:38; Leif Bergstrom was ninth with a time of 21:39 and Muir Emmons was 13th with at time of 22:05. Depth of the HRV boys was demonstrated by Elkin Parker, Joey Slover, Luke Serra, Mason McDowell, Emmett Becker, Alec Matthews, Jake Broham, Alex

Chadney, Garret Kelly, and Gabe Campos-Davis in a field of 77 boys.

On the girls side, Friday's 7K skate results saw a win by Emily Hyde of Summit, with a time of 19:44. This senior racer consistently posts times competitive with the boys top five finishers. HRV girls were represented on the podium by Valerie Fischer in fifth place with a time of 22:29 and Daisy Dolan in 10th place with a time of 23:32. Finishing strongly were Denali Emmons at 13th with a time of 23:38, and Lauren Robinson at 16th with a time of 24:14. Terri Hewitt, Ella Van Cott, and Zoe Shepard rounded out the HRV finishes in a field of 69 girls. Overall the HRV girls placed third as a team.

Saturday's 5K classic results were similar, with HRV boys coming in second overall. Robert Shannon of Summit was again the race winner with a time of 16:13. In the top ten, HRV placed Daniel Fischer at fifth with a time of 17:49, Jesse Wiley at eighth with a time of 18:03, and Leif Bergstrom at 10th with at time of 18:21. Nils Engbersen was 12th with a time of 18:44, and Conner Truax was 18th at 19:41. The rest of the HRV racers placed strongly in the field of 75 racers.

The HRV girls also placed third overall on Saturdays' 5K classic. Emily Hyde of Summit was again first with a time of 18:02. Valerie Fischer was third with a time of 20:32. Daisy Dolan and Denali Emmons came in almost simultaneously at 11th and 12th, respectively (22:11 and 22:24), followed by Lauren Robinson, Terri Hewitt, and Zoe Shepard in a field of 70 racers.

The weekend of races was capped off by a mixed three-person relay of classic, skate, and skate. HRV boys squeaked out a second-place finish at the line, due to the efforts of Jesse Wiley, Leif Bergstrom, and Daniel Fischer. HRV girls came in with Valerie Fischer, Daisy Dolan, and Denali Emmons skiing to the line for a solid third-place finish.

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bredl's defenses.

The second round started with Hofenbredl choosing the down position, and after getting returned to the mat three times, he managed an escape to take the 1-0 lead.

Marquez answered quickly with an off-tempo shot that caught Hofenbredl off-guard, but the Dallas senior was able to counter and scrambled his way to a takedown with 30 seconds remaining in the match.

Down 3-0, Marquez chose the neutral position to start the third round. Hofenbredl shot a quick single leg and

scored two more points in the first 30 seconds to take a 5-0 lead, and after struggling on the mat for the next minute, Marquez managed an escape with 20 seconds left in the match. Hofenbredl scored a third takedown in the final second of the match as Marquez left his legs vulnerable looking for a last-chance throw.

Jason Shaner, 120 pounds: Shaner joins a short list of HRV freshman who have advanced to the state meet over the years, and an even shorter list of freshman who have made it to the podium as a top-six placer. Shaner wrestled three matches Friday, winning two and losing one, and three matches Saturday, winning one and losing his final two to finish in sixth. Highlighting his tournament was a 22-7 technical fall over Bend's Cyrus Tadjiki and an exciting 10-8 win over Woodburn senior Carlos Velasco in the consolation quarterfinals to secure a place on the podium. Shaner lost 9-1 to Hermiston's Andy Wagner, who went on to finish in third and lost by fall in the fifth- and sixth-place match over Dallas senior and No. 2 seed Nolan Miller.

Angle Jones, 106 pounds: Another freshman with great promise, Jones ended his breakout season with two wins and two losses at the tournament, including a heartbreaking last-second loss in the consolation quarterfinals that would have guaranteed a place in the top six. Jones lost his first match by fall, then rebounded with 6-3 and 3-0 wins to finish the first day with a shot at the podium. In a do-or-die match Saturday morning, Jones battled to the last second against Silverton's Jacob Whitehead. After trailing much of the match, Jones scored a reversal in the final minute to take a one-point lead. In literally the last second of the third round,

Whitehead managed a reversal of his own to finish with the one-point victory, thus knocking Jones out of the placing round.

Junior Manzo, 132 pounds: Manzo earned his first trip to the state tournament with a fourth-place result at regionals, and for the HRV junior, being a part of the state experience was an accomplishment in itself. Manzo had a rough first match, as he was placed in the bracket aside No. 3 seeded senior Kyle Grahm of Sandy, who went on to finish third. Manzo wrestled tough against Grahm but lost 18-7. He then lost 14-11 to Springfield senior Gaven Patrick and was eliminated from the tournament.

HRV girls:
HRV wrestling sent five girls to represent the Eagles at a special exhibition state championship run alongside the boys tournament. The top four girls in each weight class qualified for the championship at a regional tournament earlier this season. One round was held Friday and the finals were Saturday. Based on results from the regional qualifier, HRV was awarded the girls team state champion trophy for scoring the most points and qualifying the most girls out of any other team in the state.

Jessica Dehart, 106 pounds: With two wins over the weekend, Dehart secured her fourth girls state wrestling title, all earned at the 106-pound weight class.

Notorious around the state as a bruiser of both girls and boys, Dehart capped her outstanding high school career with two wins by fall. Having battled a knee injury all season, she will forgo the Oregon high school freestyle and Greco seasons to have surgery and hopefully recover in time for the USA Wrestling junior national tournament this summer.

Payton Rigert, 152 pounds: Rigert claimed her second straight girls wrestling state title over the weekend by picking up two wins by fall. For a late starter in the sport, the senior had an outstanding two years to end her career as an Eagle.

Sarah Sullenger, 113 pounds: A product of the Hood River Wrestling Club, Sullenger, a freshman, showed great poise under pressure as she wrestled her way to a state title as a freshman with two wins by fall. Her championship match — a third-round pin — was revenge against Triangle Lake's Bailee Davis, whom Sullenger lost to at the qualifier tournament.

Minique Yanez and Joana Endow, 126 pounds: Yanez and Endow, both wrestling at 126 pounds, each lost their first-round matches Friday, which pitted them against one another in Saturday's match for third and fourth place. The two went head-to-head for three rounds, with Yanez finishing with a 7-1 win. Both are expected to be back next year ready to pick up where they left off.



With fourth consecutive win, Dehart makes HRV history

By **PAYTON RIGERT**
News Intern

Jessica Dehart made history on Saturday by winning her fourth consecutive OSAA state wrestling championship at 106 lbs.

She is the first ever four-time state champion at Hood River Valley High School. Jessica is thrilled that she has done something that no other girl, or guy, has ever done before at HRV.

"The experience at state has been great for me," Dehart said. "It's an amazing feeling being on the mat at the Veteran's Memorial Coliseum with so many people watching from the

stands."

She has been wrestling since she was a young girl, and it has always been a part of her life. Dehart grew up in a wrestling family where her dad, brother, uncles, and cousins all wrestled, and she wanted to experience it all for herself.

When asked her feelings on participating in a male dominated sport, Jessica replied, "To me it's a challenge every day, but it's a challenge I look forward to. It's fantastic to see more women participating in the sport and to see it grow each year."

When Dehart started at HRV, there were only a

handful of girls wrestling in Oregon high schools. Now, in her senior year, there are over 100 Oregon girl wrestlers, with 67 Oregon high schools having a girl on their team.

Dehart plans on wrestling in college, but as of right now is not committed to a school. She would like to come back to Hood River and coach a women's team at HRV. Dehart wanted to thank her family and her team for always pushing her to succeed.

"What I like most about wrestling is the family aspect of the team, knowing that we always have each other's backs," she said.

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Aldrich. "It really didn't seem too emotional for me, but it just seemed to be a little different type of atmosphere. We have lots of momentum going into the tournament and I think it will continue in our next three games. We plan on getting three more wins so that we can achieve our goal of winning the state championship. It would be an awesome way for the seniors to conclude our career."

The Hawks continued displaying a high intensity level in the fourth, outscoring the Lakers 21-7, while playing near flawlessly on offense and defense. A Davis steal and breakaway layup, followed by his outside jumper, made it 38-19.

A 10-0 Hawks run was ignited by the highlight basket of the game. On a Hawk fast break, Davis lobbed a pass up

near the hoop toward a high-leaping Bloomster, who dropped the ball in for an alley-oop shot that brought the hometown crowd to its feet. Senior guard RJ Hicks (five pts.) capped the rally with his layup and free throw for a three-point play, making it 48-19 with 1:51 remaining in the game.

"If feels good to be going to Baker City and knowing we have momentum of being undefeated against every 1A team we've played this year," said Davis. "I know that we'll be seeing every team there playing their best basketball. We just have to continue playing with lots of confidence while we should also have a humble attitude as well. If we do that, then I think we'll be OK."

The victory was Horizon's 19th in a row over 1A teams, as they remained undefeated at that classification level. The 21 points by the Lakers marked the lowest total Horizon has allowed this year. It was the 13th time Horizon

won by 20 or more points. However, the Hawks didn't have one of their best shooting performances as they shot 21-for-55 (38 percent) in total field goals, including going 0-10 from the three point arc.

It marked the final home game of their career for seniors Davis, Bloomster, Hicks, Aldrich, Andersen and Wesley Johnston. "We won by 31 points even though we were not shooting very well," said Johnston, who had three points and three steals. "We definitely played well, but the shots that we normally make just didn't seem to fall. If we keep playing with the same intensity level, then I think that we'll continue having success at the tournament in Baker City. It would be great to win the championship. It felt kind of exciting for myself and my teammates to be playing the final home game of our career and it was definitely a different type of experience for us."

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