

## College Football

## UCLA upsets No. 20 Cal

Associated Press

PASADENA, Calif. — With UCLA's season seemingly teetering on the brink of collapse, Josh Rosen calmly propped it back up with a passing performance that put the freshman's name in the Bruins' record book.

Rosen completed a school-record 34 passes and threw two of his three touchdown passes to Devin Fuller, and UCLA got back on track with a 40-24 victory over No. 20 California on Thursday night.

Rosen passed for 399 yards in another splendid game for the standout rookie, and Thomas Duarte had career highs of 10 catches for 141 yards for the Bruins (5-2, 2-2 Pac-12).

Rosen was smooth and confident in another big Pac-12 game, going 34 for 47 without a turnover.

## CBC Volleyball

## TigerScots waiting on district opponent

East Oregonian

ATHENA — Since 2010, the Weston-McEwen TigerScots have turned in six-straight seasons of at least 20 wins, as the TigerScots earned win No. 20 against Stanfield on Tuesday.

The season turned in by the TigerScots (20-8, 8-2 CBC) earned them the No. 2 seed in the Columbia Basin Conference district tournament, which will be played at Culver on Saturday.

Their opponent is still yet to be decided, as the TigerScots are set to play the winner of Pilot Rock (11-12, 4-6 CBC) and Heppner (12-12, 5-5 CBC) which is slated to start at 12 p.m.

Heppner defeated Pilot Rock

in both of their regular season match-ups with 3-2 scores each time.

Which ever team wins will have its hands full with the TigerScots, as Weston-McEwen swept all four matches with the Mustangs and Rockets this season.

Weston-McEwen coach Shawn White knows that even amidst his teams' success, what happens during the regular season won't really matter come Saturday.

"We just need to work on staying aggressive and keep working on just getting better each day," he said following Tuesday's match.

The winner of Weston-McEwen and Pilot Rock/Heppner will then proceed to play the Culver Bulldogs (26-3, 10-0 CBC) 30 minutes after the conclusion of the match.

## PENDLETON: Bylenga on pace for state

## Continued from 1B

the aspiring collegiate runner tried anything she or her coaches could come up with to ease the pain — lightened workouts, cross-training, aqua jogging, even maternity wraps.

None of it worked, but it wasn't the treatments that were the issue. Clem had been misdiagnosed.

Three weeks before the district cross country meet of her junior year, Clem found out she'd been competing all season with an inflamed appendix that would need to be removed immediately.

"Doctor (John) McBee saved the day and did an amazing surgery," Stewart said. "There was so much scar tissue around (the appendix) it took 45 minutes longer than they thought it was going to take."

The timing of the surgery, which also required a one-week recuperation, didn't leave Clem much time to get herself ready to compete at districts. She still managed to reach the state championships with the final at-large berth from the Columbia River Conference, but finished 35th — 25 spots lower than she had as a sophomore.

That placing, along with her inability to run a single race quicker than 20 minutes that season, took a toll on Clem's confidence.

"It's weird, when that pain (in my side) went away I wasn't used to not feeling that pain. So it was weird to feel other pain, like, 'Is that an injury? I don't know.' So I probably didn't go my hardest for a while," she said. "I feel like I'm a better

runner because I had that experience."

A hard month of training following the state meet and a good finish at the Foot Locker West Regionals in December renewed her confidence, though, and Clem went on to place eighth in the 3,000 and 10th in the 1,500 that spring at the OSAA track and field championships.

Back to full strength for her senior season, Clem is hoping to lead an entire team of Buckaroos to the state meet as they prepare for this weekend's district championships at Sorosis Park in The Dalles.

"I haven't really hit the time I've wanted to yet this year, so I'm hoping to get to state," she said. "And hopefully I bring my girls with me."

She's still looking to get back to the form that got her a personal record in the 5,000 meters of 18:45.95 her sophomore season, but her 19:31.1 at last week's Kyle Burnside Wildhorse Invite was the second-fastest by a CRC girl this season. She also finished that race 30 seconds ahead of any of the district's other top runners.

With the cutoff for individual state qualifiers set at seventh place, Clem's fourth-straight appearance at the Lane Community College course that hosts the state meet appears inevitable.

The margin for error will be much slimmer for the rest of the team. Only the top two district placers will advance to compete at state, and it's a race that's expected to be decided by just a few points.

"Ever since freshman year state has always been a

goal of ours and it's always been so close," said senior Chyenne Carey. "Each year we're really close and this year I feel like we're closer than ever. And what it will come down to at the race is who wants it more. Which team wants it more. I feel like we're in a really good place mentally where we just want it and we're just going to do our best and try whatever we can to make it there."

Fellow senior Kaleigh Waggoner agreed that this group has never been more prepared to make a run at state.

"I think that we've been peaking at the right times and I think that we've definitely been working harder and getting better throughout the season," she said. "I think there's been moments where we've all had a bad day or we've all had a bad race, but we're at the moment now when we're so focused and so ready for this race."

"We've never been this ready before and that feels really good. I think the whole district is kind of in anticipation of who is it going to be, the top two? So that's really cool and it's also really nerve-racking."

Stewart said the girls are doing all the right things in practice, but the competition is better this year too.

"These girls are doing more miles than we've ever had a Pendleton team do before, and they're doing it at a faster pace than they've ever been able to do before, but unfortunately so is the whole state," she said. "I couldn't ask any more out of this team, I'm super proud of their effort. We'll just have to see if our best day is

good enough with everybody else's best day."

The Pendleton boys are also trying to overcome a very competitive field to reach the state meet. The qualifying criteria is the same, and the Buckaroo boys are also led by a three-time state qualifier.

Senior Nolan Bylenga's best time this season is 16:33.8, and the only CRC runner to finish ahead of him at the Wildhorse Invite was Hermiston's Josiah Niederwerfer.

A self-proclaimed statistics nut, Bylenga watched his competition closely this season as times were posted online, but even he has no idea how Saturday's race will turn out for himself or his Buckaroo teammates.

"It could definitely be close, we've been improving like crazy these last couple meets," he said. "We've put in so much hard work, and I think whatever happens — we could come out running huge PR's — and I think it will be a good race, and I want to see what happens."

Stewart thinks Hood River will be the team to beat, though.

"Hood River is the strongest boys' team in the league by far, they're very impressive," she said.

Pendleton's boys had their streak of three-straight state berths snapped last season. The last time the girls took a team to state was 2011.

The district meet will begin at 10 a.m. for the girls and 10:45 a.m. for the boys.

Contact Matt Entrup at [mentrup@eastoregonian.com](mailto:mentrup@eastoregonian.com) or (541) 966-0838.

## HERMISTON: PRs pouring in at end of season for Lady Bulldogs

## Continued from 1B

get this title, this state title.' We still believe that we will, but we didn't think it wouldn't be this much of a challenge because we came in thinking this is literally the best team we've ever had," Blackburn said. "We're just not having the season we wanted to have. I think it's just a mental issue and a health issue."

After handily winning its first meet of the year, the Runner Soul XC Fest at Sandstone Middle School, Hermiston went to Hood River where the Eagles easily beat the Bulldogs, compiling 34 points to Hermiston's 42. It was the first time Hermiston hadn't won the Skip Sparks Invitational.

Senior Donell Rome said that meet was the gut check they needed.

"As soon as that meet was over, awards were coming and it was like, 'Oh, second. Hermiston's never gotten second here,'" he said. "We were just like, 'It's time to get going. Hood River's there, they're not fooling around. They just put three in front of our No. 1. We're ready for it.'"

Since then, Hermiston has run in some very competitive meets. The Bulldogs finished fourth at the CRC Preview at The Dalles, then placed 20th and 14th at the Bob Firman Invitational in Idaho and the Richland Invite, respectively.

But then Hermiston won the Kyle Burnside Wildhorse Invite last week. Senior Josiah Niederwerfer set a season best at 16 minutes, 26.6 seconds. He hopes the effort can bleed into the rest of the group, which hasn't quite crescendoed the same way.

"That was the point," he said. "Hey guys, it's time to start doing this. We're cutting back, it's time to start really making it happen and speeding it up and running where we can be, because we're all capable of running with each other and being in front."

If seniors Hayden Earl, Castellanos, Rome and sophomore Isaac Sanchez can't finish as strongly as they did last season, when Hermiston ran away with the CRC title, they could be in jeopardy of not winning the conference for the first time in its history. Rome said they've thought about the streak, but they haven't talked about it. They don't want to apply any undue pressure to themselves.

"There's always pressure," Niederwerfer said.

"We're pressured to not lose our streak."

"When we get pressure put on ourselves ... we don't compete well under pressure," Rome added. "First meet of the year, no pressure. We knew the teams who were coming, we came in confident. The thought has crept in that we could lose this. But I think that it's not an option. It's either you win or you don't, and we want to win."

On the girls side, however, expectations have been shattered. Led by senior Sofia Gispert, who struggled in the beginning of the season but has tossed out back-to-back PRs, said the girls are confident they can make it to state after last season's disappointing fourth-place conference finish.

It started when Crystal Delgado came on as the full-time girls coach. She bonded them, Gispert said, with more group sessions such as team dinners, and they even have a constant group text so they're always in communication with each other.

For a sport that relies on pack running and support, the closeness gained by the Bulldog girls has been a boon to the steady improvement this season.

"She has really blended us into a family," Gispert said. "We know that we have each other's backs and we want to do it for them as much as ourselves."

But the girls aren't just happy to be here, as they say. They expect to perform.

Gispert isn't the only Bulldog girl to post a PR recently. She's one of nine Bulldogs — varsity or otherwise — to PR, and Laura Zepeda added a season-best at Richland. The other nine all set PRs at Wildhorse. Sophomore Sidney Tovey, who is coming on strong with back-to-back PRs, as well, could make a difference as the No. 6 Bulldogs runner. Melany Solorio is dealing with a minor leg injury and wasn't at practice on Thursday, but she should be healthy enough to run Saturday.

"I have confidence they can make it (to state)," Blackburn said. "I know they can make it. There's some nervousness, because it's in their hands."

"The girls have clicked this year."

The district meet begins at Sorosis Park in The Dalles at 10 a.m. for the girls and 10:45 a.m. for the boys.

## HELIX: Life in small town revolves around sports

## Continued from 1B

actually did realize it, it feels really good. And now having the opportunity to win and being able to win as a team and grow together and grow ourselves along with it is rewarding."

The season turned in by the Grizzlies earned them the No. 2 seed in the Old Oregon League district tournament and No. 8 ranking by the OSAA, finishing in a tie with Powder Valley atop the OOL standings.

"When you lose like we did (earlier in their careers) it just isn't fun," said Flerchinger. "But this year I'm so excited. Every day at practice we're so loud, we have so much fun together and it's just a great time all around."

For Mize, the turnaround for her began when she finally accepted the nature of volleyball being a team game and not individually.

"I know my freshman year I was only really concerned about myself and what I had to do," she said. "But this year I've focused much more on making my teammates better, encouraging them, and helping them with something even off the court."

When the three seniors are not on a court or running around a track, they are often times still found in the same place.

"We live in Helix, so we don't really have a lot to do in Helix," said Flerchinger with a wry smile. "But we do a lot of stuff together. We're not the partying group."

So what do they do?

"We only have like one

month of the year where we don't have sport going on," said Jackson, "so it's mostly shopping, going to dinner, and of course Netflix."

More specifically, they enjoy frequent trips for Thai food and road trips to the Tri-Cities for shopping extravaganzas, as well as numerous nights spent at one of their houses for some board games.

"If we do anything outside of school it's always going to be us three and other people along with us," said Flerchinger.

The growth of their friendship throughout high school has been something that Parker has enjoyed to watch for the past four years. "They've gone to school together forever, so it's really fun to watch them," she said. "I love all my kids and it's always fun to watch them grow and move on and know that they're going to do great things."

Moving on is something that the three friends have begun to think about, as their senior year of high school creeps to an end.

As of now, they all have plans to go to college — they just don't have a clue where.

"I want to go to a bigger college and either study physical therapy or speech pathology," said Flerchinger. "I want to go to a big school and hopefully make a difference there."

For Mize, she is mostly undecided on whether she would like to go to a big university or stay a little closer to home with some private schools or community colleges. However, she

does know that she wants to study elementary education.

And for Jackson, she has plenty of options athletically, having received several track and field scholarships from different colleges.

But before the post-high school life begins, they still have games to play.

The Grizzlies are scheduled to play Echo (16-7, 8-4) on Saturday at 9 a.m. in La Grande for the semi-finals of the OOL district tournament. The two teams met twice during the regular season with the Grizzlies dominating both matches with 3-0 wins.

Echo is another team that turned things around in 2015, improving from a 9-13 record last season to 16 wins this season. Because of that, Parker knows that her team should not expect a third easy win over the Cougars when Saturday comes.

"Anything can happen in the tournament," she said. "We're not overlooking anybody and we're going to go in and play our game. The kids know when they get in their rhythm they are tough to beat and we're going to try and maintain that."

"They know what it takes and they've been focused so far this week in practice," she said. "I just think they're ready to play a game again."

The winner of Helix and Echo will then play again at 1:30 against the winner of Joseph and Powder Valley for the district title.

## BIG SKY TOURNEY

The 2015 season was a spectacular debut for lone coach Brandi Orem.

The Cardinals ran through the Big Sky League this season, finishing with a 13-1 mark in the league and an 18-6 overall record.

It was quite the turnaround for a team that turned in just nine wins in 2014.

The season led them to an appearance in the Big Sky district tournament, where they will play the Condon/Wheeler Knights on Saturday at 12 p.m. at The Dalles.

As lone trended upwards from where they were last season, the Knights went the opposite direction.

Condon/Wheeler won 20 games a season ago and advanced to the second round of the OSAA playoffs.

The 2015 season started off looking like a disaster, as the Knights won only two of their first eight matches. But once Big Sky League play began, the Knights found a rhythm as they went on to win 10 of their final 14 matches to finish 12-12 overall and 9-5 in the Big Sky.

Condon/Wheeler ended up in a play-in game against Mitchell/Spray on Thursday, and defeated Mitchell 3-0 to advance to Saturday.

Ione and Condon/Wheeler faced off twice during the regular season and the Cardinals won both times with 3-1 and 3-0 scores.

The winner of the match will advance to play the winner of South Wasco County and Dufur later in the day.

## ATHLETE OF THE WEEK

### JOCELYN GUARDADO

Junior Umatilla Soccer



Guardado recorded hat tricks on back-to-back days to help the Vikings remain in the playoff hunt with 3-3 ties against Riverside and Portland Christian. Two of her goals against Portland Christian were in the game's final 10 minutes with the last coming unassisted in the 80th.

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