SPORTS

STANFIELD Local dojang cleans up at Portland tourney

East Oregonian

With just 12 students, the Eastern Oregon Family Taekwondo (EOFT) dojang, based in Stanfield, finished in 4th place with 182 points at the 2015 Legacy Cup Taekwondo Tournament at Mt. Hood Community College Nov. 14.

More than 300 students from 26 schools competed in disciplines such as sparring, traditional forms, creative forms and board breaking, EOFT won 15 gold medals, worth eight points a piece, seven silver medals, worth five points and five threepoint bronze medals. Students were awarded a point for simply participating.

There were tournaments for weapons and Gi jiu-jitsu, though no Eastern Oregon students competed. Owner, operator and lead instructor Erwin Watson said some students have begun practicing with weapons to compete in tournaments next year. Watson also said referees and other instructors were impressed with his students and often asked where they were from. He said it only took reference to Pendleton for them to understand where Stanfield is.



Students and instructors from Eastern Oregon Family Taekwondo in Stanfield pose at the 2015 Legacy Cup Taekwondo Tournament at Mt. Hood Community College. Top row from left to right: Instructor Lorry Watson, Instructor Erwin Watson, Natividad Sanchez, Joseph Phillips, Melissa Shilhonik, Rene Sanchez, Vladimir Caldera, Mario Sanchez. Bottom row from left to right: Aaron Sanchez, Luis Ibarra, Jigjot Singh, Miseal Sanchez, Osvaldo Sanchez, Sukprit Kaur, Instructor Tyler Watson, Instructor Bailey Watson.

MONKUS: Took snaps when QBs were injured

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The first-year coach, who has personality enough for the two of them, has grown close to the reserved Monkus. As an entering freshman. Salas tried immediately to crack the tough shell of Monkus.

"I'm a happy-go-lucky guy," Salas said, smiling. "I'm not gonna stop until you talk to me."

So after repeated attempts, Monkus opened up. Now the pair sometimes goes out for dinner or lunch and talks about football.

"We have a good relationship," Monkus said. "He's a great coach. He pushes us everyday.'

Sometimes, teammates try to needle him and get him to say something, anything.

"I like to get on his nerves," junior guard Jose Garcia joked.

Monkus isn't tall, maybe 5-foot-9, and weighs only 145 pounds, but don't let his stature

fool you. The diminutive running back is the driving force behind Stanfield's historic run to its first football semifinal since 1957, when the No. 9 Tigers (10-1) travel to Hillsboro to play No. 4 Kennedy at 5 p.m.

Ås the Tigers' featured back, the junior has carried 180 times for 1,571 yards and 20 touchdowns. In 11 games, he's rushed for 142.8 yards per game, and is averaging 8.7 yards per attempt.

As a sophomore, with starting quarterback Dylan Grogan and backup quarterback Ryan Bailey out with injuries, Monkus took all the snaps, attempted most of the rushes and threw almost all of the passes. To head coach Davy Salas, it's his toughness that makes Monkus such a special player.

"He practices hard," Salas said. "He's competitive. Every rep is competitive. When he loses a race, he's competitive. He doesn't take plays off. He doesn't take practices off.'

But he also sets the standard from the other running backs. His relentless style and work ethic provide an example for the others, and it's worn off on them. Makiah Blankenship, Justin Keeney and even quarterback Dylan Grogan take their cues from Monkus, but so does the whole team.

"He gives it his all 100 percent of the time, so we all feed off that," senior defensive back Jason Fitzpatrick said. "We have a lot of runners that like to run hard. When something happens, Thyler's usually the first one there saying, 'Let's get it fixed."

But what sets Monkus apart isn't his speed, which is top end, it's his knack of avoiding the big hit. Because he's a smaller back, he has a low center of gravity, which already makes him a tough tackle and allows him to push piles with his legs. But it also gives Monkus outs when a big hit seems imminent. He's got quick feet, so he can tip-toe around a would-be tackler. He's smart, too, so he'll slip out of bounds when there's no hole to hit, conceding a play without risking a big hit or a turnover.

It's qualities like that which allow him to carry 40 times in a game as a 145-pound sophomore, or 30 times as a 145-pound junior in a playoff game.

"If he was taking big hits, I would be a little more reserved about giving him the ball that many times," Salas said. "But he's so shifty, and his linemen are always in front of him. So when he gets in a big pile, its not a head-on hit. If you can catch him and get a head-on hit, you're a pretty good football player."

ROSSELLE: Four players from team drafted to NFL

Continued from 1B

and seeing the pride that returned as a result of that, the facilities that were built and opportunities they now have for the young kids — seeing those things happen as result of success is probably the highlight," he said.

The 2000 Beavers were full of big personalities and big egos, but that's what made them so successful Rosselle said.

It wasn't uncommon for skirmishes tc break out at practice, and coaches didn't discourage it.

Four players from that team went in the 2001 NFL Draft — receivers Chac Johnson and T.J. Houshmandzadeh tackle Mitch White and defensive enc DeLawrence Grant.

Rosselle played with future NFLers Steven Jackson and Derek Anderson the next season. He said he never could have pictured himself in the Oregon Sports Hall of Fame as a youngster in Pendleton.

"No that was never the goal," he said. "Pendleton is a town that's rich in tradition and history, and I truly enjoyed growing up there and going through the school and sports system there."

Also being inducted into the Hall of Fame in the 2015 class are:

Mike Belotti, Oregon head coach from 1995-2008, winningest coach ir Ducks history (116-55), led the team tc 12 bowl games and the program's first four 10-win seasons (2000-01, 2005. 2008).

Mike Doherty, Oregon's winningest high school boys basketball coach career record of 850-390 at 10 schools including Hermiston.

Jack Folliard, executive director of the Oregon Athletic Officials Association.

Elmer Kolberg, Oregon State standout in football and basketball (1935-38). played three years in the NFL with Philadelphia Eagles and Pittsburgh Steelers.

Damon Stoudamire, born in Portland and starred at Woodrow Wilson High School where he won two state titles. All-American and Pac-10 Co-Player of the Year at Arizona, drafted seventh overall by Toronto Raptors played 14 seasons in the NBA spending most of them with the Portland Trail Blazers (1998-2005).

Leann Warren, back-to-back national champion in the 1,500 meters (1981-82) for University of Oregon, also won 800 title in 1981.

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MUSTANGS: Endurance tested against WMHS

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you get in shape Monday through Thursday.

"So we're trying to do the things that we should do. We're trying to make sure that we're continuing to run and that we're pushing ourselves. But nothing really unique.'

Even though the Mustangs have yet to be pushed in the postseason, Grant said he saw enough in the team's regular season finale win over Weston-McEwen to know they have right endurance level

That game went into halftime with Heppner leading just 8-0, but the Mustangs controlled the second half and went on to win 20-0.

"I was pleased to see them in the fourth quarter really controlling the game," Grant said.

The Mustangs are preparing for a similar type of game this week when they face Tri-River Conference champion Regis (8-3) at Liberty High School in Hillsboro.

We've been practicing hard all week, getting down and getting ready to play a fourth quarter," said senior lineman Saul Érickson. "It's going to be a close game I think, definitely going to

be a good game."

The Mustangs and Rams will kick off at Liberty at noon. The game will be broadcast on Hermiston's KOHU 1360 AM and streamed live online on the NFHS Network with a subscription.

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PICKERS			Ĩ	A	6	19	A A
Week 11	Mike Appleton	Clint Shoemake	Kevin Fisher	Matt Entrup	Mario Ramirez	Sam Barbee	S
Overall:	70-30	70-30	69-31	66-34	66-34	66-34	6
Last Week:	3-7	6-4	3-7	6-4	4-6	5-5	
Vale vs. Scio	Scio	Scio	Scio	Vale	Scio	Vale	,
Crane vs. Adrian	Adrian	Adrian	Adrian	Crane	Adrian	Adrian	Α
Stanfield vs. Kennedy	Stanfield	Kennedy	Kennedy	Stanfield	Stanfield	Stanfield	Sta
Regis vs. Heppner	Heppner	Heppner	Heppner	Heppner	Heppner	Heppner	He
Washington at OSU	Washington	Washington	Washington	Washington	Washington	Washington	Was
USC at Oregon	Oregon	Oregon	Oregon	Oregon	Oregon	Oregon	0
UCLA at Utah	Utah	Utah	UCLA	UCLA	Utah	Utah	ι
Mich. St. at Ohio St.	Ohio State	Ohio State	Ohio State	Ohio State	Ohio State	Mich St.	Ohi
49ers at Seahawks	Seahawks	Seahawks	Seahawks	Seahawks	Seahawks	Seahawks	Sea
Bengals at Cardinals	Cardinals	Bengals	Cardinals	Bengals	Cardinals	Bengals	Cai

Eric	Kathy	Jennifer
Singer	Aney	Сох
65-35	64-36	61-39
5-5	5-5	3-7
Vale	Scio	Scio
Adrian	Adrian	Adrian
Stanfield	Stanfield	Stanfield
Heppner	Heppner	Heppner
Washington	•	Washingto
Oregon	Oregon	Oregon
Utah	Utah	Utah
Ohio State	Ohio State	Ohio Stat
Seahawks	Seahawks	Seahawk
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Kim	Jeff
urgerson	Snell
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.39 5-5 3-7 io Scio Scio ian Adrian Adrian field Stanfield Kennedy Heppner oner Heppner ngton Washington Washington Oregon Oregon gon Utah Utah ah **Ohio State Ohio State** State Seahawks awks Seahawks inals Cardinals **Bengals**

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