MILTON-FREEWATER

Slow start plagues Pioneers

East Oregonian

LA GRANDE — A slow start is something that often plagues any sports team, sometimes digging holes too large to come back out of.

The Mac-Hi Pioneers saw it happen to them against a La Grande team on Tuesday night that has a deep and skilled offensive arsenal that has enough firepower to shoot opponents out of the gym. The Tigers did just that starting in the second quarter, eventually running away with a 61-27 win over the Pioneers in Greater Oregon League play.

"We came out a little timid in the first half," said Mac-Hi coach Brooke Garton. "La Grande has a lot of good shooters and we struggled to cover them all as the game went on."

Both Mac-Hi (12-8, 2-2 GOL) and La Grande (15-4, 4-0) struggled shooting the ball in the first quarter, ending with an 11-3 Tigers lead. But at the start of the second quarter, La Grande found its shooting rhythm through the next two quarters and outscored Mac-Hi 42-16 during that stretch.

Sam Tveidt led the Pioneers in scoring with 10 points — the only Pioneer in double figures. Sydney Richwine contributed seven points and a team-high 12 rebounds. The Pioneers shot just 8-50 (16 percent) from the floor and were out-rebounded by the Tigers 33-17.

"It was a tough one for us," Garton said. "We'll just have to go back to the drawing board for a new game plan when we play them again next Tuesday at home."

Kylin Collman led La Grande with 19 points, while Avery Albrecht added 12 points and Kali Avila added 11 points. La Grande shot 23-51 (45 percent) overall from the floor.

Mac-Hi next plays at Baker on Friday, which is set for a 6 p.m. tip-off.

MHS (12-8, 2-2)	**3**	**4**	**12**	**8**	**—**	**27**
LHS (15-4, 4-0)	**11**	**19**	**23**	**8**	**—**	**61**

MAC-HI — S. Tveidt 10, S. Richwine 7, S. Carter 4, B. Hernandez 3, B. Erb 2, A. Biggs 1, R. Jones, B. Smiley, M. Yensen, M. Martinez, C. Flores.

LA GRANDE — K. Collman 19, A. Albrecht 12, K. Avila 11, M. Wilcox 6, L. Miles 6, M. Browning 2, K. Schelin 2, M. Tussey 1, B. Givens, D. Lester, M. Orton, L. Jensen.

3-pointers — MHS 2, LHS 5. Free throws — MHS 9-13, LHS 9-11. Fouls — MHS 13, LHS 16. Fouled out — M. Wilcox (LHS).

Boys Basketball

LA GRANDE 43, MAC-HI 37 — At La Grande, the Mac-Hi Pioneers fell to .500 in league play with a close loss on the road against La Grande on Tuesday.

No details were reported.

Mac-Hi (7-14, 2-2 GOL) next plays at 7:30 p.m. on Friday on the road against Baker.

AP Photo/Craig Mitchelldyer

Trail Blazers guard Damian Lillard, center, passes the ball between Bucks guard Michael Carter-Williams, right, and center Greg Monroe in Portland Tuesday.

BLAZERS: Vonleh leaves game with ankle sprain

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Khris Middleton had 21 points and eight rebounds for the Bucks, who have lost four straight and six of seven. Milwaukee was coming off a 111-104 defeat at Sacramento the night before.

Giannis Antetokounmpo added 19 points and Greg Monroe had 17 for the Bucks. Both of them grabbed eight rebounds, too.

It was the fifth consecutive home win for the Blazers, who have limited their last three opponents to fewer than 100 points. Portland led by 17 in the second half.

"We just broke down too many times," Middleton said. "CJ McCollum had his game going all night and broke us down. We just can't get stops when we need them."

Aminu was on at the start, scoring 10 points before the halfway mark of the first quarter as the Blazers took a 19-8 lead. Portland led 27-19 at the end of the first.

After trailing by 13, the Bucks closed the gap and pulled to 56-49 at halftime.

Middleton's jumper got Milwaukee to 60-57 as Portland's defense, a highlight in recent games, faltered.

Portland was also hurt when forward Noah Vonleh landed awkwardly after going up for a rebound in the third quarter and appeared to injure his left foot. After limping to the bench, he went to the locker room and did not return. The team later said he had a left ankle sprain.

Afterward, Vonleh was limping but his ankle was unwrapped and there didn't appear to be much swelling.

"I think I'm going to be fine," he said.

Monroe's short jumper got Milwaukee within one at 63-62, but Portland answered every Bucks basket before pulling away in the final quarter. Gerald Henderson stretched Portland's lead to 92-77 with a 3-pointer with 7:37 left in the game.

McCollum said there's still work to be done.

"Guys are settling into roles. That helps," he said. "We're starting to see that better product. There's still sloppy moments — that happens in basketball — but overall we're doing a better job of taking care of the ball and finishing games down the stretch."

TIP-INS

Bucks: Milwaukee coach Jason Kidd had high praise for Stotts, an assistant when Kidd played for Dallas. Kidd said the Mavericks had a great coaching team in head coach Rick Carlisle, Stotts and fellow assistant Dwane Casey, now head coach of the Toronto Raptors.

Trail Blazers: C Mason Plumlee is the younger brother of Bucks C Miles Plumlee. ... Portland surpassed 500 3-pointers on the season, marking the second time the team has hit the mark in its first 50 games. ... It was Stotts' 162nd win as Portland's coach, moving him into a tie for fifth on the team's all-time list with Maurice Cheeks.

CLUTCH PERFORMANCE

Henderson had 14 points off the bench for the Blazers, 13 in the fourth quarter. He added a season-high nine rebounds.

"Just making some things happen," he said. "I think my defense has been better. It's given me energy on both sides of the floor and I think it's given the team some pretty good energy."

DEFLATED BUCKS

"It's tough right now," Middleton said. "We've taken a step back. We've got one more game on this road trip. ... We've got to find a way to win these games coming up."

UP NEXT

Bucks: At Utah on Friday.

Trail Blazers: Host Toronto on Thursday.

Prep Football

OSAA to require 'Heads Up' enrollment in 2016

East Oregonian

The Oregon School Activities Association (OSAA) announced on Tuesday via press release that beginning in 2016 all of its member football coaches — both paid and volunteer — will be required to enroll in USA Football's Heads Up program.

The OSAA will be the first state high school association in the United States to require all of its coaches to enroll in the program this season, after first initiating the program on a voluntary basis in 2015.

"The OSAA's commitment to its football student-athletes is exceptional and ground-breaking," USA Football CEO Scott Hallenbeck said. "The OSAA shares our highest priority of advancing player safety through the best available science. Coaches are teachers ... Supporting them with education is a powerful catalyst to change for the better how players are taught and safety is addressed."

The program — backed by the American College of Sports Medicine, National Athletic Trainers' Association, and American Medical Society for Sports Medicine — aims to bring a better understanding to high school coaches across the country on how to teach the fundamentals of football the correct way to combat the rising number of concussions and other injuries in the sport.

According to the press release, the program "teaches tackling and blocking techniques designed to reduce helmet contact while addressing all-sport-relevant topics for concussion recognition and response; sudden cardiac arrest protocols; hydration and heat preparedness; and instruction on proper helmet and shoulder pad fitting."

USA Football will be conducting 14 coaching clinics across the state of Oregon — starting on Feb. 13 in Nyssa until Aug. 13 in Roseburg — to help implement the new procedures and techniques.

PENDLETON: Rebounds play key role for PHS

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minute to play in the frame.

Smith caught fire in the second quarter and hit all four of his shot attempts for 11 points. He scored 16 in the first half alone, but finished with a game-high 20 points and was quiet in the second half as Hermiston mounted a comeback.

"I thought (Hunter) Walls did a pretty good job on Smith tonight for the most part," said Hermiston coach Dave Ego.

With 2:45 left in the second quarter, Smith's three-pointer pushed the lead to double digits for the second time at 33-22. But with Chance Flores (17 points) and Dayshawn Neal (13 points) leading the charge, Hermiston finished the half on a 7-3 run and then closed the third quarter on another 7-3 run to pull within 46-41.

A three-point play by Austin Naillon trimmed the deficit to 46-44 with 7:26 to play in the game, but that was as close as Hermiston could get.

Bradt sank his first bucket of the fourth quarter soon after and would go on to score nine points in the next four minutes as the Bucks pushed the lead back to a comfortable seven points. He finished with 17 points total.

"We knew Hermiston was a good team, especially in a rivalry game, so we knew we had to go into that fourth quarter and play our hearts off if we wanted to keep that lead because anything can happen in high school basketball," Bradt said.

"It was great having (Bradt) come out with a lot of rebounds and a lot of fire for us," Smith said. "He's a big energy guy for us and it paid off in the fourth quarter."

Hermiston's shots wouldn't fall down the stretch and the Bulldogs went 4 of 16 from the field in the frame as Pendleton pulled away at the free throw line. The lead hit its largest of the game at 66-54 when Mekhi Foreman sank one of two bonus free throws with 25 seconds left.

Pendleton shot 26 for 53 (49 percent) to Hermiston's 17-of-51 (33.3 percent), but Ego said the outcome all circled back to that first possession of the game for Pendleton.

Staff photo by E.J. Harris

Pendleton's Johnny Stuvland (14) and James Bradt and Hermiston's Preston Pederson go up for a rebound in the Bucks' 67-57 win against the Bulldogs' on Tuesday in Hermiston.

Pendleton's Caden Smith drives the baseline past Hermiston's Austin Naillon in the Bucks' 67-57 win against the Bulldogs' on Tuesday in Hermiston.

Staff photo by E.J. Harris

Roe's offensive rebound was the first of 20 in the game for Pendleton, which led to 23 second-chance points.

"That tells a big story," Ego said. "At this point it's our inability to block people out. … Twenty offensive rebounds is a lot of offensive rebounds — our goal would be to have three to five."

"We cut that down, (Pendleton is) out 15 points and we win the game," Naillon said of the Bucks' offensive boards.

For Pendleton, the win was their sixth in a row and kept them undefeated through the first round of CRC play. With two more rounds to go, though, the Bucks are well aware that Tuesday's win doesn't mean much if they don't continue to improve.

"It doesn't matter who you play, anytime you play a team three times it's going to be hard to beat them three times," Bradt said. "We've got to make sure that we're always going hard in practice, preparing for the next game and taking no days off. Anything can happen."

For Hermiston, which has dropped four of its last five, the loss was another frustrating glimpse of potential that has yet to be fully realized.

"It tells us there's definitely a lot of room for improvement and we know we can play up to a level higher than our opponents," Naillon said. "A lot of times we stoop down to how they play like at Hood River (an 85-73 loss on Jan. 28)."

The next time the teams meet will be Friday, Feb. 12, in Pendleton with a 7 p.m. tip-off. Next up for Pendleton is a home game against Hood River on Friday at 7 p.m. Hermiston travels to The Dalles on Friday for a 7 p.m. tip.

PHS (10-6, 3-0)	**14**	**22**	**10**	**21**	**—**	**67**
HHS (8-10, 1-2)	**11**	**18**	**12**	**16**	**—**	**57**

PENDLETON — C. Smith 20, J. Bradt 17, D. Adams 9, M. Foreman 5, D. Roe 4, J. Stuvland 4, W. Morris 3, J. Peterson 3, K. Quinn 2. (26-53)

HERMISTON — C. Flores 16, D. Neal 13, A. James 9, A. Naillon 7, H. Walls 5, C. Ortiz 5, P. Pederson 2. (17-51)

3-pointers — PHS 7-19, HHS 6-24. Free throws — PHS 8-16, HHS 17-22. Fouls — PHS 20, HHS 17. Fouled out — H. Walls (HHS). Technicals — Coach Tedder (PHS).

BULLDOGS: Hermiston comes alive in third

Continued from 1B

half shooting 3-pointers — just 1-15 — the defense held up its end of the bargain.

Hermiston forced seven first-quarter turnovers and 13 first-half turnovers en route to leading by 11 points after each period. The press worked, either forcing turnovers in the Bulldogs' end or forcing bad and rushed down-court passes that were easily picked off. After the Bucks scored their first field goal of the game — a layup by McGlothan that beat the press — they wouldn't score again until the 1:39 mark, when Haley Greb sank two free throws.

Hermiston led by as many as 16 in the second quarter but couldn't land the killer blow. Hermiston threatened to break the game open in the second, but Pendleton, down 26-10, scored five unanswered points to close the game to 11 at 26-15. It would be the closest the Bucks would come.

The third quarter was when Hermiston's offense finally came to life. Hermiston matched its best shooting quarter percentage-wise with an 8-13 effort from the field, but it was the 3-point shooting that was the different. Hermiston shot 3-6 from deep in the third quarter and 2-5 in the fourth. Once the 3s started falling, Hermiston's offense opened up with Jansen Edmiston drives and Kynzee Padilla and Maddy Juul putbacks.

Staff photo by E.J. Harris

Hermiston's Sara Ramirez drives past Pendleton's Shelby Greb in the Bulldogs' 64-35 win against the Bucks on Tuesday in Hermiston.

Hoffert said in that first half they settled for 3s that were open for a reason.

"We talked about not relying on (the 3-point shot)," Hoffert said. "We settled. We got tired and we settled for 3s and they left us open. Hell, if I were playing us tonight, I'd have left me open, too, until we knocked some shots down. That's what they did."

Pendleton never had an answer for the second-half offensive outburst and trailed by as many as 30 points in the fourth quarter.

"We got weapons," Hoffert said. "You just don't want to wait all the time for it."

Hermiston hosts The Dalles this Friday at 7:30 p.m. and Pendleton travels to Hood River for a 7:30 p.m. date with the Eagles the same night.

PHS (6-12, 1-2)	**4**	**11**	**14**	**6**	**—**	**35**
HHS (15-3, 3-0)	**15**	**11**	**20**	**18**	**—**	**64**

PENDLETON — K. McGlothan 14, H. Greb 8, T. Fell 5, L. Richards 4, Cece Hoffman, Jaiden Lemberger 1, R. Gentner, S. Greb, H. Porter, M. Davies.

HERMISTON — S. Ramirez 17, J. Edmiston 15, K. Padilla 11, M. Juul 6, S. Gilbert 6, K. Heehn 5, R. Andreason, C. Wheeler, H. Meyers, R. Meyers, M. Wilson.

3-pointers — PHS 2, HHS 7. Free throws — PHS 15-18, HHS 1-4. Fouls — PHS 11, HHS 18. Fouled out — K. McGlothan (PHS).