

BRIEFLY

Deadlines loom for fall sports registration

The fall sports season for Hermiston Parks & Recreation will soon get underway. All flag football and youth/adult volleyball leagues are accepting registrations. In addition, parents also can register children from age 3 through kindergarten for the Junior Football Clinic. Sign-up deadlines:
 •Adult Flag Football/Volleyball, Friday, Aug. 26
 •Youth Flag Football/Volleyball, Wed., Sept. 7
 •Junior Football Clinic, Friday, Sept. 9
 For additional details and fee information, visit https://apm.activecommunities.com/hermiston/Activity_Search. For questions, call 541-667-5018 or stop by the recreation office, 180 N.E. Second St., Hermiston.
 —East Oregonian

NFL

Social media helps land McDaniel back in Seattle

By **TIM BOOTH**
Associated Press

RENTON, Wash. — If Tony McDaniel finds his way onto the Seattle Seahawks 53-man roster at the end of the preseason he will owe an assist to Snapchat. The rugged run-stopping defensive tackle went through his first practice with the Seahawks on Tuesday after signing with the team, a process that all started due to some happenstance. Seattle's defensive line depth has been thinned during training camp due to a few injuries. And McDaniel has been without a home after playing last season in Tampa Bay following two seasons with the Seahawks. It just happened that McDaniel's agent realized via a Snapchat post a few days ago that his client was in the state of Washington. In fact, McDaniel said he was two hours east of Seattle, in Leavenworth, Washington, doing some "hiking and kayaking."



Seattle Seahawks defensive lineman Tony McDaniel (93) catches the ball during a drill at NFL football training camp on Tuesday, Aug. 16, 2016, in Renton, Wash.

"My agent saw me on Snapchat and realized I was in Washington so he decided to contact the Seahawks and asked them to bring me in for a workout," McDaniel said. "That's how that happened. It's amazing how you can use social media to help you out." McDaniel's reunion provides some experience up front and

another option after Seattle lost Brandon Mebane in free agency during the offseason. McDaniel was a starter during the 2013-14 seasons for Seattle, making two Super Bowl appearances and winning one title. In his two seasons with Seattle, McDaniel had 84 total tackles and two sacks, although his primary responsibility was to crowd the middle and be disruptive in the run game. His success in Seattle landed him a one-year deal with Tampa Bay for the 2015 season, but McDaniel and the Buccaneers moved on and he became a free agent. "I got a few phone calls but I wouldn't really call them options," McDaniel said. "My number one option was coming here. ... Pete Carroll, I think he's got the recipe for winning and taking care of players. Seattle was definitely on my wish list." Online: Website: www.pro32.ap.org and AP NFL Twitter: @AP_NFL.

T-WOLVES: Roster has four ex-Hermiston players

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 "I'd love to have 22 but we only have 12," he said. "That's why we have to stress our fitness, because we don't have subs and we've got to be able to play a full 90 (minutes).
 "So the focus has been a lot on fitness."
 The T-Wolves are in their third week of preparations, and will get their first taste of live action when they host Western Wyoming for a scrimmage on Monday at noon. The T-Wolves have another road scrimmage and a jamboree at the end of the month to prepare for the season as well.
 "I'm really looking forward to those first games because it will show us what we need to work on and where we need to improve," said freshman forward Tyra Carter, one of four Hermiston players on the roster and the first player to sign with the program.

of education first," said the early education major. "He was just more persuasive on education than the actual sport of soccer, so that's what made me want to pick this even more."
WHO'S IN THE MIDDLE?: Mota said the holding midfielder, or stopper, is the most important position on the field in his system due to its dual responsibilities. "They sit in front of the center backs and behind the attacking mids and are basically that connection between the offense and the defense, and are distributing play from side to side for us," he said.
 He wasn't ready to name a starter yet, but said that player will need to possess great awareness, vision and stamina.
 "If that person has a bad day at the office it will trickle down to the rest of the group and we won't be successful," he said. "So that position is key."

Mota's initial roster has 11 freshmen and one sophomore, but Carter said the lack of established leadership hasn't been an issue on the field.
 "We're all pretty much a bunch of freshmen coming out and making this brand new, so we kind of have to rely on each to make sure that we can do it," she said. "So we're kind of like upperclassmen, and we learn from each other every practice."
 Goalkeeper Jessica Adams of Blackfoot, Idaho, has been impressed with how quickly the team is gelling.
 "It's been really fun so far," said Adams, who was a three-year starter in high school. "I like everybody and I think we're all getting along really well."
 "I feel pretty good about it. For just starting out I think we're doing really well, and I know we have a ways to go but I think we're going to be a pretty good team."
 Here are a few more things that will be key to the T-Wolves' first season:

BREAKING THE SEAL: From the scoreboard to the goalposts, everything but the grass at the T-Wolves' regulation pitch is new this season. "The college did a great job of putting in a ton of money to get the field up to standards," Mota said. "Everything is brand new — benches, scoreboard, portable press box, the spectator benches, the goals, it's all brand new."
EARNING RESPECT: The T-Wolves know just finishing near .500 will be a big challenge, but it's not wins and losses they're concerned with right now. "I think just our main goal is to give it everything we've got this season and just show people that we're here to compete and we're here to have fun," Adams said.
 "If we can maintain ourselves healthy and not get hit too bad with the injury bug I think we're going to be OK, but we're going to take our hits," Mota said. "I think we'll start to have success the second year, but this year it's more about getting ourselves out there, competing and hopefully earning the respect of the other teams."

PLAYING KEEP AWAY: One way the T-Wolves hope to counter their small roster size is with ball possession, which is why Mota will have the team running a 4-3-3 and focusing on short, quick passes. "Like I've told the girls, most of the teams (in the NWAC), their coaches like to recruit big players, and so they like to be physically intimidating and aggressive," he said. "So one way to beat that is through possession and moving the ball around and making them chase, and wearing them down."
 "It worked for me at Chemeketa and I'm hoping it'll work here as well at Blue Mountain."
ACADEMICS FIRST: Mota stressed classwork as the No. 1 priority for his players during their recruitment, which earned him at least one commitment — midfielder Karla Gonzalez of Delta, Utah.
 "It was a really tough decision, because there was some really good (schools) in Utah as well, but (Mota) was just really persuasive

Roster
 (Name, position, class, hometown)
 Jessica Adams, GK, fr., Blackfoot (ID)
 Allison Wedgworth, D, so., Scappoose
 Whitney McMahon, M, fr., Hermiston
 Damaris Morales, M, fr., Tillamook
 Karla Gonzalez, M, fr., Delta (UT)
 Mercedes Garcia, F, fr., Salem
 Ayleen Sandoval, D, fr., Hermiston
 Adriana Cardenas Garcia, D, fr., Hermiston
 Kalan Wolfe, F, fr., Warm Springs
 Tyra Carter, F, fr., Hermiston
 Margarita Calvillo, F, fr., Boardman
 Alyssa Inman-Wolfe, M, fr., Sterling (AK)

2016 Schedule
 Aug. 19 vs Western Wyoming-x Noon
 Aug. 24 at Western Oregon-x 2 p.m.
 Sept. 3 vs Centralia 1 p.m.
 Sept. 6 at Linfield 6 p.m.
 Sept. 10 vs North Idaho* Noon
 Sept. 14 at Yakima Valley* 2 p.m.
 Sept. 17 at North Idaho* Noon
 Sept. 21 vs Spokane* 2 p.m.
 Sept. 23 vs Walla Walla* 1 p.m.
 Sept. 28 vs Columbia Basin* 2 p.m.
 Oct. 1 at Wenatchee Valley* Noon
 Oct. 5 at Spokane* 2 p.m.
 Oct. 12 vs Treasure Valley* 2 p.m.
 Oct. 15 at Walla Walla* Noon
 Oct. 19 at Treasure Valley* 2 p.m.
 Oct. 22 at Columbia Basin* Noon
 Oct. 26 vs Wenatchee Valley* 2 p.m.
 Oct. 29 vs Yakima Valley* Noon

x-Scrimmage
 *-League game

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AMERICANS: Women have earned 40 medals

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There's no shortage of reasons why. Russia's Olympic team surely is missing some medal contenders because of the sanctions and fallout that came after a state-sponsored doping program was brought to light. China won 100 medals in Beijing eight years ago and 89 more at the 2012 London Games, though has struggled — by its recent standards, anyway — in Rio. Host Brazil has been a non-factor, with just 11 medals through Tuesday evening. Meanwhile, U.S. women have won 40 medals themselves, more than most full national teams. China is second on the women's medal chart with 27 through Tuesday evening. "When one of us succeeds, we all try to succeed that much more," Ervin said. "When your teammates are doing it, it becomes easier to believe." That sort of thinking isn't confined to swimming, though what happened in the pool certainly set the tone. "I think we each feel an enormous responsibility to get things started off right," U.S. swimmer Nathan Adrian said. The U.S. has 33 swimming medals



United States' Jennifer Simpson won the bronze medal in the women's 1500-meters on Tuesday in Rio de Janeiro, Brazil.

AP Photo/Andrew Medichini

from Rio, took 12 more in gymnastics and were up to 11 in track and field through Tuesday evening — that number almost certain to rise over the coming days. Fencing delivered four medals and sailing saw Americans take medals after going 0-for in London four years ago. And some chances have slipped away, too, as evidenced by the Americans failing to win a single gold on Monday after winning at least one in every full day of the London Games and every other day dating back to the 2008 Games. The top three medal winners so far in Rio are Americans: swimmer Michael Phelps earned a total of six, while gymnast Simone Biles and swimmer Katie Ledecky took five apiece. "It's very crazy," Biles said. "It's been an amazing experience and I don't think I could be more proud." There's a whole lot of her red, white and blue-clad compatriots who feel the same.



WHAT ENERGY SAVINGS AWAIT YOUR HOME? LET'S FIND OUT.

Start by doing a free online Home Energy Review from Energy Trust of Oregon. You'll get customized energy-saving recommendations and learn all kinds of ways to get more from your energy. Plus Energy Trust can help you with cash incentives and finding a trade ally contractor for your home energy project.

Get more from your energy. Visit www.energytrust.org/start or call us at 1.866.368.7878.

Serving customers of Portland General Electric, Pacific Power, NW Natural and Cascade Natural Gas.

