

# EAST OREGONIAN SPORTS

THURSDAY, NOVEMBER 17, 2016

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1B

## MILTON-FREEWATER

### Pioneers earn all-league honors

GOL releases soccer, volleyball, football squads

East Oregonian

The Mac-Hi Pioneers turned in successful seasons in both boys and girls varsity soccer in 2016.

Both teams finished with above .500 records — the girls 9-6-1 and the boys 8-7-1 — which helped earn spots in the play-in round of the 4A state playoffs. Both teams ultimately came up short of making it into the 4A state bracket, but the key players that helped the teams throughout the seasons were recognized by the Greater Oregon League on Tuesday with a combined seven selections to the all-league teams.

On the girls side, seniors Sydney Richwine, Melissa See **PIONEERS/2B**

## College Football

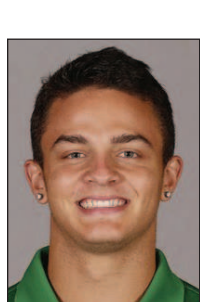
### Ducks' Allen going pro in track

Olympian sprinter forgoing remaining college eligibility

By ANNE M. PETERSON  
Associated Press

Olympic hurdler and Oregon wide receiver Devon Allen says he will forgo his remaining eligibility with the Ducks and pursue a professional track career.

Allen, a two-time NCAA champion in the 110-meter hurdles who placed fifth in the event at the Rio Olympics this



summer, said Wednesday he does not yet have an agent. He is recovering from surgery to repair a torn ACL in his left knee. Allen said his aim is to win the gold medal in the 2020 Games, and then perhaps return to playing football professionally. He feels that turning pro and training full time gives him the best chance to medal.

"My ideal scenario is to run track for the next couple of years, and then in the 2020 Olympics See **ALLEN/3B**

## PENDLETON

### Timberwolves buying in

In this Jan. 28, 2016, file photo, BMCC's Isaiah Harris pulls down a rebound in a men's basketball game against Walla Walla in Pendleton. Harris is one of four returning sophomores for the Timberwolves this season.

Staff photo by E.J. Harris



### BMCC men taking small-ball approach in 2016-17

By MATT ENTRUP  
East Oregonian

The Blue Mountain men's basketball team closed the 2015-16 season strong by winning four of its last five games.

It wasn't enough to punch the program's first NWAC tournament berth since 2009, though, and according to the team's returning sophomores they had only themselves to blame.

After seeing some success in the early non-league portion of their schedule, the Timberwolves were fractured by a six-game losing streak to open NWAC East region play. Their late rally came up two wins short of a postseason berth.

"It took us a while to buy in, and it kind of showed in the season," said sophomore Jared Mathews, a 6-foot-7 forward who averaged 14.32 points and 8.8 rebounds in just under 26 minutes a game as a freshman. "We have a team this year, I think, we're all just willing to learn. That's something that we kind of lacked last year, but we're all willing to learn."

The Timberwolves start the 2016-17 season on Sunday with a game at Mt. Hood Community College, which will also be the debut for head coach Gavin Burt.

An assistant for Adam Ellis last season, Burt was hired as his replacement when Ellis took an assistant job at St. Martin's (DII). Burt also is a former BMCC player (2010-12).

Mathews said the transition has been a smooth process.

"We kind of all just went right into it like we didn't get a new coach, because he (Burt) was

See **TIMBERWOLVES/3B**

### BMCC turns up pressure

Defense expected to be a strength in 2016-17

By MATT ENTRUP  
East Oregonian

Blue Mountain women's basketball coach Adam Driver used everything he knew in trying to draw up a defense that could mask his roster's physical shortcomings in 2015-16.

Despite his best efforts, the Timberwolves struggled on that end allowing 71.4 points a game and losing four of their last six games to finish four games out of the playoff hunt.

"Last year towards the end of the year we switched to a lot of zone, mainly



Women's Basketball

because we couldn't keep people in front of us," Driver said. "We had some good moments with it, and some not very good moments."

With the Timberwolves set to open the 2016-17 campaign on Friday when they play Chemeketa at the Yakima Valley tournament, Driver said defense should be one of the team's strengths thanks to a speedy freshman class that has the coach liking what he's seeing in practices and scrimmages.

"Our defensive pressure has been a lot better, the energy on the defensive end has been better than it was at any point last year," he said. "And we're a little quicker." See **BMCC/2B**



In this Jan. 16, 2016, file photo, BMCC's Brook Haring drives to the basket guarded by Big Bend's Mackenzie Windley and Deanna Manning (32) in a women's basketball game in Pendleton.

Staff photo by E.J. Harris

## NFL

### Seahawks putting hopes of run game on Proise, Rawls

Seattle looking for boost in underachieving ground game

By TIM BOOTH  
Associated Press

RENTON, Wash. — Thomas Rawls is back practicing with Seattle for the first time since Week 2. C.J. Proise showed last week that he could be a solution for the Seahawks' underachieving run game. And Christine Michael has once again been discarded by the



A New England defender chases Seattle Seahawks running back C.J. Proise (22) during Sunday's game in Foxborough, Mass.

AP Photo/Charles Krupa

Seahawks.

There are definitive changes that Seattle has made in an attempt to spark the 30th-ranked running

offense in the NFL, centered on the belief that the combo of Rawls and Proise can be the answer.

"We're going with guys that

we want to go with," Seattle coach Pete Carroll said. "We're excited about where we're moving and think it's going to fit together really well. You'll find out. You'll have a chance to see what you think here in a couple weeks."

The makeover of Seattle's run game took a drastic turn in the past few days. First was Proise becoming the primary ball carrier in last Sunday's 31-24 victory over New England, relegating Michael to a supporting role. Proise had 17 carries for 66 yards, while Michael was on the field for only 11 plays and touched the ball just six times.

See **SEAHAWKS/3B**

## Sports shorts

### Mariota named Player of the Week

NASHVILLE, Tenn. (AP) — Titans quarterback Marcus Mariota has been named the AFC Offensive Player of the Week after throwing for 295 yards and four touchdowns in a 47-25 win over the Green Bay Packers.

The award was announced Wednesday. Mariota completed his first 10 passes for 196 yards and two touchdowns. He finished with a 149.8 passer rating. This is Mariota's third offensive player of the week award. Warren Moon (six) and Steve McNair (four) are the only Oilers/Titans quarterbacks with more.

The second-year quarterback has 17 touchdowns and three interceptions over his past six games, along with two TDs rushing. Mariota is the first in NFL history to score four total touchdowns in six of his first 22 career starts.



Mariota

### Scherzer, Porcello take home MLB's Cy Young Awards

NEW YORK (AP) — Rick Porcello of the Boston Red Sox has won the AL Cy Young Award by a narrow margin and Max Scherzer of the Washington Nationals has taken the NL prize.

Porcello led the majors with 22 wins, and beat out Detroit's Justin Verlander and Cleveland's Corey Kluber in results announced Wednesday.

Scherzer became the sixth pitcher to win the Cy Young in both leagues, earning the NL honor by a wide margin. He led the majors with 284 strikeouts and topped the league with 20 wins, and beat out Chicago Cubs teammates Jon Lester and Kyle Hendricks.

Scherzer won the AL honor in 2013 while pitching in a Detroit rotation with Porcello and Verlander.



## THIS DATE IN SPORTS

**1968** — The "Heidi" television special starts on time and cuts off the NBC broadcast of the Oakland-New York Jets game in the final minutes, leaving viewers in the dark and unaware that the Raiders score two touchdowns in the last minute for a 43-32 comeback victory.

**1990** — David Klingler of Houston throws an NCAA-record 11 touchdown passes as the Cougars trounce Eastern Washington 84-21. Klingler completes 41 of 58 passes for 572 yards and ties the NCAA record for touchdown passes in a season with 47.

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"I always want to run the ball more, but I also want to throw it 55 times a game, too."

— Mike McCarthy  
Green Bay Packers head coach addressing the team's offensive struggles on Wednesday. Later in the day the Packers' waiver claim to running back Christine Michael was approved. Michael was released by Seattle on Tuesday.