

Women's College Basketball

Ducks' Ionescu prefers to avoid the spotlight and just win

By ANNE M. PETERSON
Associated Press

EUGENE — Sabrina Ionescu doesn't have a lot of time for hobbies right now.

Oregon's star freshman guard seemed a bit taken aback when she was asked what she likes to do when she's not playing. It's basketball season, after all, and Ionescu is all about basketball.

"Off the court?" she asked almost rhetorically, laughing a bit.

Oregon's 5-foot-10 guard is a driving force behind the Ducks' shot at making the NCAA Tournament for the first time since 2005. Oregon (18-12, 8-10) looks to bolster its chances by winning at this week's Pac-12 tournament.

Ionescu, named the Pac-12's Freshman of the Year on Tuesday, has made a splash in the league with four triple-doubles through her first 26 college games. She leads the nation in the category and is just two shy of the NCAA record.

Overall, she's averaging 13.9 points, 6.8 rebounds and 5.6 assists for the Ducks, who are making distinct progress in coach Kelly Graves' third year as head coach. She missed a handful of games earlier this season because of a broken thumb on her shooting hand.

Ionescu is about as humble as they come about her success. She deflects questions about the triple-doubles, saying they're just not that important to her.

"Winning is what matters to me," she said. "Getting a triple-double has never really been my goal. I just try to do whatever I need to do to help us win."

Ionescu is one of three freshmen



Andy Nelson/The Register-Guard via AP

In this Jan. 29, 2017 photo, Oregon's Sabrina Ionescu yells as she comes to the bench during an NCAA college basketball game against Oregon State in Corvallis, Ore.

in Graves' starting lineup, joining forwards Ruthy Hebard and Mallory McGwire. Hebard, who hails from Fairbanks, Alaska, leads the Ducks in scoring with an average of 14.7 points and 8.4 rebounds.

"They've got a lot of really talented young players. Ionescu, Hebard, they're just freshmen and they're doing awesome. We'll have our work cut out for us for years up here," Stanford coach Tara VanDerveer said.

Hebard and Ionescu were

the only freshmen named to the All-Pac-12 team Tuesday.

Ionescu was a standout at Miramonte High School in Orinda, California, earning the Gatorade Player of the Year honor in the state. She averaged 25.3 points, 8.8 assists, 7.6 rebounds and 4.5 steals in leading Miramonte to a 32-1 record her senior season.

Considered one of the top prospects in the nation, she patiently watched as her peers across the nation committed to colleges. Signing day came and went,

Ionescu took her time.

When she did decide, it was with little fanfare and no big announcement at her school, fitting of her unassuming character. She just went to Eugene.

"I really just randomly showed up," she said. "I didn't tell anyone. They just knew why I was there."

Ionescu and the rest of the Ducks will be challenged this week when the team heads to Seattle for the conference tournament at Key Arena. Oregon has not won a Pac-12 tournament game since 2008.

The Ducks, the sixth seed, will play the No. 11 seed, Arizona, in the late game Thursday night. The Wildcats finished the regular season 14-15 overall and 5-13 in conference play.

Oregon defeated Arizona 79-65 earlier this season in Tucson. But in last year's tournament, the Wildcats upset Oregon 74-68. The Ducks were hurt when they lost top scorer Jillian Alleyne to a knee injury late in the season.

A win would boost Oregon's bid for a spot in the NCAA Tournament. With losses in their final three games, the Ducks may have hurt their chances slightly, but many believe that the strength of schedule in the conference, along with a key upset of UCLA, will push Oregon into the Big Dance for the first time in more than a decade.

Ionescu hopes it will be the start of something big for the Ducks.

"I think it will show that we are building something great here," she said. "We continue to believe the vision the coaches have for us and what we can achieve. So I think it would be cool for us to get that win and get farther than we have since 2005."

Beavers earn Pac-12 honors

On Sunday the Oregon State women's team clinched its third-straight regular-season Pac-12 title, and on Tuesday two Beavers claimed prestigious accolades from the conference.

Senior guard Gabriella Hanson was named Pac-12 Defensive Player of the Year and head coach Scott Rueck won the John R. Wooden Pac-12 Coach of the Year honor for the second time in three years.

Hanson is the third-straight Beaver to win the defensive award after former teammate Ruth Hamblin claimed the honor the previous two years. Hanson ranks 13th in the Pac-12 in steals per game, averaging 1.40 steals. With her leadership, the Beavers have one of the best defenses in the nation, ranking seventh in the country in field goal percentage defense (34.4) and 11th in scoring defense (54.5 ppg). Hanson has started in all 30 games this season, averaging 6.5 ppg.

Rueck becomes just the fourth coach in Pac-12 history to win the Wooden honor multiple times. Oregon State goes into the Pac-12 Tournament ranked sixth in the country in the Associated Press poll after starting the season ranked No. 25.

Sydney Weise and Marie Gulich were named to the All-Pac-12 team for the Beavers.

EOU: Ah You, Van Belle make all-conference cut

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season championship along with the tournament title. It is the fifth time that Weiss- enfluh has won the award in her 17-year tenure at EOU, where she now holds a career record of 375-141 (.727).

For the all-conference team, EOU juniors Maya Ah You and Stormee Van Belle earned two of the 12 coveted spots. Ah You, a guard from Middleton, Idaho, led the Mountaineers in scoring by averaging 13.1 points per game and also had a team-high 90 assists. Van Belle, a forward from Sunnyside, Washington, was a force inside as she averaged 9.5 points, 6.1 rebounds per game and also tallied a team-high 28 blocked shots.

Senior Donneisha Webber saw her name on the all-conference list twice on Tuesday, as the wing from Seattle, Washington was voted as the conference Defensive Player of the Year as well as an Honorable Mention selection by the coaches. Webber 16 blocked shots, 22 steals and 90 defensive rebounds as

she cemented herself as the premier defender in the CCC this season.

Rounding out the all-conference selections is junior Payton Parrish who also earned honorable mention honors. Parrish, a guard from Grandview, Washington, became one of EOU's biggest offensive weapons this year with her shooting accuracy from outside as she led the conference with a 47 percent shooting from 3-point range and finished second in made 3-pointers (83) in the league. Overall, she averaged 10 points per game in a team-best 25.4 minutes per game.

Southern Oregon senior Autumn Durand of Onalaska, Washington was

named the conference Player of the Year after averaging 16.8 points and 7.7 rebounds per game while shooting 55 percent from the floor. Walla Walla Warriors freshman guard Alyssa Blankenship of Washougal, Washington was the conference Freshman of the Year after averaging a team-high 15.5 points and 5.7 rebounds per game.



Weissenfluh



Webber

MLB

Hernandez focuses on fastball in spring debut

M's beat White Sox

Associated Press

GLENDALE, Ariz. — Felix Hernandez pitching in February is an aberration.

But there was the Seattle ace on Tuesday, making his spring debut as the Mariners beat the Chicago White Sox split squad 8-1.

Hernandez gave up one run and three hits in two innings. He threw 33 pitches, walked one and struck out none, and also got a pair of groundball double plays.

The Mariners normally hold Hernandez out of early spring training games. He did not make his initial appearance last year until March 14. It was March 10 in 2015.

But with the World Baseball Classic looming and Hernandez joining the Venezuelan team Monday, there is a sense of urgency to get him ready sooner.

"I feel real strong," Hernandez said after his outing. "I feel real good. I feel healthy and I'm happy."

Hernandez is scheduled to make one more start for the Mariners on Sunday against Oakland.

"The next one is going to be different," Hernandez said. "I'll probably throw more pitches and just be



AP Photo/Charlie Riedel, File

In this Feb. 15, 2017, file photo, Seattle Mariners pitcher Felix Hernandez participates in a drill during spring training baseball practice in Peoria, Ariz. Hernandez is beginning his climb back from one of his toughest seasons, when he went 11-8 with a 3.82 ERA and his lowest innings total since 2007.

ready for my first start in Mexico."

Venezuela's first game is March 10 against Puerto Rico.

Hernandez focused on fastball command against the White Sox.

"I've got to command my fastball a little bit more," he said. "I was throwing a four-seamer and a two-seamer. I was falling behind a couple of times in the second inning and I got hit."

"I threw a lot of fastballs today and it looks pretty good. The results tell me that it works fine. I was 100 percent. I was throwing

everything. The slider was really good. It was sharp. The curve was good, too. The changeup I still have to work on it."

Hernandez, who turns 31 in April, missed six weeks last season with a right calf strain, his first time on the disabled list since 2008. His 25 starts and 153 1/3 innings were career lows, and he went 11-8 with a 3.82 ERA.

Most alarming is his diminishing fastball velocity. His fastball average was 90.54 last season. In his 2010 Cy Young season, it was 94.13 and in 2015 he averaged 92.1.

He intensified his offseason workout schedule and added 17 pounds of muscle. He said he was happy with his velocity against the White Sox.

"I thought Felix looked good," Mariners manager Scott Servais said. "He threw a lot of fastballs today, which was good to see. The velocity was good, 90 to 92."

"I thought he was more aggressive with the fastball in trying to get that going. We all know his secondary stuff is really good. But I was happy to see it. I think he felt good about it. The ball was coming out good," he said. "A step in the right direction."

Veteran catcher Carlos Ruiz, acquired by the Mariners in a November trade with the Los Angeles Dodgers, said he thinks King Felix can return to be a dominant force.

"He still has the stuff there," Ruiz said. "We've got to mix it a little bit. He's going to be fine. The key is he's very aggressive. His fastball is coming out real good."

"What was impressive today was everything was down late. He threw everything. I know it's his first game, but for the most part, he was making good pitches. It was fun," he said.

SCOREBOARD

Local Slate

PREP BOYS BASKETBALL

Thursday
2A Tourney: Vernonia vs. Western Menonite (at Pendleton HS), 1:30 p.m.
2A Tourney: Imbler vs. Santiam (at Pendleton HS), 3:15 p.m.
2A Tourney: Life Christian vs. Columbia Christian (at Pendleton HS), 6:30 p.m.
2A Tourney: Stanfield vs. Oakridge (at Pendleton HS), 8:30 p.m.

Friday
2A Tourney: Vernonia/WM loser vs. Imbler/Santiam loser (at Pendleton Convention Center), 9 a.m.
2A Tourney: LC/CC loser vs. Stanfield/Oakridge loser (at Pendleton Convention Center), 10:45 a.m.
2A Tourney: Vernonia/WM winner vs. Imbler/Santiam winner (at Pendleton Convention Center), 3:15 p.m.

2A Tourney: LC/CC winner vs. Stanfield/Oakridge winner (at Pendleton Convention Center), 8:15 p.m.
Corvallis at Pendleton (5A first round), TBD

Saturday
2A Tourney: 4th/6th place game (at Pendleton Convention Center), 10:45 a.m.
2A Tourney: 3rd/5th place game (at Pendleton Convention Center), 3:15 p.m.
2A Tourney: Championship game (at Pendleton Convention Center), 8:30 p.m.

PREP GIRLS BASKETBALL

Today
Sandy at Hermiston (5A play-in), 6 p.m.

Thursday
2A Tourney: Regis vs. Monroe (at Pendleton Convention Center), 3:15 p.m.
2A Tourney: Weston-McEwen vs. Imbler (at Pendleton Convention Center), 1:30 p.m.

2A Tourney: Grant Union vs. Kennedy (at Pendleton Convention Center), 6:30 p.m.
2A Tourney: East Linn Christian vs. Western Menonite (at Convention Center), 8:15 p.m.

Friday
2A Tourney: Regis/Monroe loser vs. W-M/Imbler loser (at Pendleton HS), 9 a.m.
2A Tourney: GU/Kennedy loser vs. ELC/WM loser (at Pendleton HS), 10:45 a.m.

2A Tourney: Regis/Monroe winner vs. W-M/Imbler winner (at Pendleton Convention Center), 1:30 p.m.
2A Tourney: GU/Kennedy winner vs. ELC/WM winner (at Pendleton Convention Center), 6:30 p.m.

Nixyaawii vs. Arlington or Damascus Christian (at Baker HS), 9 a.m. or 1:30 p.m.
Arlington vs. Nixyaawii or Powder Valley (at Baker HS), 9 a.m. or 1:30 p.m.

Saturday
2A Tourney: 4th/6th place game (at Pendleton Convention Center), 9 a.m.
2A Tourney: 3rd/5th place game (at Pendleton Convention Center), 1:30 p.m.
2A Tourney: Championship game (at Pendleton Convention Center), 6:30 p.m.

Nixyaawii vs. TBD (at Baker HS), 8 a.m. or 11:30 a.m. or 7 p.m.
Arlington vs. TBD (at Baker HS), 8 a.m. or 11:30 a.m. or 7 p.m.
Pendleton vs. TBD (5A first round), TBD

COLLEGE MEN'S BASKETBALL

Today
Spokane at Blue Mountain, 8 p.m.

COLLEGE WOMEN'S BASKETBALL

Today
Spokane at Blue Mountain, 6 p.m.

COLLEGE BASEBALL

Friday
Blue Mountain at Walla Walla (DH), 1/4 p.m.

Sunday
Mt. Hood at Blue Mountain (DH), 11 a.m./2 p.m.

COLLEGE SOFTBALL

Friday
Mt. Hood at Blue Mountain (DH), 1/3 p.m.

Saturday
Clackamas at Blue Mountain (DH), 2/4 p.m.

Prep Scores

BOYS BASKETBALL

Class 5A play-in round
Putnam 88, The Dalles 43
Parkrose 65, Hermiston 50
Mountain View 57, Hillsboro 55
Silverton 74, Marist Catholic 45
South Albany 52, Ashland 40
Sandy 66, Bend 47
Thurston 74, Woodburn 59
Central 65, Eagle Point 50

Class 6A First round

No. 1 Jefferson 77, No. 32 Willamette 39
No. 2 West Linn 98, No. 31 Madison 45
No. 3 Clackamas 67, No. 30 Century 42
No. 4 Beaverton 92, No. 29 Barlow 56
No. 5 Westview 74, No. 28 Roosevelt 58
No. 6 West Salem 71, No. 27 Sheldon 59
No. 7 North Medford 59, No. 26 Oregon City 46

No. 8 Sprague 74, No. 25 Centennial 69
No. 9 Grant 84, No. 24 McMinnville 57
No. 10 McNary 77, No. 23 Wilson 65

No. 13 Southridge 66, No. 20 Forest Grove 55
No. 14 David Douglas 71, No. 19 South Eugene 64
No. 18 Lincoln 56, No. 15 Lake Oswego 54
No. 16 Jesuit 81, No. 17 Lakeridge 75
No. 22 Central Catholic 62, No. 11 Tualatin 53

Tuesday
Class 5A play-in round
Putnam 37, The Dalles 25

Basketball

NBA

EASTERN CONFERENCE

W	L	Pct	GB	
1. Cleveland	41	17	.703	—
2. Boston	38	22	.633	4
3. Washington	35	23	.603	6
4. Toronto	36	24	.600	6
5. Atlanta	33	26	.559	8½
6. Indiana	31	29	.517	11
7. Chicago	30	30	.500	12
8. Detroit	29	31	.483	13

Miami 27, 33, .450, 15
Milwaukee 26, 32, .448, 15
Charlotte 26, 34, .433, 16
New York 24, 36, .400, 18
Philadelphia 22, 37, .373, 19½
Orlando 22, 38, .367, 20
Brooklyn 9, 49, .155, 32

WESTERN CONFERENCE

W	L	Pct	GB	
1. x-Golden State	50	10	.833	—
2. San Antonio	45	13	.776	4
3. Houston	42	19	.689	8½
4. Utah	37	23	.617	13
5. L.A. Clippers	36	23	.610	13½
6. Memphis	36	25	.590	14
7. Oklahoma City	35	25	.583	15
8. Denver	27	33	.450	23

Sacramento 25, 35, .417, 25

Portland 24, 35, .407, 25½
Dallas 24, 35, .407, 25½
Minnesota 24, 36, .400, 26
New Orleans 23, 37, .383, 27
L.A. Lakers 19, 42, .311, 31½
Phoenix 18, 42, .300, 32

x-clinched playoff spot

Tuesday's Games
Washington 112, Golden State 108
Detroit 120, Portland 113, OT
Denver 125, Chicago 107
Memphis 130, Phoenix 112
Oklahoma City 109, Utah 106
Charlotte 109, L.A. Lakers 104

Wednesday's Games
New York at Orlando, 4 p.m.
Dallas at Atlanta, 4:30 p.m.
Philadelphia at Miami, 4:30 p.m.
Washington at Toronto, 4:30 p.m.
Cleveland at Boston, 5 p.m.
Denver at Milwaukee, 5 p.m.
Detroit at New Orleans, 5 p.m.
Indiana at San Antonio, 5:30 p.m.
Minnesota at Utah, 6 p.m.
Brooklyn at Sacramento, 7:30 p.m.
Houston at L.A. Clippers, 7:30 p.m.

NCAA

Men's Top 25

Tuesday's Games
No. 9 Kentucky 73, Vanderbilt 67
No. 17 Duke 75, No. 15 Florida State 70
No. 16 Purdue 86, Indiana 75
No. 24 Iowa State 86, Oklahoma State 83

Today's Games
No. 3 UCLA vs. Washington, 8 p.m.
No. 8 Louisville at Wake Forest, 6 p.m.
No. 12 Florida vs. Arkansas, 4 p.m.
No. 19 Notre Dame vs. Boston College, 5 p.m.

Women's Top 25

Rank	Team	W	L	Pct	Pv
1.	UConn (33)	28-0	825	1	1
2.	Baylor	27-2	784	4	—
3.	Notre Dame	27-3	755	5	—
4.	Maryland	27-2	699	2	—
5.	South Carolina	24-4	690	7	—
6.	Mississippi State	24-3	619	3	—
8.	Oregon State	27-3	619	10	—
8.	Florida State	25-5	561	8	—
9.	Ohio State	25-5	550	12	—
10.	Stanford	25-5	539	8	—
11.	Washington	27-4	534	11	—
12.	Texas	21-7	472	6	—
13.	Duke	25-4	470	13	—
14.	Louisville	25-6	411	14	—

15. UCLA 22-7, 369, 15
16. Miami 21-7, 293, 17
17. N.C. State 22-7, 265, 18
18. DePaul 24-6, 237, 19
19. Oklahoma 22-7, 230, 16
20. Kentucky 20-9, 177, 22
21. Syracuse 20-9, 170, 20
22. Drake 23-4, 128, 21
23. Missouri 21-9, 98, 24
24. Kansas State 21-8, 66
25. Temple 22-6, 49, 23

Others receiving votes: Creighton 41, Tennessee 31, Michigan 15, South Florida 12, Belmont 7, Green Bay 5, Arizona State 3, Colorado State 1.

Tuesday-Wednesday
No games scheduled

Hockey

NHL

EASTERN CONFERENCE

Atlantic Division

GP	W	L	OT	Pts	GF	GA	
Montreal	64	35	21	8	78	177	163
Ottawa	61	33	22	6	72	161	162
Boston	63	33	24	6	72	176	166
Toronto	62	29	23	13	69	180	174
Florida	62	28	21	10	68	158	185
Tampa Bay	61	28	25	8	64	171	171
Buffalo	63	26	26	11	63	156	181
Detroit	61	25	26	10	60	153	180

Metropolitan Division

GP	W	L	OT	Pts	GF	GA	
Washington	62	42	13	7	91	207	134
Columbus	61	39	16	6	84	199	146
Pittsburgh	61	38	15	8	84	213	171
N.Y. Rangers	63	40	21	2	82	207	168
N.Y. Islanders	61	29	22	10	68	180	182
Philadelphia	62	29	26	7	65	161	187
New Jersey	62	25	25	12	62	145	180
Carolina	59	25	25	9	59	148	171

WESTERN CONFERENCE

Central Division

GP	W	L	OT	Pts	GF	GA	
Minnesota	61	41	14	6	88	209	147
Chicago	62	39	18	5	83	187	159
Nashville	63	32	22	9	73	188	177
St. Louis	62	31	26	5	67	173	179
Winnipeg	64	28	30	6	62	189	205
Dallas	63	25	28	10	60	167	203
Colorado	61	17	41	3	37	121	203

Pacific Division

GP	W	L	OT	Pts	GF	GA	
San Jose	62	37	18	7	81	173	146
Edmonton	64	34	22	8	76	183	167
Anaheim	63	32	21	10	74	162	161

Calgary 64, 34, 26, 4, 72, 171, 178
Los Angeles 63, 30, 27, 6, 66, 155, 158
Vancouver 62, 26, 29, 7, 59, 145, 179
Arizona 62, 22, 33, 7, 51, 149, 200

NOTE: Two points for a win, one point for overtime loss.

Tuesday's Games
Boston 4, Arizona 1
Philadelphia 4, Colorado 0
Nashville 5, Buffalo 4, OT
Washington 4, N.Y. Rangers 1
Montreal 1, Columbus 0,