

NFL

Seahawks think they got it right with offseason program

By TIM BOOTH
Associated Press

RENTON, Wash. — Because the Seattle Seahawks made it through their offseason program without any obvious incidents or issues, Pete Carroll could finally crack a bit of a joke about their troubled past. “I think we had our most compliant OTA season. I’m really proud of that, finally,” Carroll said. “Old dog, new tricks. It was hard.”

The Seahawks wrapped up their offseason program Thursday with the conclusion of their mandatory minicamp. Seattle’s offseason program was shorter than most others in the NFL because of penalties incurred by the team for previous violations during the spring workouts.

New rules regarding offseason workouts were put in place with the collective bargaining agreement approved before the 2011 season. Between the start of that new CBA and the beginning of the 2016 regular season, there were four violations of those offseason rules, according to the NFL. Three of those were by the Seahawks.

The last violation took place last June during an OTA when two players collided and suffered head injuries while going after a deflected pass during a session that required no contact. Carroll was given a \$200,000 fine, a \$400,000 fine was given to the team and Seattle lost a fifth-round pick from April’s draft.

And Seattle was docked three OTA practices from this offseason.



AP Photo/Elaine Thompson
Seattle Seahawks head coach Pete Carroll, right, smiles as he watches Doug Baldwin run a drill during NFL football practice Thursday, June 15, 2017, in Renton, Wash.

Despite getting less practice time than others, Carroll felt the changes made to avoid any future penalties during the offseason workouts kept Seattle from falling

behind. “We finally figured that out and in doing so, we were able to up the reps on guys and I think we’re the smartest we’ve been coming out of this

camp at any time in any of the past years,” Carroll said. “We’ve had the most situation work. We’ve put guys in a variety of different spots where they have to think and make decisions and choose how they play and fit in with us. We feel like we have made a lot of movement forward.”

Seattle was also penalized for offseason violations in 2012 and 2014. Carroll said the non-contact period is beneficial in terms of getting players on the field and getting reps, but there are some major evaluations that can’t be made until training camp arrives.

“We adjusted. That was part of trying to figure out how to do this the way that they want us and fit in with all the rules,” Carroll said. “We think we did our best job

with that. We think we made up ground that we hadn’t made in years past.”

NOTES: Carroll said only a handful of players might be limited when training camp begins, including CB DeShawn Sheard, DT Quinton Jefferson, DE Dion Jordan and WR Tyler Lockett. Sheard is still recovering from a major knee injury suffered during last season’s playoffs and Carroll said it was unlikely he’d be ready by the start of the season. ... One of Carroll’s biggest offseason highlights was Jimmy Graham, who was limited the entire 2016 offseason while recovering from a major knee injury. “He had a phenomenal offseason. Great work with us. His preparation to get here was just terrific.”

RODEO: Pederson 7th in tie-down

Continued from 1B

performance, and she had a 9.0 in goat tying that is 21st in the round going into Thursday’s performance.

Leyva is 19th in the aggregate with 23.6 on three.

Hermiston High graduate Preston Pederson was pushed down to seventh in the tie-down aggregate, and remains sixth in the third round with a 10.0 he clocked during Tuesday’s performance.

Thursday’s night show was Williams’ chance to get into the hunt for the women’s

all-around title as she was slated to compete in goat tying and team roping with BMCC’s Quinton Nyman. They entered the performance with 27.4 on two, and the event leaders were at 23.6 on three.

Results were not available by the *East Oregonian* press deadline.

Calvin Shaffer also competed in saddle bronc riding on Thursday. After a no-score on his second ride, Shaffer entered the round in 32nd with 68.5 on one. Logan Cook of Panola College led with 210.5 on three.

Complete results are available online at CNFR.com.

US OPEN: Fowler sinks 7 birdies

Continued from 1B

hardly the USGA’s idea of the ultimate test in golf.

Just don’t mention that to some of the best players in the world.

Jason Day had two triple bogeys and posted a 79, his worst score ever in the U.S. Open. Rory McIlroy joked earlier in the week that anyone who couldn’t hit such wide fairways “might as well pack your bags and go home.” He spent all day in the knee-high fescue and shot 78, his worst U.S. Open score.

Defending champion Dustin Johnson probably didn’t feel so badly by the end of a most peculiar day. He only shot 75, with just one birdie.

“You won’t get a better day for scoring,” Johnson said wistfully during the long walk to sign his card.

No one took advantage like Fowler.

Fowler, who shared the 36-hole lead at the Masters in April, never came seriously close to bogey because he was never in trouble. He kept it in the short grass, the secret to Erin Hills that wouldn’t appear to be that difficult with some of the widest fairways for this major.

“You don’t get many rounds at the U.S. Open that are stress-free,” Fowler said.

Fowler’s seven birdies were from no more than 12 feet, including three in a row around the turn. His 7-under par tied the record to par for the first round of a U.S. Open held by Jack Nicklaus and Tom Weiskopf, who each shot 7-under 63 at Baltusrol in 1980.

“It is always cool to be part of some sort of history in golf,” Fowler said. “But I’d rather be remembered for something that’s done on Sunday.”

Day and McIlroy, just to name a few, might not make it that far.

Of the top 10 players in the world, only Masters champion Sergio Garcia (70) and Fowler broke par. For players like Jordan Spieth (73) and Johnson, it was a matter of not making enough putts. For most others, it was being careless off the tee and facing the rigorous test of recovering.

Casey started eagle-birdie and finished with two birdies over the final four holes for his 66.

“I was just trying to have half as good a round as Rickie had,” said Casey, who played in the afternoon. “The scoring was so good this morning. I was happy it stayed benign for us, and I capitalized on it.”

The opening round was without Phil Mickelson for

the first time since 1993. He was in California for his daughter’s high school graduation, hopeful for enough of a weather delay to jet across the country to Wisconsin. But as the sun rose over Erin Hills, and the forecast was for no rain, Mickelson withdrew.

More startling than the low scores was smoke rising from about a half-mile away when a commercial blimp, not affiliated with the tournament, crashed into a field and burst into flames. The pilot, the only one aboard the blimp operated by Florida-based AirSign, was being treated for injuries.

“I was teeing off and I looked up and saw it on fire, and I felt sick to my stomach,” Jamie Lovemark said.

On the golf course, there was only a barrage of birdies.

Brooks Koepka, Tommy Fleetwood and Brian Harman were at 67, with Patrick Reed and Adam Hadwin in the group at 68. Hadwin tied a U.S. Open record when he made six straight birdies, from the 18th hole through the fifth hole. He was 100 feet away for birdie on No. 6 and burned the edge of the cup on that one, except that it ran by some 7 feet and he three-putted for bogey.

BEAVERS: OSU will review matter

Continued from 1B

ington, was classified in Washington as the lowest-level sex offender with little risk of repeating the behavior. He finished his probation and court-ordered classes in fall 2014, around the time he moved to Corvallis to attend Oregon State.

“For the past six years, I have done everything in my power to demonstrate that I am someone my family and my community can be proud of and show the one person who has suffered the most that I am committed to living a life of integrity,” Heimlich’s statement on Thursday said. “This situation has caused great pain to my family members over the years and I am devastated

that they have to relive it all again so publicly.”

Oregon State President Ed Ray issued a statement shortly after Heimlich announced that he would not play.

“I concur with this decision as to do otherwise would certainly serve as a disruption and distraction to the team due to the significant public scrutiny that this matter has attracted. As well, I am mindful of the need for providing safety for all concerned that otherwise might be at risk during times of heightened emotions,” Ray’s statement said.

Ray said he supports guidelines issued by the U.S. Department of Education to allow individuals to register for college admission without revealing a prior criminal

record, except in specific circumstances. He said he supports Heimlich continuing his education at Oregon State and rejoining the baseball team next season.

However, Ray left open the possibility that Oregon State’s policies could change in the future, following a review of the matter.

“This review should consider the possibility that some offenses and situations are so serious that we should no longer let such a student represent the university in athletic competition and other high-profile activities sponsored by the university by virtue of their offense. Such individuals could still enroll as a student in the university with appropriate risk mitigation,” he said.

MARINERS: Paxton set to take the mound in series opener against Texas

Continued from 1B

their home record, the worst in the major leagues, to 14-20 with the four-game series split.

Gimenez hit a three-run homer with two outs in the fateful first for Ariel Miranda (6-3), who lost for the first time in 10 starts for the Mariners and lasted only four innings with 10 hits and six runs allowed. Gimenez then hit the foul pole in left field with a solo drive in the third inning, giving the 34-year-old a total of 18 home runs in 867 plate appearances.

“I had to talk to it a little bit as I was running to first,” Gimenez said.

His conversations with Berrios throughout the afternoon turned out well, too, driving a strategy to mix in some changeups with a lively fastball that the right-hander spotted well and that devastating curveball.

“We had chances to kind of get close but could never mount the big rally against him,” Mariners manager Scott Servais said.

Berrios struck out six and yielded two runs and five hits. After finishing six innings only once in 14 starts as a rookie last season on his way to an 8.02 ERA, Berrios has lasted that long in five of seven turns this year.

“I was blessed to be able

to go as far as I did today,” he said through the team’s interpreter.

Berrios silenced a lineup that totaled 45 hits and 27 runs over the first three games of the series, handing the Mariners just their sixth loss in the last 18 games.

“Sometimes it takes them awhile to get comfortable and trust what they can do up here,” Twins manager Paul Molitor said. “We all never really lost hope that he was going to figure it out.”

GAMEL KEEPS GOING

Ben Gamel and Robinson Cano had RBI singles for the Mariners, with Gamel stretching his hitting streak to seven straight games. He’s

15 for 30 with five doubles during the run and has reached base 14 times in his last 24 plate appearances.

CONTINUING ED

Escobar has three homers in the last five games. He went 3 for 4 and is batting .362 with four home runs and 12 RBIs against left-handers this season. In his last eight games overall, Escobar is 18 for 31 with eight RBIs.

MIRANDA NOT RIGHT

With fellow starters Felix Hernandez, Hisashi Iwakuma and Drew Smyly on the disabled list and James Paxton just recently coming off of it, Miranda has been a key cog in Seattle’s rotation.

He was 5-0 in his last nine

starts, with six straight turns of two or fewer runs allowed, until this dud that began with a leadoff double by Brian Dozier. Mitch Haniger had a reasonable opportunity to catch it on the warning track, but the ball veered away at the end of its journey and eluded his glove. Escobar followed with a home run, his third in five games.

Miranda, the 28-year-old acquired last summer in a trade with Baltimore for Wade Miley, has allowed 11 homers with a 6.56 ERA in eight starts on the road. This time he went to the off-speed pitches too quickly.

“He’s got to keep throwing his fastball until you get a

feel for it, because that’s his pitch,” Servais said. “That sets up everything else.”

TRAINER’S ROOM

Mariners: SS Jean Segura (sprained right ankle) could play a rehab game for Triple-A Tacoma this weekend and be back in the lineup as soon as next week. ... Iwakuma made his first rehab start for Class A Modesto on Wednesday, finishing four scoreless innings with one hit allowed.

UP NEXT

Mariners: Paxton (5-1, 2.25 ERA) starts on Friday to begin a series at Texas. For the Rangers, RHP Tyson Ross will make his season debut.

SCOREBOARD

Baseball

AMERICAN LEAGUE

East Division

W	L	Pct	GB	
New York	38	25	.603	—
Boston	37	29	.561	2½
Tampa Bay	35	34	.507	6
Toronto	32	33	.492	7
Baltimore	32	33	.492	7

Central Division

W	L	Pct	GB	
Minnesota	34	29	.540	—
Cleveland	32	31	.508	2
Detroit	31	34	.477	4
Kansas City	30	34	.469	4½
Chicago	29	36	.446	6

West Division

W	L	Pct	GB	
Houston	45	22	.672	—
Los Angeles	35	34	.507	11
Texas	32	33	.492	12
Seattle	33	35	.485	12½
Oakland	27	38	.415	17

Thursday’s Games

Cleveland 12, L.A. Dodgers 5
Minnesota 6, Seattle 2
Chicago White Sox 5, Baltimore 2
Philadelphia 1, Boston 0
Detroit 5, Tampa Bay 3
N.Y. Yankees at Oakland, late finish
Kansas City at L.A. Angels, late finish
Friday’s Games
St. Louis (Martinez 5-5) at Baltimore (Gausman 3-5), 4:05 p.m.
Chicago White Sox (Quintana 2-8) at Toronto (Biagini 1-5), 4:07 p.m.
Tampa Bay (Ramirez 3-1) at Detroit (Norris 3-4), 4:10 p.m.
Seattle (Paxton 5-1) at Texas (Ross 0-0), 5:05 p.m.
Boston (Pomeranz 6-4) at Houston (Fiers 4-2), 5:10 p.m.
Cleveland (Carrasco 6-3) at Minnesota (Turley 0-0), 5:10 p.m.
N.Y. Yankees (Severino 5-2) at Oakland (Manaea 6-3), 6:35 p.m.
Kansas City (Kennedy 0-6) at L.A. Angels (Chavez 5-6), 7:07 p.m.

NATIONAL LEAGUE

East Division

W	L	Pct	GB	
Washington	40	26	.606	—
New York	30	35	.462	9½
Miami	29	35	.453	10
Atlanta	29	36	.446	10½
Philadelphia	22	43	.338	17½

Central Division

W	L	Pct	GB	
Milwaukee	36	32	.529	—
Chicago	32	33	.492	2½
St. Louis	30	35	.462	4½
Pittsburgh	30	36	.455	5
Cincinnati	29	36	.446	5½

West Division

W	L	Pct	GB	
Colorado	42	26	.618	—
Los Angeles	41	26	.612	½
Arizona	41	26	.612	½
San Diego	27	40	.403	14½
San Francisco	26	41	.388	15½

Thursday’s Games

Cleveland 12, L.A. Dodgers 5
Philadelphia 1, N.Y. Mets 3
Milwaukee 6, St. Louis 4
San Francisco at Colorado, late finish
Friday’s Games
Arizona (Corbin 5-6) at Philadelphia (Nola 3-4), 4:05 p.m.
Chicago Cubs (Butler 3-2) at Pittsburgh (Williams 3-3), 4:05 p.m.
St. Louis (Martinez 5-5) at Baltimore (Gausman 3-5), 4:05 p.m.
L.A. Dodgers (Wood 6-0) at Cincinnati (Adlerman 4-2), 4:10 p.m.
Washington (Scherzer 7-4) at N.Y. Mets (Matz 4-0), 4:10 p.m.
Miami (Strally 4-4) at Atlanta (Newcomb 0-1), 4:35 p.m.
San Diego (Diaz 1-1) at Milwaukee (Guerra 1-1), 5:10 p.m.
San Francisco (Samarzija 2-8) at Colorado (Senzateia 8-2), 5:40 p.m.

Midwest League

Thursday’s Games

Boise at Spokane, ppd.
Tri-City at Salem-Keizer, late finish
Hillsboro at Everett, late finish
Vancouver at Eugene, late finish
Friday’s Games

Boise at Spokane, 6:30 p.m.

Tri-City at Salem-Keizer, 6:35 p.m.

Hillsboro at Everett, 7:05 p.m.

Vancouver at Eugene, 7:05 p.m.

NCAA BASEBALL

College World Series

At TD Ameritrade Park, Omaha, Neb. (Double Elimination; x-if necessary)

Saturday

Game 1 — Cal St. Fullerton (39-22) vs. Oregon State (54-2), Noon

Game 2 — LSU (48-17) vs. Florida State (45-21), 5 p.m.

Sunday

Game 3 — Louisville (52-10) vs. Texas A&M (41-21), 11 a.m.

Game 4 — TCU (47-16) vs. Florida (47-17), 4 p.m.

Golf

PGA Tour

US OPEN

Thursday

Erin Hills

Purse: \$12,000,000

Yardage: 7,811; Par 72 (36-36)

First Round

Rickie Fowler 33-32—65 -7

Paul Casey 32-34—66 -6

Xander Schauffele 32-34—66 -6

Brian Harman 35-32—67 -5

Brooks Koepka 34-33—67 -5

Patrick Reed 36-32—68 -4

Kevin Na 35-33—68 -4

Marc Leishman 33-35—68 -4

Adam Hadwin 31-37—68 -4

Jamie Lovemark 34-35—69 -3

J.B. Holmes 32-37—69 -3

Lee Westwood 36-33—69 -3

Andrew Johnston 34-35—69 -3

Si Woo Kim 36-33—69 -3

a-Scottie Scheffler 36-33—69 -3

Bernard Wiesberger 35-34—69 -3

Charley Hoffman 36-34—70 -2

Brandt Snedeker 35-35—70 -2

Ernie Els 32-38—70 -2

Jack Maguire 32-39—70 -2

Brandon Stone 34-38—70 -2

William McGirt 37-33—70 -2

Sergio Garcia 35-35—70 -2

Jim Furyk 34-36—70 -2

Matt Fitzpatrick 35-35—70 -2

a-Cameron Champ 37-33—70 -2

Derek Barron 36-34—70 -2

Kevin Dougherty 38-33—71 -1

Davis Love IV 36-35—71 -1

Thomas Aiken 37-34—71 -1

Zach Johnson 35-36—71 -1

Angel Cabrera 36-35—71 -1

Tyson Alexander 35-36—71 -1

Stephan Jaeger 35-36—71 -1