

Soccer

Arena proving to be good fit for US

By JANIE MCCAULEY AP Sports Writer

SANTA CLARA, Calif. — Bruce Arena bites his fingernails religiously, a habit he has had since age 10.

Among some other unmentionables.

"Are you kidding me? I'm sure there's plenty of those," the U.S. coach acknowledged with a chuckle, "I don't make that public information, though."

Arena walks across midfield soaking in the California sun and surveying the scene as his players take a lap and begin stretches ahead of training on a practice field adjacent to Avaya Stadium, home of the San Jose Earthquakes.

He crosses his arms and paces — side to side, forward and backward — eyes up always. He shifts his hands to his hips and steals a glance downfield to where the goalkeepers are doing individual work.

"I'm thinking about my investments and retirement and things like that," Arena cracked, then added: "I'm observing the players and looking at their habits, trying to learn as much as I can about players on a daily basis. It's not only game day. When you have a team and there's 23 players, every player is important. So sometimes your contributions aren't only on game or on the field and it's other things. You look at the qualities of players both on and off the field."

With his quick wit off the field and demanding nature on it, Arena has instilled a calm and a swagger the U.S. squad needed, and that has bred success again after fans reached panic mode. Now, Arena can become the first to coach three CONCACAF Gold Cup titles if the Americans can beat surprising Jamaica on Wednesday night. The U.S. won under Arena in 2002 and '05.

"I came in with Bruce in January and I think initially you saw someone who's trying to get points across and be pretty serious about it, but as we realized his demands and his intentions he's been able to kind of dial it back a little bit," midfielder Graham Zusi said.



US coach Bruce Arena calls out to his team as Graham Zusi (19) steps off the field during a CONCACAF Gold Cup semifinal match in Arlington, Texas, on July 22.

AP Photo/Jeffrey McWhorter



• Today, 6:30 p.m. (TV: FS1) • at Levi's Stadium, San Francisco, California

"Very dry, good sense of humor. It's important, especially in these long camps, to have some kind of comic relief as well."

On Monday, Arena reminded his players it was here in the Bay Area where the Americans regained momentum in March by beating Honduras 6-0 in a World Cup qualifier.

Arena, a member of the U.S. Soccer Hall of Fame who turns 66 in September, has led the team to an 8-0-5 record since he returned in November for a second stint as coach, replacing Jurgen Klinsmann after the Americans' first 0-2 start in the final round of qualifying in the North and Central American and Caribbean region.

"Four months ago we were rebuilding our program, a program that was in desperate shape of being in a position to qualify for a World Cup and all other things," Arena said. "We've made great strides over the last four months. This is a great opportunity for us to continue to make progress. We'd love to win the Cup."

The U.S. is seeking its sixth Gold Cup title and first since 2013. Nine different players have scored so far this tournament, most notably Clint Dempsey's record-tying 57th goal in a 2-0 semifinal win against Costa Rica on Saturday that matched Landon Donovan's mark.

Under Arena, the Americans

have momentum again regardless how Wednesday turns out. Qualifying resumes with matches against Costa Rica on Sept. 1 at Harrison, New Jersey, and four days later at Honduras. The hex concludes against Panama on Oct. 6 in Orlando, Florida, and at Trinidad and Tobago four days after.

"It's a good group of guys, let's start there," veteran goalkeeper Tim Howard said. "But Bruce has kind of come in and kind of took the edge off a little bit. That's who he is as a person, that's how he manages us, and he's kind of allowed us to be ourselves and have that swagger. The one thing I would say about Bruce, which has kind of always been the case but more so now, I think he is more relaxed off the field and much more demanding on the field. He's always kind of had that balance but it's more extreme now, and it's a very good thing. He asks the world of us on the field, whether it be training or games he asks us for 110 percent every day, and then when you're off the field he's joking, he's very jovial and he kind of lets us be who we are."

Arena took over with little room for error. A decade ago, he never would have envisioned himself in this spot now.

"I'm enjoying it, and I've always thought about what I was going to do in my mid-60s," Arena said. "I thought I was going to retire at 55, so I'm a little bit behind schedule right now. Probably going to keep going for a while, doing something. I'm thinking from what I can tell I probably could be a sportswriter and do pretty well."

Then added with one of those sly grins, "Nah, I'm only kidding."

Football

Ex-Cowboys WR misidentified in heist



Whitehead

Associated Press

OXNARD, Calif. — Former Dallas Cowboys receiver Lucky Whitehead's identity was falsely used in a shoplifting arrest, police in his home state of Virginia said Tuesday.

Prince William County police said they were confident the man charged in a case involving \$40 worth of stolen food and drink from a convenience store

in June wasn't Whitehead. The Cowboys released him Monday after reports that he was arrested and subsequently cited for missing a court hearing.

Whitehead's agent, Dave Rich, contended that his client wasn't in Virginia at the time of the reported arrest. Police said they are seeking the person who used the identity of Whitehead, whose given name is Rodney Darnell Whitehead Jr.

SOFTBALL: Play in semis on Thursday

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to make it a 2-1 game, sparking the Oregon offense again. Jaden Samp singled to centerfield to tie the game at 2-2 and then Ellie Samford and Muriel Hoisington both hit RBI singles to give Oregon a 4-2 lead. Later in the inning, another Hawaii error and

a bases-loaded walk by Younes brought in a pair for a 6-2 Oregon lead.

Sauren Garton pitched six solid innings for Oregon, allowing seven hits, two runs (both unearned) and three walks with two strikeouts. Hawaii tagged her for four hits in the third inning to get its two runs,

but outside of that Garton allowed just six total baserunners over the other five innings.

Oregon will next play in the semifinals against the winner of #7 Arizona and #2 Utah on Thursday at 5 p.m. in San Bernardino for a chance to play for the regional championship and a trip to the World Series.

SCOREBOARD

Baseball

Table with columns for American League and National League, showing W, L, Pct, GB for various teams.

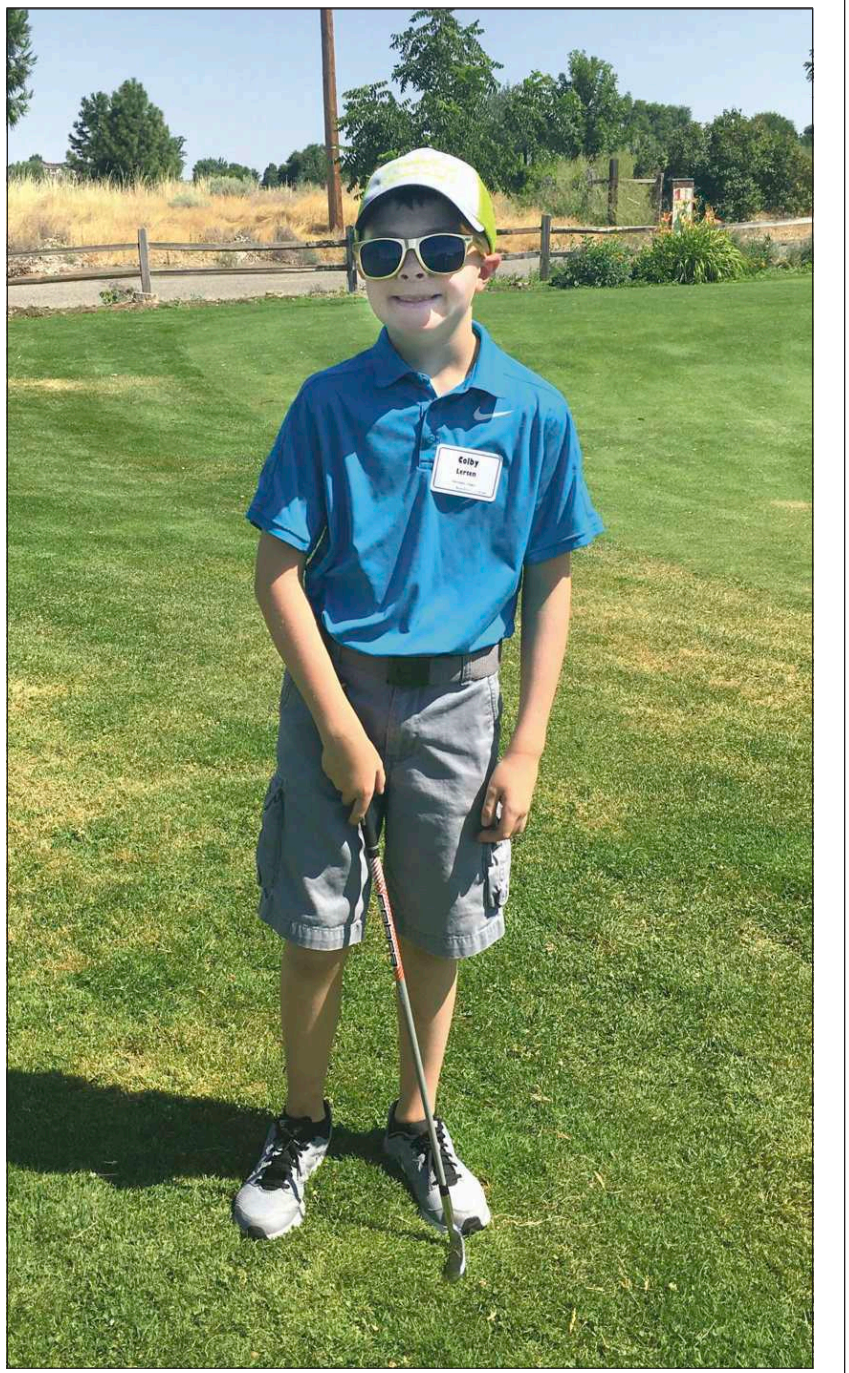
Table with columns for East Division, Central Division, West Division, and MLB North Division, showing W, L, Pct, GB.

Table with columns for Soccer, MLS Eastern Conference, Western Conference, and Wednesday's Game, showing W, L, T, Pts, GF, GA.

Table with columns for Basketball, WNBA Eastern Conference, Western Conference, and Golf PGA Tour FedEx Cup Standings, showing W, L, Pct, GB.

Table with columns for Auto Racing, NASCAR Monster Energy Cup Series, and Football, showing Points Standings and Training Camp Report Dates.

Table with columns for Football, showing Points Standings and Training Camp Report Dates.



Colby Lerten, 11, of Hermiston qualified for the subregional round of the Drive, Chip and Putt competition by placing third at the local competition held Wednesday, July 19, in Pasco, Washington. Lerten scored 76 points for third place in the Boys 10-11 age group. First place had 87 and second had 85. The subregional competition will be held in Dupont, Washington on Aug. 15.

BEAVERS: Nall joined by Oregon Ducks transfer Thomas Tyner

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season with 951 yards rushing and 13 touchdowns on the ground and also caught a pair of TD passes. The 6-2, 237-pound back who fans have dubbed "Wrecking Nall" had four 100-yard rushing games.

He's clearly the leader of the team's running back corps heading into this season — and it's a position where the Beavers appear to have made a significant improvement.

One reason? The surprise signing of Thomas Tyner, who left rival Oregon on a medical retirement after missing all the 2015 season because of a shoulder injury.

In two seasons with the Ducks' speedy "blur" offense, Tyner rushed for 1,284 yards and 14 touchdowns. The last live game he played was the national championship in January 2015 against Ohio State.

He's also something of a legend in Oregon. His senior year in high school, Tyner smashed Oregon prep records with 643 yards rushing and 10 touchdowns in a single game. At the time, it was the third-most rushing yards nationally for a prep player.

NCAA rules prevented the 5-foot-11, 205-pound Tyner from returning to the Ducks this season because of his medical retirement.

"At first I thought it was a joke. I saw it pop up on ESPN on my phone and I was like, 'Is this for real?' I

texted coach and said, 'Is this for real?' Nall said. "Because I know how good of a player he is: He was incredible in high school and he did great things at Oregon. So seeing him coming in — and now working with him a little bit — I'm excited to see what he's going to be able to help us out with."

Nall and Tyner are joined by TCU graduate transfer Trevorris Johnson, a 6-foot, 237-pound back who rushed for 789 yards and eight touchdowns in 36 games over his career at TCU. And there's Artavis Pierce, who rushed for 523 yards last season as a freshman. The group has tried to get together at least once a week over the summer.

"I'm excited. It's nice to know we have depth. Last year, obviously, we were a little thin, especially toward the end of the season when AP started to get dinged up. So it was difficult at times, but now that we have depth we can use some of these guys, experienced guys, too," Nall said.

Coach Gary Andersen is excited, too.

"I'm a firm believer that you've got to have at least three quality running backs to have a solid running game the way we want to run the ball and play with toughness," Andersen said. "We should have that, and possibly then some."

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