

SEAHAWKS: Williams was a Washington prep football star in Sammamish



Seattle Seahawks wide receiver Kasen Williams (18) reacts to a play against the Minnesota Vikings in the first half of a preseason game on Aug. 18, 2017, in Seattle.

Continued from 1B

third preseason game against Kansas City exceptionally important for Williams.

Another big game could make for a quite difficult decision regarding Williams when the final cuts are made next week.

“He has been spectacular. It is just such an exciting thing to see because this is a kid that we know he has this ability, but he is doing it in the games, so it’s obvious you got to keep going to him,” coach Pete Carroll said. “Where I am right now is farther than I was in high school and college,” Williams said. “It’s a new me. It’s a better version.”

It took one drive for Williams to stand out last week against Minnesota. He made a leaping, one-handed catch for 27 yards, and followed up with a 1-yard touchdown catch to cap off the drive. What happened on the

ensuing kickoff may have been even more important. Racing down the middle of the field, Williams made an open-field tackle on Minnesota returner Jerick McKinnon after just a 10-yard return. It’s a given that if Williams makes the roster he will have to contribute on special teams.

“It was probably the most important (thing),” Williams said of the special teams play. “Because I know I’ve been here for two years and I know that in order to make this team it’s going to be on special teams. You can make all the offensive plays in the world but if the special teams doesn’t happen it’s going to be hard to make the team.”

Williams was one of the top high school players in the country at Skyline High in Sammamish, Washington. He was a star at Washington, only to see his career derailed by a major foot injury. He found a home on Seattle’s practice

squad each of the past two years, but other little injuries limited his opportunities on the active roster. Williams has appeared in three regular-season games with one catch in his career.

This offseason meant changes. Williams altered his diet, relying heavily on shakes and juices containing numerous vegetables that Williams wouldn’t otherwise eat. The dietary changes seem to be working. He’s down around 10 pounds and feels his body is recovering quicker from practices and games.

Williams wants his career to be in Seattle. But he’s also realistic and knows that if the Seahawks do release him late next week there may be opportunities elsewhere. “This is where I want to play. This is love and I’ve put in so much work here,” Williams said. “But at the end of the day if it doesn’t work out here I do believe there will be an opportunity elsewhere.”

Local slate

Table with volleyball and college volleyball schedules for Friday, Saturday, and Sunday.

Table with college women's and men's soccer schedules for today.

Table with prep scores for volleyball, including games between West-McEwen and Imbler, Dufur, and Condon/Wheeler.

Baseball

Table with MLB American League East and Central divisions, and West Division.

Table with Thursday's games for MLB, including matchups like Detroit vs Yankees and Chicago vs White Sox.

Table with national league and Northwest League schedules, including games from Vancouver to Everett.

Scoreboard

Small table with San Diego and San Francisco scores.

Table with Thursday's and Friday's games for baseball, including matchups like Arizona vs Mets and Chicago Cubs vs Philadelphia.

Table with Wild Card Standings for American League and National League.

Table with MLB Northwest League North Division and South Division games.

Friday's Games

Table with Friday's games for Boise, Tri-City, Salem-Keizer, and Vancouver.

LITTLE LEAGUE

Table with World Series, Thursday's games, and Saturday's games for Little League.

Soccer

Table with MLS Eastern Conference and Western Conference games.

Sunday's Games

Table with Sunday's games for Colorado, Toronto, San Jose, and Portland.

Football

Table with NFL Preseason Thursday's and Saturday's games, and Canadian Pacific Women's Open.

Basketball

Table with WNBA Eastern and Western Conference games, and Thursday's games.

Auto Racing

Table with NASCAR Monster Energy Cup Series points standings and upcoming schedule.

Large advertisement for Eastern Oregon Marketplace with logo and contact information.

Advertisement for Classified Line Ad Deadlines, East Oregonian, and Hermiston Herald.

Advertisement for Found: Beautiful Maine Coon kitten.

Advertisement for Special Notices, Sign up now for your Tour to Australia.

Advertisement for Turn Here Realty & Travel.

Advertisement for Homes for Sale, \$125,000, Wine bar w/certified kitchen.

Advertisement for Homes for Sale, \$129,900, EAST end CONDO IN CLIFFDOWELLERS.

Advertisement for Homes for Sale, \$159,000, 3BEDROOM, 1.5BATHS w/office or den.

Advertisement for Homes for Sale, \$175,000 - Ukiah 3 Bed 2 Bath Home.

Advertisement for Homes for Sale, \$225,000, PILOT ROCK- 2,326 Mfg Home on 1.28 Acres in Pilot Rock.

Advertisement for Homes for Sale, \$329,000, BEAUTIFUL North Hill View. 3 Bed 2 Full Bath.

Advertisement for Homes for Sale, \$379,000, 3.34ACRES w/Umatilla River running through.

Advertisement for Homes for Sale, \$89,000 - UKIAH Two Bedroom, 2 baths.

Advertisement for Homes for Sale, \$165,000, INVESTMENT special 2homes totally refurbished.

Advertisement for Homes for Sale, \$175,000 - Ukiah 3 Bed 2 Bath Home.

Advertisement for Homes for Sale, \$225,000, PILOT ROCK- 2,326 Mfg Home on 1.28 Acres in Pilot Rock.

Advertisement for Homes for Sale, \$329,000, BEAUTIFUL North Hill View.

Advertisement for Homes for Sale, \$165,000, INVESTMENT special 2homes totally refurbished.

Advertisement for Homes for Sale, \$175,000 - Ukiah 3 Bed 2 Bath Home.

Advertisement for Homes for Sale, \$225,000, PILOT ROCK- 2,326 Mfg Home on 1.28 Acres in Pilot Rock.

Advertisement for Homes for Sale, \$329,000, BEAUTIFUL North Hill View.

Advertisement for Homes for Sale, \$165,000, INVESTMENT special 2homes totally refurbished.

Advertisement for Homes for Sale, \$175,000 - Ukiah 3 Bed 2 Bath Home.

Advertisement for Homes for Sale, \$225,000, PILOT ROCK- 2,326 Mfg Home on 1.28 Acres in Pilot Rock.

Advertisement for Homes for Sale, \$329,000, BEAUTIFUL North Hill View.

Large advertisement for Classifieds, YOUR DREAM home is right here in the Classifieds...