

"I'm more excited to play than I've been in a while."

Schimmel back with NY Liberty

After year away, Umatilla legend returns to WNBA

By DOUG FEINBERG
Associated Press

NEW YORK — Shoni Schimmel is back with the New York Liberty in training camp and feeling refreshed after sitting out last season.

The former WNBA All-Star guard, and Hermiston High School standout, spent time with her family and used the time off to get herself right mentally.

"I needed a break, going from high school to college to the pros," Schimmel said at the first day of New York's training camp Sunday.

Her grandmother had been sick and recently passed away.

"Last year we talked about it and said I'll be back (this) year. I suspended myself," Schimmel said. "Being able to take that year off, I want to thank the Liberty. I've come back ready to work."

The time away from the WNBA gave Schimmel a chance to also recover fully from a concussion suffered in August 2016 that sidelined her for the remainder of that season.

"I was out seven weeks with it," she said. "I never had had one before and didn't know how to handle it. I took my time to get myself ready."

Schimmel, the eighth pick in the 2014 WNBA draft, played in 17 games for New York in 2016 after getting traded from Atlanta. The former Louisville star was the MVP of the 2014 All-Star Game and is a talented 3-point shooter.

"She does some things you can't really teach," first-year Liberty coach Katie Smith said. "It's good to have her here. She's an easy going person who can shoot it, pass it and wants to be here, and that's half the battle."

The Liberty are deep at guard with Brittany Boyd, Lindsay Allen and Bria Hartley running the point last season. New York also drafted Kia Nurse in the first round.

See SCHIMMEL/2B

New York Liberty's **Shoni Schimmel** is back with the New York Liberty in training camp after sitting out the 2017 season. The former WNBA All-Star guard spent time with her family and used the time off to get herself right mentally.

AP PHOTO/JESSICA HILL, FILE



Prep Roundup

Cougars on 14 straight wins after sweep over weekend

Pilot Rock earns doubleheader sweep,

East Oregonian

PASCO — The Echo Cougars softball team has now won 14 straight games as it handed Tri-Cities Prep (WA) two big losses in a doubleheader on Saturday, 17-1 and 11-0.

In the first outing, the Cougars (14-2 overall, 7-0 3A Special District 1) scored the bulk of their runs in the second and third innings and capped of the scoring with another lone run in the fourth.

In the circle, Alyssa Ray was handed the win, and allowed only two hits and the lone run while striking out 11 and walking none.

Offensively, Kendra Hart led the way with a two RBI, two triples and a double. She went 3-for-4 at the plate and scored twice.

Hart then turned around and went the distance in the circle in Game 2, giving up only one hit en route to the shut-out victory. She again was one of the offensive leaders after bringing in three of Echo's 11 runs. Lyndzee Keltz, Brenna MacPherson, Natalie Toombs, Amber Weems and Marti Huff also contributed to the board in Game 2.

MAC-HI 17-9, BAKER 2-1 — On Saturday, Mac-Hi hosted Baker for an afternoon doubleheader and with it handed the Bulldogs two losses 17-2 and 9-1.

McKenna Stallings pitched a total of eight innings — a complete game in the first game and then spent three innings in the circle in Game 2 — and earned both wins after only giving up a combined six hits and four runs. She tallied seven strikeouts and only walked two batters.

Offensively, the Pioneers (12-7 overall, 4-2 Greater Oregon League) totaled 28 hits on the day with notable performances from a handful of batters.

Faith Kelly went 3-for-4 with three RBI in Game 1. Ashlyn Marly and Graci Bullock both went 2-for-3 at the plate with two RBI and scoring twice. The pair also hit two of only three extra base hits.

In Game 2, Courtney Cain recorded the only home run of the day. Cain went 2-for-4 with 2 RBI and scoring once herself. McKenna Yensen was perfect at the plate after going 3-for-3 with one RBI.

See ROUNDUP/3B

Timberwolves sweep after two narrow losses

Blue Mountain hosted Walla Walla, couldn't edge ahead of Warriors

East Oregonian

PENDLETON — The Blue Mountain baseball team hosted Walla Walla on Saturday and with it suffered two tough losses.

The Warriors took Game 1 from the Timberwolves, 7-6, after they couldn't match a lone run in the ninth that put Walla Walla up for good, and in Game 2, Blue Mountain would again lose by just one run.

The second game went 12 innings after the Timberwolves tied the game in the bottom of the sixth,

but the Warriors finally responded and one-upped Blue Mountain yet again — this time 2-1.

In Game 1, Hermiston native Nychal Gritz was handed the loss after seven innings of work. Gritz surrendered six runs and seven hits while striking out three and walking three.

The bulk of Walla Walla's scoring was in the first three frames when the Warriors (18-16 overall, 9-11 East Region) jumped out to a 6-2 lead. The Timberwolves (19-21, 8-12) slowly began to cut their

deficit after Dustin Durlfingler and Tanner Broom each scored in the first and third innings, respectively. After the third inning, Walla Walla was held scoreless until the ninth while Blue Mountain worked to knot the score at six runs apiece.

Brady White scored two Timberwolves in the fourth, and both TJ Rea and Cameron Sutton helped tie the game after bringing in runs in the seventh and eighth inning, respectively. But a single from Walla Walla's Quentin Lafontaine sealed the deal for the Warriors.

For Blue Mountain, five Timberwolves recorded hits in Game 1 with Alex Salsman leading the way. Salsman went 3-for-4 with one RBI. He was also one of three to record

an extra base hit with two doubles in the first outing.

In Game 2, it was a pitchers duel as Cole Connolly pitched a complete game for Blue Mountain and Julian Washburn went nine innings for Walla Walla allowing only one run and three hits.

Connolly also gave up a lone run in the fifth, but his Timberwolf offense responded with a run of their own in the next frame.

Durlfingler hit an RBI single to score Jerrett Plunkett and tie the game. The score remained knotted at 1-1 until the 12th inning when Walla Walla's Cody Garza brought in the winning run on an RBI single.

On the mound, Washburn recorded a whopping 13 strikeouts

while Connolly tallied five. In his efforts, Connolly gave up 10 hits but a strong Timberwolf defense kept Blue Mountain in the game.

Offensively, only four Blue Mountain batters recorded hits while four from Walla Walla recorded two or more during the 12 inning affair.

Game 1									
	WW	114000	001	—	R	H	E		
BM	101200	110	—	6	10	1			
(W) C. Burnham, T. Ogata (9); (B) N. Gritz, A. Wayenberg (8); W — Burnham, L — Gritz.									
2B: K. Martin (W); A. Salsman 2, C. Sutton, B. White (B).									
Game 2									
	WW	000010	000	001	—	R	H	E	
BM	000001	000	000	—	1	4	0		
(W) J. Washburn, J. Evenhus (10); (B) C. Connolly.									
W — Evenhus, L — Connolly.									
2B: D. Robinson, Q. Lafontaine, C. Garza (W); N. Cantonwine, C. Sutton (B).									

Sports shorts

Seager to undergo Tommy John surgery

PHOENIX (AP) — Dodgers star shortstop Corey Seager will undergo Tommy John surgery and will miss the remainder of the season. The team announced Monday that Seager was going on the 10-day disabled list with a right ulnar collateral ligament sprain.

Seager, the NL Rookie of the Year in 2016, was hitting .267 with two home runs and 13 RBIs. Seager's loss is a major blow to the Dodgers, who are off to a 12-15 start and trailed Arizona by seven games in the NL West, as of Monday.

Awesome!

Awesome! Brazilian surfs record 80-foot wave in Portugal

SANTA MONICA, Calif. (AP) — A Brazilian surfer rode a monster wave off Portugal to set a world record. The World Surf League says its judges determined that a wave **Rodrigo Koxa** surfed at Nazare, Portugal, on Nov. 8 reached a height of 80 feet (24.38 meters). The previous mark was by American Garrett McNamara in 2011 — 78 feet (23.77 meters).

Koxa calls the award as “a dream come true.” The league announced the record Saturday at its Big Wave Awards in Santa Monica, California. The group says it awards the surfer who “by any means available catches the biggest wave of the year.”

Nazare is on Portugal's Atlantic coast between Lisbon and Porto.

THIS DATE IN SPORTS

1991 — Nolan Ryan pitches his seventh no-hitter in a 3-0 victory over the Toronto Blue Jays. Ryan faces 29 batters, striking out 16 and walking two.

1991 — Rickey Henderson of the Oakland Athletics sets a major league record by stealing his 939th base, eclipsing Lou Brock's career mark.

2006 — Memphis is sent to its third consecutive four-game sweep after a 102-76 loss to Dallas. The Grizzlies' 12 consecutive playoff losses is an NBA record.

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