

EAST OREGONIAN

SPORTS

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A8

WOU lands Hermiston's top 2 offensive linemen

Bradshaw and Coughlin offer Wolves size and a strong work ethic

By ANNIE FOWLER
East Oregonian

HERMISTON — Chase Bradshaw and Dustyn Coughlin are an imposing pair on the offensive line. The Hermiston duo will continue to work together after they signed to play football at Western Oregon University. Bradshaw and Coughlin signed their official letters of intent last week, but had their school signing Wednesday for family and friends.

“They are going to a great school,” Hermiston football coach David Faateete said. “They will fit in. Western has a great group of kids. It will be fun to watch them compete against guys their size.” The Hermiston players are part of a recruiting class that WOU coach Arne Ferguson called “the most complete class ever recruited at WOU” in a school news release. “Once again we were able to keep a lot of Oregon local players home, but also added some great athletes from surrounding areas that will be able to make an immediate impact,” Ferguson said. “When you look at the over-

all scope of all the recruits that we were able to bring in, this is a great class.” The 6-foot-3, 275-pound Bradshaw, listed as a two-star recruit by 24/7 Sports, was a Mid-Columbia Conference first-team selection on the offensive line the past two years. While Bradshaw talked to a handful of schools, he said he felt most comfortable at WOU. “I feel I have a really good connection with the coaches,” Bradshaw said. “We have a lot of the same goals. They were the first to invite me down. It’s somewhere I want to be, and a

See WOU, Page A9



Staff photo by Annie Fowler
Hermiston's Chase Bradshaw, left, and Dustyn Coughlin signed their letters of intent last week to play football at Western Oregon University. They had their school signing on Wednesday.

A QUICK STUDY

In just his second year of wrestling, Hermiston's Sam Cadenas is making a name for himself

Hermiston High School wrestler Sam Cadenas poses for a portrait in the high school's wrestling room Tuesday evening.
Staff photo by Ben Loneragan

By ANNIE FOWLER
East Oregonian

HERMISTON — There are so many things that Sam Cadenas still doesn't know about wrestling, but there is one thing his opponents should remember — what he does know can hurt you. The Hermiston sophomore, who sports a 32-7 record heading into Saturday's 3A Region 4 tournament at Rogers High School in Spokane, is just in his second of wrestling. He showed up in the wrestling room last winter, raw but willing to learn. “We started with the basics,” Hermiston wrestling coach Kyle Larson said. “We preach fundamentals at all levels. He is such a good athlete and he learns fast. You show him something once, and he picks it up.” Cadenas, ranked No. 3 at 220 pounds in the latest 3A rankings, will open the regional tournament against Daniel Tausa of Shelton. He is hoping for a rematch against Yelm's Cameron Dubose, who beat him by two points at the Gut Check tournament in January. The two would meet if both made the finals. “He is doing phenomenal for being a second-year guy,” Larson said. “Sam is a great kid, very respectful and a leader on this team. Kids look up to him. Kids need to look up to Sam. He leads by example. He has brought a lot of positivity to the whole squad.”

A whole new world

Cadenas comes from a family of soccer players. His older brothers Pedro, 25, Cesar, 22, and Sinai, 18, all played at Hermiston High School. Cadenas also plays soccer (he's a striker), but he expanded his athletic talents to include football and wrestling. “The coaches said wrestling is good for football, and that's what I want to focus on in the future,” Cadenas said. “Wrestling is good for soccer too. My stamina is good, which allows me to focus on the ball and what it takes to score.” Larson also believes football and wrestling go hand in hand. “It's all about attitude,” Larson said. “You have to have a pretty pissed off attitude on the football field — they are trying to take your head off. You have that killer instinct, you recognize when someone is tired and you attack.” Once Cadenas started to get a feel for wrestling, he was hooked. “I really enjoy wrestling, I didn't think I would,” he said. “My freshman year, I didn't know what I was doing. Honestly, I thought this year would be another learning step like last year.” There are 32 guys who have lost to Cadenas who wish that were true. Cadenas cut through the

See Study, Page A9

LOCAL ROUNDUP

Cardinals fall to Valley 10's No. 2 Lions

East Oregonian

HOOD RIVER — In a nonleague game at Horizon Christian High School, the Valley 10 League's No. 2 Life Christian Lions handed the Big Sky League's No. 2 Cardinals a 43-30 road loss on Wednesday night. Jace Troutman and Carson Eynetich each got a team-high seven points for Ione/Arlington (17-5, 9-4 BSL). “It was just a very low-scoring game,” Cardinals head coach Dennis Stefani said. “We played like we were a little intimidated. By the time the kids realized they could compete, it was too late. We just have to find that confidence and start believing that we're a fairly good basketball team.” The Cardinals resume league play at Horizon Christian on Friday at 7:30 p.m.

Boys basketball

BAKER 52, MAC-HI 31 — The Pioneers were held to just seven points in the first quarter and three in the second as they suffered a Greater Oregon League home loss on Tuesday night. “We had a tough time putting the ball in the hole,” Mac-Hi head coach Jordan Poynor said. “Baker played really tough defense and got after us. We played hard and just couldn't overcome their physicality.” The Bulldogs put up 20 more shots than the Pioneers. Mac-Hi got a team-high seven points from Francisco Flores and five apiece from Dareagan Stephens, Andrew Lewis, and Gilberto Badillo. The Pioneers (9-12, 2-3 GOL) travel to La Grande to close out their regular season on Saturday at 4:30 p.m.

Men's basketball

YAKIMA VALLEY 104, BLUE MOUNTAIN 90 — The Timberwolves led 53-48 at the half, but were outscored 56-37 in the second half as they took home a Northwest Athletic Conference road loss on Wednesday night. Dedi Seme had 20 points to lead Blue Mountain (5-20, 1-11 NWAC). Craig Mueller notched a double-double with 18 points and 18 rebounds. Shaw Broncheau chipped in 13 points, and Logan Liddicoat 11. The NWAC East Region's bottom-ranked Timberwolves host North Idaho on Saturday for a 4 p.m. tip-off.

Women's basketball

YAKIMA VALLEY 79, BLUE

See Roundup, Page A9

SPORTS SHORTS

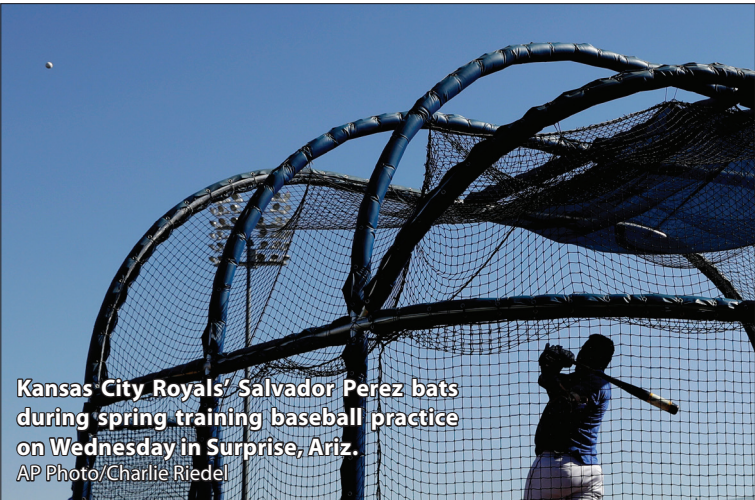
MLB goes ahead with 3-batter minimum, roster changes

Associated Press

NEW YORK — Major League Baseball went ahead with its planned rules changes for this season, including the requirement a pitcher must face at least three batters or end the half-inning, unless he is hurt. The changes were agreed to by MLB and the players' association last March 8, subject to the study of a joint committee. The three-batter

minimum will start in spring training games on March 12. There were 2,162 pitching appearances of three batters or fewer last year, according to the Elias Sports Bureau, but 1,471 of them finished with the end of a half-inning or a game. The active roster limit will increase by one to 26 from opening day through Aug. 31, will drop from 40 to 28 through the end of the regular season and return to 26 for the

postseason. Each team may have a maximum 13 pitchers through Aug. 31 and during the postseason, and 14 from Sept. 1 through the end of the regular season. Two-way players who have at least 20 innings pitched or 20 games started at a position or designated hitter with at least three plate appearances in the previous season may pitch without counting against that game's pitcher limit. For this year, a player can use 2018 or 2019 to meet the requirement.



Kansas City Royals' Salvador Perez bats during spring training baseball practice on Wednesday in Surprise, Ariz.
AP Photo/Charlie Riedel