

# EAST OREGONIAN SPORTS

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A10



Hermiston's Izzy Simmons puts up a shot Dec. 3, 2021, during the second half against the Sunnyside Grizzlies at Hermiston High School. Simmons is a freshman point guard who has been central to the Bulldogs getting off to an 8-2 record this season.

Ben Lonergan/East Oregonian, File

## Hermiston bodybuilder preps for nationals

By ERICK PETERSON  
East Oregonian

HERMISTON — Bodybuilder Terrell Duncan is less than 15 weeks from taking the stage in his next competition.

Duncan is preparing for a couple of Washington shows. The first is The Empire Classic, April 22 in Spokane, and the next is The Emerald Cup Bodybuilding & Fitness Expo, which will take place April 29-30 in Bellevue.

"I live for this stuff," he said. "I love going to the gym and training all year round."

Both shows are National Physique Committee national qualifiers. As such, top placers of these shows will be eligible for competition at the 2022 NPC National Championships in Las Vegas. If Duncan can win at Nationals, he will achieve one of his biggest goals — becoming a pro in the International Federation of BodyBuilding and Fitness.

At 5 feet, 9 inches tall and 210 pounds, Duncan is working to get down to 190 pounds, which will make him eligible for the classic physique division, where competitors display bodies with plenty of muscle but with a focus on symme-

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# UNFORGETTABLE

## Hermiston's Simmons is making waves in the MCC

By ANNIE FOWLER  
East Oregonian

HERMISTON — Izzy Simmons hit the Mid-Columbia Conference basketball scene this season, draining 3s from all over the court, driving the lane and leaving opposing coaches wondering, "Who's this girl?"

Simmons is a 5-foot-7 freshman point guard for Hermiston High School, who has helped the Bulldogs to an 8-2 record this season.

"She has a great shot, good vision and handles the ball well," Kamiakin coach Lane Schumacher said. "She has the Steph Curry snap-it-from-anywhere release. She will be wreaking havoc in the league for three-and-half more years. She is fun to watch, but a nightmare to coach against."

So far this season, Simmons leads the league in scoring with 19.7 points a game. Her season high is 31 points, while her season low is two points. She also leads the Bulldogs with 5.1 assists, 11 rebounds and 4.1 steals per game.

"When I first saw her, I thought she was good for a freshman," Hermiston coach Jay Ego said. "I don't know what really good is for her. She's impressive for someone as young as she is. She fills up the stat sheet and is so unselfish. She will make the right play. Her work ethic is really good too. You will never see her showboat. She has respect for opponents, respect for her teammates, and respect for the game."

Simmons has grown up with a basketball in her hands. She started playing in the second grade, and was a star player in AAU circles. Still she was a little surprised when Ego named her a starter as a freshman.

"At first, I was a little shocked," Simmons



Hermiston's Izzy Simmons drives the ball up the court Friday, Jan. 7, 2022, during the Bulldogs 70-69 loss to Kennewick in Hermiston.

Ben Lonergan/East Oregonian

said. "There are some seniors and juniors who have been part of the program for a long time, but personally, I knew I worked hard enough to be a starter. I was ready to do what I do and what I love. It is just a game for me, it doesn't matter their age or height, I just play my game."

Part of that game is from beyond the arc. She has made 30 3-pointers this season, and is shooting 36.6% from behind the 3-point line.

"She's a great little player with phenomenal shooting ability," Schumacher said. "She can shoot from 23 feet like it is a free throw."

Simmons said she likes to create during the game, not just sit back and launch the deep ball.

"That's the way I have played," she said. "You attack. If you can shoot you shoot or pass it off. One of my favorite parts is being able to shock teams that I can shoot the 3 and shoot that far."

Simmons let opponents know how dangerous she was from the opening game when she had 26 points and 14 rebounds against Davis.

"When she opened that first game, the numbers she presented against a quality opponent on the road were pretty shocking," Ego said. "I have been doing this a long time, and she is one of the best I have seen. She is an elite shooter, there's no doubt about it."

Playing in the MCC is no easy chore, even for a veteran player. Simmons said she's glad she has teammates to show her the way, and together they have done good things.

"There are a lot of girls who I didn't know would be as good as they are," Simmons said of players in the MCC. "The defense is better, and you have to be quicker shooting the ball. I kind of underestimated them. I think they underestimated us. I think they thought Hermiston was no good, but we are one of the teams to beat."

The Bulldogs are on their third coach in four years, but Simmons said Ego knows his stuff.

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## ON THE SLATE

Schedule subject to change

TUESDAY, JAN. 11

Prep girls bowling  
Kennewick at Hermiston, 3 p.m.

Prep girls basketball  
Hermiston at Chiawana, 5:45 p.m.  
McLoughlin at Umatilla, 6 p.m.  
Heppner at Riverside, 6 p.m.  
Echo at Lone/Arlington, 6 p.m.  
Pendleton at Walla Walla, 7:30 p.m.

Prep boys basketball  
Hermiston at Chiawana, 7:30 p.m.  
McLoughlin at Umatilla, 7:30 p.m.  
Heppner at Riverside, 7:30 p.m.  
Echo at Lone/Arlington, 7:30 p.m.

WEDNESDAY, JAN. 12

Prep girls basketball  
Nixyaawii at Griswold, 6 p.m.

Prep boys basketball  
Nixyaawii at Griswold, 7:30 p.m.

THURSDAY, JAN. 13

Prep boys swimming  
Hermiston at Hood River Valley, 3:15 p.m.

Prep girls bowling  
Hermiston at Hanford, 3:30 p.m.

Prep girls wrestling  
Kamiakin at Hermiston, 6 p.m.

Prep boys wrestling  
Kamiakin at Hermiston, 7 p.m.  
La Grande at Pendleton, TBD

FRIDAY, JAN. 14

Prep girls basketball  
Burns at Umatilla, 5 p.m.  
Ridgeview at Pendleton, 5 p.m.  
Walla Walla at Hermiston, 5:45 p.m.  
Baker at McLoughlin, 6 p.m.  
Irrigon at Riverside, 6 p.m.  
Heppner at Pilot Rock, 6 p.m.  
Enterprise at Weston-McEwen, 6 p.m.  
Joseph at Griswold, 6 p.m.  
Nixyaawii at Cove, 6 p.m.  
Echo at Klickitat/Glenwood, 6 p.m.  
Lone/Arlington at Trout Lake, 6 p.m.  
Grant Union at Stanfield, 6 p.m.

Prep boys basketball  
Pendleton at Ridgeview, 6:30 p.m.  
Burns at Umatilla, 6:30 p.m.  
Walla Walla at Hermiston, 7:30 p.m.  
Baker at McLoughlin, 7:30 p.m.  
Irrigon at Riverside, 7:30 p.m.  
Heppner at Pilot Rock, 7:30 p.m.  
Enterprise at Weston-McEwen, 7:30 p.m.  
Joseph at Griswold, 7:30 p.m.  
Nixyaawii at Cove, 7:30 p.m.  
Echo at Klickitat/Glenwood, 7:30 p.m.  
Lone/Arlington at Trout Lake, 7:30 p.m.  
Grant Union at Stanfield, 7:30 p.m.

## SPORTS SHORT

### Boise State adds transfer QB from Oregon State

Idaho Press

BOISE — Boise State has added a quarterback to its roster, with the Broncos announcing the signing of Oregon State transfer Sam Vidlak on Sunday, Jan. 9.

Vidlak was a freshman for the Beavers this past season, playing 12 snaps during a 42-0 win against Idaho on Sept. 18. He was 2 for 3 with eight yards in his only action of the year.

The Applegate native was rated as a three-star recruit by 247Sports and Scout coming out of Hidden Valley High School. He

was the No. 4 recruit in the state of Oregon, according to 247Sports, and the No. 18 pro style quarterback nationally.

As a junior in 2019, Vidlak led Oregon in completion percentage (76.7), passing yards (3,404) and touchdowns (44), earning All-State Offensive Player of the Year honors. He led the Mustangs to their first state title game appearance in 41 years, where he set state title game records in completions (39) and passing yards (479) in a 41-34 loss to Santiam Christian.

The addition of Vidlak gives

Boise State added depth in the quarterback room after backup Jack Sears transferred last month. Hank Bachmeier figures to be the opening day starter for the fourth straight season, but after that the Broncos will be young in the position. Redshirt freshman Andy Peters appeared in one game for the Broncos in 2020, while true freshman Taylen Green appeared in two games this fall.

Boise State also has freshmen Colton Fitzgerald and Colt Fulton on its roster and signed Maddux Madsen during the early signing period.



Sean Meagher/The Oregonian, File

Oregon State University quarterback Sam Vidlak reads the field as the Beavers hold their 2021 Spring Game on May 8, 2021, at Reser Stadium in Corvallis. Vidlak has signed to play for Boise State University.