

Calendar

April 23

- SHS baseball at Marshfield 5 p.m.
- SHS softball at Marshfield 5 p.m.
- MHS track & field at Crow 4 p.m.

April 26

- SHS baseball hosts Marist (DH) 3 p.m. and 5 p.m.
- SHS softball hosts Marist (DH) 3 p.m. and 5 p.m.

April 26

- MHS track & field at McKenzie HS 11 a.m.

Tide Tables

Entrance Siuslaw River

High Tide	Low Tide
April 20 1:04am / 8.2 1:54pm / 7.0	
April 21 1:42am / 8.2 2:44pm / 6.7	
April 22 2:19am / 7.9 3:35pm / 6.4	
April 23 2:59am / 7.5 4:29pm / 6.0	
April 24 3:41am / 7.0 5:27pm/ 5.7	
April 25 4:28am / 6.5 6:31pm / 5.5	
April 26 5:26am / 7.3 7:38pm/ 5.5	



NED HICKSON/SIUSLAW NEWS

Freshman Jasmin Rawlins slides home to score for Siuslaw against Cottage Grove last Wednesday.

LADY VIKS BAG LIONS FOR FIRST WIN, 11-1

BY NED HICKSON
SIUSLAW NEWS

Siuslaw: 102 332 — 11 13 1
C. Grove: 000 001 — 1 3 2

Heading into last Tuesday's home match-up against Cottage Grove, Siuslaw softball coach Sean O'Mara said he asked his team members to "be their best self before each pitch."

Apparently, that mindset was more than enough for the Lady Vikings to land their first win of

the season. "The girls really came through on both defense and offense," said O'Mara. "We continue to focus on attitude and effort every day, every game."

Against the Lions, who were also in the hunt for their first win, Siuslaw sent junior Nina Aaron to the pitcher's circle once again, where she threw a complete game and allowed just three hits while striking out six and having no walks. Unlike its previous game,

Siuslaw had most of its injured players back in the line-up, including senior infielder Hayley Meier.

Offensively, the Vikings were sparked by sophomore Liz Garcia-Galvan and senior Lupita Figueroa, who had 2 RBIs each, including 2 singles and 1 double for Garcia-Galvan and a single and 1 run scored for Figueroa. The hits kept coming for Siuslaw — 13 in all — as senior

See SIUSLAW 3B

Sailors shine at four-team invite

BY NED HICKSON
SIUSLAW NEWS

Though the venue for last Tuesday's invitational, originally scheduled to be hosted by Mapleton, was changed to Siuslaw High School due to some flooding at Bowerman Field, the Sailors stayed on track for some standout performances in the four-team meet.

Coming against 1A teams from Crow and Triangle Lake, as well as 4A Siuslaw, the Sailors set more than a dozen PRs and took home 6 first-place finishes.

For the girls, sophomore Emily Stevens, junior Trinity Holmes and the 4x100-meter relay



NED HICKSON/SIUSLAW NEWS

Mapeton's Robert Burnett and Opal Burruss approach the final lap in the 3,000-meter race last week.

See MAPLETON 3B



NED HICKSON/SIUSLAW NEWS

Siuslaw freshman Camp Lacouture cleared 10 feet to win the pole vault last Tuesday at SHS.

TIME OUT

By Lloyd Little
Retired teacher, coach and game official

With more than 55 years as an athlete, coach, parent and spectator, Lloyd Little has gained some insights and perspectives regarding athletics. Each week, he shares what he's learned about sports from his multiple points of view.

A Tale of Two Practices

"Old School" practices are from past coaches who may have learned their methods from their past coaches. Some time since 1960 there have been changes in the method and success of different types of practices.

No matter the sport, there have been modifications for not just safety concern but for skill acquisition as well. I will refer to "Old School" as Coach A in my comparison.

Coach B will be the "New School" coach in their or her approach to player skill development.

See LITTLE 2B

ODFW REGIONAL FISHING REPORT

www.dfw.state.or.us/RR

MID COAST LAKES/ RIVERS:

Stocking of the mid-coast lakes will begin the first week of February. Check the stocking schedule online for dates and locations of stockings. These early stockings include: Alder and Dune Lake, Cleawox, Lost Lake, Munsel Lake, Thissel Pond, Mercer Lake, Big Creek Reservoirs and Devils Lake.

SILTCOOS and TAHKENITCH LAKES:

Warmwater fishing is starting to get going on Siltcoos and Tahkenitch lakes. The recent warm weather is warming up the water and getting the warm-water fish more active. These fish will start heading into the shallows for the spring spawn creating good fishing opportunities.

SIUSLAW RIVER: Winter steelhead

See FISHING 3B

Siuslaw nabs 16 wins at home meet

BY NED HICKSON
SIUSLAW NEWS

Originally scheduled to take place in Mapleton but changed due to flooding at Bowerman Field, last week's Mapleton 4-way Invitational was moved to Siuslaw, with additional 1A teams coming from Crow and Triangle Lake.

Competition was spirited as athletes from both the 1A and 4A divisions battled for high marks during a day that saw

dozens of personal bests.

The Vikings claimed a total of 16 wins, including sweeps of the girls 200 meters, 800 meters, 4x400-meter relay, shot put, and triple jump, as well as the boys 3,000 meters, javelin and triple jump.

Wins included the 100-meter dash, with junior Isaiah Jones setting a season-best time of 12.21. Jones also won the long jump with a PR of 17-08.50. Freshman Braydon Thornton landed

See TRACK 2B