

# AQUA LIONS

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Also competing in the girls 11-12 division, Mikayla Baird including the 50 breaststroke (51.69), the 50 butterfly (44.48), 100 breaststroke (1:53.07), 100 freestyle (1:22.53).  
In the boys 13-14 division, Ian Dukes cut .4 seconds off of his 50 freestyle, finishing 18th in 30.55. Dukes also finished

sixth in the 200 breaststroke and 10th in the 100 breaststroke.  
Tori Raade finished a full second ahead of her seed time in the girls 15-16 50 meter freestyle (35.50).  
In the boys 15-15 division, Josh Irealand improved from 35.56 to 30.78 in the 50 freestyle.  
The Mike Morris Invitational is collaboratively hosted by the

River Road, Willamalane swim clubs, Emerald Aquatics and the Aqua Lions.  
**Up Next:** As a fundraiser, the Aqua Lions will be running the TNT Fireworks stand in the Walmart parking lot from June 26 through July 4.  
The club will next compete at the Roseburg Summer Open, July 17-19 at Umpqua Community College.



photo by Matt Hollander

Asher (left) and Zezia Belisle practice sparring at Lauraine's ATA Martial Arts. They both won four medals at the Northwest District Championships on May 30.

## Local Taekwondo athletes excel at regional championships

Five students from Erin Lauraine's ATA Martial Arts competed at the American Taekwondo Association Northwest District Championships, held May 30 at Rainier High School in Des Moines, Wash. The competition was a regional qualifier for the World Championships, which will take place next month in Little Rock, Ark.  
Kezia Belisle, 16, won four gold medals as a first-degree black belt, including traditional forms, traditional weapons, combat weapon sparring and sparring. Belisle, who took home a silver medal in sparring from the world championships a year ago, said she is not planning to compete at this year's world championships. Instead, she said she will use the summer to focus on advancing in belts. There are nine degrees of black belt.  
Sister, Asher Belisle, 14, also won four medals as a first degree black, including a gold medal for traditional weapons, a silver medal in tradition-

al forms, and bronze medals in combat weapon sparring and sparring. Belisle won her gold medal for the Chinese broad sword — the fourth weapon she has learned.  
"Weapons are my favorite because I have a lot of control with them," she said. "It feels like they are an extension of my self."  
Jannon Rogers, 55, won a gold medal in traditional weapons and a silver medal in traditional forms. Instructor Erin Lauraine said that Rogers plans to compete at the world championships.  
Gonzalo Cardenas, 10, won gold medals as a first degree black belt in extreme forms and sparring.  
Alexander Reimann, 14, won four medals as a recommended black belt, including a gold medal for creative weapons, a silver medal in traditional forms, and bronze medals for sparring and combat weapon sparring.

# HOLLANDER

Continued from 1B

I was told before taking this job that a sports journalist isn't supposed to be a fan in the press box. And while that's mostly true — objectivity is critical — it's just better when Cottage Grove wins, and so I root for that.  
The Lions struggled this year across most sports, and asking teenagers why they failed on the field is one of my least favorite things to do. And, talking to them about their successes is really exciting.

### 3. The stories never run out

Here, standing at the edge of summer, I'm collecting story ideas like a camel would pack water before crossing the Sahara Desert. Having started at this same time last year with no teams to cover, it wasn't uncommon to head into the weekend with no idea as to what centerpiece story would be. Thankfully, I was always bailed out by a Good Samaritan who pointed me in the direction of some Grover who was doing something incredible.  
But the longer I'm here, the more I see to write about. Without too much digging, I've lined out enough events, features and profiles to carry until

the fall sports season begins.

### 4. Mistakes matter

This one may seem obvious. If nothing else, a journalist should be accurate, right? I made a lot of mistakes early on, in part because I was unfamiliar with pretty much everyone and everything in Cottage Grove, but also because I didn't know the questions to ask that would give me the facts I needed. So, when it came time to write the stories, I wrote things I thought I knew, but didn't know for sure. And when you assume, you make an 'ass' of 'u' and 'me.'

### 5. Community news matters

When I tell people outside of this community that I write for the Sentinel, one of the most common responses I get is: "I didn't know Cottage Grove had its own paper."  
I suppose that if you live in a larger market where the Register-Guard or the Oregonian is the source of news, it can be hard to imagine why a town the size of Cottage Grove would have its own newspaper. And come late July, when I'm hunting for stories, I may not have a ready answer. But then I come into the office, where I can leaf through over 100 years of Cottage Grove history.

# FOOTBALL

Continued from 1B

said of his outlook on Saturday's tournament. "I feel like we got the learning out of the way last year. I'm really excited to see how far we've come since last year, and it's only just the beginning of the season."  
Cottage Grove began its day against 6A schools Willamette and McNary, followed by Springfield, Creswell, Junction City and Pleasant Hill.  
Sentman threw two interceptions against McNary but really settled into a rhythm as the day went on. Against Creswell he went 8-for-12 with three touchdowns.  
"I was more confident (as the day went along). I felt more relaxed. It was easier to read (the defense) and know that I was going to make the right decisions," said Sentman.  
Fellow junior quarterback Kory Parent had a somewhat opposite day of Sentman. Parent tossed two touchdowns against

McNary, but against Springfield and Willamette he went 13-of-38 for 136 yards, one touchdown and two interceptions.  
However, both passers feasted on Junction City. They went 13-of-17 while finding the end zone on all six of their possessions.  
"Kory and Blake both had some good and some bad; some positives and negatives," said Cottage Grove head coach Gary Roberts. "I'm hoping (that one will emerge as our starter), but time will tell."  
No matter who ends up starting for the Lions this fall, he would appear to have a deeper stable of receivers than last year, including senior Payton Presley, who caught three passes for 108 yards and two touchdowns against Junction City, and first year player Tristan Fuller, who caught five passes of 70 yards and two touchdowns against Springfield.  
"I thought Tristan did a good job for a guy who's never played before," said Roberts. "He's

learning and he's got some good physical skills, but he needs to spend some more time with the mental stuff and hopefully 7-on-7s and camps will help speed up that process."  
Cottage Grove's defense hit a bit of a lull against Creswell, as the Bulldogs found the end zone three times. But the Lions responded by allowing just a single score against Junction City, while holding the quarterbacks 10-of-26 passing, for 86 yards and four interceptions.  
"We want to get better, and we have a group of great young men that want to improve their skills," said Ingman. "We have lot of kids back, and we're in a very different position than we were this time last year."  
**Up next:** The Lions will begin their offseason weights and conditioning program on Monday, and in July they will head to Seaside, Ore. for the Camp Rilea Team Football Camp.



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