

Lions rain threes on Marist, rout Spartans in 5A matchup

Cottage Grove bounced back against Douglas and Marist after losing to Philomath before Christmas with two routs in a row

BY SAM WRIGHT
The Cottage Grove Sentinel

The Cottage Grove Lions responded to a frustrating loss against Philomath over the holiday break by dominant performances over Douglas and Marist Catholic.

Three days before Christmas, the Lions visited Philomath in a game in which Cottage Grove stayed poised to take the lead and win the game but couldn't surpass a stubborn Warriors' team.

Cottage Grove and Philomath traded basket for basket in a slow, defensive game. The Warriors went on a small run in the second quarter to give themselves a small 24-18 lead over the Lions at the end of the first half. The two teams stayed even throughout the third quarter, 14 points per team, and a final surge wasn't enough for Cottage Grove to make a comeback and the Lions took their second loss of the season 41-46.

The Lions' offensive attack was slowed, as Cottage Grove only shot 35 percent (15 of 42) from the field and only 50 percent from the free throw line. The Warriors' offensive performance wasn't much better, however, as Philomath shot 45 percent from the field (19 of 42) and 57 percent from the free throw line.

Blake Sentman led the Lions in scoring with 16 points but was only five of 16 from the

field. DeJean Alonzo and Hunter Gipson followed with eight points each.

The Lions had a few days of rest before getting back into the rhythm of things. On Dec. 28, Cottage Grove hosted Douglas. The Lions were the heavy favorite and they proved just that by dismantling the now 4-6 Trojans 76-55.

The Douglas win was a bounce-back the Lions needed, but Cottage Grove finished off 2016 with a staggering performance over Marist Catholic.

Marist, although only a two-win team, is a class 5A team and an annual opponent of the Lions. Last year, Cottage Grove suffered a 10-point loss at the hands of the Marist Spartans. After the first half, there was no doubt that the Lions had turned the tables.

From the beginning, Cottage Grove started off hot, sinking multiple three-point shots to gain a comfortable lead. In the second quarter, the Lions outscored the Spartans 26-11, making their 46-24 halftime lead seem almost insurmountable.

The Spartans weren't going to go away to easily, however. The Marist roster holds threatening athletes such as the six-foot-six Jack Courtemanche and guard Spencer Franssen, each of whom had 15 and 14 points, respectively. Marist attempted to crawl its way back into the

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Tucker Porter was one of seven Lions to sink a three-pointer against Marist, Friday.

Photo by Sam Wright

Swimming gets off to the right start

Strong performances on both sides bode well for Aqua Lions

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With many swimmers coming from Cottage Grove's strong water polo team, the Aqua Lion started the swimming season on the right foot, especially on the girls' side.

Cottage Grove opened up the season earlier in December by winning a meet over Junction City and Churchill.

Nadia Witt, Clover Rudicel and Tori Raade led the way in the 200-meter medley relay, taking first place with a time of 3:11.53, and they didn't stop there.

Tori Raade took first place in the 200-meter freestyle and teammate Nadia Witt took second directly behind her. Raade finished in 2:16.9 and Witt finished with 2:29.65. Emma Meyers took first place in the 366-meter inter-medley with 1:57.33. Meyers also took second in the 100-meter butterfly

with 1:31.41, behind Churchill's Steward who finished in an incredible 69 seconds.

Freshman Makayla Baird broke out onto the CG swimming scene by taking first place in the 66-meter freestyle race in 40.75 seconds. She then won the 100-meter freestyle in 65.41 seconds; Rudicel finished second in 69.35 seconds.

Raade took another first-place spot in the 500-meter freestyle in a time of 6:07.44, nearly two minutes faster than the second-place finisher.

Rudicel also took another first-place win in the 100-meter breast stroke in a time of 1:26.81. The girls finished the meet by winning the 400-meter relay. Baird, Raade, Witt and Rudicel combined to finish the race in 4:31.44. After all the points were tallied, the meet finished with Cottage Grove on top with 74 points compared to Churchill's 66 and Junction City's 26.

The Churchill boys dominated the meet on the other side, but not without Ian Dukes taking first place in the 500-meter freestyle (5:36.95) and Seth Chambers winning the 100-meter backstroke (65.5 seconds).

On Dec. 20, the girls' team finished just two points behind North Eugene in a meet against North Eugene and Junction City.

The squad of Witt, Rudicel, Baird and Raade once again took a first-place finish in the 200-meter medley relay in 2:15.06, just under 40 seconds faster than North Eugene's "A" squad.

Then, Raade finished the 200-meter freestyle in a time of 2:12.89 and another first-place finish under her belt, along with the 500-meter freestyle in 5:52.84.

Witt and Meyers took first and second, respectively, in the 200-meter inter-medley race in 2:44.57 and 3:00.87. Meyers

also won the 100-meter freestyle in 1:11.55.

The Aqua Lions finished by winning the last three events. Witt won the 100-meter back stroke, Rudicel won the breast stroke and the relay team of Baird, Raade, Witt and Rudicel won the 400-meter freestyle relay once again.

The lack of depth resulted in North Eugene being able to earn more points in each event, which gave them a 122-95 victory over Cottage Grove. Junction City finished with 52 points.

Similar circumstances resulted in the boys being vastly outscored by North Eugene. But Chambers managed a 100-meter backstroke victory (1:03.5) and Dukes won the 100-meter breast stroke (1:11.16).

"I think we're doing really good on both sides," Head Coach Tyson Pilling said of his team. The coach expressed that it will be a competitive season with a stacked girls' roster.



Athlete of the Week

Sentman leads Lions on two offensive tirades against Marist and Douglas responding strongly to a close Philomath loss



Senior Blake Sentman and the Lions were stumped in a close but extremely low-scoring game against the Philomath Warriors, but the Cottage Grove Lions came back after the Holidays to finish off 2016 with a strong statement. The Lions beat routed Douglas 76-55 and then racked up a whopping 89 points on Friday against Marist Catholic. Sentman finished with 30 points against Douglas and 21 points against Marist. Sentman was a combined five for seven from beyond the three-point line.

Notable Lion victories from Northwest Duels

The Cottage Grove Lions' wrestling team recently competed in the Northwest Duels. Although the team only secured one win (over Franklin), there were notable individual victories throughout the duels.

In the 126-pound weight class, Aaron Boitz won four matches. In the first one, Boitz pinned his first opponent from Centennial in the first round. He then beat Kobe Santoyo by decision, 5-4. Against South Salem, he defeated Brian Bates in the first round, as he did against Vincent Huang of Franklin. In the 160-pound weight class, Nathan Farrell pinned Centennial's Bailey Sparks early in the third round. Farrell also had a win over Christopher Serrano of Woodburn by a 4-3 decision. Against South Salem, Farrell beat Mario Jimenez-Cruz by pinning him in the second round. He capped

off his wins with a 5-0 decision victory over Franklin's Anthony Wilson.

Adam Lamb racked up several wins in the 285-pound weight class. Against Centennial, Lamb dropped Adam Bounphisay early in the first round. He then defeated Tate Elliot of Chiawana by pinning him in the third round. Lamb got his third pin against Edwin Garcia against Woodburn in the first round.

The Lions' 42-18 victory over Franklin saw other notable wins from wrestlers such as Travis Thomas who won in a 6-3 decision in the 145-pound weight class. Kevin Dennis pinned Alec Skelton in the second round. Dennis had another notable victory over David Cruz of Sunset in the 195-pound weight class.



The Cottage Grove girls' basketball team put a stop to a four-game skid by taking home a victory against Crook County, 43-36. It was the second win the Lions have earned this season, but Head Coach Kevin Yoss believes the team is getting better with each game. This week Cottage Grove will host South Umpqua and then travel to Stayton on Friday.