

CGHS football schedule announced

By Zach Silva
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Fresh off of winning a state title, the Cottage Grove High School football team will begin the 2018 season on August 31.

The 2018 schedule was announced last week as the Lions will be in the new-look Sky-Em League. Entering the league is Marshfield and Marist. The Pirates, who were dominant in sports across the board, fell to Cottage Grove 48-14 in last year's state title game. The Spartans finished 5-5 a season ago at the 5A level.

"It's certainly going to be a challenging league," said football coach Gary Roberts. "So it certainly ups the quality of our league. But at the same time it will help with power rankings and gives us quality games. It's also pretty close, we're not driving to Klamath Falls, we're not driving over the mountain."

League play will be without the familiar faces of Sisters and Sweet Home who are now in different leagues and Sutherlin who is now in the 3A classification. Siuslaw has also joined the Sky-Em league but will be playing football at the 3A level.

Filling in the rest of the Cottage Grove non-league schedule includes Cascade, Crook County, Stayton and Phoenix.

"Well, I think some of the things that stand out are Cascade won a state championship a few years ago and they were supposed to go up to 5A and were able to get back down to 4A. So obviously they've had a really good program the last few years," said Roberts.

"Crook County is getting better. They've improved the last two years. And then Stayton was right on the cusp of being a playoff team last year and they got quite a few guys back so they should be pretty good. A solid team out of the Oregon West League."

In the final non-league game of the year the Lions will face Phoenix because both leagues the teams are in have an odd number of teams for the football season. Last year the Pirates finished ranked sixth in state.

"So somebody is going to have a bye every week so we just tried to match up our bye weeks based on teams that we thought were going to be a good competitive matchup," said Roberts. "So that's how we ended up playing Phoenix because we kind of look where we think we can slide in and they kind of felt the same thing."

The season will begin with a jamboree on August 24 at CGHS.

2018 Schedule

- 8/24 vs. Marist, North Eugene and North Bend (Jamboree)
- 8/31 vs. Cascade
- 9/7 @ Crook County
- 9/14 vs. Stayton
- 9/21 @ Marshfield
- 9/28 @ Marist
- 10/5 vs. Elmira
- 10/12 @ Phoenix
- 10/19 vs. Junction City

The jamboree will begin at 6 p.m. All games start at 7 p.m.

Making their way downtown, biking fast



PHOTOS BY ZACH SILVA/CG SENTINEL

A group of riders cruise along the Row River Trail for the Mayor's Bike Ride on Saturday.

Mayor's Bike Ride celebrates its second year with ride along the Row River Trail

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It was a beautiful day to ride a bike. Mayor Jeff Gowing and a group of about 20 riders, and one roller-blader, took to the Row River Trail for the second year of the Mayor's Bike Ride. While last year's ride in September battled the

heat and smoke from wildfires, this year's trip began with clouds before the sun started to peek through.

The ride started downtown and went to the Mosby Creek Trailhead where participants were treated to ice cream sandwiches, granola bars and some brief bike safety reminders. But the goal of the event was simple.

"Just get out and be active," said Gowing. "We've got all winter to sit on the couch and watch TV."

Gowing puts on the ride to remind residents of the 16.5 mile trail that is

well-utilized by not only people in Cottage Grove but by individuals across the county and even the state.

"It's just letting people know that we have such a valuable asset with this bike trail. It brings, you know, a lot of revenue to the city. And you know, it creates a healthy lifestyle to get out and exercise," said Gowing. "Just experience the trail. When you've got something in your backyard like that, you should take advantage of it."

After being sore from last year's ride, this year Gowing prepared for the ride by

biking 2.5 miles to work each day. From Gowing to Jim Harrison who is leaving for a bike trip across Europe next month, the riders on the day greatly varied.

Also in attendance was Horst Hittenberger and his grandson Tyler who were there to just enjoy the ride.

"And just getting out, it's nice, good opportunity to do something," said Horst. "And the bonding. And you know, he needs a little exercise. He's a very good chess player but it's a sitting down job. It's nice company."



Left: Greg Lee takes a picture of the group before the ride. Right: Horst Hittenberger and his grandson Tyler finish up Saturday's ride.



Revamped PE classes impact entire school

Lincoln Middle School's switch to a workout-based PE model has had ripple effects across the school

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At Waldo Elementary School in Salem, principal Tricia Nelson wanted more from the PE program.

Year after year she saw the same games being played and a thought kept coming back to her: will students know how to be in shape without the assistance of team sports? What happens when they are no longer in school?

"How do you take care of yourself when it's just you?" she asked in a phone

interview on Monday.

With this operating as the foundation for what the PE program could become Waldo created a program based around high intensity interval training (HIIT) that has not only impacted students in the gym but in the classrooms.

"It has become the fabric of what we do," said Nelson.

While working in Salem, current Lincoln Middle School PE Teacher Mark Dreiling noticed the athletes at nearby Waldo Middle School were making drastic improvements.

"It was just night and day for some of them. And I was like what is going on over there?" he said.

He found out that at Waldo, a switch had been made in the PE department to

focus on working out using HIIT.

This one change in the PE curriculum sent ripple effects across the school.

He soon found out that utilizing a new program, Waldo participation in PE was now at 100 percent on days it was in use. Even more tantalizing was the anecdotal evidence of better behavior outside the classroom, lower referral numbers and rumors of higher test scores.

"We went over there and it was just amazing," said Dreiling.

Once at LMS, Dreiling continued to think of what was going on at Waldo. After seeing HIIT in action, simply playing games four times a week in PE didn't seem like it was helping students.

"My first year here, the things we were doing with kids it was kind of like putting

them all in one boat and making them perform and it only got like a section of them. The kids who were really good or the kids who really struggled, it really didn't fit their needs," said Dreiling.

With the support of administration, they decided to change how things would be done. The idea was to now spend three days a week using the HIIT model.

"We just revamped, we didn't copy their program but we got ideas from their program. And we each have different skill sets so we just kind of put our heads together and... now we have a new program and we're serving all kids and it's just a great process. It's a long process, it takes a lot of work," said Dreiling of the

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Athletes of the Week



This week's athletes of the week are the members of the AA South Valley Little League team that took first place in a playoff tournament last Wednesday.



The team celebrates their victory last week.

PHOTO C/O SOUTH VALLEY LITTLE LEAGUE