

Cottage Grove Girls Basketball



Lions practices began Mon., Nov. 18 and the team boasts a young, talented roster heading into 2019-20.

Head coach: Steve Eastburn
Asst. coaches: Erin Royse, Reed Levings
2018-19 record: 14-13 overall, 5-5 league (3rd in Sky-Em)
Final OSAA rank: #13
Playoff result: L in play-in game to Valley Catholic, 57-37

It's all about length this season. The Cottage Grove girls' basketball team is tall. The Lions are one of the taller teams in OSAA 4A this year and that will play a big factor in their success this season. Eastburn likes the size on the team but expects them to put in their best effort each time they hit the court, be it for practice or for games.

"If you do that, then the wins and losses will take care of themselves," Eastburn said. "The kids are really good kids, so I think they want to work hard. We just have to teach them how to work hard. I think they've all bought into that, so now it's just seeing if they'll do it."

The first practice of the year tipped off with a defensive drill. Each girl was handed two bricks wrapped in towels

and held them over their heads as they slowly shuffled down the court in a defensive stance. Defense wins championships, and these Lions started learning that early.

Last year, the Lions were just over .500 on the season (14-13, 5-5 in league play)--good enough for a third-place finish in the Sky-Em League) and wrapped up the season with the #13 ranking in 4A. The talent is there, and Eastburn expects more out of them this season. Some of the kids have a State title run on their minds. One of the challenges in getting over the hump? Three-point shooting.

"We gotta get a little better with our perimeter shooting," Eastburn said. "We're big, so inside we're good. We gotta get better as a perimeter shooting team. That would be it."

With 20 girls on the hardwood this season, the team will be able to fill up both JV and varsity rosters.

The Sentinel caught up with one of the varsity hopefuls, sophomore Gracie Arnold, to chat with her about the season. This interview has been lightly edited for conciseness and clarity.

What are you looking forward to about this season?



Team Schedule

Date	Location	Time
12/6/19	@North Bend	5:15 p.m.
12/10/19	@Gladstone	7 p.m.
12/12/19	@Hidden Valley	6 p.m.
12/13/19	North Valley	7 p.m.
12/17/19	@Sisters	7 p.m.
12/19/19	TBD @Seaside Tourn.	TBD
1/3/20	@Stayton (Tourn.)	TBD
1/4/20	@Stayton (Tourn.)	TBD
1/7/20	Crook County	5:30 p.m.
1/10/20	TBD @Phoenix Tourn.	TBD
1/11/20	TBD @Phoenix Tourn.	TBD
1/17/20	Siuslaw	7:15 p.m.
1/21/20	@Marshfield	7:15 p.m.
1/24/20	@Elmira	7:15 p.m.
1/28/20	Junction City	7:15 p.m.
1/31/20	Marist Catholic	7:15 p.m.
2/4/20	@Siuslaw	5:45 p.m.
2/7/20	Marshfield	5:45 p.m.
2/11/20	Elmira	5:45 p.m.
2/14/20	@Junction City	5:45 p.m.
2/18/20	@Marist Catholic	5:45 p.m.

I'm looking forward to how far we can go this season. I think we have a really good team built up right now and if we just work together throughout the season I feel like we can accomplish a lot.

Do you have any goals for the team?

I'd like to go to State and make it pretty far in State. I think we definitely have the potential to do that with the people we have.

What about for you? Any personal goals?

Not at the moment. I just want to be kind of a leader on the team and make stuff happen at home court.

Can you tell me one fun thing about yourself outside of sports?

Outside of sports which [are] constantly in my life? I am the laziest person.

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COTTAGE GROVE SENTINEL Winter Sports Preview 2019

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Cottage Grove Swimming



(Left) Members of the CGHS swim team rest during practice. (Right) Junior M.J. Raade is shaping up to be a team leader in 2019-20.

Head Coach: Tyson Pilling
Asst. coach: Sean Kely

Heading into the season, there's one big storyline for CGHS swimming: the Warren H. Daugherty Aquatic Center.

The revamped facility provides the team with a home for their winter season and the new digs bring with them a sense of optimism.

"We'll be better this year," said head coach Tyson Pilling. "We have a lot more kids out this year because it's a new pool and we're hosting districts this year, so that'll be new for this season."

There will be at least eight meets held at the Daugherty Center during the 2019-20 season, a boon for both the team and the community.

"The pool is built to be fast, so we'll see if it can help out and bring some money into the town. That district meet is one of those [events] that

could do that," Pilling said.

After suffering through the 2018-19 season without a home pool, the large roster and one of the fastest home venues in the state gives Pilling a further chance to strengthen the local swimming tradition and culture.

"It's a new pool and we're going to have new athletes, but always, always, always we should start out with a good work ethic and culture first. Our goals are always to try to do the best we can at the highest level."

One-on-one with junior Fisher Nash

Do you have any personal goals heading into this season?

I'd like to make it to state in my hundred breast-

Team Home Meet Schedule

Date	Location	Time
12/6/19	Marshfield	4 p.m.
12/6/19	Relay Meet (Marist, Marsh., N. Eugene)	4:15 p.m.
12/12/19	CG Invite (Marist, Marsh., Phoenix)	4:15 p.m.
12/17/19	Marshfield	4 p.m.
12/20/19	Churchill	4:30 p.m.
1/10/19	Tri Meet (S. Eugene, Willamette Mountain View)	TBD
2/7/19	North Bend	3 p.m.
2/14/19	District Meet	TBD
2/15/19	District Meet (Cascade Chr., Marsh., Phoenix, St. Mary's, Medford)	TBD

stroke, but I know that's less achievable. Cottage Grove has a history of really good relay teams and we really wanna get our medley relay, like, top four or five at state. That's a realistic goal because we're all fast.

You touched on it with the relay, but do you have any other team goals or expectations?

It's gonna be a different season this year with the new pool. It's gonna be a new setting, I guess, but there's a lot more people that are probably going to show up and pay attention. There's high expectations I guess now. It's gonna be a year like we haven't seen in a long time.

Can you tell me something about yourself outside of sports?

I like surfing. If I had to pick one hobby I guess that'd be it. I mean, I spend most my time in the water even outside of the swim team.

Good Luck, Kids!

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