

# Elkton Boys Basketball



(Left) Senior Micah Cox will be a leader for the Elks this season. (Right) Elkton players scrimmage at practice.

**Head coach:** Gary Trout  
**Asst. coaches:** Dan Burke, Kaila Trout, Noah Miller, Seth Williamson  
**2018-19 record:** 5-19 overall, 2-11 league (7th in Skyline)  
**Final OSAA rank:** #52  
**Playoff result:** Did not qualify

The narrative surrounding the Elks boys' basketball team is one of a return. After struggling for much of the last few years, unable to advance to the OSAA state playoffs, Elkton will look to get its program back on the right track under long-time head coach Gary Trout.

"This is a basketball school traditionally," Trout said during an Elkton practice. "You can see that on the boards and plaques in the gym, so we're trying to kind of get that back. We had a stretch where we kind of lost our way at the grade school, but our grade school program is solid. We've got about 30 kids playing down there."

Trout started coaching as an assistant in Elkton in 1991 when the team won a state championship. Since that

time, Trout has led the Elks to the state tournament multiple times, but the most recent five-year stretch has left something to be desired for a school with such a strong basketball background. While recent results haven't lived up to those lofty expectations, this year could prove to be the beginning of a turnaround.

"We're trending up huge," Trout said. "I've got one senior this year, a handful of juniors ... some freshmen and young guys that love to play basketball. It's refreshing. We're doing some new stuff with them, some new stuff in general, and they're really taking to it."

### One-on-one with senior Micah Cox

**What are you excited for this year during basketball season?**

I feel like there's a lot more tempo and that gets us in better shape compared to other years because we're going up and down more instead of focusing on just drills.

**Do you guys have fun playing at that faster pace?**

Oh yeah, definitely.

### Team Schedule

Date	Location	Time
12/4/19	@Reedsport	7:30 p.m.
12/6/19	vs. Hosanna Chris.	7:30 p.m.
12/7/19	vs. Triangle Lake	5:30 p.m.
12/10/19	Mapleton	7:30 p.m.
12/13/19	@TBD (ND Inv.)	TBD
12/14/19	@TBD (ND Inv.)	TBD
12/16/19	@Rogue Valley	7:30 p.m.
12/27/19	@St. Paul	TBD
12/28/19	@Perrydale	TBD
1/3/20	@Camas Valley	7:30 p.m.
1/4/20	@Yoncalla	7:30 p.m.
1/10/20	Umpqua Valley	7:30 p.m.
1/14/20	Glendale	7:30 p.m.
1/17/20	@Days Creek	7:30 p.m.
1/18/20	@North Douglas	7:30 p.m.
1/24/20	Yoncalla	7:30 p.m.
1/28/20	@Umpqua Valley	7:30 p.m.
1/31/20	Days Creek	7:30 p.m.
2/1/20	North Douglas	7:30 p.m.
2/7/20	@Riddle	7:30 p.m.
2/8/20	New Hope Christian	7 p.m.

**Do you have any expectations or goals this year?**

I think we could at least be the top three in our league and maybe make it to districts, but I really don't expect our team to go all the way through state. Most all of us have played together since grade school though, so we have some team chemistry.

**You play football too. Is there anything different about how you prepare for the season?**

I feel like it's a lot more conditioning [for football] before you actually start playing and with basketball you kinda get more straight into it.

**Can you tell me something about yourself outside of basketball?**

I like to joke around a lot. I consider myself pretty funny, kind of a class clown.

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## COTTAGE GROVE SENTINEL Winter Sports Preview 2019

# Elkton Girls Basketball



(Left) Senior Sadie Olson defends during a scrimmage. (Right) Head coach Rob Parker instructs his team.

**Head coach:** Rob Parker  
**Asst. coaches:** Kent Albro, Sam Russell  
**2018-19 record:** 16-12 overall, 8-4 league (3rd in Skyline)  
**Final OSAA rank:** #15  
**Playoff result:** L in R16 to Jordan Valley, 48-38

### A chat with seniors Kierny Carnes and Samantha McCall

**Is there anything different or exciting about this year in particular?**

**Samantha McCall:** I feel like our team is really clicking this year. We're all coming together and being really friendly and I think we're all really excited about the whole team.

**What are your goals or expectations for the team this year?**

**Kierny Carnes:** The goal is always to go to Baker,

to go to the state tournament. I think that we're a really strong team especially with all of us seniors and having a lot of experience under our belts so definitely a big goal for me and the team is to get to Baker. My class hasn't gone there yet.

**SM:** For the team, my goal is bonding, to be like a family.

**Do you girls know each other really well?**

**SM:** Yeah, like the seniors have been playing together since seventh grade.

**Can you feel that on the court?**

**SM:** Yeah, you know what they're gonna do, like you know before they even do it.

**Do you have any personal goals this season?**

**KC:** Well, I'm trying to be recruited so my big goal is to step up more than I have in the past years, especially because it's my senior year and the goal is to play beyond high school. So my big goal is to step up my play for my teammates, myself, for my

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12/7/19	vs. Triangle Lake	4:30 p.m.
12/10/19	Mapleton	6 p.m.
12/13/19	@TBD (ND Inv.)	TBD
12/14/19	@TBD (ND Inv.)	TBD
12/16/19	@Rogue Valley	6 p.m.
12/27/19	@St. Paul	4 p.m.
12/28/19	@Perrydale	1 p.m.
1/3/20	@Camas Valley	6 p.m.
1/4/20	@Yoncalla	6 p.m.
1/11/20	@Pacific/Powers	6 p.m.
1/14/20	Glendale	6 p.m.
1/17/20	@Days Creek	6 p.m.
1/18/20	@North Douglas	6 p.m.
1/24/20	Yoncalla	6 p.m.
1/31/20	Days Creek	6 p.m.
2/1/20	North Douglas	6 p.m.
2/7/20	@Riddle	6 p.m.
2/8/20	New Hope Christian	6 p.m.

coaches. I wanna take another step further than just an average year would be.

**SM:** I want to get better compared to last year in my shooting percentage and rebounding.

**Can you tell me something about yourself outside of sports?**

**KC:** I don't know! I guess typical teenager things. I just like to go hang out with friends. That's hard [laughter] ... I like spending family time, hanging out outdoors, you know, living out here in a small town so I like going up in the mountains. I'm definitely, like, a hometown girl.

**SM:** I'm always busy. I never have time for myself. I work, I'm class president, I'm the reporter for FFA and I'm on student council.

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