

Warriors from B1

inches tall with a shooting prowess that North Douglas had trouble matching. Early, costly turnovers by the Warriors compounded and helped Powder Valley jump out to an 11-6 lead at the end of the first quarter.

“The problem with [Powder Valley] was they were big enough to pass out of our traps,” Cyr said. No worry, as dealing with a size disadvantage is nothing new for North Douglas. So, the team re-focused on what got them this far: timely, in-game adjustments and full-court defensive intensity.



PHOTO BY NICK SNYDER/CG SENTINEL

Warriors fans often fill the North Douglas gym for basketball games, but they were treated to a special performance last weekend in seeing the girls qualify for the state quarterfinals.

Powder Valley didn’t know it yet, but by the time the second half began, North Douglas already had the upper hand and immediately clicked into a higher gear.

“It was needed (improvement),” Cyr said after the game, “but I felt like we definitely never gave up and gave them fits where they didn’t want it. I was proud of the girls, especially Sofia [Alcantar]. She had a heck of a good game.”

Between Nicki Derrick - who pounded the paint, putting Powder Valley post players in foul trouble all game - and Alcantar, the Warriors turned the game decidedly in their favor in the third quarter.

“I talk a lot to Nicki just one-on-one,” Cyr said. “I don’t think there’s anyone in our conference that can keep Nicki from getting to the basket. She’s hard to stop. She’s so much deceptively faster than people give her credit for. I feel like we can spread the floor any time she can get to the basket and ... it worked out pretty well.”

The Warriors held a 19-15 lead midway through the third quarter when the following sequence oc-

curred: Alcantar stole the ball from the Badgers near halfcourt, drove to the hoop and got the layup and the foul. Alcantar stole the ball again on the next play and passed to junior Natalie Thompson who finished with a layup of her own. In a matter of less than a minute, a four-point lead became nine and North Douglas never looked back. After allowing 11 points to Powder Valley in the first quarter, they gave up just 12 in the remaining three.

“I felt like [Alcantar] turned the game single-handedly in the third quarter,” Cyr said. “She didn’t let them do anything they wanted to do, which is what I love. That’s the intent of playing in-your-face defense.”

Ultimately, it was a combination of executing the same things that earned the Warriors an undefeated league record and an as-yet-unseen confidence and smoothness that helped earn them a return to Baker after a two-year hiatus.

“Another key, and I was proud of the girls because we talked about it a lot at halftime and prior to the game, was we talked about being intentional,” Cyr added. “Like, knowing the situation, knowing the clock, just being smart basketball



PHOTO BY NICK SNYDER/CG SENTINEL

NDHS senior Rilie-Jo Olds shoots a free throw in the second half as head coach Jody Cyr looks on.

players.”

With Derrick playing more aggressively than ever, Alcantar feasting on the defensive end and an egalitarian roster of starters and bench players who are all capable of contributing, the team sure looked the part of a smart, intentional group.

It’s a recipe for a team with a high ceiling and the potential for a deep playoff run, but Cyr knows there’s still work to be done and a bevy of talented teams waiting for them east of the Cascades.

“We’ll get back to work tomorrow and Monday, then head to Baker.”

“Get to Baker” was the goal. Now, the girls are on their way, but when you compile a league and overall record like the Warriors, take down last year’s second place team and look better than ever doing it? Well, goals can change.

BETTER dish **TV FOR LESS!**

\$59.99 MONTH for 12 months

190 Channels America's Top 120

CALL TODAY - For \$100 Gift Card

1-866-373-9175

Offer ends 3/15/20

\$100 GIFT CARD

4000 1234 5678 9010

DEBIT VISA

Add High Speed Internet

\$19.99 /mo.

Subject to availability. Restrictions apply. Internet not provided by DISH and will be billed separately.

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE – It’s oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It’s small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit

1-855-839-0752

© 2020 Inogen, Inc. All rights reserved. MKT-P0108

GRAND ALASKAN CRUISE & TOUR

12 days, departs May - Sep, 2020

VMT vacations

1-877-840-6119

Promo code N7017

FROM \$1,749 **\$1,499***

*Prices are per person based on double occupancy plus \$299 taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 3/31/20. Other terms and conditions may apply. Ask your Travel Consultant for details.

Call today to connect with a

SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

aPlace forMom.

A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

There’s no cost to you!

(888) 651-5669

! We’re paid by our partner communities

Frontier

AUTHORIZED SALES AGENT

Serious speed! Bundle and save today

19.99

6 Mbps + Free Wi-Fi Router + 1 Year Price Lock

Call today and pay less

855-972-6641

Save with Frontier Internet Bundles

Pay one price for two great services: high-speed internet and a full-featured home phone

67.97

BROADBAND ULTRA + PHONE + SECURE

12 Mbps + 2 Free Wi-Fi Routers + 2 Year Price Lock

Frontier COMMUNICATIONS

You can’t get BS from a buffalo.™

Imagine The Difference You Can Make

DONATE YOUR CAR

1-844-533-9173

FREE TOWING TAX DEDUCTIBLE

Help Prevent Blindness Get A Vision Screening Annually

Heritage for the Blind

Ask About A FREE 3 Day Vacation Voucher To Over 20 Destinations!!

Your LOCAL news delivered your way...
In Print. Online. On the go!



Cottage Grove
Sentinel



www.cgsc Sentinel.com

