

SCHEDULE

THURSDAY, JAN. 8
Swimming: Blanchet at Dallas, 4 p.m. Central at Newport, 4 p.m.

Men's Basketball: Northwest Nazarene at Western Oregon, 7:30 p.m.

Women's Basketball: Alaska Anchorage at Western Oregon, 5:15 p.m.

FRIDAY, JAN. 9
Boys Basketball: St. Helens at Central, 7 p.m. Regis at Perrydale, 7 p.m. Falls City at Crosshill Christian, 7 p.m.
Girls Basketball: Regis at Perrydale, 5:30 p.m.
Wrestling: Central, Corvallis, Lebanon at Dallas, 4:30 p.m.

SATURDAY, JAN. 10
Wrestling: Dallas Brunner Invitational, 9 a.m. Amity, Banks, Siuslaw at Central Four-Way, noon.
Swimming: Central at Clemens Invitational, Philomath, 10:30 a.m.

Men's Basketball: Central Washington at Western Oregon, 7:30 p.m.

Women's Basketball: Alaska Fairbanks at Western Oregon, 5:15 p.m.

TUESDAY, JAN. 13
Boys Basketball: Perrydale at East Linn Christian, 7 p.m.

Girls Basketball: Perrydale at East Linn Christian, 5:30 p.m. Woodburn at Dallas, 7 p.m. Central at Corvallis, 7 p.m.

Swimming: Crescent Valley at Dallas, 4 p.m. Central at Corvallis, 4 p.m.

WEDNESDAY, JAN. 15
Boys Basketball: Dallas at Woodburn, 7 p.m. South Albany at Central, 7 p.m.

Wrestling: Woodburn at Dallas, 6 p.m. Central at South Albany, 7 p.m.

Schedules Subject to Change

QUICK HITS

Tuipulotu earns football honor

INDEPENDENCE — Central sophomore Marlon Tuipulotu was named second team Sophomore All-American by Max Preps, a national high school athletics website.



Tuipulotu was named to the second team defense after recording 72 tackles, 12 sacks and five fumble recoveries on the defensive line.

Rogue Farms to host workshops

INDEPENDENCE — Rogue Farms will host Winter Sports with REI Saturday from 2 to 4 p.m.

Located at 3590 Wigrich Road in Independence, the workshop will teach attendees how to snowshoe, cross-country ski and more. There is no cost to attend and it is open to people of all ages.

For more information: Rogue Farms, 503-838-9813.

STAT SHEET

1 The number of home losses Western Oregon's men's basketball team has this season. The Wolves host Northwest Nazarene and Central Washington this week.

CLASS 5A PREP BOYS BASKETBALL

Fleming realizes the power of positive

Senior looks to give Panthers a burst of energy every time he gets the ball

By Lukas Eggen
 The Itemizer-Observer

INDEPENDENCE — From the moment Tyler Fleming arrived to play with Central's boys basketball team, the Panthers' coaching staff knew he could be something special.



But Fleming wasn't ready to shine — yet. "When Tyler came to us as a freshman, he knew he didn't have all the basketball fundamentals honed in," Central coach Tim Kreta said. "He has a motor that doesn't stop though, and we wanted to tap into that motor and fine tune those

basketball skills." Now in his senior year, Fleming is realizing the potential his coaches saw in him from the moment he stepped on the court as a freshman. Prior to this season, Fleming wasn't called upon to be the vocal leader of the Panthers. When he did speak up, it

wasn't always to say the right things.

"I used to be loud, but in the wrong ways," Fleming said. "I was more negative."

As his role increased, he learned the difference between being

loud and being a leader.

"It's definitely different," Fleming said. "I'm used to having a Tanner Omlid or a Grant Lindley to look up to. It's different having someone else look up to you."

Fleming embraced his expanding roles and responsibilities. Now, he can be seen giving advice, though there's a big difference.

See FLEMING, Page 11A

WOMEN'S COLLEGE BASKETBALL

Rising star

Sophomore guard emerges as offensive threat for Wolves



Jordan Mottershaw sets up on defense against Saint Martin's on Saturday.

By Lukas Eggen
 The Itemizer-Observer

MONMOUTH — When sophomore Jordan Mottershaw arrived at Western Oregon University last season, it wasn't the speed of the game that was her biggest adjustment. Nor was it living on her own, or attending college classes for the first time.

Mottershaw, who was born and raised in San Diego, wasn't prepared for the cold.

"I still get cold all the time here in the winter," Mottershaw said smiling. "There are times that I think, man, I wish it was hotter here."

Mottershaw may still be adjusting to the colder weather, but on the court she's heating up in her second season with the Wolves.

As a freshman, Mottershaw averaged 5.6 points per

game, while recording 27 steals and 21 assists, but never felt fully comfortable on the court.

"It's different," said Mottershaw, a 5-foot-10 guard. "We were all the best players on our high school teams. We all have different roles now, and you have to learn and embrace your role and just do your thing."

Mottershaw has done just that, and Western Oregon is reaping the rewards.

Through the Wolves' first 11 games, Mottershaw is second for WOU in scoring, averaging 12.3 points per game. She has also recorded 20 assists and 16 steals.

"I've definitely learned a lot from last year," she said. "You learn to play within yourself and not try to do too much. Your second year, you learn so much."

See STAR, Page 11A

By The Numbers

12.3

The number of points per game Mottershaw is averaging. She averaged 5.6 points last season.

20

The number of assists Mottershaw has this season. She had 21 total as a freshman.

31.2

The number of minutes per game Mottershaw averages, the most on the team.

CLASS 2A PREP GIRLS BASKETBALL

Senior ready to shoulder responsibility

Sarah Nelson undergoes new treatment to strengthen shoulder ligaments

By Lukas Eggen
 The Itemizer-Observer

PERRYDALE — For the past few years, Perrydale senior Sarah Nelson has been among the Pirates' most consistent athletes, regardless of sport.

Whether it was volleyball in the fall, basketball in the winter, or softball in the spring, Nelson stood out on talented rosters.

But her biggest challenge wasn't any opponent — it was her own shoulder.

Nelson has been dealing with shoulder subluxation, a condition that causes her ligaments to be stretched out, making her right shoulder

PRP Therapy

• Platelet Rich Plasma therapy uses white blood cells to help strengthen ligaments.

• Perrydale senior Sarah Nelson hopes the procedure will strengthen her right shoulder and prevent further injuries.

der prone to dislocation-like injuries.

She's hoping a relatively new procedure can help give her shoulder a new lease on life.

With the basketball season in full swing, Nelson's shoulder proved to be a significant

hurdle for the 5-foot-5 wing. The question became finding a solution that could help strengthen her shoulder without causing her to miss a significant portion of the season.

"This was the only thing that we found that had a short recovery time that we could try, so hopefully it helps," Nelson said.

That option was Platelet Rich Plasma (PRP) therapy.

"They take out some of my blood and they run it through a machine that gets it down to the white blood cells," Sarah said. "Then, they inject those back into my ligaments in my shoulder."

See SHOULDER, Page 11A



Sisters Emily (left) and Sarah Nelson share a close relationship on and off the court with the Pirates.

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