

PREP WRESTLING ROUNDUP

Dallas takes 10th

Miller places second for Dragons

Itemizer-ObsERVER staff report
VANCOUVER, Wash. — Facing stiff competition from Washington and Oregon schools, the Dallas High wrestling team placed 10th at the Pacific Coast Wrestling Championships on Friday and Saturday at Hudson's Bay High School.



Miller

"We took our team to a tough tournament," Dallas coach Tony Olliff said. "Several of our wrestlers had one to three Washington state champions in their brackets from various levels."

Nolan Miller finished second at 120 pounds, while Matthew Dindinger placed fourth at 138 pounds to lead the Dragons at the 33-school competition.

"Nolan Miller had a great tournament," Olliff said. "He got beat in the finals by a Washington kid who is pretty tough."

Miller's loss in the championship round was his first of the season, dropping his record to 26-1. Dallas split its wrestlers into two teams over the weekend, as the Dragons placed third out of six schools at the Junction City Invitational on Saturday. Justin Spencer (160) and Jeff

Next Up

What: Brunner Invitational.

When: Saturday, 9 a.m.

Where: Dallas High School gym.

Admission: \$5 for adults; \$4 for students. Children 6 and under and seniors are free.

Who: The Dragon wrestling team will host the annual tournament.

Did you know? The invitational, formerly called the Dallas Booster Club Wrestling Tournament, was renamed after former tournament director Janet Brunner.

Dunagan (170) won their respective weight divisions to lead Dallas.

CENTRAL TAKES THIRD AT INVITATIONAL

The Central High wrestling team celebrated a new year with a strong showing at the Bob Bishop Invitational on Saturday. The Panthers placed third out of 21 teams. Tillamook won the team title. Tanner Swinehart (170 pounds) and Marlon Tupulotu (285) won their respective weight classes, while Colin Swinehart (145) and Beto Meza (195) placed second. But it was their resiliency that caught coach Van Holstad's attention from wrestlers like Riley Olson (195), who battled back in the consolation brackets to earn points. "One of the things we needed to work on was wrestling in those consolation rounds and scoring," Holstad said. "Those are the rounds that are important in tournaments, and we had a lot of guys who wrestled real well in those."



T. Swinehart

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Star: Mottershaw ranks second at WOU in points

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Mottershaw's ability to play multiple positions for the Wolves makes her a valuable backcourt player.

"She has the versatility to play the one or the two guard," WOU coach Holli Howard-Carpenter said. "She has probably been our most consistent player in effort, (her desire) to win and play on the court. We need that to spread to the rest of the team."

Mottershaw's increase in scoring and assists is because of more than an uptick in minutes.

Mottershaw has become more aggressive. Alongside forward Dana Goularte, Mottershaw gives the Wolves a dangerous inside-outside threat.

"I like the aggressiveness of the game," she said. "I like all the little things and that you can never be the best. There's always something to improve on. I like that."

But as much as Mottershaw has improved in becoming a scoring threat, the Wolves are looking to become even deeper on offense.

Mottershaw and Goularte combine to score 28.5 of the team's 60.6 points per game, a trend



LUKAS EGGEN/Itemizer-ObsERVER

Jordan Mottershaw brings the ball up the court. Mottershaw has played both the one and two guard.

that Howard-Carpenter said must change for the Wolves to be successful.

"It can't be Dana and Jordan carrying the team every single night," Howard-Carpenter said. "We have to take care of business on offense."

Western Oregon enters the week at 4-7 overall, but Mottershaw is ready to do

whatever she can to make the Wolves a contender in the Great Northwest Athletic Conference.

"I'm a super-competitive person," Mottershaw said. "I'll do whatever it takes to win. I want to be a part of this program and make Western Oregon a school to be reckoned with in the conference."

Fleming: Senior serves as spark plug for team

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"I'm always talking, always trying to encourage the guys," Fleming said. "I'm making sure they know how to fix something. It's not saying 'don't do this.' It's 'you tried it this way, now let's try something else.' It's not being negative about something, but giving positive encouragement."

But Fleming's leadership goes beyond his words — his ability to affect a game in a variety of ways makes him one of the Panthers' most versatile assets.

"He doesn't have to score a lot to be able to control a game," Kreta said. "He rebounds for us. He dives on our opponents' best offensive player and he largely shuts them down. He helps us in a lot of different ways."

Those hustle plays have defined Fleming's season so far.

"I know what my role is," he said. "I'm here to be that spark plug for the team. I want to get everyone going, to play defense and get everyone energized."

His success on the court is a product of all the work he's put in off it, Kreta said. Whether it's extra film sessions to working on footwork, Fleming has become a more complete player.

"It's not necessarily hard because it's the kind of person I am," Fleming said. "I'm an energetic person. I may be quiet around other



LUKAS EGGEN/Itemizer-ObsERVER file

Central senior Kyler Fleming can spark momentum for the Panthers on offense and defense.

people, but I like to play at a high level and fast pace. Basketball is my love. I love playing sports and I want to give 100 percent every time."

As Central prepares to open Mid-Willamette Conference play against South Albany on Jan. 14, Fleming said the Panthers are fully realizing each player's role on the team. And, with Fleming in part leading the

charge, he believes Central is ready to surprise its Class 5A league opponents.

"I feel like we've turned a few heads," Fleming said of the Panthers 5-3 start against tough nonleague competition, which included 6A No. 1 David Douglas and 5A No. 1 Mountain View.

"We want to keep those heads turned and make sure people know this wasn't a fluke."

PREP GIRLS BASKETBALL ROUNDUP

Pirates win in overtime

Locke scores 24 points to lead Perrydale

Itemizer-ObsERVER staff report

MONROE — The Perrydale girls basketball team won its final nonleague contest in thrilling fashion, defeating Monroe 60-56 in overtime on Saturday. The Pirates rallied from a 31-20 halftime deficit to force the extra period.

Senior guard Cheyenne Locke scored a game-high 24 points, while Sarah Nelson added 11 points and Telaney Newton scored 10 points to lead Perrydale.

As the Pirates resume Tri-River Conference play, finding consistency will be the team's top priority.

"I'm not sure the girls fully understood the intensity you need to bring every night," Perrydale coach Terry Newton said. "... We always work hard. My washing machine works hard too, but it doesn't always work smart. That's the one step we have to work on: working hard and working smart."

CENTRAL DOWNS MOUNTAIN VIEW: Central held Mountain View to seven total points during the second and third quarters as the Panthers pulled away for a 45-32 win on Saturday. Central trailed 12-8 after the first quarter, but

outscored the Cougars 30-7 over the next two periods to earn the win. Kylie Nash scored 15 points to lead the Panthers.

Reba Hoffman added eight points and Sai Tapasa scored six points. Central hosted Aloha Tuesday after press time in the team's final nonleague contest.

DALLAS WINS DEFENSIVE BATTLE: The Dallas girls basketball team ended its run at the Nike Interstate Shootout with a defensive battle on Dec. 30. The Dragons held Wilson to six points in the first half, en route to a 29-24 win.



Eva Ronco scored 11 points to lead Dallas. Sarah Zwicker scored seven points, while Sarah Mitchell added six points.

FALLS CITY STRUGGLES: Falls City lost three games at the 1A Hoops Classic and Alsea Tin Hat Tournament last week. The Mountaineers opened the week at the 1A Hoops Classic in Portland, falling to McKenzie 42-22 on Dec. 30 and Portland Lutheran 50-41 on Dec. 31. Falls City then competed at the Alsea Tin Hat Tournament, losing to Alsea 44-38 and having its second game on Saturday canceled. Brittany Varney scored a team-high 15 points against Alsea, while Tierra Reynolds added 11 points. The Mountaineers lost to Siletz Valley 47-32 on Monday. Varney scored 11 points to lead Falls City.



Nash

Shoulder: Bond extends to team

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Originally developed in the 1970s, PRP has gained recent national attention when several prominent athletes, including golfer Tiger Woods and football players Hines Ward and Troy Polamalu, used the therapy to recover from sports-related injuries.

Nelson received the treatment in mid-December. She returned to the court against Damascus Christian on Dec. 29.

Now it's a waiting game to see if the therapy has helped fix her shoulder. Nelson said if this does not work out long term, surgery is a possibility.

"Slowly starting to feel that (my shoulder is) a little bit tighter," Nelson said. "Not a whole lot, but I'm just hoping it keeps it in more. It's supposed to continue to strengthen over time."

But no matter what happens next, Nelson knows she won't be facing it alone.

Sister act

As Sarah faces an uncertain future about her shoulder, one thing is without doubt. Her sister, Emily, will be by her side helping her however she can.



S. Nelson

"She's my trainer," Sarah said smiling.

It's Emily who helps Sarah tape her shoulder before practices and games, just one mark of a relationship that goes far beyond the basketball court.

For almost as long as they can remember, Sarah and Emily have been playing sports together.

"We don't know any different, so it's not weird for us," Emily said. "I compete just as hard against her as I do anyone else."

Sarah and Emily played many of the same sports.

But don't expect these siblings to get in each other's way.

"I think when we were



E. Nelson

that doesn't mean the bond they share on the basketball court isn't beneficial.

"Emily and Sarah are very special young ladies," Perrydale coach Terry Newton said. "They're a valuable part of the program. One of the things we try to work on is character. We're fortunate to have just really good people, and Emily and Sarah are pretty much the standard."

That sisterly bond extends beyond the siblings.

In fact, that's what sets the Pirates apart, Emily said.

"We all grew up together, went to school together and played together," Emily said. "So, we're all just as

Up Next

- Perrydale resumed Tri-River Conference play at Central Linn Tuesday after press time.
- The Pirates host Regis Friday at 5:30 p.m. before playing at East Linn Christian on Tuesday.
- Perrydale entered the week with a 5-3 record.

close as Sarah and I. That's why none of this feels weird, I think."

But being close does have its downsides, Newton said.

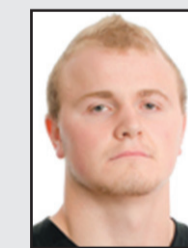
"They won't always call each other out," Newton said. "Sometimes there is a point where you have to say 'I don't agree with that.'"

One thing everyone agrees on is that the team's closeness could be its biggest asset, Newton said.

As Sarah and the Pirates embark on an uncertain future this season, they know that while they may just be teammates on the surface, they have the support of a family behind them.

Itemizer-ObsERVER

Athlete of the Week



Andy Avgi Western Oregon

Avgi, a redshirt junior, played a big role in Western Oregon's men's basketball team's 72-64 win over Montana State Billings on Saturday. Avgi scored a game-high 23 points, shooting 11-for-15 from the field. He also grabbed five rebounds and had one steal and one block as the Wolves (11-3 overall, 3-1 Great Northwest Athletic Conference) held off the Yellowjackets for the victory.



Cheyenne Locke Perrydale High

Locke, a senior, came up in a big way for Perrydale's girls basketball team against Monroe on Saturday. Locke led all scorers with 24 points as the Pirates earned a wild 60-56 overtime win. Locke's ability to score at will and get her teammates involved made her perhaps Perrydale's most valuable weapon against Monroe. Locke has helped the Pirates to a 5-3 record overall entering the week.

To submit nominations for the Itemizer-ObsERVER Athlete of the Week, contact Sports Editor Lukas Eggen at 503-623-2373 or leggen@polkio.com by 9 a.m. on Monday.