

PREP GIRLS BASKETBALL ROUNDUP

Defense paves way for Panthers win

Central keeps Dragons' offense in check during 51-36 victory on Friday



AARON YOST/for the Itemizer-Observer
Dallas post Eva Ronco (33) goes up for a layup as Central's Reba Hoffman (11) and Sai Tapasa (22) look on.

Itemizer-Observer staff report
INDEPENDENCE — Entering Friday night's girls basketball showdown, Dallas and Central looked to make an early statement in the Mid-Willamette Conference.

The Panthers answered the call, earning a 51-36 victory.

"The girls have really been working on both their defensive game and the mental aspect of the game," Central coach Julie McDonald said. "I think our last game (against Dallas) has shown that their hard work is paying off. I thought we took care of the ball and we were able to control the tempo of the game for the most part."

Kylie Nash scored a game-high 19 points to lead the Panthers, who held the Dragons to 12 first-half points.

Reba Hoffman added nine points, while Sai Tapasa scored eight points.

Taylor Fennell recorded 14 points to lead Dallas. But Central held Dallas' offense

in check throughout the contest.

The Dragons (6-5 overall, 1-1 Mid-Willamette Conference) opened league play with a 51-32 win over Woodburn on Jan. 13.

Sarah Zwicker scored 17 points, while Sarah Mitchell added 16 points, as Dallas held Woodburn to fewer than 10 points in each quarter.

The Panthers (7-4 overall, 2-0 MWC) opened their league season with a 59-25 win over South Albany on Jan. 13. Central played Crescent Valley Tuesday after press time. The Panthers host Lebanon Friday at 7:15 p.m. and Silverton on Tuesday at 7 p.m.

The Dragons played South Albany Tuesday after press time. Dallas hosts Corvallis Friday at 7 p.m. before hitting the road to play Crescent Valley on Tuesday.

ley on Tuesday.

FALLS CITY DOWNS LIVINGSTONE: Falls City jumped out to a 10-point lead over Livingstone Adventist, and the Mountaineers picked up their second Casco League victory of the season on Thursday. Tierra Reynolds scored a team-high 11 points, while Allison Kidd added 10 points as Falls City earned a 46-25 win. The Mountaineers (5-10 overall, 2-1 Casco League), who are second in the league standings, held the Lions to one field goal in the first quarter as Falls City built a 13-3 lead. The Mountaineers never relinquished their lead. Falls City hosted Jewell Tuesday after press time. The Mountaineers continue their league campaign at Willamette Valley Christian on Friday.

PIRATES EXPERIENCE SHOOTING WOES: As Perrydale put the finishing touches on a 41-38 come-from-behind victory over East Linn Christian on Jan. 13, Pirates coach Terry Newton had just one message: "We must shoot better." Perry-



Locke



Newton

dale's offensive struggles, however, wouldn't go away in a 51-36 loss to Western Mennonite on Friday and a 35-25 setback to North Eugene's junior varsity on Saturday. Things started off well against East Linn Christian. Senior Cheyenne Locke scored a game-high 17 points, as the Pirates rallied from a six point deficit entering the final quarter. Facing the Tri-River Conference's top team, the Pioneers, the Pirates struggled from the field, shooting about 25 percent, Newton said. "The speed of the game is something I think the girls are finally getting used to," Newton said. "We're getting the looks we want to, but we just need to shoot better." Telaney Newton led the Pirates against the Pioneers with 10 points. Perrydale finished its week with a 35-25 setback against North Eugene's junior varsity squad. The Pirates (7-6 overall, 2-3 Tri-River Conference) hosted Santiam Christian Tuesday after press time. Perrydale plays at rival St. Paul on Friday and at Kennedy on Tuesday.

PREP SWIMMING ROUNDUP

Short-handed Dallas boys earn win

Ludwig wins close race in 100 backstroke as boys squad earns 45-40 victory

Itemizer-Observer staff report

DALLAS — As Dallas senior Nate Ludwig finished the 100-yard backstroke at the Dallas Aquatic Center on Jan. 13, he immediately looked up at the scoreboard.

Ludwig, who finished the race in 1 minute, 15.54 seconds, won in a photo finish.

"One of the closest races I've ever seen was Nate (Ludwig) edging out a Crescent Valley swimmer in the backstroke," Dragons coach Jeff Bemrose said.

Ludwig's performance helped Dallas' boys swimming team de-

feat Crescent Valley 45-40 in a matchup of short-handed teams on Jan. 13. Lucas Diaz won the 50 freestyle (24.97) and took second in the 100 breaststroke (1:14.68).

The girls team lost 67-27. Sophomore Jolie-Rae Ford won the 50

freestyle and was part of the winning 200- and 400-freestyle relay teams.



Ford

"We had great performances by Jolie-Rae Ford, Lucas Diaz and Nate Ludwig," Bemrose said. "... A fun race to watch was the girls 400 free relay. Dallas was behind half the length of the pool to the other three relay teams and Jolie-Rae caught them all to get first place for the relay."

The Dragons competed at South Albany Tuesday after press time.

Dallas co-hosts the Dallas/Central Invitational Thursday at 3 p.m. at the Dallas Aquatic Center.

CENTRAL FALLS TO CORVALLIS: Central's boys and girls swim teams



N. Glade

Ryan Rosas and August Thornton placed first with a time of 1:58.98, while Nathan Glade won the 100 breaststroke (1:04.99). On the girls side, the 200 medley relay squad of Annie Taylor, Catie Miller, Julissa

Amador and Kate Taylor placed second (2:16.5), while the 200 freestyle relay team of Annie Taylor, Kate Taylor, Amador and Miller also finished second in 1:58.6. "Nathan (Glade's) breaststroke is finally getting back to where it was last year," Central coach Shawn Martin said. "He seems to be relaxing his stroke more. Our girls relays are also looking consistently strong. They are looking to be competitive in this district, despite having to move up and compete with some tough competition." Central co-hosts the Dallas/Central Invitational Thursday at 3 p.m. at the Dallas Aquatic Center.

PREP WRESTLING ROUNDUP

Central trio excels at Redmond

Panthers finish third in pool at Oregon Wrestling Classic

Itemizer-Observer staff report

REDMOND — Central's wrestling team took third place in its five-team pool at the Oregon Wrestling Classic on Friday and Saturday.

The Panthers went 2-3 at the duals, falling to Pendleton 44-30, Hillsboro 55-17 and Churchill 39-31, but defeating Ridgeview 45-25 and Silverton 39-34.

Central was part of one of four Class 5A pools at the Classic.

David Negrete (186 pounds), Alberto Meza (199) and Tanner Swinehart (174) went 4-0.

The Panthers opened

their week by falling to South Albany 42-28 in a Mid-Willamette Conference dual meet on Jan. 14.

Central Coach Van Holstad said that loss will help keep Central's wrestlers motivated and provide some important lessons.

"Last week was a learning experience for us," Holstad said. "At South Albany, we let some matches get away from us and it was the same deal in our first meet at the classic against Pendleton."

"After those duals, we started to compete very strong against some very

strong teams and finished a tough tournament a better team."

Tim Blair (126), Collin Swinehart (145), Tanner Swinehart (170), David Negrete (182), Beto Meza (195) and Marlon Tuipulotu (285) earned wins for the Panthers against South Albany.

Central hosts Silverton Wednesday (today) at 6 p.m. and the Central Duals Saturday at noon against Elmira, Rex Putnam, Sheldon, Gladstone and Jefferson.

DALLAS TAKES FIRST AT PARKROSE: The Dallas High wrestling team shut out Woodburn 76-0 on Jan. 14 before taking first place out of five schools at the Parkrose Mega Match Throwdown on Saturday. "The Woodburn dual was a good opportunity for our guys to get out there and get a win in front of the home crowd," Dallas coach Tony Olliff



Miller

ones." Ryan Bibler (106 pounds), Jesse Stuhr (113), Nolan Miller (120), Matt Hofenbredl (138), Jeff Dunagan (160), Tyson Janssen (170) and Joshua Naughton (182) earned first-place victories for the Dragons at Parkrose. Dallas travels to Crescent Valley Wednesday (today) before competing at the Reser's Tournament of Champions on Saturday. "Our wrestlers will get to experience a 32-man bracket," Olliff said. "This two-day tournament combines the top schools from every classification. It ought to be fun."

Driver: Nash finds success

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"She's an intense gamer," McDonald said. "She is one who I know will always give me 100 percent in practice and in games."

Nash's emergence has helped spark Central's offense, which entered the week as the lone team in the MWC averaging more than 50 points per game.

But the Panthers aren't satisfied with a 7-4 overall record and 2-0 start in league play.

"We just need to continue to grow and focus on not plateauing and not settling for rushed shots," Nash said. "We have gamers on our team and I think we have more of a full package."

As Central hopes to compete for a league title, Nash will likely play a big role in the Panthers' success this

Scoring Spree

- Central guard Kylie Nash scored 19 points against Dallas on Friday night and 11 points against South Albany on Jan. 13.
- Nash averages more than 12 points and five assists per game.
- The Panthers entered the week on a six-game winning streak.

season. For as much progress as she's made so far, Nash said she's nowhere near where she wants to be.

"I need to keep developing getting the assists going," Nash said. "I have to get better at hitting the open player, knowing when to drive it in and finish myself or kick it out."

Meza: Senior went undefeated at Classic

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While he may not be the loudest or the most vocal on the team, Meza hopes to let his wrestling do the talking this season.

Meza entered the year with great expectations, with an eye toward placing at district and state.

He appears to be making progress toward those goals.

Meza went undefeated at the Oregon Wrestling Classic

in Redmond on Friday and Saturday.

"I feel like I have made some progress in my wrestling just by being more offensive and getting the first takedowns," Meza said.

Meza's success on the mat doesn't surprise Central coach Van Holstad, who has seen Meza's impact on his teammates grow with each passing day as he keeps his focus on his



Meza

say much. He's a quiet leader and an extremely hard worker. That's contagious. It bleeds through the whole team."

ultimate goal.

"He's the guy who puts his head down and goes to work," Holstad said. "He doesn't

work leads to bigger and better things as the season goes on, though he's not looking too far ahead.

Instead, he's more focused on winning each match one at a time and proving what he can do every time he steps onto the mat.

"I try not to get too worked up about it," Meza said. "I just want to go out there and try to dominate

and get the first takedown. I want to set the tone and pace."

It's been more than a decade since those days Meza watched WWE on TV. And while high school wrestling wasn't quite the same as he first imagined, it's something he's grown to love.

"The amount of work you have to put in makes this sport unique," Meza said. "It changes you. And it teaches

you about life."

Just how far Meza can help lead the Panthers remains a mystery. But Meza knows he's ready to do whatever he can to make his final season a successful one.

"I want to go out with a bang," Meza said. "I want to finish strong my senior year. I just need to get my conditioning better so I am peaking at the right time."