

Swim: Senior places second

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 "Last year, she was a freshman and I think state was a little overwhelming for her," Dallas coach Jeff Bemrose said. "This year, she has a lot more confidence. She has more big meets under her belt and the strangeness of the venue isn't there anymore."

Ford is seeded third in the 500 freestyle and fourth in the 200 freestyle. She is the Dragons' lone state qualifier.

"We'll continue to taper and go over more technical stuff," Bemrose said. "We'll work on hand signals so I can communicate with her on the 500 (freestyle) and let her know where she is during the race."

Despite making state in back-to-back years, Ford said she's still not used to the feeling.

"I am definitely a little nervous, but I just have to look at it as just another meet so I'm not freaking out about it," Ford said. "Districts really helped me finally see some of the results of my training. That is what I am taking into state with me."

Bemrose had hoped both junior Elizabeth Dressel and senior Jesse Genualdi would receive at-large bids to the state championships, but their times weren't fast enough to qualify.

Dressel finished fourth in the girls 100 backstroke in



AARON YOST/for the Itemizer-Observer

Central senior Nathan Glade earned state berths in the 100-yard breaststroke and 200 medley relay, along with Daniel Glade, Ryan Rosas and Orion Waight.

1:05.21. Genualdi placed fifth in the boys 100 butterfly in 1:01.67.

Lucas Diaz suffered a sprained right ankle on Feb. 11, preventing him from competing in any individual or relay events at the district meet.

"I believe we would have qualified a relay for state (if Lucas was healthy)," Bemrose said. "It would have been close, but his injury really crippled our boys relay teams."

Despite only qualifying one competitor to state, Bemrose said he was pleased with his team's effort.

"Everyone swam their fastest times all season," Bemrose said. "We had great performances from everyone, but there were just some fast times this season."

Central

The Central High boys swim team had qualifiers in two events for this weekend's Class 5A state swimming championships.

The Panthers saw their boys 200 medley relay team of Daniel Glade, Nathan Glade, Ryan Rosas and Orion Waight qualify for the state championships, while Nathan Glade earned a state

berth in the 100 breaststroke.

Glade placed second in the 100 breaststroke with a time of 1:02.38 on Saturday. He is seeded fourth at state.

"He has a different mindset," Central coach Shawn Martin said. "The last couple years, he focused on districts as his last race. This year, even on the bus ride home, he was focused on what he's going to do at state."

The relay team finished second with a time of 1:50.52 and is seeded ninth at state.

"Our relay team did really well," Martin said. "Our boys posted pretty good times, but they have room to improve, which is nice to see. I think for Daniel (Glade), this will be a good experience and it will be good for everyone returning next year to see we can aim higher than just districts."

The girls squad did not have a state qualifier. Caitie Miller took third in the 100 breaststroke, finishing in 1:22.60. Julissa Amador placed sixth in the 50 freestyle (28.06), while Annie Taylor finished sixth in the 100 backstroke (1:15.07).

State preliminary heats for Class 5A begin Friday at 6:30 p.m. Finals begin Saturday at 6:45 p.m.



AARON YOST/for the Itemizer-Observer

Dallas junior Elizabeth Dressel finished the 100-yard backstroke in 1 minute, 5.21 seconds on Saturday, but failed to receive a wildcard berth to state this weekend.

SPORTS BRIEFS

DHS spring sports sign-ups to begin

DALLAS — Registration for the 2015 spring sports season at Dallas High School begins Monday.

Students are asked to complete the registration process by Feb. 26. Athletes who have not registered by Feb. 26 will not be able to practice on March 2, the first day of official practices for the spring sports season.

The DHS athletics office will be closed on Feb. 27.

Registration cost is \$125 for all sports. Those qualifying for free or reduced lunch must provide the letter received from the school district office. Cost will then be reduced to \$62.50 (for reduced lunch recipients) and \$25 (for free lunch recipients).

Paperwork is available online at the Dallas High School athletics page under "athletic forms." It will also be available outside the athletics office beginning Monday.

Incoming freshmen must have a sports physical. Sports physicals are due every two years. The form is available under "athletic forms" on the DHS athletics website.

For more information: 503-831-1976.

WOU freshman griddler earns honor

MONMOUTH — Western Oregon University freshman all-purpose football player Paul Revis was one of only three first-year players to be named as part of the Don Hansen NCAA Division II All-America team, announced last week.

Revis, who set numerous school records for a freshman, was named as part of the third team offense after becoming the first player in Wolves' history to surpass the 1,000-yard mark with 1,149 yards on 67 catches to go along with a team-high 11 touchdowns.

Revis also set single-season school records for yards per catch (17.1) and tied the touchdown record with 11, while also setting the single-season mark for all-purpose yards with 2,029 and tied for third with one other former player in total catches.

Revis was named Great Northwest Athletic Conference (GNAC) Co-Freshman of the Year, earned All-GNAC first-team honors as a wide receiver before being named to the all-league second team as a kick returner.



Revis

Wolves XC squads receive distinction

MONMOUTH — Both of Western Oregon University's cross-country teams were honored last week by being named a United States Track & Field and Cross Country Coaches Association (USTFCCA) All-Academic Team for the 2014 season in recognition of their performance in the classroom and athletically.

A total of 128 women's teams and 93 men's teams at the NCAA Division II level earned All-Academic Team honors for the 2014 season. Programs must have compiled a cumulative grade-point average of 3.00 or greater and scored at an NCAA Division II regional meet to qualify for the award.

Western Oregon's women's and men's teams, led by head coach Mike Johnson, posted team GPAs of 3.24 and 3.02, respectively, to make the list.

Western soccer team recognized

MONMOUTH — Western Oregon University's women's soccer team has received a 2013-14 National Soccer Coaches Association of America (NSCAA) Team Academic Award.

The Wolves, who have received the honor for two consecutive years, had a team grade-point average of 3.36 last year.

The NSCAA annually recognizes college and high school soccer programs that have excelled in the classroom, in addition to their work on the field. A total of 889 soccer teams (289 men, 600 women) posted a team GPA of 3.0 or higher, thereby qualifying for the NSCAA Team Academic Award for the 2013-14 academic year. The team GPA is determined by adding every player's GPA, then dividing by the number of players.

OUTDOOR ADVENTURES

ODFW creates interactive map for anglers with disabilities

Itemizer-Observer staff report

The Oregon Department of Fish and Wildlife recently unveiled a Google-based map that highlights 133 sites across Oregon that may be suitable for anglers with physical disabilities.

This is the latest in a suite of interactive maps designed to help anglers find places to fish in the state.

When users click on the map's icons, they launch information boxes that include accessibility information about the sites such as fishing platforms, piers, docks, paths, restrooms and parking. Anglers can also use the maps to generate directions from their location to any of the sites.

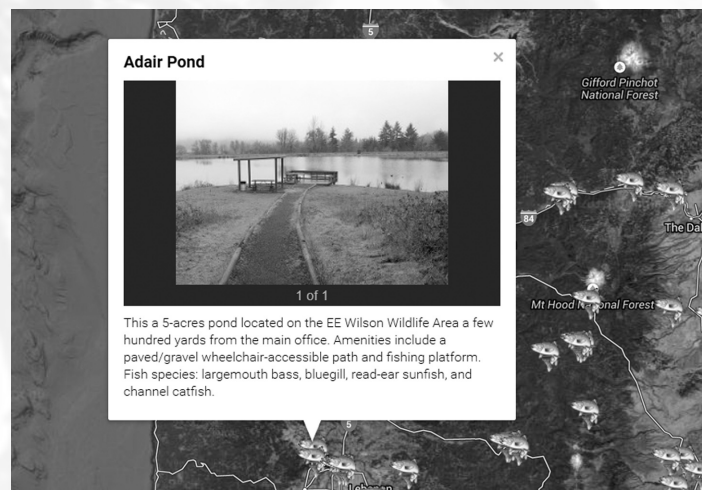
"There are many places around Oregon that offer excellent fishing opportunities for people with disabilities," said Rick Hargrave, administrator for ODFW's information and education division. "We hope this map makes it easier for everyone — from the oldest adult to the youngest child and everyone in between, to get out and fish."

Many of the popular fishing locations across the state are already accessible to anglers with disabilities; the new map is a guide to these areas.

Hargrave noted that accessibility varies, and some sites may not be suitable for all levels of disability.

"Many of the sites were designed to provide people with choices about the type of recreational experience and level of personal challenge they prefer," he said, noting that all sites should be approached carefully and with assistance, if needed.

The new map can be accessed by visiting the ODFW website at www.odfw.com and clicking on the "maps" page or the "where and how" page under the fishing tab.



Become an ODFW volunteer fishing instructor

Itemizer-Observer staff report

SALEM — The Oregon Department of Fish and Wildlife will host an Angler and Aquatic Education Instructor training on Saturday, March 7, at ODFW Headquarters, 4034 Fairview Industrial Drive SE in Salem.

The training, which will go from 10 a.m. to 3 p.m., is free and open to anyone 18 years or

older who is interested in becoming a volunteer fishing instructor.

"Our volunteer instructors are an important part of our efforts to introduce more families to the joys of fishing," said Shahab Farzanegan, ODFW aquatic and angling education coordinator. "They are involved in ODFW-sponsored family fishing events, after-school fishing clubs and other programs."

The volunteer training will introduce participants to the program curriculum, which includes basic fishing skills, stewardship, aquatic resources and water safety. Participants also will learn about volunteer opportunities in their area.

"With this year's ODFW Family Fishing Events beginning in just a few weeks, this is a great time to learn how you can participate as an instructor," Farzanegan said.

Lunch will be provided, and preregistration is required by March 3. To register, or for more information, contact Darlene Sprecher at 503-947-6025 or send an email to Darlene.M.Sprecher@state.or.us

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