

CLASS 5A PREP TRACK AND FIELD

Quinn learns from past mistakes

Senior ready to make the most of his final track and field season

By Lukas Eggen
The Itemizer-Observer

INDEPENDENCE — There is something different about Central senior Alex Quinn.

Quinn has always been one of the Panthers' most versatile athletes. But this season, he's taking his game to a new level.

As a sophomore, Quinn set personal records in the 100-, 400-, and 1,500-meter runs, as well as the 300 hurdles, while also competing in events ranging from the 4 x 400 relay to the javelin.

In 2013, despite lessening the number of events he competed in, Quinn set just one personal record in the shot put.

It was a big disappointment that taught Quinn a difficult lesson.

"I learned that you have to put in the work," Quinn said. "The work you do in practice shows up in the meets. My freshman and sophomore years, I worked really hard and my results improved. My junior year, I kind of slacked off. I had this upper classman mindset and thought it was cool to not work as hard, I guess. I

had played football and gained weight for that and was out of shape and lazy."

After a 2014 season that Quinn saw as a lost opportunity, he decided to not let himself enter a season unprepared ever again. The difference has been nothing short of dramatic.

Quinn — a hurdler, thrower and jumper for the Panthers' track and field squad — came in more prepared than he's ever been, something that hasn't always come easy for him.

"Alex came into the season leaner and in better shape than he's ever been to start the season," Central coach Eli Cirino said. "He is a big, powerful athlete who has worked hard and seems poised to have a big year."

In addition to playing other sports, Quinn kept himself in shape through offseason workouts.

Quinn set personal records in the 110 hurdles, finishing in 16.09 seconds, and the long jump, with a mark of 19 feet, 0¾ inches against Woodburn on April 1. His 300 hurdles time of 43.54 is just off his personal best of 43.38.

"Considering how early it is in the season and consid-



Central senior Alex Quinn looks to make state in the hurdles, among other events.

ering how cold and wet it was, I think it's safe to say that he is going to break out very soon," Cirino said.

Laziness is no longer part of Quinn's vocabulary.

"My mindset is to be more aggressive," Quinn said. "Don't just go through the motions. I have to be aggres-

sive and attack it, sprint as hard as I can and jump as hard as I can. I don't just go about it casually this season."

Quinn's path to success in the hurdles hasn't been a simple one.

"(Hurdles) can be hard," Quinn said. "It's not like a

sprint where someone can just be faster than you. This was something I could make up for the fact that someone was faster than me by working harder. Whether you have a tail wind or a head wind determines how many steps you can take between hurdles. It

Up Next

• Central hosts South Albany Wednesday (today) at 4 p.m. The Panthers travel to compete at the Sandy Invitational Saturday at 10 a.m.

wasn't until the end of my sophomore year did I really get the knack of it."

His field events provide a different challenge.

"You wait and you look to see how everyone fares," Quinn said. "You're not racing next to somebody. You're not seeing how they do. You wait and see how far they jumped or threw."

He is excited to face them all this spring.

In 2015, Quinn knows this is only the beginning, and he plans to make anyone who overlooks him pay.

"I looked at track results online on Friday and I know 5A is a lot more competitive," Quinn said. "I knew my times last year weren't going to be good enough here. I've had some decent results, but I'm not close to satisfied to the marks I want. ... Making state and to do well at state, that's the ultimate goal."

PREP SOFTBALL ROUNDUP

Panthers remain undefeated

Itemizer-Observer staff report

INDEPENDENCE — Central opened Mid-Willamette Conference play with a pair of victories to enter the week undefeated during the 2015 season.

The Panthers (6-0 overall, 2-0 MWC) defeated South Albany 13-3 on Thursday, before downing Dallas 6-4 on Monday.

Ryanne Huffman had four hits against South Albany, including three triples.

Pitcher Erin Cole earned the victory in both games.

The Panthers were scheduled to host Lebanon Tuesday after press time.

Central faces Silverton Wednesday (today) at 4:30 p.m. before playing at Cor-

vallis on Friday.

PIRATES DEFEAT CROW: Perrydale's softball team rebounded from a 16-0 loss to Scio on April 1 by defeating Crow 11-7 on Friday. The Pirates entered league play with a 3-2 record overall. Perrydale was scheduled to play Kennedy Tuesday after press time to open Tri-River Conference play. The Pirates host Western Mennonite Thursday

at 4:30 p.m.

DALLAS SPLITS LEAGUE OPENERS: Dallas' softball team rolled to a 17-2 win over Woodburn on March 31 to open Mid-Willamette Conference play. The Dragons were scheduled to host Corvallis Tuesday after press time. Dallas plays at Crescent Valley on Wednesday (today) before hosting Lebanon Friday at 4:30 p.m.

PREP TRACK AND FIELD ROUNDUP

Vergin leads Perrydale

Vergin, Price record first-place finishes for Pirates

Itemizer-Observer staff report

LEBANON — Senior Alysia Vergin and junior Taylor Price excelled at the Tri-River Conference Preview Meet on Thursday.

Vergin placed first in the 100-meter hurdles in 18.53 seconds to help lead Perrydale's track and field team, while Price won the 300 hurdles in 53.27. The girls placed fifth out of six teams. Jacob Pope took third in the discus with a throw of 80 feet, 10 inches to lead the boys team, which finished sixth.

The Pirates competed at

Santiam Tuesday after press time. Perrydale travels to Dayton on Thursday. The first event begins at 4 p.m.

DALLAS PLACES NINTH: Dallas' boys and girls track and field teams finished ninth out of nine squads at the Titan Track Classic in West Salem on Friday. Sophomore Aaron White led the boys team, taking third in the triple jump with a mark of 40 feet, 5½ inches. Junior Kyleen Benz led the girls squad, taking second in the shot put with a throw of 36-4¼ and discus with a distance of 114-3. The Dragons opened the week falling to Lebanon. The boys lost 101-35, while the girls lost 63-54. Dallas traveled to Silverton Tuesday after press time, while the Dragons will compete at the Springfield Rotary Invitational on Friday. Events begin at 4 p.m.

CENTRAL DOWNS WOOD-

BURN: Central's boys and girls track teams defeated Woodburn on April 1. The boys won 103.5-40.5, while the girls earned a 94-39 triumph. The boys placed first in 15 events, while the girls won 12 events. Among the event winners included Thomas Peterson in the 200-meter run in 24.07 seconds, Nick Burgett in the 400 in 55.04 seconds and Kaj Bansen in the triple jump with a mark of 38-4 to lead the boys. The girls saw first-place finishes from Sai Tapasa in the shot put with a throw of 31-8, Abby McBeth in the 1,500 in 5:05.03 and Bethanie Altamirano in the 100 and 200 in 14.04 and 29.93, respectively, among others. The Panthers host South Albany Wednesday (today) at 4:30 p.m. before competing at the Sandy Invitational Saturday at 10 a.m.

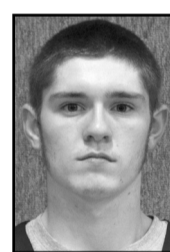
YEAGER EXCELS AT ESTACADA: Falls City's boys track

and field team finished seventh out of 17 teams at the Estacada Invitational on Saturday. Senior Tristan Yeager

won the discus with a throw of 130 feet, 8 inches, while placing second in the shot put with a mark of 38-1. Bo Beauchamp placed third in the shot put (37-11½) and discus (99-5) to help lead the Mountaineers. The girls placed 15th out of 16 teams. Freshman Madelyn Hendrickson finished fourth in the 100-meter hurdles in 19.70 seconds. She also placed ninth in the 100 and 11th in the 200. Falls City will compete at the Great White Invitational at Newport High on Tuesday.



Vergin



Yeager



Curtis

PREP GOLF ROUNDUP

Dallas boys place sixth at tourney

Itemizer-Observer staff report

DALLAS — It was a familiar story for Dallas and Central's boys golf teams.

The Dragons placed sixth out of eight teams at the second Mid-Willamette Conference tournament, while the Panthers finished eighth on Monday. Dylan Cackler led Dallas with a team-low 93, while Collin Brinton led Central with 103.

Both teams will compete at Mallard Creek Golf Course in Lebanon on Monday.

DALLAS GIRLS OPEN SEASON: Dallas' girls golf team competed at Mallard Creek Golf

Course on Monday. The Dragons had three girls competing. Kailee Curtis led the team after finishing fifth overall, shooting a team-low 50 over the nine-hole course. Natalie Crabtree (62) and Gwen Coons (72) rounded out Dallas' competitors. The Dragons competed at Springhill Golf Club in Albany Tuesday after press time. The girls will compete at Tukwila Golf Course in Woodburn.

WESTERN OREGON ROUNDUP

Pratt dominates Wildcats

Central high graduate throws a one-hitter Friday

Itemizer-Observer staff report

ELLENBURG, Wash. — Western Oregon hung on to its slim lead in the Great Northwest Athletic Conference after splitting a four-game series with Central Washington.

The Wolves opened up the series by sweeping the doubleheader on Friday, 3-2 and 10-0.

Central High graduate Jesse Pratt threw a one-hitter, recording eight strike-

outs in the second game. Nathan Etheridge and Cody Sullivan combined for five hits each during the two games to lead WOU at the plate.

The Wildcats responded on Saturday, defeating the Wolves (16-19 overall, 12-17 GNAC) 6-3 and 9-4, despite home runs from Garrett Harpole and Marcus Hinkle.

WOU leads Montana State Billings, which entered

the week at 9-6 in conference play.

The Wolves host Lewis-Clark State Thursday at 1 p.m. for a doubleheader before taking on Saint Martin's in a pair of doubleheaders on Saturday and Sunday. Play begins at 1 p.m. Saturday and noon on Sunday.

TRACK AND FIELD EXCELS: Western Oregon sent athletes all across the west coast on Saturday. Freshman

Cody Warner finished ninth overall in the 100-meter run in 10.71 seconds at the Stanford Invitational. At the San Francisco Distance Carnival, junior Emmi Collier won the women's shot put with a mark of 42 feet, 6¼ inches. And at the Jenn Boyman Memorial Invitational in McMinnville, sophomore Amanda Ditzhazy set a career best in the 1,500 with a time of 4:56.76. WOU hosts the John Knight Twilight meet on Friday. Events begin at 2:30 p.m.

Itemizer-Observer

Athlete of the Week



Chris Rech
Central High

Rech, a senior left-handed pitcher, had the game of his season against Woodburn. Coming off an 8-0 win over the Bulldogs, Rech threw a masterful game. His no-hitter allowed the Panthers to cruise to a 13-0 victory and improve to 3-0 to open Mid-Willamette Conference play. Rech's pitching helped the Panthers shut out Woodburn in all three games. Entering the week, Central has given up just six total runs.

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.