

SCHEDULE

WEDNESDAY, APRIL 22
Baseball: Silverton at Dallas, 4:30 p.m. Crescent Valley at Central, 4:30 p.m. Santiam at Perrydale, 4:30 p.m.

Softball: Dallas at Corvallis, 4:30 p.m. Central at Lebanon, 4:30 p.m. Perrydale at Central Linn, 4:30 p.m.

Boys Tennis: Dallas at Woodburn, 4 p.m. South Albany at Central, 4 p.m.

Girls Tennis: Woodburn at Dallas, 4 p.m. Central at South Albany, 4 p.m.

THURSDAY, APRIL 23
Track and Field: Perrydale, Falls City at St. Paul Buckaroo, 3 p.m. Western Oregon at Titan Twilight in Eugene, 4 p.m.

FRIDAY, APRIL 24
Baseball: Dallas at Silverton, 4:30 p.m. Central at Crescent Valley, 4:30 p.m. Siletz Valley at Perrydale, 4 p.m.

Softball: Western Oregon at Montana State Billings (DH), noon. Crescent Valley at Dallas, 4:30 p.m. Silverton at Central (DH), 4 p.m. Siletz Valley at Perrydale, 4:30 p.m.

Boys Tennis: Central at Dallas, 4 p.m.

Girls Tennis: Dallas at Central, 4 p.m.

Track and Field: Dallas at Dave Snook Frost/Soph Invitational, 4 p.m. John Oliver Invitational at Central, TBA.

SATURDAY, APRIL 25
Softball: Western Oregon at Montana State Billings (DH), 11 a.m.

Track and Field: Falls City at Portland Christian Invitational, 11 a.m. Dallas at 51st Annual Centennial Invitational at Centennial High School, Gresham, 11 a.m.

MONDAY, APRIL 27
Baseball: Kennedy at Perrydale, 4:30 p.m.

Softball: Kennedy at Perrydale, 4:30 p.m.

Girls Golf: Dallas at Mid-Willamette Conference Tournament, Cross Creek Golf Course, Dallas, noon.

Boys Tennis: South Albany at Dallas, 4 p.m. Crescent Valley at Central, 4 p.m.

Girls Tennis: Dallas at South Albany, 4 p.m. Central at Crescent Valley, 4 p.m.

Track and Field: Western Oregon at GNAC Multi Championships, Lacey, Wash., TBA.

TUESDAY, APRIL 28
Baseball: Dallas at Corvallis, 4:30 p.m. South Albany at Central, 4:30 p.m.

Softball: Dallas at Lebanon, 4:30 p.m. Corvallis at Central, 4:30 p.m.

Boys Golf: Dallas, Central at Mid-Willamette Conference Tournament, Albany Golf and Event Center, 1 p.m.

Girls Tennis: Dallas Crescent Valley, 4 p.m.

Track and Field: Western Oregon at GNAC Multi Championships, Lacey, Wash., TBA.

WEDNESDAY, APRIL 29
Baseball: Corvallis at Dallas, 4:30 p.m. Central at South Albany, 4:30 p.m.

Softball: Dallas at Silverton, 4:30 p.m. Woodburn at Central, 4:30 p.m. Perrydale at Central Linn, 4:30 p.m.

Boys Tennis: Dallas at Corvallis, 4 p.m. Central at Lebanon, 4 p.m.

Girls Tennis: Corvallis at Dallas, 4 p.m. Lebanon at Central, 4 p.m.

Track and Field: Corvallis at Dallas, TBA. Central at Crescent Valley, TBA.

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Schedules Subject to Change

CLASS 5A PREP TRACK AND FIELD

Remington vaulting up the ranks

Senior eyeing first state berth in pole vault and javelin

By Lukas Eggen
The Itemizer-Observer

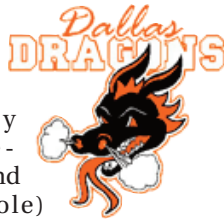
DALLAS — It's a moment that only lasts a few seconds. The moment when a pole vaulter launches himself or herself through the air.

It's a moment Dallas senior Danielle Remington lives for during the track and field season.

"It's a rush," Remington said.

"When you're completely upside-down and (the pole) swings through the air, it's so much fun. It's addicting."

Now in her third season with the Dragons, Remington is one of Dallas' most experienced athletes.



Up Next

• Dallas' track and field team will compete at the Dave Snook Frost/Soph Invitational on Friday and the 51st Annual Centennial Invitational in Gresham on Saturday.

periented athletes.

This season, she's taking aim at the one thing that's eluded her — a trip to the OSAA Class 5A state track and field championships. Remington set a personal record in the javelin on April 1 with a throw of 120 feet, 5 inches, a mark that ranks fourth among Class 5A competitors.

In the pole vault, Remington has a season best mark of 8-0.

"I've been pretty happy

with my javelin performance," she said. "I've been improving a lot in pole vault. In the next couple of weeks, I should (set a new personal record) by a couple feet (in the pole vault). I'm still trying to get better at the javelin, as well, to secure that spot at state."

Since then, she's become one of the conference's top throwers.

"Danielle is one of our state hopefuls as she is currently near the top in the state in javelin," Dragons coach Bill Masei said. "She has the potential to throw 130 feet. She is coming off some leg injuries that have slowed her down. Danielle, being a senior and returning district placer, I expect her to shine at districts."

See **VAULT**, Page 12A



LUKAS EGGEN/Itemizer-Observer
Danielle Remington hopes to qualify for the state track and field meet in the pole vault and javelin.

CLASS 5A PREP BASEBALL

Sophomore rising

Panthers in a close race for league's top seeds

By Lukas Eggen
The Itemizer-Observer

INDEPENDENCE — Since third grade, Central sophomore Luis Amador has felt at home on the baseball diamond.

When he arrived at Central as a freshman, he had big expectations.

"Last year, I pictured myself being on varsity," he said.

Amador's grand vision didn't go according to plan.

"I ended up not making it, which disappointed me, but it gave me more motivation to improve myself and helped me become the player I am becoming right now," Amador said.

This season, he is no longer the new kid on the block trying to break through to varsity. He's become a cornerstone for the Panthers.

"My expectations coming in was to just (focus on me), really," Amador said. "I just wanted to do what I am capable of and not try and do too much."

Those capabilities have made him into one Central's most diverse players going forward.

On the pitcher's mound, Amador has worked his way into the team's starting rotation, providing a steady arm.

"It's been pretty tough," he said. "The pressure is on you. You have to be able to handle the pressure, but I just stay relaxed, remember to have fun and smile."

At the plate, Amador made improvements in one



LUKAS EGGEN/Itemizer-Observer
Central sophomore Luis Amador prepares for a new play at first base during Central's game against Silverton on Friday afternoon.

major area, one that's allowed him to find much greater success with his bat.

"Last year, I noticed I was up in front of the ball and not keeping my weight back," he said. "I've focused on keeping my weight back and waiting for the ball to come to me."

Amador went five for eight with a double and two

RBI's in a doubleheader against Silverton on Friday.

His emergence is part of the reason Central started 9-3 overall and 7-2 in Mid-Willamette Conference play.

"It's been pretty easy (transitioning to varsity)," Amador said. "I just love the experience. I love my team. Every time I go out and play, I have a great time."

Perhaps the biggest improvement wasn't anything an individual team member did.

"We're definitely more focused on our defense," Amador said. "Last year, the errors cost us some runs against other teams. We've tried to improve the defense to limit those errors."

See **RISING**, Page 12A

CLASS 2A-1A PREP TRACK AND FIELD

Senior exceeds goals

Transfer looks to enjoy the ride

By Lukas Eggen
The Itemizer-Observer

FALLS CITY — Arlin Schwanke always yearned for the chance to try out track and field.

Prior to transferring to Falls City for his senior year, Schwanke was enrolled at Kings Valley Charter School, with no way to take part in the sport.

Upon his arrival, he quickly gravitated toward field events, such as the shot put and discus.

Schwanke wanted to keep his expectations in check.

Then, the season began. The results have been surprising to everyone, most of all to Schwanke.

Coming into the season, Schwanke's goal was simple — try as many events as he could and work his hardest at improving at them.

See **SENIOR**, Page 11A



Schwanke

Schwanke file

• Falls City senior Arlin Schwanke transferred from Kings Valley Charter School this year.

• Schwanke's throw of 39 feet, 8 inches in the shot put ranks first among Class 1A Special District 1 competitors.

• This is Schwanke's first year of track and field.

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