

**QUICK HITS**

**Free camping at state parks**

POLK COUNTY — Oregon State Parks invite the public to camp for free on Saturday night in celebration of State Parks Day and free fishing weekend.

Camping will be free Saturday night at traditional sites. Yurts, cabins and teepees are available at regular price. Parking will also be free at parks that charge a day-use parking fee.

Reservations may be made by calling 800-452-5687 before 5 p.m. Friday or online at [www.oregon-stateparks.org](http://www.oregon-stateparks.org).

The Oregon Department of Fish and Wildlife will host a free fishing weekend Saturday and Sunday. ODFW will provide gear, bait and instructions at selected locations.

For more information: [www.dfw.state.or.us/education/angling/free\\_fishing](http://www.dfw.state.or.us/education/angling/free_fishing).

**Youth football camp coming**

MONMOUTH/INDEPENDENCE — The Monmouth-Independence YMCA will host a football camp beginning Monday.

The camp will run Monday through Friday from 6 to 7 p.m. Cost is \$40. It is open to students in kindergarten through sixth grade. Deadline to register is Friday.

For more information: [www.theyonline.org](http://www.theyonline.org).

**Fearless 5K coming June 13**

DALLAS — The Fearless Youth Ministry will host the Fearless 5K June 13.

The 3.1-mile run begins at 10 a.m. at Dallas City Park on the Levens Street side.

Cost is \$25 for ages 13 and older and \$15 for 12 and younger.

Raffle tickets will also be available for \$1 for a chance to win a Traeger Pro-Tailgater grill.

All proceeds will go toward the ministry's 2015 high school Philippine Mission Team. A Filipino lunch will be included.

For more information: [www.graceindallas.org](http://www.graceindallas.org).

**YMCA to host soccer camp**

DALLAS — The Monmouth-Independence YMCA will host a micro soccer camp starting June 10. The camp, open to beginners ages 3 and 4, will meet once a week on Wednesdays for five weeks. Registration deadline is Monday. Cost is \$25.

For more information: Natascha Cronin, 503-838-4042, online at [www.theyonline.org](http://www.theyonline.org).

**STAT SHEET**

**17** The number of local baseball players who earned all-league recognition. Dallas' Logan Hatley was named the Mid-Willamette Conference's Pitcher of the Year.

**21** The total number of Polk County softball players to earn all-league honors. Dallas' Yasmine El-Hato was named the MWC's Co-Offensive Player of the Year.

**CLASS 5A PREP GIRLS SOCCER**

**Dragons turn to new face to lead squad**

*Myrold hopes to help lead Dallas girls to bigger success this season*

**By Lukas Eggen**  
The Itemizer-Observer



**Myrold**

DALLAS — Dallas High hopes a new face can lead to more success for the Dallas girls soccer team.

Kirk Myrold has been hired to take over the Dragons, Dallas Athletic Director Tim Larson said.

Myrold may be new to the Dallas family coming from Corvallis High, but he's looking to hit the ground running.

He's already gotten a head start on winning over his new players.

"This is my first year teaching at Dallas High School, and I got to know some of the

girls on the team," Myrold said. "I found out through the athletics department that the girls coach was open. I thought

with the relationships I had made in those classes that this would be fun to do. I've been around (the sport of) soccer all my life and I thought this could be a good opportunity to expand my horizons and help the girls who are coming back."

The Dragons finished 5-9 overall and 2-5 in Mid-

Willamette Conference (MWC) play during the 2014 season, finishing in sixth place. They fell to North Eugene 3-0 in the play-in round. But Myrold is hoping brighter days are ahead.

"I need to get to know the girls on the soccer field," Myrold said. "I've known some of them in the classroom. Now I need to get to know their personalities, see them on the field and how they work together. This summer and preseason I need to see how they mesh and move forward together as a soccer family. I look forward to the bumps and bruises along the way."

See **FACE**, Page 11A



LUKAS EGGEN/Itemizer-Observer file

Dallas returns several players from last season's squad, including Sarah Ussery (7). The Dragons went 5-9 in 2014.

**COLLEGE ATHLETICS**

**Pulling her weight**

*Metzgar-Deacon accepts honor*

**By Lukas Eggen**  
The Itemizer-Observer

MONMOUTH — It was a moment 17 years in the making.

Western Oregon's Director of Sports Performance Cori Metzgar-Deacon was named a Master Strength and Conditioning Coach by the Collegiate Strength and Conditioning Coaches Association (CSCCA) in a ceremony May 7. She joins elite company in her field — there are 160 master coaches nationwide, including fewer than 15 women.

Metzgar-Deacon qualified for the honor two years ago. It wasn't until now that she felt compelled to accept when — like throughout her career — she could accomplish a bigger purpose.

**A new world**

Metzgar-Deacon discovered the world of strength and conditioning coaching purely by chance.

See **MASTER**, Page 12A

**Master Coach**

**What:** Master Strength and Conditioning Coach.  
**Who:** Western Oregon Director of Sports Performance Cori Metzgar-Deacon.

**Qualifications:** In order to receive the certification, an individual must have a bachelor's degree, be a currently practicing, full-time strength and conditioning coach at the collegiate or professional level, hold current membership in the Strength and Conditioning Coaches Association and have a minimum of 12 years experience as a strength and conditioning coach on the collegiate and/or professional level.

**By The Numbers**

**3**

Number of female strength and conditioning coaches responsible for football in the NCAA.

**17**

The number of years Cori Metzgar-Deacon's career has spanned at the collegiate level.

**160**

The number of strength and conditioning coaches who have been named Master Coaches.



**CLASS 5A PREP BASEBALL**

**Dallas falls in first round**

**By Lukas Eggen**  
The Itemizer-Observer

HOOD RIVER — The Dallas baseball team saw its season come to an end after falling to Hood River Valley 5-0 in the first round of the state playoffs on May 27.

The 10th-seeded Dragons failed to record a hit during the loss as Eagles pitcher Kam Walker shut down Dallas' offense.

"He was throwing 93 MPH fastballs with a good breaking pitch," Dallas coach Scot McDonald said.



BEN MITCHELL/for the Itemizer-Observer

Dallas players and coaches look on during the team's 5-0 loss to Hood River Valley on May 27.

"Throwing strikes like that, we just don't see that. It's hard to prepare for. The kids

battled. We just ran into a really good pitcher."

See **DALLAS**, Page 12A

**It looks so easy on TV ...**

*\*This is the second of a series of columns chronicling my journey in training for my first sprint triathlon.*

I'll be honest. I'm behind on my training.

Sure, I've run four miles and swam as much as 1,000 yards. But, as of last Thursday, there was one thing that I had yet to attempt — cycling.

The truth is, my bike had moved from my closet into my living room, but hadn't left my apartment.

A quick trip to Veal's Bikes Plus in Monmouth last week, however, and I was ready to go.

And so, this past Saturday, I went for a ride.



**LUKAS EGGEN**

Commentary

I'm not sure how far I went, but I was out for an hour and a half. Upon returning, the thought hit me. I needed to step up my training.

From now until about two weeks before the Second Annual Independence Sprint Triathlon on June 27, workouts should be ramped up.

See **BIKE**, Page 11A

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