

PREP ATHLETICS

Fall sports seasons begin this weekend

Local schools to compete in jamborees to prepare for the 2015 regular season

Itemizer-Observer staff report
POLK COUNTY — The 2015 fall sports season gets underway this week as various local teams play their first games of the year.
 The Dallas football squad travels to Cascade High School to play in the Cascade Jamboree on Friday.
 The Dragons' boys and girls soccer teams will participate in the Century Jamboree on Thursday in Hillsboro.
 The girls soccer squad opens regular season play at Sprague on Tuesday.
 The boys and girls cross-country teams will participate in the Bush Park Cross Country Series race in Salem on Thursday.
 Dallas' volleyball squad opens Sept. 5 at the Southridge varsity tournament.
 Central's volleyball team opens its season at Wilsonville on Thursday, while the girls soccer team

hosts North Eugene at 7 p.m. Thursday.
 The Panthers' boys soccer team opens the 2015 campaign at Canby on Tuesday.
 Central's football squad will open its season on Sept. 4 at Bend.
 Perrydale's volleyball squad travels to C.S. Lewis Academy Thursday to take part in a jamboree before playing at North Clackamas Christian on Saturday and at Willamette Valley Christian on Sept. 2.
 The Mountaineers' volleyball team will also travel to C.S. Lewis Academy on Thursday.
 Falls City and Perrydale's football squads open the 2015 season against each other at Perrydale 7 p.m. Sept. 4.
 All schedules are from www.osaa.org.
 For full fall sports schedules, check out the Fall Sports Guide in the Sept. 2 edition of the *Itemizer-Observer*.



Dallas will see its first action of the 2015 season on Friday at the Cascade High School Jamboree.

LUKAS EGGEN/Itemizer-Observer file

NFL: Williams hopes to impress coaches



Williams hopes to draw from his experience at Western Oregon to help him succeed in the NFL.

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Williams' performance against the Seattle Seahawks in the Chargers' third preseason game could go a long way in determining his chances to make the final roster.
 "I'm feeling pretty confident about that," Williams said. "I'm doing what I'm asked to do and getting better every day. All I can do is control what I can."
 Life in the NFL is a bit different than his time at WOU. Much of Williams' free time is spent going over the playbook and preparing for the next practice instead of going to classes or hanging with friends; but that is exactly where Williams wants to be.
 "Seeing the differences between (San Diego's) training camp and (Western Oregon's) has been crazy," Williams said. "But this is a dream come true and it's helped me appreciate where I came from."

WOU: Omlid excited to play for coach Shaw

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After a stellar high school career, which included helping the Panthers win a pair of state titles and earning the OSAA Class 4A Player of the Year honors, Omlid committed to play basketball at Army.
 This summer, Omlid knew he needed a change.
 "I knew after my summer detail at West Point that I wasn't going to be in the Army," Omlid said. "I knew I was going to go to Oregon Tech or Western. Oregon Tech came after me really hard."
 Initially, Omlid signed a letter of intent to join OIT, but the Wolves had an ace up their sleeve that would turn the tide in their favor — new head coach Jim Shaw.
 "I didn't know Jim Shaw was at Western at the time," Omlid said. "He went to college with my parents. Coach Shaw gave me a call and we kept talking."
 Shaw replaces former coach Brady Bergeson, who

Omlid file

Tanner Omlid is a 6-foot-3 junior forward. He averaged 15 minutes per game during his sophomore season.
 Omlid helped lead the Central Panthers to two state championships in 2010 and 2012.

short due to a knee injury, but Omlid averaged 6.6 points, 2.2 steals and 1.4 blocks per game before then.
 Although Omlid's move to WOU represents a switch from Division I to Division II, Omlid is excited for the opportunity to continue his basketball career.
 "Almost every level of basketball is close, maybe by a couple of inches in the players," Omlid said. "There's a high level of basketball, no matter where you play. My biggest advantage is that I've had the chance to just play basketball."
 Omlid's move to Western Oregon represents a chance to fulfill a childhood dream — and he's more than ready to have his homecoming on the court this winter.
 "It's going to feel great (playing at Western Oregon)," Omlid said. "I think I'll feel at home. I can't wait to get back and play in Oregon. I feel like Western (Oregon) is the right place."

SCOREBOARD

FOOTBALL		BOYS SOCCER	
CLASS 5A MID-WILLAMETTE Friday, Aug. 28 Game Dallas at Cascade Jamboree	CLASS 5A MID-WILLAMETTE Thursday, Aug. 27 Match Dallas at Century Jamboree Tuesday, Sept. 1 Match	CLASS 5A MID-WILLAMETTE Thursday, Aug. 27 Matches Central at Canby	GIRLS SOCCER Central at Canby
COLLEGE GNAC 2015 PRESEASON COACHES POLL (predicted order of finish)	CLASS 3A-2A-1A SPECIAL DISTRICT 3 Wednesday, Sept. 2 Match W. Mennonite/Perrydale at Westside Christian	CLASS 5A MID-WILLAMETTE Thursday, Aug. 27 Matches Dallas at Century Jamboree Tuesday, Sept. 1 Match Dallas at Sprague	COLLEGE GNAC 2015 PRESEASON COACHES POLL (predicted order of finish)
School Points	School Points	School Points	School Points
1. Azusa Pacific (5) 34	1. Western Washington (6) 78	1. Western Washington (6) 78	1. Alaska Anchorage (5) 92
2. Humboldt State 30	2. Seattle Pacific (2) 71	2. Seattle Pacific (2) 71	2. Northwest Nazarene (3) 85
3. Central Washington (1) 27	3. Central Washington (1) 52	3. Central Washington (1) 52	3. Central Washington (3) 84
4. Western Oregon (1) 23	4. Montana State Billings 51	4. Montana State Billings 51	3. Central Washington (3) 84
5. Dixie State 14	5. Concordia 51	5. Concordia 51	3. Western Washington (1) 84
6. South Dakota Mines 12	6. Western Oregon 51	6. Western Oregon 51	5. Simon Fraser 58
7. Simon Fraser 6	7. Northwest Nazarene 28	7. Northwest Nazarene 28	6. Seattle Pacific 49
(first-place votes in parentheses; points awarded on a 6-5-4-3-2-1 basis)	8. Saint Martin's 22	8. Saint Martin's 22	7. Concordia 49
	8. Simon Fraser 14	8. Simon Fraser 14	8. Western Oregon 37
	(first-place votes in parentheses; points awarded on a 6-5-4-3-2-1 basis)	(first-place votes in parentheses; points awarded on a 8-7-6-5-4-3-2-1 basis)	9. Montana St. Billings 33
VOLLEYBALL	CLUB GOLF	CROSS CREEK GOLF COURSE	CROSS CREEK MEN'S CLUB
CLASS 5A MID-WILLAMETTE Thursday, Aug. 27 Match Central at Wilson	CROSS CREEK GOLF COURSE Tuesday, Aug. 18 Results Low gross/net	CROSS CREEK MEN'S CLUB Tuesday, Aug. 18 Results Low gross/net	CROSS CREEK MEN'S CLUB Tuesday, Aug. 18 Results Low gross/net
CLASS 1A CASCO LEAGUE Thursday, Aug. 27 Matches Perrydale at C.S. Lewis Jamboree Falls City at C.S. Lewis Jamboree Saturday, Aug. 29 Match Perrydale at North Clackamas Christian Wednesday, Sept. 2 Match Perrydale at Willamette Valley Christian	Low gross: 1. Ben Talonkayne-Jim Schroeder, 36; 2. (tie), Greg Fisher-Dave Watson and Lee Taylor-Jack Duncan, 37.	Low gross: 1. (tie), Allan Hadley-Brian Hallin and David Karr-Dennis Bergman, 28; 2. Lynn Hurt-Dave Voves, 29; 3. Bob Bennett-Warren Richards, 30.	Low gross: 1. Ben Talonkayne-Jim Schroeder, 36; 2. (tie), Greg Fisher-Dave Watson and Lee Taylor-Jack Duncan, 37.
COLLEGE GNAC 2015 PRESEASON COACHES POLL (predicted order of finish)	Low net: 1. (tie), Allan Hadley-Brian Hallin and David Karr-Dennis Bergman, 28; 2. Lynn Hurt-Dave Voves, 29; 3. Bob Bennett-Warren Richards, 30.	Low net: 1. (tie), Allan Hadley-Brian Hallin and David Karr-Dennis Bergman, 28; 2. Lynn Hurt-Dave Voves, 29; 3. Bob Bennett-Warren Richards, 30.	Low net: 1. (tie), Allan Hadley-Brian Hallin and David Karr-Dennis Bergman, 28; 2. Lynn Hurt-Dave Voves, 29; 3. Bob Bennett-Warren Richards, 30.
School Points			
1. Alaska Anchorage (5) 92			
2. Northwest Nazarene (3) 85			
3. Central Washington (3) 84			
3. Western Washington (1) 84			
5. Simon Fraser 58			
6. Seattle Pacific 49			
7. Concordia 49			
8. Western Oregon 37			
9. Montana St. Billings 33			
10. Saint Martin's 16			
11. Alaska Fairbanks 15			
(first-place votes in parentheses; points awarded on a 9-8-7-6-5-4-3-2-1 basis)			

Youth: New Pop Warner has more than 200 kids sign up

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 The age/weight matrix used by Pop Warner helps ensure kids are placed on teams against opponents of similar age and size, so there is no grade cutoff.
 Because of this, both leagues unintentionally began drawing from the same pool of kids for their respective leagues.
 "If a kid is in fifth grade, 10 years old and weighs 95 pounds, he can be on three different teams," Hevener said.
 That meant choosing one league could leave the other league's teams shorthanded, or friends could wind up on different teams in different leagues.
 "That won't be the case any longer."
 Pop Warner runs youth football in Dallas, but works with Kids, Inc. to reach more youth.
 "We attend board meetings to keep them apprised of what is going on, what we are doing, and what is coming up," Hevener said. "We are Dallas Pop Warner, but

we are a community sport representing Kids, Inc."
 The result is a single league, one where kids play under one banner, allowing for higher participation rates and more teams.
 "In our community, we don't have enough youth in sports to field teams for two organizations," Hevener said.
 After the decision to come together was made, the race was on to prepare for the season.
 One of the biggest challenges is ensuring parents know the deadlines for sign-ups, which occur in April and May.
 "At times, we can make an exception, but our ball is rolling in May, and teams are established in the first week of June," Hevener said.
 "We know it's tough because many kids are playing baseball during that time and it's difficult to tell families that it's too late, but from sports physicals to all the certifications needed and the formation of the teams, we are set in early summer."

Since then, volunteers have been preparing for the season, which begins this week.
 "We have background checks, safety checks, gear inspection, issuing the equipment, certifying each player to make sure they are in the right league based on age and weight, and grades are also incorporated," Hevener said. "There's a lot that goes into the formation of a team."
 This year also marked the start of a youth cheer program.
 "Last year, we went to football games and would see a girl or two cheering," Hevener said. "The parents said, 'why can't we do a cheer program for them,' and I agreed with them."
 About 30 girls are involved with two cheer squads and six coaches.
 As Pop Warner and Kids, Inc. look to help both the football and cheer programs grow, player safety remains a concern across the country. Hevener said the league is doing all it can

to ensure the safest conditions possible thanks to the age/weight safety matrix.
 "It's not just pitting kids of equal age together, it factors in age and weight ranges as well," Hevener said.
 That means kids are grouped with players of similar size, allowing for safer playing conditions.
 In addition, sideline personnel must be certified in Heads Up, a national program aimed at teaching safer tackling and blocking techniques. Training for CPR/First Aid and recognizing conditions, like heat exhaustion, are also taught.
 With the youth football season kicking into full gear, Hevener isn't sure how big the league can grow, but has seen players from Dallas and Perrydale participate.
 No matter what you're looking for, Hevener said this new arrangement will offer opportunities for all.
 "It doesn't matter if you're the best athlete or just looking to get active, we have a spot for you," Hevener said.

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