

SCHEDULE

WEDNESDAY, OCT. 14
Cross-country: Central at Silverton, 4:45 p.m. Dallas vs. Corvallis, Crescent Valley, and South Albany (at Dallas City Park), TBA.

THURSDAY, OCT. 15
Boys soccer: Corvallis at Central, 4 p.m. Dallas at Lebanon, 4 p.m.

Girls soccer: Central at Corvallis, 7 p.m. Lebanon at Dallas, 4 p.m. Western Oregon at Saint Martin's 12:15 p.m.

Volleyball: Silverton at Central, 6 p.m. Dallas at Crescent Valley, 6 p.m. Crosshill Christian at Falls City, 5:30 p.m. Perrydale at Jewell, 5:30 p.m. Western Oregon at Montana State Billings, 6 p.m.

FRIDAY, OCT. 16
Football: Central at Silverton, 7 p.m. Crescent Valley at Dallas, 7 p.m. Falls City at Triangle Lake, 7 p.m.

SATURDAY, OCT. 17
Football: Central Washington at Western Oregon, 1 p.m.

Girls soccer: Western Oregon at Concordia, 7 p.m.

TUESDAY, OCT. 20
Boys soccer: Lebanon at Central, 6 p.m. Silverton at Dallas, 4 p.m.

Girls soccer: Central at Lebanon, 4 p.m. Dallas at Silverton, 6 p.m.

Volleyball: Central at Corvallis, 6 p.m. Lebanon at Dallas, 6 p.m. Livingstone Adventist at Falls City, 5:30 p.m. C.S. Lewis at Perrydale, 5:30 p.m.

WEDNESDAY, OCT. 21
Cross-country: Central, Dallas at Mid-Willamette Conference Championships at Crystal Lake Sports Park, Corvallis, 2 p.m.

Schedules Subject to Change

QUICK HITS

Avgi named to preseason list

PORTLAND — Western Oregon senior forward Andy Avgi has been named to the Division II Bulletin's annual preseason Super 16 list.

Avgi was named the 2015-16 Great Northwest Athletic Conference Men's Basketball Preseason Player of the Year award.

Avgi averaged 18.5 points, 5.9 rebounds and 1.4 steals per game during his junior season. He helped Western Oregon win the GNAC regular season title and earn an appearance in the NCAA Division II West Regional.

Avgi was also named to the Sporting News' Division II Preseason All-American First Team.

STAT SHEET

9 The number of touchdowns Perrydale's football team score against lone, including three on defense. The Pirates defeated lone 62-20 on Thursday evening to improve to 6-0.

3 The number of volleyball teams in the Mid-Willamette Conference that entered the week tied for third with a 5-5 record in league play: Central, Dallas and Corvallis.

DALLAS VOLLEYBALL



By Lukas Eggen
The Itemizer-ObsERVER

DALLAS — The Dallas volleyball team wasn't supposed to be in contention.

With nearly half (five) of its team on varsity for the first time, the Dragons were supposed to be facing a year of transition.

"We have a lot of heart," senior Maci Ackerman said. "This team, we never give up. We've gone five sets with Central, five sets with Corvallis and no one really expected that from us. We wanted to prove something."

Dallas hopes to prove it belongs among the Mid-Willamette Conference's top teams.

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LUKAS EGGEN/Itemizer-ObsERVER

Seniors Maci Ackerman and Cambria Blair have helped lead the Dragons' volleyball team during the 2015 season.

FALLS CITY FOOTBALL

Walking before they can run

Second-year coach sees improvement on week-to-week basis

By Lukas Eggen
The Itemizer-ObsERVER

FALLS CITY — Falls City football coach Laric Cook isn't used to having to wait.

During his tenure as head coach at Mohawk, Cook won his first of two state titles in 2005, just two years after taking over the program in 2003.

"It just seems I've had early success everywhere I've been before," Cook said.

Since becoming the Mountaineers' coach in 2014, Cook has made it his mission to change the culture around the football program. Now, he's finding out that task will have to be taken one step at a time.

Playoff push

• Special District 3 will be split into a north and south division. The north contains Siletz Valley, Triangle Lake, Mapleton, Alsea and Falls City. The Mountaineers entered the week in fourth place.

• The second seed from the north will host the third seed from the south and vice versa. The winners of those games will advance to the Class 1A state playoffs. Division winners automatically qualify.

Cook knew Falls City presented a different challenge than any of his previous stops, including a smaller team, and a different attitude from players.

Last year, Cook began implementing his plan, including weight room workouts and more.

The Mountaineers opened the season with a 28-24 loss to Perrydale, a team that entered the week undefeated and has scored 36 or more points in each of its other games.

On Friday, Falls City (1-5 overall, 1-1 Special District 3) lost to Siletz Valley 36-32.

"We just fell a little short," Cook said. "When you're changing things around here, you're going to have that. I'm proud of the kids. They played their butts off and they get better every week."

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LUKAS EGGEN/Itemizer-ObsERVER

Falls City coach Laric Cook talks to players during the Mountaineers' 36-32 loss on Friday night.

CENTRAL GIRLS SOCCER

Torres helps rally teammates together



LUKAS EGGEN/Itemizer-ObsERVER

Senior Naomi Torres prepares to shoot during practice.

By Lukas Eggen
The Itemizer-ObsERVER

INDEPENDENCE — Senior Naomi Torres knew something wasn't right with the Panthers.

Eleven players stepped onto the field for each , but there was a disconnect.

"We had a lot of players who were playing well by themselves, but not working together," Torres said. "We were like zombies out there."

The team wasn't truly together, Torres said.

That needed to change and quickly.

Up next

• Central plays at Corvallis on Thursday and at Lebanon on Tuesday. The Panthers close the regular season at home against Crescent Valley on Oct. 22 and Woodburn on Oct. 27.

• The Panthers entered the week in search of their first victory of the season.

"We started to have team bonding and we really grew close to each other," Torres said.

Among the team building included hosting team functions at her house.

As one of the team's few returning varsity players, Torres took it upon herself to help bring players closer on

and off the field. "We're playing together now," Torres said. "We have great chemistry."

Now, the Panthers look to turning that chemistry in success on the field. Central entered the week 0-7 overall and in search of its first victory.

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