

CENTRAL ROUNDUP

Volleyball defeats Crescent Valley in five sets

Panthers enter the week in a three-way tie for third place in the Mid-Willamette Conference

Itemizer-Observer staff report
CORVALLIS — The Central volleyball team earned a 25-15, 25-22, 17-25, 16-25, 15-5 road victory over Crescent Valley on Oct. 7.

"The girls played well overall," Panthers coach Claudine Mendazona said. "I was pleased to get the win."

Krista Omlid helped lead Central with 22 kills and three blocks, while Alex Dowdell added 18 kills and 25 digs. Kylie Nash recorded four aces and 47 aces during the victory.

The Panthers played Lebanon Tuesday after press



Nash

Panthers entered the week in a three-way tie for third place in the MWC with Dallas and Corvallis with a 5-5 mark in league play.

BOYS CROSS-COUNTRY TAKES FIFTH: Central's boys cross-country squad placed fifth at the George Fox XC Invitational on Saturday. Junior



Hartford

Zachary Meyer placed 41st in 17 minutes, 39.6 seconds to lead the Panthers, while senior Darien Hume took 42nd in 17:40.6. The girls squad placed 12th. Sophomore Baillie Hartford finished fifth overall in 19:58.3, while senior Jamie Smith placed 41st in 21:26.6. Central will compete at Silverton Wednesday (today) in the team's final race before the Mid-Willamette Conference

Championships on Oct. 21.

FOOTBALL FALLS IN THRILLER: For the second time in as many weeks, Central's football team lost a heart-breaker, falling to Lebanon 36-35 on Thursday. "The Panthers played a much improved Lebanon Warriors," Central coach Shane Hedrick said. "As a whole, the Panthers improved on both sides of the ball. We are looking to reduce or limit the number of big plays on defense, while at the same time increase the big play opportunities on offense." Quarterback Peter Mendazona threw for 238 yards and four touchdowns, while receiver Peter

Mason had four receptions for 130 yards and two touchdowns to lead the Panthers on offense. Senior defensive lineman Opeti Tuipulotu had seven total tackles to help lead the defense, as Central built a 35-15 lead in the third quarter. The Warriors scored the final 21 points of the game to earn the victory. The Panthers play at Silverton on Friday. Central dropped to 3-3 overall and 2-2 in league play and into a three-way tie with Silverton and Corvallis. Lebanon, South Albany and Crescent Valley are tied for first place in the conference with a 3-1 league record. The top four teams advance to the

state playoffs. "Friday's game at Silverton will be a must win for both teams," Hedrick said.

BOYS SOCCER LOSES TO SOUTH ALBANY: Central's boys soccer team lost to South Albany 1-0 on Oct. 6. The Panthers (2-5-2 overall, 1-1 MWC) played Silverton Tuesday after press time. Central hosts Corvallis Thursday at 4 p.m. and Lebanon Tuesday at 6 p.m. The Panthers entered the week in a three-way tie for fourth with four matches to play. The top two teams in the league earn an automatic berth into the state tournament. The third through sixth place teams advance to the play-in round.

Rally: Central looks for win

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Central coach Joe Orozco said the team must overcome its inexperience and nervousness.

"We're a young team," Orozco said. "We're nervous at the start of matches and we don't get more aggressive until we're two or three goals down."

Much of that apprehension comes from having many first-year varsity players playing major roles.

That includes freshman midfielder Ana Becerra, who is helping to fill in for junior co-captain Alyssa Orozco, who suffered a torn ACL during the first match of the season.

"I think we're making progress," Becerra said. "In the first half, I think we're more worried about making mistakes. By the second half, that's when we get more relaxed and start doing well."

Finding that balance between playing without nerves and wanting to succeed has been a work in progress, Orozco said.

While the process has been a long journey, it's one that players are embracing. While the final results may not be what they hope for, Orozco said the building blocks are being laid for future success.

"The girls always play hard," Orozco said. "No matter if they get down early, they keep playing hard. We're young. We want to bring them up to speed, but it's hard to do when you're already in the season. They don't quit, though."



Torres

Stretching out



LUKAS EGGEN/Itemizer-Observer

Falls City junior outside hitter/middle blocker Anna Lammers attempts to hit the ball over during the Mountaineers' match against Perrydale on Thursday evening. Falls City lost to Perrydale 25-16, 25-6, 25-13. The Mountaineers opened the week by defeating Jewell 25-19, 17-25, 25-15, 25-17 on Oct. 6. Falls City entered the week with a 5-6 record in Casco League play and tied for fourth with Willamette Valley Christian.

DALLAS ROUNDUP

Cross leads cross-country

Boys cross-country team places seventh at invitational

Itemizer-Observer staff report
GERVAIS — Dallas' boys cross-country team placed seventh at the George Fox XC Invitational on Saturday.

Freshman Trevor Cross placed 24th overall in 17 minutes, 22 seconds to lead the Dragons.

Senior Cody Tilgner placed 55th in 17:52.1.

The girls placed 21st. Senior Elizabeth Sutton took

70th in 22:03.8, while senior Angie Sletten finished 92nd in 22:39.6 to lead the Dragons.

Dallas hosts Crescent Valley, Corvallis and South Albany Wednesday (today) at 4 p.m. at Dallas City Park.

The meet is the Dragons' final race before the Mid-Willamette Conference Championships in Corvallis on Oct. 21.

CORVALLIS SHUTS OUT DALLAS FOOTBALL: Corvallis running back Hunter Mattson rushed for 215 yards and four touchdowns, as Corvallis shut out Dallas 35-0 on Thursday. The Spartans gained 325 yards

on the ground. Dragons' running back Alex Hofferber rushed for 88 yards, but Dallas failed to find the end zone, despite 10 first downs. Dallas (1-5 overall, 1-3 MWC) hosts Crescent Valley Friday at 7 p.m. in the school's Homecoming game.

BOYS SOCCER FALLS: Dallas' boys soccer team lost to Woodburn 10-0 on Oct. 6. The Dragons (1-6-2 overall, 0-2 MWC) played Crescent Valley Tuesday after press time. Dallas plays at Lebanon on Thursday before hosting Silverton Tuesday at 4 p.m. in the team's final home match of the season.

GIRLS SOCCER EARNS TIE:



Ussery

Dallas' girls soccer team earned a 1-1 tie against Woodburn on Oct. 6. Junior midfielder Sarah Ussery scored for the Dragons. Dallas played at Crescent Valley Tuesday after press time. The Dragons host Lebanon Thursday at 4 p.m. and travel to Silverton on Tuesday.

Dallas entered the week in third place in the MWC with a 2-6-1 record overall and 1-0-1 mark in league play.

Seniors: DHS tied for third

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The 2015 season hasn't gone according to plan for Dallas senior Cambria Blair.

Blair, one of six Dragon seniors, was expected to play a major role on the court.

A pulled abdominal muscle and a concussion forced Blair to miss the first half of the season.

"It's not the way you want your senior year to go," Dallas coach Shana Lavier said.

Blair hopes to make up for lost time and help, along with her fellow seniors, to inspire her teammates.

"She's coming back with a vengeance," Lavier said. Blair and Ackerman have helped bring a high energy to the court — one that has helped inspire their teammates.

"I want us to play for every touch," Blair said. "I don't want us to just be in it for the game, but for every touch and to really have fun and work hard."

The Dragons entered Tuesday's match against Corvallis with a 5-5 record in Mid-Willamette Conference play and tied for third place in the MWC with Corvallis and Central. Crescent Valley and South Albany are tied at 4-6 in MWC play.

Dallas ends the regular season with matches against Lebanon and Silverton, the MWC's top two teams.

"We want to go out and have fun because when we do play together as a team, we're a force to be reckoned



Blair

with," Ackerman said. "We're going to go against some tough teams and we want to be at our peak, play together and just have fun."

The matches will have big impacts on postseason play. The top two teams in the league gain an automatic berth to the state playoffs. The third and fourth seeds host a play-in match, while the fifth and sixth seeds will play on the road.

Dallas may be fighting for postseason position, but Lavier isn't putting too much emphasis on where they end up.

"I had been pushing power rankings and postseason probably too much and probably lost focus on the immediate and what has to happen right now instead of long term," Lavier said. "We just need to get back to our foundation — playing solid defense and ensuring the girls are having fun on the court."

Wherever the Dragons end up, Blair said they'll be ready to face anyone in the state.

"I would love to win, that would be awesome," Blair said. "I want to compete, no matter who we play."

As Dallas prepares to face the MWC's top teams, the seniors know when they truly play to their potential, they can compete with anyone in the league.

"When we have fun and come together, it's really good," Ackerman said. "We've been on a roller coaster. We want to hit that peak and go from there."

Strength in numbers



WOU ATHLETICS/for the Itemizer-Observer

Western Oregon defenders make a tackle against North Alabama on Saturday afternoon. The Wolves earned a 24-22 victory over North Alabama, improving their record to 3-3 overall.