

WESTERN OREGON WOMEN'S BASKETBALL

Bromagem, Wolves look for breakout season

By Lukas Eggen
The Itemizer-Observer



Bromagem

MONMOUTH — Western Oregon senior Michelle Bromagem entered the 2014-15 season as a walk-on for the women's basketball team.

"I was used to playing lots of minutes," Bromagem said. "Even from my freshman year in high school, I played a lot."

Bromagem appeared in all 26 games during the 2014-15 season, but struggled to find significant minutes on an experienced roster.

At first, the lack of playing time affected the then junior, but Bromagem decided to turn a difficult situation into a positive.

"I changed my mind set," Bromagem said. "I wanted to make my teammates better. Whatever my role was, I wanted to put myself fully into that role."

The senior spent the off-season focused on increasing her fitness level.

"I didn't have access to a gym, so I put in a lot of time conditioning so I could work on shooting and ball handling when I got here," Bromagem said.

She entered the season in possibly the best shape of her life. Now, Bromagem is set to play a major role for the Wolves.

Aside from junior guard Jordan Mottershaw — the team's second leading scorer last season — WOU will feature an all-new starting lineup — one that will likely see Bromagem play a major role.

"Her leadership has really set the tone for this team," WOU coach Holli Howard-Carpenter said. "She's more of a (shooting) guard, but we'll have her playing the point for us. She keeps us settled and organized, and she's a great defender."

The Wolves will see six returning players and six new faces.

"Most of us were bench players last year and we had to work hard to get here,"



Jordan Mottershaw is the top returning scorer for WOU.

Bromagem said. "We want to limit turnovers, bump up our scoring and we want to be the hardest working team in the conference."

Western Oregon, which opened the season with a pair of losses to California State, East Bay, and California State, Monterey Bay, on Friday and Saturday, will work to finalize its starting lineup before conference play begins.

"I think right now we have certain groups that are comfortable with each other," Howard-Carpenter said. "It's my job to figure out a pattern and rotation that works

for us. It will be frustrating at times, but they're learning a little bit each day. These games are just as important for us as a (Great Northwest Athletic Conference) game. I don't care whether you're a freshman or a senior. We're looking for consistency. I want to know what I can get with who I put on the floor."

Bromagem is eager to start the season. "I've learned to take initiative with whatever my role is," she said. "I'm going to work hard on the court and help my teammates. I've learned to be more confident in myself."

WOU women's basketball

Coach: Holli Howard-Carpenter (third season).
2014-15 record: 8-18 overall, 5-13 GNAC.
Key returners: Jordan Mottershaw, junior guard; Emily Howey, senior center; Sami Osborne, sophomore guard/forward; Sydney Azorr, sophomore guard.
Key newcomers: Jazmin Bembry, junior guard; Launia Davis, junior guard.

2015-16 SCHEDULE

Schedule table listing dates, opponents, and times for the 2015-16 season.

* Great Northwest Athletic Conference game

CENTRAL FOOTBALL

Crater rallies for win to eliminate Central

Itemizer-Observer staff report
CENTRAL POINT — The Central football team pushed Crater to the brink before falling 24-21 in the quarterfinals of the 5A state playoffs on Friday.

"Going down and playing the No. 2 ranked team in 5A and having to take that road trip presents challenges," Central coach Shane Hedrick said. "I thought we played a great game. They never quit, and battled and battled and battled, and took it right down to the last few minutes of the game. I couldn't be any prouder of the players and coaches and the community who supported us."

Quarterback Peter Mendazona threw for 306 yards and two touchdowns, both of which went to Peter Mason, who had 200 receiving yards. The game was close throughout, with Crater grabbing its first lead with 3:20 left in the game.

The Comets held on for the victory to advance to the 5A semifinals.

The Panthers (7-4 overall) ended the season with several standout performers, including running back

Alvin Berroa, who ran for 1,606 yards and 15 touchdowns. Paving the way on the offensive line were two unsung heroes, Hedrick said.

"Xavier Morales and Gabe Arreguin were the two smallest offensive linemen in the conference. They never got any ink in the paper because they weren't what we would call ballers, but they showed up in the trenches and worked hard every single day," Hedrick said.

Central will see many core players returning, including Mendazona, Mason, defensive lineman Marlon Tuipulotu, but returning to the state playoffs won't be an easy task.

"Experience is always good," Hedrick said. "The biggest thing they're going to have to do is we had some great senior players who are leaders on and off the field. The younger kids learned from that leadership. Until you become a leader, it's hard to be one without experience. Coming back, they have a tremendous amount of work to do to get back to this level that we were at."

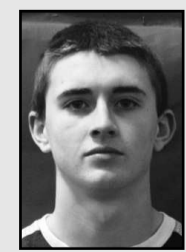
Itemizer-Observer

Athlete of the Week



Tanner Omlid
Western Oregon

Omlid, a sophomore guard, made his Western Oregon debut against Point Loma on Friday. Omlid made the most of his first game, scoring a game-high 28 points and eight rebounds in 24 minutes and shooting 13-of-14 from the field. Omlid followed that performance with another strong game against Fresno Pacific on Saturday. Omlid scored 12 points and grabbed 14 rebounds as WOU started 2-0.



Haylen Janesofsky
Perrydale High

Janesofsky, a junior running back/cornerback, had a big game for Perrydale's football team. Janesofsky scored three touchdowns, including a 42-yard score in the second quarter as the Pirates rallied to defeat Wallowa 42-36 in the quarterfinals of the 1A state playoffs. Perrydale will play Dufur Saturday at Hillsboro Stadium.

To submit nominations for the Itemizer-Observer Athlete of the Week, contact Sports Editor Lukas Eggen at 503-623-2373 or leggen@polkio.com by 9 a.m. on Monday.

FOOTBALL

CLASS 5A MID-WILLAMETTE

Table showing football standings for Class 5A Mid-Willamette.

CRATER 24, CENTRAL 21

Game recap table for Crater vs Central, including quarter scores and key plays.

SPECIAL DISTRICT 4

Table showing football standings for Special District 4.

PERRYDALE 42, WALLOWA 36

Game recap table for Perrydale vs Wallowa, including quarter scores and key plays.

Saturday, Nov. 21 Game State playoffs, semifinals

Dufur vs. Perrydale at Hillsboro Stadium

COLLEGE GNAC

Table showing college football standings for GNAC.

HSU 29, WOU 13

Game recap table for Hsu vs Wou, including quarter scores and key plays.

WOU 82, FRESNO PACIFIC 73

Game recap table for Wou vs Fresno Pacific, including quarter scores and key plays.

SCOREBOARD

Chasing him down



Western Oregon defensive back Breeon Moreno (24) attempts to bring down a Humboldt State runner on Saturday afternoon.

Concordia def. Western Oregon 25-23, 26-24, 25-21
Saturday, Nov. 14 Result
Western Oregon def. Montana State Billings 15-25, 18-25, 26-24, 25-22, 15-9
Thursday, Nov. 19
Western Oregon at Alaska Fairbanks
Saturday, Nov. 21 Match
Western Oregon at Alaska Anchorage
End of regular season

Higgins 3, Krannitz 1, Solarin 1, Hutchings 1; Western Oregon 9 (Alexander 2, Roth 2, Wiley 2, Nichols 1, Omlid 1, Strickland 1)

Friday, Nov. 20 Game
California State, Monterey Bay at Western Oregon
Saturday, Nov. 21 Game
Warner Pacific at Western Oregon

CROSS COUNTRY

COLLEGE

Saturday, Nov. 21 Meet
NCAA Championship

COLLEGE BASKETBALL

GNAC MEN

Table showing college basketball standings for GNAC Men.

WOU 82, POINT LOMA 76

Nov. 13 Box Score
POINT LOMA (76) — Rodriguez 16, Okhotin 14, Welfringer 14, Burnham 10, Planeta 9, Lancona 8, Jackson 3, Gilbert 2, Watkins, Roedel. Totals 27-48 11-17 76.
WESTERN OREGON (82) — Omlid 28, Nichols 14, Roth 13, Alexander 11, Strickland 9, Chirnside 4, Wiley 3, Thompson, Alaby. Totals 26-62 21-30 82.

WOU 82, FRESNO PACIFIC 73

Nov. 14 Box Score
FRESNO PACIFIC (73) — Paul 19, Higgins 11, Viney Jr. 11, Krannitz 10, Shea 8, Solarin 4, Hutchings 3, Herzig 3, Bigum 2, Mohammadi 2. Totals 25-52 17-20 73.
WESTERN OREGON (82) — Alexander 17, Nichols 16, Roth 16, Wiley 13, Omlid 12, Strickland 8, Thompson, Alaby, Chirnside. Totals 26-62 21-30 82.

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Nov. 7-8 Results (BDST placers)

BOYS

200 freestyle (11-12) — 1, David Beasley, 3:13.93. 200 freestyle (13-14) — 6, Isiah Dressel, 2:39.57. 200 freestyle (15 and over) — 2, Ryan Kennedy, 2:09.18. 100 breaststroke (13-14) — 6, Isiah Dressel, 1:42.62. 100 breaststroke (15 and over) — 7, Ryan Kennedy, 1:30.34. 50 backstroke (8 and under) — 2, Cash Hagedorn, 1:04.24. 100 backstroke (11-12) — 5, David Beasley, 1:45.74. 25 freestyle (8 and under) — 3, Cash Hagedorn, 25.72. 100 freestyle (13-14) — 6, Isiah Dressel, 1:12.75. 100 freestyle (15 and over) — 3, Ryan Kennedy, 59.08. 200 individual medley (13-14) — 5, Isiah Dressel, 3:08.74. 25 backstroke (8 and under) — 5, Cash Hagedorn, 28.16. 50 backstroke (11-12) — 8, David Beasley, 49.41. 200 breaststroke (13-14) — 5, Isiah Dressel, 3:33.62. 50 freestyle (9-10) — 10, Kasan Utz, 1:04.90. 50 freestyle (13-14) — 4, Isiah Dressel, 31.67.

GIRLS

200 freestyle (9-10) — 6, Lonny Stork, 3:03.64; 7, Sydney Alamein, 3:08.78. 200 freestyle (11-12) — 5, Taylor Hagedorn, 2:43.66; 6, Maddie Altenburg, 2:45.08; 7, Jaden Irwin, 2:45.96. 25 breaststroke (8 and under) — 1, Gentry Hagedorn, 23.69. 50 breaststroke (9-10) — 5, Lonny Stork, 48.12; 6, Sydney Alamein, 50.11; 13, Kaitlyn Landis, 53.19. 50 breaststroke (11-12) — 10, Jaden Irwin, 50.86; 16, Madison Hanson, 1:00.25. 100 breaststroke (13-14) — 6, Isiah Diaz, 1:39.54. 100 breaststroke (15 and over) — 3, Nicole Bolstad, 1:19.68; 7, Elizabeth Dressel, 1:27.04. 200 freestyle relay (12 and under) — 5, Dallas G (Gentry Hagedorn, Madison Hanson, Sydney Alamein, Kaitlyn Landis), 2:51.01. 100 backstroke (11-12) — 6, Maddie Altenburg, 1:31.80; 7, Jaden Irwin, 1:33.23. 200 backstroke (15 and over) — 1, Elizabeth Dressel, 2:24.50; 6, Emily Beasley, 3:18.13. 50 butterfly (8 and under) — 1, Gentry Hagedorn, 45.71. 100 butterfly (9-10) — 1, Lonny Stork, 1:39.09; 2, Sydney Alamein, 1:45.51; 4, Kaitlyn Landis, 1:55.08. 100 butterfly (11-12) — 4, Taylor Hagedorn, 1:33.06. 200 butterfly (15 and over) — 5, Emily Beasley, 3:33.00. 25 freestyle (8 and under) — 1, Gentry Hagedorn, 17.22; 12, Emma Irwin, 29.98. 100 freestyle (9-10) — 11, Kaitlyn Landis, 1:26.04. 100 freestyle (11-12) — 7, Taylor Hagedorn, 1:15.80; 10, Maddie Altenburg, 1:21.97; 16, Madison Hanson, 1:53.73. 100 freestyle (13-14) — 6, Isiah Diaz, 1:13.54. 100 freestyle (15 and over) — 3, Elizabeth Dressel, 1:00.84; 6, Nicole Bolstad, 1:04.48. 400 individual medley (15 and over) — 1, Emily Beasley, 7:02.55. 100 individual medley (11-12) — 4, Taylor Hagedorn, 1:27.32. 200 individual medley (8 and under) — 1, Gentry Hagedorn, 3:53.23. 200 individual medley (9-10) — 2, Lonny Stork, 3:15.15; 3, Maddie Altenburg, 3:26.14. 200 individual medley (11-12) — 2, Jaden Irwin, 3:08.19; 4, Maddie Altenburg, 3:26.14. 200 individual medley (13-14) — 4, Isiah Diaz, 3:06.81. 200 individual medley (15 and over) — 3, Jolie-Rae Ford, 2:29.52; 6, Emily Beasley, 3:24.02. 25 backstroke (8 and under) — 8, Emma Irwin, 33.46. 50 backstroke (9-10) — 10, Emmy Pfankuch, 1:34.03. 50 backstroke (11-12) — 7, Madison Hanson, 54.01. 100 backstroke (15 and over) — 1, Elizabeth Dressel, 1:06.93. 200 medley relay (12 and under) — 2, A (Maddie Altenburg, Taylor Hagedorn, Lonny Stork, Jaden Irwin), 2:46.66; 5, B (Gentry Hagedorn, Madison Hanson, Kaitlyn Landis, Emma Irwin), 3:44.06. 200 medley relay (13 and over) — 2, A (Elizabeth Dressel, Nicole Bolstad, Jolie-Rae Ford, Isiah Diaz), 2:10.67. 50 breaststroke (8 and under) — 1, Gentry Hagedorn, 52.78. 100 breaststroke (11-12) — 5, Taylor Hagedorn, 1:39.35; 11, Madison Hanson, 2:19.69. 200 breaststroke (15 and over) — 2, Nicole Bolstad, 3:03.21; 3, Emily Beasley, 3:54.64. 25 butterfly (8 and under) — 1, Gentry Hagedorn, 20.75. 50 butterfly (9-10) — 2, Lonny Stork, 40.47; 4, Kaitlyn Landis, 48.77. 50 butterfly (11-12) — 3, Jaden Irwin, 39.22. 50 freestyle (8 and under) — 5, Emma Irwin, 1:08.37. 50 freestyle (9-10) — 2, Lonny Stork, 34.57; 8, Kaitlyn Landis, 39.16; 14, Emmy Pfankuch, 1:44.77. 50 freestyle (11-12) — 4, Jaden Irwin, 36.11; 7, Maddie Altenburg, 37.24; 10, Madison Hanson, 46.04. 50 freestyle (15 and over) — 1, Jolie-Rae Ford, 27.25; 3, Elizabeth Dressel, 28.55; 5, Nicole Bolstad, 28.63. 500 freestyle (11-12) — 4, Taylor Hagedorn, 7:24.89; 5, Maddie Altenburg, 7:48.39. 500 freestyle (13-14) — 1, Isiah Diaz, 7:02.71. 500 freestyle (15 and over) — 1, Jolie-Rae Ford, 5:37.92; 3, Emily Beasley, 7:55.19.

CLUB SWIMMING

BLUE DOLPHINS
AAA Turkey Dive
at Albany Community Pool