

Swim: Dressel aims for state

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“I thought I’d be pretty slow,” she said. “Mostly, I was nervous because I wanted to be accepted. That was my main concern. I thought they’d already



Dressel
“I don’t know what it was, but I loved it,” Dressel said. “The seniors were super inviting and the team always included me. It took me a couple weeks to get back into it, but after that, I was back.”
Dressel tried a number of different events before settling on the backstroke as her primary event.
“I honestly liked it because I could breathe,” Dressel said.
As a freshman, Dressel came within 1/10 of a sec-

ond of setting a new school record in the 100-yard backstroke.
By the end of her sophomore year, that mark was hers.
It’s an experience Dressel hopes others can learn from — that no matter where you start, great things are possible if you’re willing to work for it.
“They think swimming is so hard and impossible for them (at first),” Dressel said. “The first two weeks are always rough. After the first two weeks, they start to enjoy the sport more. It’s fun to see that.”
While she never planned on being a swimmer in high school, she’s finding new ways to stay motivated and to make her final year a special one.
“I see people who come in and never swam before and improve a lot,” Dressel said. “That encourages me. If they can do this, then I can swim a little faster. They help me as much as I help them.”

WESTERN OREGON ROUNDUP

Omlid finds home at WOU

Itemizer-Observer staff report

MONMOUTH — When Western Oregon sophomore Tanner Omlid transferred from Army, he was confident the Wolves’ men’s basketball team would be good.
Even he is surprised that WOU has been this successful.
“We knew we were going to be a solid team,” Omlid said. “I didn’t know we’d be 8-0. We’re very pleased right now.”
Western Oregon defeated Montana State Billings 91-69 on Saturday to improve to 8-0 overall and 2-0 in Great Northwest Athletic Conference play. Andy Avgi scored a game-high 27 points. Omlid added 19 points, six rebounds, three steals and two blocks.
“I wanted to work up the ranks, work hard and get some respect on the court,” Omlid said. “I just try to play hard. The team that works harder is usually the team that comes out on top. I learned that in high school and try to translate that into college.”
Devon Alexander added 19 points and 11 rebounds.
Six different players have scored 20 or more points this season.
“We want to swing the ball to whomever is shining at the moment,” Alexander said. “We try to get him the ball, pick our spots and see what happens from there.”
WOU’s start is the team’s best since the 1981-82 season, when the Wolves began the season 22-0. Players are doing their best to keep things in perspective.
“We can’t get ahead of ourselves,” Alexander said. “We’ve done a lot but nothing yet at the same time.”
WOU hosts Corban Friday at 7 p.m. before playing at the University of California, San Diego on Monday.
WOMEN’S BASKETBALL FALTERS IN FOURTH QUARTER: The Western Oregon women’s basketball team couldn’t hold on to a fourth quarter lead, falling to Saint Martin’s 75-71 on Saturday. Jordan Mottershaw scored 14 points to lead the Wolves. Kelsey Henry added 13. WOU (1-7 overall, 0-2 GNAC) also lost to Seattle Pacific 79-58 on Thursday. The Wolves host California Baptist University Saturday at 2 p.m.



Omlid

DALLAS ROUNDUP

Dallas faces slow starts in opening games



LUKAS EGGEN/Itemizer-Observer

Dallas’ Mitchell Laizure (center) fights for a loose ball against McMinnville.

Itemizer-Observer staff report

DALLAS — Dallas’ boys basketball team split its season-opening games last week. The Dragons held on to defeat McKay 76-75 on Dec. 2 before losing to McMinnville 43-39 on Friday.
“We had slow starts in the first quarters of both games which put us in holes of varying degrees,” Dallas coach Trent Schwartz said. “I thought we showed some maturity to battle back and make adjustments by the second quarter of both games.”
Everett Minahan scored 22 points and had eight assists and six rebounds against McKay. Avery Welty added 14 points and Mitchell Laizure scored 13 points.

Against McMinnville, the Dragons struggled to stop Aaron Baune on the inside.
“We’ll need to improve our interior defense going forward, as that was our second game in a row giving up 28 points to an opponent’s big (man),” Schwartz said.
Dallas hosts Mountain View Friday at 7 p.m. and Redmond Saturday at 2:30 p.m.
WRESTLING TAKES SECOND AT TOURNAMENTS: Dallas’ wrestling team kicked off its season with a pair of second-place finishes at McNary and the Perry Burlison Classic.
The Dragons finished behind McNary on Friday and narrowly missed first place behind Crook County on Saturday at the Classic. Joseph Foster (113 pounds), Tanner Earhart (160), Treve Earhart (170), Jeff Dungan (182) and Marcus Molina

(220) placed second on Saturday to lead the Dragons. Jacob Jones (113), Jesse Stuhr (120), Noah Sickles (132) and Clay Coxen (195) placed third.
“I got what I expected out of our stronger wrestlers,” Dallas coach Tony Olliff said. “I was pleasantly surprised by Nick Nelson and Tylor Vandembroeke. Dawson Barcroft, Jacob Jones, Joe Foster and Jesse Stuhr are lighter guys who have me kind of excited right now.”
The Dragons will compete at the McKay Holiday Classic Saturday at 9 a.m.
GIRLS BASKETBALL DEFEATS CHURCHILL: Dallas’ girls basketball squad defeated Churchill 35-32 on Dec. 2. Statistics were not available. The Dragons play at Mountain View on Friday and at Redmond on Saturday before hosting Jesuit Tuesday at 7 p.m.

CENTRAL ROUNDUP

Wrestling places second

Itemizer-Observer staff report

TILLAMOOK — Central’s wrestling team took second at the Tillamook Country Smoker on Friday.
Collin Swinehart (160 pounds), Sam Crow (195) and Marlon Tuipulotu (285) placed first to lead the Panthers.
John Lippsmeyer (152), Gabriel Arreguin (170) and David Negrete (195) finished second in their respective weight classes.

The Panthers are off until Dec. 18 when the team will host the Central Invitational.
GIRLS BASKETBALL WINS SEASON-OPENER: Central’s girls basketball team rolled to a 57-32 win over Centennial on Friday. The Panthers (1-0 overall) led by 13 after the first quarter and cruised to the win from there. Krista Omlid scored a game-high 16 points. Kylie Nash added 15 points, while Elizabeth Chavez and Alex Alvarez

added 10 each.
“I thought we moved the ball well, which resulted in balanced scoring,” Central coach Julie McDonald said. “Our defense did a great job, which created some easy scoring opportunities, and as a whole, I was pleased with our first performance.”
The Panthers played at Cascade Tuesday after press time. Central hosts Cleveland on Friday and Lincoln on Monday. Both games are scheduled to tip off at 7 p.m.

PERRYDALE BOYS BASKETBALL

Pirates fall to Willamina

Itemizer-Observer staff report

WILLAMINA — Perrydale’s boys basketball team opened its 2015-16 season with a 51-28 loss to Willamina on Dec. 2.
Devin Cruickshank and Brant Barnes led the Pirates (0-1 overall) against Willamina with eight points each.
“We played well in stretches,” Perrydale coach Mike Lowry said. “The first quarter, we saw a lot of good movement from play-

ers and the ball, and allowed us to get to the basket and allowed us get them into foul trouble quickly.”
The Pirates’ biggest struggles came with handling ball pressure on a consistent basis.
The Pirates’ games against Dufur on Friday and Southwest Christian on Monday were canceled because of weather conditions. Perrydale began league play against Jewell

Tuesday after press time. The Pirates play at C.S. Lewis on Thursday before hosting South Wasco County Saturday at 4:30 p.m. Perrydale plays at Willamette Valley Christian on Monday.
“We learned where we need to improve and will continue to work on our game,” Lowry said. “The other take-away is a lot of kids got their first real exposure to varsity level basketball.”

FALLS CITY ROUNDUP

Falls City starts strong

Itemizer-Observer staff report

FALLS CITY — Falls City’s girls basketball team started the 2015-16 season off with a pair of victories. The Mountaineers defeated McKenzie 35-33 on Dec. 2 before beating Mohawk 45-14 on Friday.
Brittany Varney scored 11 points, while Tiauannah Davis added nine against McKenzie.
Varney scored a game-high 16 against Mohawk. Sarah Mack added seven points, and Allison Kidd and Amara Houghtaling added six points each.
The Mountaineers played Willamette Valley Christian Tuesday after press time. Falls City travels to face Ed-dyville Charter on Friday before hosting Country Christian Monday at 5:30 p.m.
BOYS BASKETBALL DROPS TWO: Falls City’s boys basketball squad lost a pair of home games last week. The Moun-



LUKAS EGGEN/Itemizer-Observer

Falls City senior Tiauannah Davis looks to dribble past a Mohawk defender on Friday night.

taineers fell to McKenzie 28-26 on a buzzer beater on Dec. 2 before losing to Mohawk 63-32 on Friday. Falls City (0-2 overall) played Willamette Valley Chris-

tian Tuesday after press time. The Mountaineers play at Ed-dyville Charter on Friday and host Country Christian Monday at 7 p.m.

Process: Seniors ready to help teammates grow

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McGill and Newton were prepared for the growing pains of a young team. Instead of becoming frustrated, they’ve chosen to be positive and keep their eyes on the big picture.
“We knew it was going to be a lot of growing,” Newton said. “I think we’re excited for that challenge.”
The Pirates began league

play against Jewell Tuesday after press time after just one game.
The team’s games against Dufur and Southwest Christian were canceled because of weather, but McGill and Newton are confident the girls are growing at a rapid pace.
Perrydale has long been one of the Casco League’s best teams. McGill and New-

ton aren’t about to let their senior swan song be any different.
“We’ve always been such a competitive program,” Newton said. “I think people look at our team and see how many young girls there are and just assume it’s going to drop off. I don’t think we’re going to let it. We’ll work as hard as we can and keep up the Perrydale tradition.”

Cable: Panthers start 2-0

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“We came out real slow,” Kreta said. “... Peter Mendazona led a defensive charge with two quick steals late in the fourth quarter (against

Hood River Valley) and Alec Barba hit a three to put us up by five.”
As the Panthers look to build upon their 2-0 start, Cable knows he’ll be called

upon to play a big role both figuratively and literally.
“I’m trying to have a good final year,” Cable said. “I have more urgency. I want to get after it.”