

CENTRAL GIRLS BASKETBALL

Omlid no longer 'freshy' for the Panthers

By Lukas Eggen
The Itemizer-Observer

INDEPENDENCE — It was only a year ago Krista Omlid went by "freshy" on Central's girls basketball team.

Going from "freshy" to veteran this year is a surprising jump for the sophomore. Entering her freshman year, Omlid's vision extended as far as junior varsity.

Instead, she made varsity in basketball. It came as a shock to Omlid, but not to the coaches who saw her potential.

"Really, athletically her skills have been there," Central girls basketball coach Julie McDonald said. "It was



Omlid

just mentally being able to come up from the eighth-grade level to the varsity level. It's a big jump for anybody."

Making varsity is one thing. Learning to thrive at the varsity level is whole different matter, one that Omlid struggled with at first.

"I just thought, 'don't mess up, don't mess up, don't mess up, and don't foul out,'" Omlid said. "I was like, I don't know about this. I'm playing with seniors. With (former Central post) Sai

(Tapasa), I had to guard her sometimes during practice. That scared me so much."

Her trial by fire taught her invaluable lessons, though.

"I learned to pass the ball around a lot better," Omlid said. "The experience was huge. It's a big step going from Talmadge ball to playing 6A schools. It's nerve-racking. Coach had me bring the ball down the court once. I wasn't feeling it."

Omlid's mental hurdles are beginning to disappear. She scored six points during the Panthers' 37-33 win over Mountain View on Saturday and 10 points against Wilson on Dec. 30.

"She had to slow down

Big wins

• Central defeated Wilson 51-34 on Dec. 29 and Mountain View 37-33 on Saturday.

• Kylie Nash scored a game-high 23 points against Wilson, while Elizabeth Chavez added 12 points.

• Chavez scored a team-high 12 points against Mountain View. Nash added 10 points.

her mind a little bit," McDonald said. "This year, she's improved playing with the speed of the game, as far as strategy goes and when she needs to penetrate and when she needs to shoot.

Her athleticism is above where most sophomores are at. She's definitely looked to as one of our leaders."

As one of five returners, the role of leader is a new experience for Omlid.

"I was nervous about this season," Omlid said. "I didn't know if we were in shape or any of that, but the freshmen have put us on pace."

McDonald has preached that at varsity, grade levels don't matter much.

"Krista's pretty internal, but the younger girls look to her as an example that it can be done," McDonald said.

The Panthers entered the week with a 4-4 record, winning three of their last four games.

Offensively, senior Kylie Nash has carried the bulk of the load, but several other players, including Chavez, and Emma Girod are making key contributions, McDonald said.

"We have a lot of girls playing a lot of different positions," McDonald said. "With our limited number of athletes that we have for varsity and JV, it's important that they do know the different positions."

Central opens league play Friday against South Albany.

"We're doing a lot of film study and making the corrections that need to be made," McDonald said. "We're excited and ready for league."

PERRYDALE ROUNDUP

Pirates boys, girls basketball teams earn wins at Gaston

Itemizer-Observer staff report
GASTON — Perrydale's boys and girls basketball squads earned wins at Gaston on Dec. 29.

The girls team won 35-29,

while the boys earned a 57-34 victory.

Senior Telaney Newton scored a game-high 17 points to lead the girls.

"We came out and played

really well in the first half and took a 23-10 lead at halftime," girls coach Terry Newton said.

Sierra Starr added seven points and Anna McGill

scored six points.

Haylen Janesofsky scored 17 points to lead the boys team. Janesofsky also had eight rebounds and four steals for the Pirates.

Spencer Bibler scored 12 points and Brant Barnes added 10 points, 12 rebounds and seven assists.

Perrydale hosted Falls City Tuesday after press time. The

Pirates play at Southwest Christian on Thursday and hosts Saint John Bosco Friday before playing at Jewell on Monday.

Games begin at 5:30 p.m.

MEN'S COLLEGE BASKETBALL

Wolves bounce back from pair of losses

Itemizer-Observer staff report
NAMPA, Idaho — Western Oregon's men's basketball team bounced back from its first two losses of the season with a 75-53 win over Northwest Nazarene on Saturday.

The Wolves opened the week with an 88-60 loss to the University of Oregon on Dec. 29 and an 81-77 setback at Central Washington on Thursday.

Senior Julian Nichols scored 13 points to lead five players in double figures against Northwest Nazarene. Julian Nichols (13 points), Jordan Wiley (12 points),



Nichols

Tanner Omlid (12 points) and Andy Avgi (11 points) rounded out the team's leading scorers.

WOU (10-2 overall, 3-1 Great Northwest Athletic Conference) hosts Simon Fraser Thursday at 7 p.m. and Saint Martin's Saturday at 9 p.m. Saturday's game will be broadcast on Root Sports. Root Sports is available on Charter, Direct TV and the Dish Network.

Wolves: WOU gets first win since Nov.

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Thursday's victory was the team's first since Nov. 22.

"When you've gone so long without a win, it's a boost of confidence," Howard-Carpenter said.

Howey hopes that it will build positive momentum and help turn this season around.

"We are a momentum team," Howey said. "We love it. I think we showed that we can be a super strong team. We're great individually, but when we play together, we're even better."

WOU plays at Alaska Anchorage on Thursday and at Alaska Fairbanks on Saturday.

DALLAS ROUNDUP

Wrestling places second at Pac Coast

Itemizer-Observer staff report
VANCOUVER, Wash. — Dallas' wrestling team placed second at the Pacific Coast Wrestling Championships on Friday and Saturday.

The Dragons finished behind Union in the team standings.

Dawson Barcroft (106 pounds), Tanner Earhart (160), Jeff Dunagan (170) and Clay Coxen (182) recorded third-place finishes to lead the Dragons.

Dallas also finished fifth in the top 16 bracket at the Northwest Duals on Dec. 29 and 30.

Dallas will compete at Lebanon Wednesday (today), before hosting the Brunner Invite on Saturday. The Dragons will compete at Woodburn on Jan. 13.

GIRLS BASKETBALL ENDS TOURNEY WITH WINS: Dallas' girls basketball team won its final two games at the Nike In-

terstate Shootout in Portland last week. The Dragons defeated Aloha 56-32 on Dec. 29 before defeating South Eugene 39-35 on Dec. 30. Dallas hosted Sunset Tuesday after press time and hosts Woodburn Thursday at 7 p.m. The Dragons play at Mountain View on Friday and will host Central Jan. 13 at 7 p.m.

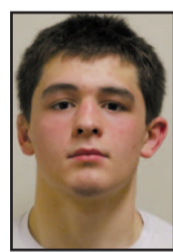
CENTRAL ROUNDUP

Panthers take third at Bob Bishop

Itemizer-Observer staff report
WILLAMINA — Central's wrestling squad finished third at the Bob Bishop Invitational on Saturday.

Collin Swinehart (152 pounds) and Marlon Tuipulotu (285) placed first to lead the Panthers.

Sam Crow (195) finished second and Luis Martinez (106) took third.



Swinehart

Dec. 29 and 30. Central will compete at

Lebanon Wednesday (today) and will host South Albany Jan. 13 at 7 p.m.

BOYS BASKETBALL FALLS TO MT. VIEW: Central's boys basketball team fell to Mountain View 55-49 on Saturday.

"I was very pleased with the guys' preparation for this game," Central coach Tim Kreta said. "We know our last few games have not been our most crisp, so we wanted to

end our nonleague season moving in the right direction."

Alec Barba scored 18 points to lead the Panthers, who enter Mid-Willamette Conference play with a 4-5 record.

"The guys played very hard and have shown growth and maturity," Kreta said.

Central opens league play at South Albany on Friday before hosting Dallas Tuesday at 7 p.m.

FALLS CITY ROUNDUP

Girls basketball drops close game to Alesa

Itemizer-Observer staff report
ALESA — Falls City's girls basketball team lost to Alesa 37-36 on Dec. 29. No

details were provided. The boys basketball squad won by forfeit.

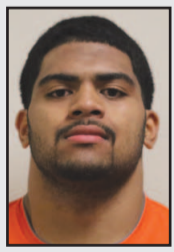
The girls (5-4 overall) and

boys (2-6 overall) played at Perrydale Tuesday after press time.

The Mountaineers host

Crosshill Christian on Friday. Games begin at 5:30 p.m. Falls City plays at Jewell on Tuesday.

Itemizer-Observer
Athlete of the Week



Marlon Tuipulotu
Central Oregon

Tuipulotu, a senior wrestler, had a terrific two-tournament stretch last week. Tuipulotu went undefeated at the Northwest Duals, helping Central to an eighth-place finish in the middle 16 bracket. He followed that performance up by going 3-0 in the 285-pound weight class at the Bob Bishop Invitational, winning his weight class and helping the Panthers to a third-place finish in the team standings.



Telaney Newton
Perrydale High

Newton, a senior, helped Perrydale's girls basketball team to a 35-29 victory over Gaston on Dec. 29. Newton scored a game-high 17 points as the Pirates improved to 4-5 overall and broke a three-game losing streak. Newton was the only player to score in double digits during the game. The senior also helped on defense, helping the Pirates build a 23-10 lead at the half thanks to pressure defense.

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.

Form: Glade changing focus

Continued from Page 10A
But he quickly realized the desire to win only carried him so far. In eighth grade, Glade decided to change his approach.

"I was thinking more about swimming for myself and trying to improve instead of winning all the

time," Glade said. That shift in thinking helped him improve even more, especially during his freshman year of high school.

He hopes to recapture that feeling quickly — even as he balances a busier schedule.

"The toughest part is finding time for yourself," Glade said. "All I want to do after practice is eat and sleep, and you just can't do that."

Despite the slow start to his season, Glade's goals remain ambitious. He hopes to break five minutes in the 500 freestyle.

He knows that will be a difficult task, but the goal is a positive step forward, signaling what he hopes will be a return to form.

"Swimming gets me so focused and keeps me calm," Glade said. "... Right now, I'm just trying to do my best."

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Sudoku
Difficulty: ★☆☆☆☆

Solution on Page 13A

2		1	8	7			4	
			6			9	2	
	4	8	2			7		
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7				9				6
8	5			6		2		
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How to do Sudoku
Fill in the grid so the numbers 1 through 9 appear just once in every column, row, and three-by-three square. See example above.