

DALLAS SWIMMING

Ford, Locke look to fine tune for districts

By Lukas Eggen
The Itemizer-Observer

DALLAS — The Dallas swim team is ready to begin its charge toward districts.

The Dragons, who host a home meet Thursday at 3 p.m., will turn their attention toward getting swimmers ready to give their best.

Senior Parker Ford and sophomore Hannah Locke enter a key stretch of the season with different expectations, but both have become examples of what coaches hope to achieve for everyone who joins.

Ford and Locke come from two different swimming backgrounds.

Ford has been a lifelong swimmer, competing on the Blue Dolphins youth squad prior to arriving at Dallas.



Ford

Younger sister Jolie-Rae Ford also competes for the Dragons.

The pair use its bond to help push each other throughout the season.

"With Jolie on the team, we know what our strengths are and we use it to push each other," Parker said. "We'll have little competitions and stuff."

The latest was who could record the fastest time in the 100-yard freestyle. Jolie won that round, but Parker said he's ready to top that mark soon.

"I'm feeling pretty confident right now," Ford said.

The senior isn't the only Ford on the squad.

Dallas Invite

- Dallas will host the Dallas Invitational Thursday at 3 p.m. at the Dallas Aquatic Center.
- Dallas, Central, Corvallis and Blanchet Catholic will compete.

The three-sport athlete placed first in the 50-yard freestyle on Jan. 5 with a time of 27.26 seconds and has become one of the boys team's fastest swimmers.

Locke is in her first year of swimming. A knee injury suffered during the spring playing softball meant she was on the lookout for a sport to help with rehab — swimming was a natural choice.

"I knew it was going to be really difficult and it was," Locke said. "It's been tough mentally and physically. I've had to learn the ropes of

where to go and what to do."

Locke's times have been steadily improving. Most recently, she finished the 50 freestyle in 38.82 seconds on Jan. 5.

While they may have come from different swim backgrounds, both Locke and Parker have become examples through their work ethic and dedication, Dallas coach David Morelli said.

"Hannah and Parker exemplify what high school swimming is all about," Morelli said. "They work hard and do whatever I ask of them. Where age-group swimming is about individual times and performance, the high school team is about the team. They bring this team attitude to the pool every day."

Now, the Dragons attention begins to change from getting swimmers into



Locke

shape to preparing to swim their best when it matters most.

"The challenge in high school swimming is to build the endurance and develop the technique of the seasonal swimmer so they will be competitive," Morelli said. "... We have met that challenge and all our swimmers now have the endurance and technique to compete in several races at districts. In the next few weeks we will concentrate on the finer points of their strokes and perfect their starts and turns."

For Ford, that means ensuring his stroke becomes as efficient as possible as he looks to become a con-

tender to qualify for state.

"I'm working on lengthening my stroke and my flip turns," Ford said. "I tend to go back to a 10-year-old's stroke and short arm everything."

For Locke, that means a greater focus on her stroke and breathing. She may have more modest expectations when it comes to competing at districts, but that doesn't make her any less important to the team, Morelli said.

Whether they are competing for a berth at state or simply to set a new personal record, Morelli said the Dragons are here to welcome everyone.

"It is our job to let the seasonal swimmer know they are part of a team and can add valuable points in individual races and relays," Morelli said.

Growth: Falls City looks to knock off league's best

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"As seniors, we ask ourselves what we can do to help and encourage them," Allison Kidd said. "Everyone makes mistakes, and we don't want them to feel like they're bringing the team down. When they make a mistake, you can see it in their faces sometimes and they, like, shut down."



Varney

Lately, that hasn't been the case. Falls City entered the week on a three-game win streak as several underclassmen made their presence felt.

"The girls are getting more comfortable and more confident," Micke Kidd said. "They don't have to think as

much. They have enough experience that it's starting to become natural and they just know where they are supposed to be going and where to rotate."

The result has been the ability to add new schemes on defense and a more potent offense.

"I think the talent's always been there," Allison Kidd said. "We're more talented than last year. I think everyone saw that we can do this and started thinking we want to go somewhere. Everyone is on the same page now and are giving it their all in games and practices."

The next step will be to defeat the league's top teams.

The Mountaineers hosted Willamette Valley Christian Tuesday after press time with a chance to move into third place in the Casco League. Falls City lost to

WVC by five on Dec. 8.

The Mountaineers entered the week 0-3 against the league's top three squads, losing to Perrydale, second in the Casco League, 30-25 on Jan. 5 and league-leading Country Christian on Dec. 14 — but Falls City doesn't play like the same team that took the court in early December, Micke Kidd said.

"We have three seniors, but we're so young that we sometimes forget everyone else are freshmen and sophomores," he said. "We're asking them to play a lot of minutes, and they just haven't been there before. They are learning."

BOYS BASKETBALL: Falls City's boys basketball team defeated Jewell 56-38 on Jan. 12 before falling to C.S. Lewis 51-27 on Friday.

The Mountaineers (2-9 overall, 1-6 Casco League) play at Livingstone on Thursday and at Country Christian on Tuesday.

CENTRAL ROUNDUP

Girls basketball tops Dragons

Itemizer-Observer staff report

INDEPENDENCE 2-Central's girls basketball squad improved to 3-0 in Mid-Willamette Conference play after defeating Dallas 49-37 on Jan. 13 and Crescent Valley 57-42 on Friday.

Krista Omlid scored 14 points, Alex Alvarez added 13 points and Kylie Nash recorded 11 points for the Panthers against the Dragons.

Nash had 26 points, including five 3-pointers, while Omlid scored 14 points against Crescent Valley.

"We worked on our offense and really understanding the game of basketball," Panthers coach Julie McDonald said. "We're focused on one game at a time. The experience our players have gotten is a major part of our success. Our freshmen have played major roles, and we need everyone to be successful on offense."

Central (8-4 overall) extended its win streak to six games.

The Panthers play at Lebanon Wednesday (today) and at Silverton on Friday. Silverton entered the week undefeated at 13-0.

BOYS BASKETBALL DROPS TWO: Central's boys



CALEB WALLACE/for the Itemizer-Observer

Central's Kyle Nash (left) drives to the hoop as Dallas' Tristin Savage (right) attempts to block her. The Panthers defeated the Dragons 49-37 on Jan. 13.

basketball team lost a pair of MWC contests last week. The Panthers dropped a heartbreaker to Dallas, falling 38-37 in overtime on Jan. 12 before losing to Crescent Valley 58-48 on Friday.

"The game vs. Dallas was an absolute heartbreaker for our guys," Central coach Tim Kreta said. "We had some extremely teachable moments. I know it sounds cliché, but our guys walked out understanding how we let that game slip away."

Against Crescent Valley, the Panthers held an early advantage entering the second quarter before the Raiders rallied.

"We had kind of a debacle from about the middle of the second quarter and into the third," Kreta said. "They put some pressure on us and we had a hard time handling that."

Central (5-7 overall, 1-2 MWC) hosted Lebanon on Tuesday after press time. The Panthers host Silverton Friday at 7 p.m. Central entered the week in a five-way tie for third.

"Our league is going to end up beating each other up the next week and a half," Kreta said. "After the top teams, everyone is stuck at 1-2. This next week is going to start separating some teams out."

DALLAS ROUNDUP

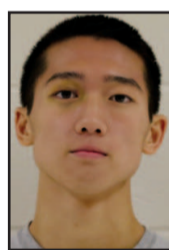
Wrestling takes first at Southridge

Itemizer-Observer staff report
BEAVERTON — Dallas' wrestling team placed first at the Southridge Wrestling Tournament on Saturday.

Ryan Bibler (106 pounds), Jesse Stuhr (120) and Sammy Chung (126) placed first to lead the Dragons.

Joseph Foster (113), Ean Woodruff (138) and Tylor Vandembroeke (145) finished second.

Dallas hosts South Albany Wednesday (today) at 6 p.m.



Chung

The Dragons also host Crescent Valley on Jan. 27 at 6 p.m.

GIRLS BASKETBALL SPLITS LEAGUE GAMES: Dal-

las' girls basketball rolled to a 74-28 win over South Albany on Friday.

The Dragons opened the week with a 49-37 loss to Central on Jan. 13. Tristin Savage scored 16 points against the Panthers. Dallas (6-6 overall, 2-1 Mid-Willamette Conference) plays at Corvallis Wednesday (today) before hosting Crescent Valley Friday at 7 p.m.

The Dragons play at Redmond Saturday at 1:45 p.m. and plays at Lebanon Jan. 27 at 7 p.m.

PERRYDALE ROUNDUP

Pirates move into first in league standings

Itemizer-Observer staff report

PERRYDALE — Perrydale's boys basketball squad sits alone at the top of the Casco League after a 50-42 win over Crosshill Christian on Friday.

In a battle of two of the league's top teams, the Pirates (10-4 overall, 7-1 Casco League) handed Crosshill its first league loss of the season.

"It was probably our most complete game of the year," Perrydale coach Mike Lowry said. "However, after the game I got the impression the team thinks we can get better. It was great to see everybody chip in."

Haylen Janesofsky and Brant Barnes scored 18 points each to lead the Pirates.

Perrydale played Jewell Tuesday after press time. The Pirates host C.S. Lewis Friday at 7 p.m., St. Paul Saturday at 3:30 p.m. and Willamette Valley Christian Tuesday at 7 p.m.

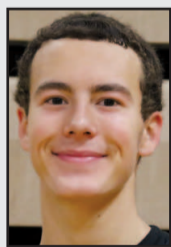
"The goal now is to keep improving," Lowry said. "We need to refine things in offense and defense."

GIRLS BASKETBALL EXTENDS WIN STREAK: Perry-

dale's girls basketball squad team won its sixth game in a row, defeating Crosshill Christian 31-20 on Friday. The win was the team's fourth in a row by 11 points or more. The Pirates (9-5 overall, 7-1 Casco League) played Jewell Tuesday after press time. Perrydale hosts C.S. Lewis Friday at 5:30 p.m., St. Paul Saturday at 2 p.m. and Willamette Valley Christian Tuesday at 5:30 p.m.

Itemizer-Observer

Athlete of the Week



Everett Minahan
Dallas High

Minahan, a senior, came through when Dallas' boys basketball team needed him most. Trailing by three with less than five seconds left in regulation, Minahan made a buzzer-beater from half court, sending the team's game against Central into overtime. The Dragons went on to defeat the Panthers 38-37 in overtime. Minahan's miracle shot allowed Dallas the chance to put away the Panthers in the extra period.



Krista Omlid
Central High

Omlid, a sophomore, played a big role in Central's girls basketball team's wins over Dallas and Crescent Valley. Omlid scored a team-high 14 points against the Dragons on Jan. 13, helping the Panthers to a 49-37 victory over their league rivals. Against the Raiders, she again added 14 points, helping to propel Central to a 57-42 win on Friday. Omlid helped the Panthers enter the week at 3-0 in Mid-Willamette Conference play.

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.

Central: Tuipulotu clinches dual win



LUKAS EGGEN/Itemizer-Observer

Marlon Tuipulotu defeated Dexter Rimer on Jan. 13.

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Both Luis and Manuel began wrestling during middle school.

Since then, they couldn't picture themselves doing anything else.

"After my first match, I loved it," Louis said. "I just wanted to wrestle from then on."

The pair has grown into two of the team's most dependable wrestlers.

Now, the Panthers will look to the Martinez brothers, among others, to build the depth necessary to compete for a Mid-Willamette Conference title.

It's a goal they know won't come easy, but one the Panthers' wrestlers are excited to try and overcome.

"We want to win league, that's our goal," Tuipulotu said. "We just have to take it one goal at a time."