

Ford: Dragons trained to peak at districts, state

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 "Swimming has taught me about teamwork and leadership," Ford said. "A lot of younger swimmers do look to me as a leader. I learned how a leader should act and what being a leader entails. I also learned about sportsmanship. Even though you're swimming for yourself, if your competitor next to you does really well, you're going to say good job. I think that's a really great lesson for life."
 Ford hopes to lead Dallas to a successful showing at

the Mid-Willamette Conference district championships on Friday and Saturday. Ford will compete in four events: The 200 and 500 freestyle and the 200 medley and freestyle relays.
 The Dragons lack the depth to compete for the team title, but Dallas coach David Morelli expects several individuals to challenge for a spot to state, including Elizabeth Dressel, Ryan Kennedy, Parker Ford and Hannah Locke.
 "All year long I have treated our dual meets as prepara-

tion for this meet," Morelli said. "Everything was geared for districts. I tried to impress upon them that dual meets were not the end-all. This is why we're here for this event. I want to have them at their peak performance (this weekend)."
 As for Ford, she'll be at peace no matter how she finishes this weekend.
 "It'd be cool to be a district champion again," Ford said. "I hope it goes well. If I don't, I'm OK with that though because whoever wins deserves it."

FALLS CITY ROUNDUP

Girls basketball looks to lock up postseason berth

Itemizer-Observer staff report
FALLS CITY— Falls City's girls basketball team hopes to lock up a spot in the Casco League Tournament. The Mountaineers lost to Perrydale 40-26 on Feb. 3 and Crosshill Christian 38-

35 on Friday. Falls City, which played Jewell Tuesday after press time, entered the week in fourth place. The top five teams advance.
BOYS BASKETBALL
FALLS: Falls City's boys bas-

ketball team lost to Perrydale 53-36 on Feb. 2 and 63-44 to Crosshill Christian on Friday. The boys and girls teams will host Livingstone Adventist Thursday at 5:30 p.m. before playing at C.S. Lewis on Friday in the teams' final regular season games.

Chasing it down



LUKAS EGGEN/Itemizer-Observer

Perrydale senior Sarah Clark (right) and Falls City senior Brittany Varney chase after a loose ball on Feb. 3. Perrydale's girls basketball team defeated Falls City 40-26. The Pirates also defeated St. John Bosco 48-22 on Friday to improve to 14-8 overall and 12-3 in Casco League play. Perrydale has clinched the league's second seed.

Splash: Relay teams look strong

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 First-place finishers automatically gain a trip to state. Any remaining open lanes will be filled with the next fastest times from District Meet finals up to a total of 12.

The Panthers will focus on flip turns and finishing strong during the week — small details that could play a major role, Tress said, especially in the boys 50 freestyle. A race that Tress

expects to come down to the wire.
 "It will be a really good race," Tress said. "It may come down to who has longer fingers and the longest reach at the end."

SCOREBOARD

BOYS BASKETBALL

MID-WILLAMETTE

Team	League	All
Corvallis	8-1	14-5
Silverton	7-2	13-6
Lebanon	5-4	11-7
Woodburn	4-5	9-9
Crescent Valley	3-6	9-10
South Albany	3-6	9-10
Central	3-6	7-11
Dallas	3-6	7-11

Tuesday, Feb. 2 Results
 Central 50, South Albany 23
 Woodburn 47, Dallas 29

CENTRAL 50, SOUTH ALBANY 23
Feb. 2 Box Score
SOUTH ALBANY (23) — Guilford 8, Crittenden 8, Costello 3, Franklin 3, Baum 1, Vasquez, Barnes, Finneman, Matta, Rochelle, Anderson, Hemzacek, Anderson. **Totals 7-10-23.**

CENTRAL (50) — Barba 15, K. Cable 10, Mendazona 8, Stepp 6, Bal 4, Mason 3, W. Cable 2, Abraham 2, Ibarra, Canto, Avila, Barry. **Totals 19-7-9-50.**

South Albany 6 3 6 8-23
Central 19 8 13 10-50
 3-point goals — South Albany 2 (Costello 1, Guilford 1); Central 5 (Barba 3, Mendazona 2).

WOODBURN 47, DALLAS 29
Feb. 2 Box Score
WOODBURN (47) — Doman 23, Ellingson 6, Abildayev 6, Te 4, Santos 2, Orta 2, L. Salazar 2, J. Salazar 2, Miller, Rivalcaba. **Totals 17-10-47.**

DALLAS (29) — Minahan 14, Laizure 8, Hanson 2, Dimick 2, Collins 2, Broadus 1, White, Richey, Ronco, Welty, Koons. **Totals 11-7-10-29.**

Woodburn 14 15 9 9-47
Dallas 6 8 7 8-29
 3-point goals — Woodburn 6 (Doman 6); Dallas 0

Friday, Feb. 5 Result
 Central 47, Dallas 37

CENTRAL 47, DALLAS 37
Friday's Box Score
CENTRAL (47) — Bal 10, K. Cable 10, Barba 9, Stepp 6, Barry 5, Mendazona 4, Mason 3, Abraham. **Totals 14-14-47.**

DALLAS (37) — Laizure 10, Minahan 9, Welty 8, Dimick 6, White 2, Broadus 2, Broadus, Collins, Ronco. **Totals 15-5-6-37.**

Central 14 7 2 12-47
Dallas 6 8 7 8-29
 3-point goals — Central 5 (Bal 2, Mason 1, Barba 1, Barry 1); Dallas 2 (Welty 2).

Wednesday, Feb. 10 Games
 Crescent Valley at Central
 South Albany at Dallas

Friday, Feb. 12 Games
 Central at Lebanon
 Dallas at Corvallis

Wednesday, Feb. 17 Games
 Central at Silverton
 Crescent Valley at Dallas

CASCO LEAGUE

Team	League	All
Perrydale	14-1	18-5
Crosshill Christian	11-2	16-4
C.S. Lewis	11-2	14-6
Willamette Valley Christian	8-5	9-9
Country Christian	8-6	10-10
Livingstone Adventist	5-9	6-12
St. John Bosco	3-11	6-12
Falls City	1-12	3-15
Jewell	0-13	4-16

Wednesday, Feb. 3 Result
 Perrydale 53, Falls City 36

PERRYDALE 53, FALLS CITY 36
Feb. 3 Box Score
PERRYDALE (53) — Barnes 16, Cruickshank 13, Janesofsky 10, Bailey 6, Bibler 4, Moore 2, Pope 2, McGill, Willis, Silver, Rosenbaum, Sagmoen, Leppin, Fairchild, Hawes. **Totals 20-11-21-53.**

FALLS CITY (36) — R. Kempfer 11, J. Labrado 6, Z. Labrado 6, Burgess 4, Macnab 3, N. Kempfer 3, Curry, Weems, Young, Simmons. **Totals 18-7-14-44.**

Perrydale 19 12 24 8-53
Falls City 4 7 10 15-36
 3-point goals — Perrydale 2 (Cruickshank 2); Falls City 5 (R. Kempfer 2, Labrado 2, N. Kempfer 1).

Friday, Feb. 5 Results
 Crosshill Christian 63, Falls City 44
 Perrydale 67, St. John Bosco 39

PERRYDALE 67, ST. JOHN BOSCO 39
Friday's Box Score
ST. JOHN BOSCO (39) — Kal. Sindlinger 18, S. Corwell 7, Ka. Sindlinger 6, J. Brophy 4, Williamson 3, Andreas 1, Ju. Schulz, A. Brophy, Ju. Schulz, M. Crowell. **Totals 16-1-6-39.**

PERRYDALE (67) — Barnes 11, Janesofsky 10, Bibler 10, Silver 8, Cruick-

shank 6, Sagmoen 5, Rosenbaum 4, Leppin 4, Bailey 3, Fairchild 2, McGill 2, Willis 2, Hawes. **Totals 27-10-14-67.**

St. John Bosco 5 12 10 12-39
Perrydale 14 13 20 20-67
 3-point goals — St. John Bosco 6 (Kal. Sindlinger 4, S. Corwell 1, Williamson 1); Perrydale 3 (Bailey 1, Bibler 1, Sagmoen 1).

Saturday, Feb. 6 Result
 Perrydale 60, Southwest Christian 47

PERRYDALE 60, SW CHRISTIAN 47
Saturday's Box Score
SOUTHWEST CHRISTIAN (47) — Lane 14, Young 9, Smith 8, Howarth 6, Martin 6, Stubblefield 4, Morgan, Driener. **Totals 19-4-8-47.**

PERRYDALE (60) — Janesofsky 20, Barnes 14, Bailey 12, Bibler 10, Fairchild 4, Willis, Cruickshank. **Totals 22-13-20-60.**

SW Christian 6 14 13 14-47
Perrydale 15 16 8 21-60
 3-point goals — Southwest Christian 5 (Lane 3, Martin 2); Perrydale 3 (Janesofsky 1, Bailey 1, Bibler 1).

Tuesday, Feb. 9 Game
 Jewell at Falls City

Thursday, Feb. 11 Game
 Livingstone Adventist at Falls City

Friday, Feb. 12 Games
 Falls City at C.S. Lewis
 Perrydale at Crosshill Christian

GIRLS BASKETBALL

MID-WILLAMETTE

Team	League	All
Silverton	9-0	19-0
Corvallis	8-1	15-4
Central	7-2	12-6
Dallas	5-4	10-9
Crescent Valley	3-6	7-11
Lebanon	2-7	9-10
Woodburn	2-7	6-13
South Albany	0-9	4-15

Wednesday, Feb. 3 Results
 Central 55, South Albany 43
 Dallas 50, Woodburn 37

CENTRAL 55, SOUTH ALBANY 43
Feb. 3 Box Score
CENTRAL (55) — Nash 30, Alvarez 7, Girod 6, Omlid 5, Chavez 5, Riddell 2, Broadus. **Totals 20-11-15-55.**

SOUTH ALBANY (43) — Kerlagan 17, Diller 14, Deyvider 10, Mitchell 2, Trupka, Platt, Oleman. **Totals 15-12-21-43.**

Central 7 15 15 18-55
South Albany 11 12 11 9-43
 3-point goals — Central 4 (Nash 3, Omlid 1); South Albany 1 (Diller 1).

Friday, Feb. 5 Result
 Central 50, Dallas 43

CENTRAL 50, DALLAS 43
Friday's Box Score
DALLAS (43) — Senger 11, Ronco 8, Tallon 7, Savage 7, Classen 5, Nelson 3, Feldman 2. **Totals 14-9-16-43.**

CENTRAL (50) — Nash 16, Omlid 9, Girod 8, Chavez 8, Alvarez 7, Riddell 2, Broadus. **Totals 20-6-7-50.**

Dallas 16 9 13 5-43
Central 12 16 8 14-50
 3-point goals — Dallas 6 (Senger 2, Ronco 2, Nelson 1, Classen 1); Central 4 (Chavez 2, Alvarez 1, Nash 1, Classen 1).

Tuesday, Feb. 9 Games
 Central at Crescent Valley
 Dallas at South Albany

Friday, Feb. 12 Games
 Lebanon at Central
 Corvallis at Dallas

Tuesday, Feb. 16 Games
 Silverton at Central
 Dallas at Crescent Valley

CASCO LEAGUE

Team	League	All
Country Christian	14-0	19-2
Perrydale	12-3	14-8
Willamette Valley Christian	8-5	12-6
Falls City	7-6	12-8
Crosshill Christian	6-7	7-11
Livingstone Adventist	6-8	7-9
C.S. Lewis	3-10	3-16
St. John Bosco	3-11	6-13
Jewell	2-11	5-14

Wednesday, Feb. 3 Result
 Perrydale 40, Falls City 26

PERRYDALE 40, FALLS CITY 26
Feb. 3 Box Score
PERRYDALE (40) — McGill 12, Newton 9, Perkins 8, Clark 7, Starr 2, Halverson 2, V. Miller, M. Miller, Lux. **Totals 18-1-6-40.**

FALLS CITY (26) — Houghtaling 11, Varney 8, Davis 3, Mack 2, Ziola 2, Kidd, Tadlock. **Totals 8-6-15-26.**

Perrydale 9 5 10 16-40
Falls City 6 3 8 9-26
 3-point goals — Perrydale 3 (McGill

3-point goals — Alaska Fairbanks 3 (Childers 2, Williams 1); Western Oregon 4 (Azor 2, Davis 1, Henry 1).

Saturday, Feb. 6 Result
 Alaska Anch. 77, Western Oregon 42

AAU 77, WOU 42
Saturday's Box Score
ALASKA ANCHORAGE (77) — Madison 15, Mullings 13, Wandersee 13, Buchanan 8, Engel 8, Devine 6, Davis 5, Afoa 4, Thompson 3, Robertson 2, Dent, Brooks. **Totals 31-6-8-77.**

WESTERN OREGON (42) — Howey 8, Bromagum 6, Bosch 5, Davis 5, Nelke 4, Miller 4, Henry 4, Bembry 3, Azor 2, DeLoane 1, Gerlinger. **Totals 15-9-13-42.**

Alaska Anch. 22 16 15 24-77
Western Oregon 7 6 13 16-42
 3-point goals — Alaska Anchorage 9 (Madison 3, Buchanan 2, Engel 2, Davis 1, Thompson 1); Western Oregon 3 (Bromagum 2, Davis 1).

Tuesday, Feb. 9 Game
 Jewell at Falls City

Thursday, Feb. 11 Games
 Livingstone Adventist at Falls City
 Central Washington at Perrydale

Friday, Feb. 12 Games
 Falls City at C.S. Lewis
 Perrydale at Crosshill Christian

COLLEGE BASKETBALL

GNAC MEN

Team	League	All
Western Oregon	13-1	20-2
Alaska Anchorage	11-3	18-7
Seattle Pacific	10-4	17-5
Alaska Fairbanks	10-4	16-6
Central Washington	9-5	14-5
Western Washington	8-6	14-9
Montana State Billings	5-9	8-14
Concordia	4-10	6-15
Saint Martin's	4-10	10-12
Northwest Nazarene	3-11	7-13
Simon Fraser	0-14	1-19

Thursday, Feb. 4 Result
 Western Oregon 74, Saint Martin's 62

WOU 74, SMU 62
Thursday's Box Score
WESTERN OREGON (74) — Avgi 18, Nichols 17, Alexander 13, Strickland 10, Omlid 7, Roth 5, Wiley 4, Thompson, Nestell, Schriber, Souza. **Totals 26-15-20-74.**

SIMON FRASER (62) — Preston 17, Ingram 14, Kitchner 9, Copp 8, Jorgensen, Painter 5, Baerloch 4, Colbert 2, Kenilvort, Ieronymides, Bianchini. **Totals 21-14-21-62.**

Western Oregon 34 40-74
Simon Fraser 35 27-62
 3-point goals — Western Oregon 7 (Strickland 3, Avgi 2, Alexander 1, Roth 1); Simon Fraser 6 (Ingram 3, Copp 2, Painter 1).

Saturday, Feb. 6 Result
 Western Oregon 84, Seattle Pac. 82

WOU 84, SPU 82
Saturday's Box Score
WESTERN OREGON (84) — Avgi 29, Wiley 17, Omlid 16, Nichols 10, Alexander 7, Roth 5, Thompson, Strickland, **Totals 29-13-22-84.**

SEATTLE PACIFIC (82) — Penner 23, Carroll 12, Colosimo 12, Dierick 10, Rasmussen 8, Levitt 6, Simpson 6, Wooten 5, Parker. **Totals 27-18-25-82.**

Western Oregon 35 41 8-84
Seattle Pacific 49 27 6-82
 3-point goals — Western Oregon 13 (Avgi 5, Wiley 5, Omlid 2, Nichols 2, Roth 1); Seattle Pacific 10 (Carroll 3, Colosimo 2, Rasmussen 2, Simpson 2, Wooten 1).

Thursday, Feb. 11 Game
 Western Washington at Western Oregon

Saturday, Feb. 6 Game
 Simon Fraser at Western Oregon

GNAC WOMEN

Team	League	All
Alaska Anchorage	13-1	26-1
Western Washington	12-2	16-6
Montana State Billings	11-3	15-7
Simon Fraser	9-5	11-8
Central Washington	8-6	16-6
Northwest Nazarene	6-8	8-12
Alaska Fairbanks	5-9	10-14
Seattle Pacific	5-9	8-13
Saint Martin's	3-11	5-16
Concordia	3-11	5-17
Western Oregon	2-12	3-19

Thursday, Feb. 4 Result
 Alaska Fairbanks 62, Western Oregon 61

AU 62, WOU 61
Thursday's Box Score
ALASKA FAIRBANKS (62) — Skjold 14, Smith 13, Wilson 11, Childers 10, Mays 7, Williams 3, Milton 2, Wardley 2, Jimenez, Kirk. **Totals 20-19-24-62.**

WESTERN OREGON (61) — Boschma 16, Azor 10, Davis 9, Howey 8, Nelke 7, Henry 5, DeLoane 4, Bromagum 2, Miller, Bembry. **Totals 24-9-13-61.**

Alaska Fairbanks 9 10 21-62
Western Oregon 9 21 10 21-61

Clay Coxen, 2-0, first. 195 — Honorio Colipano, 0-2, fourth. **220** — Marcos Molina, 2-0, first.

Saturday, Feb. 6 Result
 Alaska Anch. 77, Western Oregon 42

AAU 77, WOU 42
Saturday's Box Score
ALASKA ANCHORAGE (77) — Madison 15, Mullings 13, Wandersee 13, Buchanan 8, Engel 8, Devine 6, Davis 5, Afoa 4, Thompson 3, Robertson 2, Dent, Brooks. **Totals 31-6-8-77.**

WESTERN OREGON (42) — Howey 8, Bromagum 6, Bosch 5, Davis 5, Nelke 4, Miller 4, Henry 4, Bembry 3, Azor 2, DeLoane 1, Gerlinger. **Totals 15-9-13-42.**

Alaska Anch. 22 16 15 24-77
Western Oregon 7 6 13 16-42
 3-point goals — Alaska Anchorage 9 (Madison 3, Buchanan 2, Engel 2, Davis 1, Thompson 1); Western Oregon 3 (Bromagum 2, Davis 1).

Tuesday, Feb. 9 Game
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Thursday, Feb. 11 Game
 Livingstone Adventist at Falls City

Friday, Feb. 12 Game
 Falls City at C.S. Lewis

WRESTLING

CENTRAL 53, WOODBURN 18

Feb. 3 Results
106 — Luis Martinez, C, pinned Aiden Lopez 1:11. **113** — Nicholas Kuntle, C, pinned Lili Giron, 1:29. **120** — Manuel Martinez, C, dec. Angel Acevedo, 11-7. **126** — Luis Venancio, W, technical fall Margarito Martinez, 17-1. **132** — Giovanni Bravo, W, major dec. Caedman Whisenhunt, 10-1. **138** — Rex Ramirez, W, dec. Juan Mendoza, 11-8.

145 — Rafael Vasquez, W, pinned Alan Vargas, 1:22. **152** — Collin Swinehart, C, technical fall Karson Christiansen, 20-5. **160** — John Lippmeyer, C,