

FALLS CITY TRACK AND FIELD

Macnab making up for lost time

Kings Valley senior competes for the first time since middle school

By Lukas Eggen
The Itemizer-Observer

FALLS CITY — It was during a break at Falls City's track and field team's first meet on March 17 that Kings Valley senior Ryan Macnab questioned what he was doing.

Macnab was watching the javelin — and he wasn't all too excited about what he witnessed.

"I saw someone throw 140 feet," he said. "At the time, I'd been throwing around 90 feet in practice. I thought, I'll never do that."

This was, after all, Macnab's first season of high school track and field.

But he's proving that a lack of experience doesn't have to equal a lackluster season.

If not for a little friendly competition, Macnab, who did track and field in middle school, but stopped once he reached high school, may never have competed ever again.

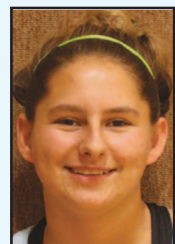


Senior Ryan Macnab prepares to throw the shot put during track and field practice on Thursday afternoon.

"I hadn't done track since middle school," Macnab said. "My best friends Bo (Beauchamp), Tristan (Yeager) and Arlin (Schwanke) did it last year. We've been

Up and Comers Invite

- Falls City's track and field team competed at the Up and Comers Invite on Friday.
- Senior Robert Kempfer won the boys triple jump with a leap of 37 feet, 6 ¼ inches. Sophomore Jeremy Labrado took first in the high jump (5-6) and freshman Austin Burgess finished second in the long jump (18-0).
- Senior Brittany Varney won the girls shot put (30-6) and discus (86-8 ½). Sophomore Madelyn Hendrickson finished second in the long jump (15-3 ¾). Hendrickson and freshman Pheonix Brown finished in a tie for second in the 100 hurdles, finishing in 19.67 seconds.



Varney

best friends for a long time and I wanted to see if I could beat some of their records."

Macnab gravitated toward the throws — shot put, discus and javelin — but didn't expect much from himself.

"I expected that I would improve and was interested to see how I would do, but I didn't expect to do very well," Macnab said. "My first throws were pretty crappy. I thought it was all about the power."

The Mountaineers' first meet helped show him that

power only counted for so much and that form, not strength, could make the difference between a good throw and a great one.

"I'd watch videos and realized that form is key," Macnab said. "Smaller guys than me could throw a javelin double what I could throw."

Macnab has come a long way in a short amount of time. He set a personal record in the javelin on Friday, throwing 135 feet, 1 inch at the Up and Comers Invite.

He ranks fifth in school history in the shot put (39-4¼), just behind Yeager and Beauchamp, fifth in school history in the discus and second in the javelin.

One of his biggest challenges is not letting a good throw lead to a string of bad ones.

"When I have a good throw, I get pumped up and I forget about my form, and then I have really bad throws," Macnab said. "I get too much adrenaline. I just need to take a few deep breaths, not worry so much about power and make sure I feel good when I throw."

He'll get another chance to improve on his marks at the Portland Christian Invitational on Saturday and the Southwest Christian Invitational on April 27.

Macnab has surpassed his expectations so far. He hopes that his results are a sign of things to come.

"I still have a long way to go," Macnab said. "I expect to throw a lot father when I get my form down."

Get in the hole!



LUKAS EGGEN/Itemizer-Observer

Dallas golfer Kailee Curtis watches a putt on the first hole of a Mid-Willamette Conference tournament Monday morning at Cross Creek Golf Course in Dallas. Curtis finished the round with an 88, placing third overall. The Dragons (Natalie Crabtree, Emma Johnson and Missie Davis) took fifth in the team standings. Central did not record a team score. Zoe Farnworth scored a 100 to lead the Panthers. Melissa Torres shot a 135 and Calista Brazier recorded a 147.

PERRYDALE ROUNDUP

Clark, Price take first at Willamina meet

Itemizer-Observer staff report

SHERIDAN — Perrydale's boys and girls track and field teams took fifth at Willamina on Thursday.

Senior Taylor Price won the 100-meter hurdles in 17.80 seconds and placed second in the 300 hurdles in 54.79 seconds to lead the girls.



Clark

Sarah Clark won the javelin with a throw of 101 feet, 10 inches and finished second in the shot put (27-10). Vanessa Miller took second in the 800 (2:52.56).

Kirk Fairchild took second in the high jump (5-6), long jump (17-0 ¾) and triple jump (36-3) to lead the boys.

The Pirates competed at

the PacWest/Tri-River meet at Salem Academy Tuesday after press time. Perrydale will travel to the Portland Christian Invitational on Saturday.

SOFTBALL DEFEATS SANTIAM: Perrydale's softball team defeated Santiam 18-3 on Monday in a Special District 2 contest. The game marked the fourth time the Pirates have scored 14 or more runs this season. Perrydale has scored at least nine runs in each of its wins so far this season. The Pirates (6-2 overall, 4-2 SD2) play at Central Linn on Friday and at Amity on Monday before hosting Delphian on April 27 at 4:30 p.m.

BASEBALL FALLS TO WESTERN MENNONITE: Perrydale's baseball team lost to Western Mennonite 10-0 on April 13. The Pirates (0-8 overall) lost to Santiam 16-5 on Monday. Perrydale plays at Central Linn on Friday at 4:30 p.m. before hosting East Linn Christian Monday at 4:30 p.m.

WESTERN OREGON ROUNDUP

Baseball sweeps Saint Martin's

Itemizer-Observer staff report

LACEY, Wash. — Western Oregon's baseball team went 6-0 against Saint Martin's last week.

The Wolves opened with 11-1 and 8-4 wins on April 13 before winning 20-6 and 4-2 on Sunday, and 8-0 and 7-4 on Sunday.

Saturday's opener saw the Wolves set a school record for most hits in a single game (29) and most doubles (14). Every member of the starting lineup had at least one hit.

Kyle Vanderkin hit a two-run home run. Vanderkin, Brock Pradere and Joey Crunkilton each had four hits.

Pitcher Brady Miller earned the win to improve to 8-0 on the season.

Cody Sullivan hit a home run in the series finale on Sunday as WOU extended its win streak to 14.



Miller

Western Oregon (24-13 overall, 19-8 Great Northwest Athletic Conference) entered the week leading the conference — two weeks after being in fifth.

The Wolves play at Northwest Nazarene on Friday at 2 p.m. and Saturday at noon before hosting Montana State, Billings on April 27 at 2 p.m.

SOFTBALL SPLITS WITH NORTHWEST NAZARENE: Western Oregon's softball squad split a four-game series with Northwest Nazarene. The Wolves dropped the opening game 6-5 before earning a 5-3 win on Friday.

WOU took the first game of a double-header on Saturday 6-0 before losing the series finale 8-1. Pitcher Alyson Boytz earned a complete game shutout win on Saturday as Ashlee Lynch hit a solo home run.

Western Oregon hosted Northwest Christian Tuesday after press time. The Wolves host Concordia for a double-



Boytz

header Friday at 2 p.m. before playing at Concordia on Saturday to close out the regular season.

WOU entered the week in fourth place in the conference standings with a two-game lead over Western Washington.

The top four teams advance to the GNAC championships next week.

RIBICH SETS RECORD IN 1,500: Western Oregon sophomore David Ribich set a new school record in the men's 1,500-meter run Saturday at the Bryan Clay Invitational in Azusa, Calif.



Ribich

Ribich finished the race in 3 minutes, 43.41 seconds, which breaks the previous school mark of 3:44.27 set in 1987 by Wes Tilgner.

At the Mt. Sac relays in Norwalk, Calif., Cody Warner ran the second-fastest time in program history in the 200 in 21.15 seconds.

WOU will compete at the Raider Invitational in Ashland Saturday at 10 a.m.

Dragons: Dallas enters week in second place in conference

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"Some games we don't come out as strong in warmups, and that affects our play," infielder Olivia Nelson said. "Our energy was a lot better (against Central). It was a boost for our confidence."

The Dragons racked up eight hits against the Panthers. Yasmine El-Hato had three hits and four RBIs. Makena Linn drove in three runs and Kaelynn Simmons, Maddi Feldman and Greisen each had two hits.

"Our intensity was good,



El-Hato

and we were aggressive," Greisen said. "The last few games, we weren't as aggressive, and I think that played a big part (in our losses)."

Finding that level of energy no matter the opponent will be key going forward.

"We have to stay up no matter who we're playing. It doesn't matter if it's Central

or whomever," Jackson said. "We have to show up as the same team."

Dallas played South Albany Tuesday after press time. The Dragons host Corvallis Wednesday (today) at 4:30 p.m. before playing at Crescent Valley on Friday at 4:30 p.m.

Dallas hosts Lebanon on Tuesday at 4:30 p.m. and Silverton on April 27 at 4:30 p.m.

"If we show up and play our game, we don't need to worry about who is on the other side," Jackson said.

Central: Panthers 0-3 against Dallas, Lebanon and Silverton

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Players believe they are ready to challenge the league's top teams.

"Everyone is beatable right now," Nash said.

Central played Crescent Valley Tuesday after press time. The Panthers host Lebanon Wednesday (today) at 4:30 p.m. and Silverton on Friday at 4:30 p.m. The Panthers play at Corvallis on Tuesday — giving the Panthers more chances to prove it can compete with the top teams in the conference rather than get caught in the middle of the pack.

"If we play well, we can get the win against all of them," Kerr said. "We're just looking for something to click. It hasn't happened yet, but time is running out, so we're working on it."



LUKAS EGGEN/Itemizer-Observer

Central sophomore Erin Cole prepares to deliver a pitch against Dallas on Friday.

Tickets available for Central Hall of Fame ceremony

INDEPENDENCE — Tickets are available for Central High School's Hall of Fame induction ceremony on April 30 at 6 p.m. Tickets cost \$5 and can be purchased at the school's main office, athletic office or the Independence Les Schwab.

Coach John Oliver, athletes Joe Mendazona, Johanna Koch Dillard, Dick Britton, Jordan Pratt, Floyd Graves and Darryl "Mouse" Davis and the 1983 football team and 1982 boys tennis team will be honored. Clyde McMillan will receive the Meritorious Award.