

## SCHEDULE

**WEDNESDAY, OCT. 26**  
**Cross-country:** Central, Dallas at Mid-Willamette Conference district championship (at Waterloo Park, Lebanon), 1:30 p.m.

**Volleyball:** OSAA Class 1A state tournament, first round: Perrydale at North Clackamas Christian, 6:30 p.m.

**THURSDAY, OCT. 27**  
**Volleyball:** Western Oregon at Western Washington, 7 p.m.

**Women's Soccer:** Seattle Pacific at Western Oregon, 3 p.m.

**FRIDAY, OCT. 28**  
**Football:** Central at Corvallis, 7 p.m. Lebanon at Dallas, 7 p.m. Yoncalla at Falls City (at Panther Stadium), 7 p.m. Perrydale at Arlington/Condon, 7 p.m.

**SATURDAY, OCT. 29**  
**Boys Soccer:** OSAA Class 5A state play-in: Central vs. TBA, TBA.

**Girls Soccer:** OSAA Class 5A state play-in: Dallas vs. TBA, TBA.

**Volleyball:** OSAA Class 5A state tournament, first round: Central vs. TBA, TBA. OSAA Class 1A state tournament, second round: Perrydale vs. TBA, TBA. Western Oregon at Simon Fraser, 7 p.m.

**TUESDAY, NOV. 1**  
**Girls Soccer:** OSAA Class 5A state playoffs, first round: Dallas vs. TBA, TBA.

**WEDNESDAY, NOV. 2**  
**Boys Soccer:** OSAA Class 5A state playoffs, first round: Central vs. TBA, TBA.

Schedules Subject to Change

## QUICK HITS

### Wolves picked sixth in preseason poll

MONMOUTH — Western Oregon's men's basketball team was picked to finish sixth in the Great Northwest Athletic Conference's preseason coaches' poll on Monday.

The Wolves lost four of five starters from a season ago to graduation, when that team advanced to the NCAA Division II Final Four.

Junior forward Tanner Omlid is the team's lone returning starter. Omlid averaged 10.5 points and 5.7 rebounds per game after transferring from Army.

Alaska Anchorage was selected first, followed by Western Washington, Central Washington, Alaska Fairbanks and Seattle Pacific.

Western Oregon opens the 2016-17 season at the GNAC/Pac West Challenge against Point Loma in Fresno, Calif.

### Western Oregon chosen 11th in poll

MONMOUTH — Western Oregon's women's basketball team was picked to finish 11th in the Great Northwest Athletic Conference preseason coaches' poll on Oct. 19.

WOU opens the season by hosting Linfield Monday at 6 p.m. in an exhibition game, followed by an exhibition at Portland State on Nov. 4.

Western Washington was chosen to finish first.

### Dragon wrestling camp returns

DALLAS — The Dragon kid wrestling camp returns Nov. 8.

The youth wrestling program is open to kids in grades kindergarten through sixth.

Practices will be held Nov. 8, 10, 15 and 17 at Dallas High School from 6:30 to 7:30 p.m., culminating with a tournament on Nov. 19.

Cost is \$20 and includes a T-shirt and entry into the tournament. Registration will be held at 6 p.m. on Nov. 8.

For more information: Tony Olliff, Tony.Olliff@dscd 2.org.

## PERRYDALE VOLLEYBALL

# Pirates advance to state tourney

By Lukas Eggen  
 The Itemizer-Observer

DAYTON — Perrydale's volleyball team's season stood on the brink. The Pirates lost to Willamette Valley Christian 25-15, 25-13, 25-17 in the team's first match of the Casco League tournament on Saturday.

That meant Perrydale would face Jewell with a state berth on the line.

"We only had 20 minutes to recover from the loss to mentally prepare for our match against Jewell," coach Denise Dickey said. "... We refocused by playing some mental games and

### Class 1A State Volleyball

**Who:** Perrydale Pirates (10-11 overall, 6-4 Casco League) vs. North Clackamas Christian (17-10 overall, 10-2 The Valley 10 League).

**What:** Class 1A state volleyball, first round.

**When:** Wednesday (today), 6:30 p.m.

**Where:** North Clackamas Christian, Oregon City.

**Admission:** Adults, \$6; students (ages 5 and up), \$4.

**What's at stake:** The winner advances to the second round on Saturday.

ball handling drills. For our warm up, we played six-on-six and I felt like they were ready to play."

The Pirates rose to the challenge, earning a 19-25, 25-12, 25-18, 25-21 win to receive the Casco League's

third and final bid to state.

"They handled the pressure better than what I expected," Dickey said. "With having a very young team, especially my freshmen setters played a very solid match. The inspiration and

cheering from my bench players is what helped us win the match. Everything was positive and they really pushed through as a team. If a player looked like they were struggling, another player would pick them up."

Statistics were not available, but Jackie Juarez was named to the Casco League all-tournament team. Juarez also earned first team all-league honors. Alyssa Lux was named second team all-league, while McKenna Desnoyers received honorable mention.

The Pirates open the first round of the state tourna-

ment Wednesday (today) against North Clackamas Christian.

North Clackamas Christian went 17-10 overall and 10-2 in The Valley 10 league play, good for second place. Perrydale lost to North Clackamas 25-18, 17-25, 18-25, 25-22, 15-11 on Aug. 27.

The winner advances to the second round on Saturday.

"This is a big step for my team to make it to state," Dickey said. "I don't like to get ahead of myself, but I am hoping with such a young team, this will just make next year a bit easier mentally for them."

# A helping hand

## Krug finds true calling in athletic training, excited to help Dallas

By Lukas Eggen  
 The Itemizer-Observer

DALLAS — Jennifer Krug was nearly done with her undergraduate degree at Corban University.

She had always had an interest in the medical field, but didn't want to be a physician or nurse. She settled on studying computer science when a professor opened her eyes to the world of athletic training.

Krug was hooked. "The first day of class, I knew it was what I wanted to do. I was one quarter away from a degree in computer science," she said. "I threw it all away and became an athletic trainer."

It was one of the best decisions she ever made.

Krug was hired by Dallas High School to be a full-time athletic trainer this fall.

Prior to Dallas, she served as an athletic trainer at Silverton High School for seven years and a trainer at Corban University for 12 years.

Krug, a Stevenson, Wash., native, was drawn to the size of the Dallas community.

"We didn't even have a stoplight (in Stevenson)," Krug said. "The move from college to high school to a



LUKAS EGGEN/Itemizer-Observer

### Jennifer Krug helps a student-athlete treat an injury on Monday.

smaller town is not that big of a deal for me. I actually really love it."

She hadn't been looking to leave Silverton. Instead,

she found Dallas offered her a chance to provide a positive impact on a new community.

"I feel like throughout

my career, I've moved to where I felt I was needed and where I could be a benefit to that community," Krug said.

Since arriving, Krug has been working hard to earn the trust of Dallas' student-athletes and others.

That includes making sure when an injury occurs, Krug, the athlete, parents and the physician are all on the same page for a recovery plan.

"(I've been working on) establishing the trust between myself and the parents, athletes and physicians," Krug said. "That's really important. We're all part of a big team."

Helping an athlete recover is incredibly rewarding, Krug said, but those moments leading up to a return can be difficult — especially when it means telling an athlete the news they don't want to here.

"That's the tough part," Krug said. "I played (volleyball and basketball) in college. I understand the competitive part. I also have to be the neutral party in being able to explain to them that the next two minutes, two days, two weeks, two months and two years can make a big difference. They have to think past those next moments. That's why I'm here — to help facilitate that."

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## PREP CROSS-COUNTRY

# Central boys, girls ready for 'battle'

By Lukas Eggen  
 The Itemizer-Observer

INDEPENDENCE — Central's cross-country teams hope strength in numbers pays off on Wednesday (today) at the Mid-Willamette Conference district championships at Waterloo Park in Lebanon.

The boys may not have an individual finisher inside the top 10, but its varsity run-

ners' best times of the season are separated by only 40 seconds (Matt Raines, Zach Meyer, Jaydon Aydelotte, Aaron Padilla, Caedmon Whisenhunt, Maynard Dewitt and Jaime Cantu).

Both the boys and girls finished third in the district preview meet on Sept. 21, but a lot can change, coach Eli Cirino said.

That includes the venue. The race was originally

scheduled to take place at Willamette Mission State Park, but weather conditions caused parts to be flooded, and concerns remained about the course's condition.

Waterloo presents a different challenge — especially at the beginning.

Where Willamette Mission State Park featured a much more open start, Waterloo's is more condensed.

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# DHS hopes to surprise

By Lukas Eggen  
 The Itemizer-Observer

DALLAS — A season ago, Dallas' boys cross-country team came close to qualifying for state — finishing fourth in the team standings.

The Dragons are hoping for a similar surprise Wednesday (today) at the Mid-Willamette Conference district championship at Waterloo Park in Lebanon.

Sophomore Trevor Cross will pace Dallas. Cross posted the second fastest time in the MWC so far this season (16 minutes, 11.2 seconds), behind only Silverton's Hosea Catterall (16:04.4).

"I'm really close to getting under 16 minutes," Cross said. "I'd like to do that and maybe take first or second."

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## PREP SOCCER

# Dallas roars back to life, clinches play-in spot

By Lukas Eggen  
 The Itemizer-Observer

DALLAS — Since a 7-0 win over Redmond to open the season, Dallas' girls soccer team had gone 0-9.

Against Central and Woodburn, the Dragons roared back to life.

Dallas defeated the Panthers 7-0 on Oct. 18 and Woodburn 2-1 on Thursday — clinching the Mid-Willamette Conference's a spot in the state play-in round.

"I think (Oct. 18) was the most fun any of us have had on this field in the last four years," senior Jenifer Webb said.



Tallon

recorded a hat trick in the first half, helping pace Dallas to a 5-0 lead.

"It feels really awesome," Webb said. "It makes me want to go out there and get some more goals and assists for my team."

Seniors Stefani Tallon and Kaja Elgaen scored two goals each.

"The girls have really

started playing a lot better together the last four or five matches," coach Ron Brooks said. "... When I took over, there was a lot of blaming people when things weren't going right. Now they are a lot more supportive. Family has been their rallying cry. We're finally getting to the point where they feel that way and not just saying it."

Dallas played South Albany Tuesday after press time.

The winner will clinch fifth place in the MWC and face the Midwestern League's fourth-place team in the play-in round.

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LUKAS EGGEN/Itemizer-Observer

### Dallas senior Jenifer Webb shoots against Central. Webb scored three goals against the Panthers.