

# Anderson eager to make her mark at Central

By Lukas Eggen  
The Itemizer-Observer

INDEPENDENCE — As a high school student, Katie Anderson loved going to school sporting events.

Unlike most, her greatest interest didn't focus on what was happening during the game.

"I would always go to the football games to see what was going on," Anderson said. "I would see athletic trainers run onto the field to help the player, or they would treat something with pregame taping and preventative things. It really intrigued me."

That was the beginning of Anderson's path toward sports medicine — one that has led her to become Central's new athletic trainer.

Anderson's interest in sports medicine began her freshman year in high

school, but she never thought it would lead anywhere.

"I didn't realize I could make a career out of it," Anderson said. "My head athletic trainer in high school told me he went to Central Washington, and I could go to a university and get a degree in athletic training."

Anderson graduated from George Fox University in 2011, and worked at Corban University for five years and Blanchet Catholic High School for a month prior to coming to Central.

"I wouldn't say this was my dream seven years ago," Anderson said. "Now in the past year, for sure. I plan to be at Central for a while."

Working with high school athletes provides a new challenge for Anderson — one that can be fun and exciting to conquer.

"I'm super grateful I can

work with this age group," she said. "They are fun, and they press boundaries to see where you are at."

Anderson replaces long-time trainer Jeremy Ainsworth, who now works with Oregon State's baseball team. Though she replaces an athletic trainer who coaches and players loved, stepping into his role has been as smooth as possible, she said.

"There is great support from (athletic director) Shane Hedrick," Anderson said. "All of the coaches are encouraging and supportive. There's an appreciation for athletic training at this school."

Anderson, who officially joined Central in early October, has been working on building relationships with students — gaining their trust and learning how best to communicate with them.

"Molding young minds is

something I desire to do," Anderson said. "I'm not here to take them out. I'm here to get them back in. I have to be able to talk to them and let them know there's more than just tennis or football. ... You might want to have a family one day and want to be able to run with your kids or coach their soccer team. Being positive now in the education process can improve their future life."

She is also beginning to establish her own way of doing things and getting her student athletes on board.

"It takes time to make something my own — some things won't change, but I'm not going to do everything the exact same way they've been done before," Anderson said. "Just because it's new, doesn't mean it can't be good. It's just different. It can be great."

Perhaps the most impor-



LUKAS EGGEN/Itemizer-Observer

Central athletic trainer Katie Anderson prepares to help a student-athlete.

tant role Anderson sees for herself as is as an educator. And it's something she hopes to fully embrace at Central.

"I would love to, if possi-

ble, to mold into more of a teacher like my athletic trainer was in high school," Anderson said. "Education is the general reason we do what we do."

## PREP VOLLEYBALL

# Pirates eliminated at state

Itemizer-Observer staff report

OREGON CITY — Perrydale's volleyball team lost in the first round of the 1A state playoffs to North Clackamas Christian 25-11, 25-19, 18-25, 25-18 on Oct. 26.

"We played the best match we have all season,"

coach Denise Dickey said. "I am very proud of how the girls came out to play."

Dickey said strong performances from everyone on the team, from senior McKenna Desnoyers to the team's numerous freshmen, shows that the Pirates have a

promising future.

"I am definitely looking forward to next year with this team," Dickey said. "We had a great season and I am hoping to build on our experience we had this year going to the first round of state playoffs."

# Central: Panthers respond with strong second half

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They showed patience in the second half, and it wasn't long before Central capitalized on an opening.

"We noticed their center backs were pretty slow," Muller said. "We have good speed up top and on our wings. Tony (Rincon) and I talked, and I said find me on the through ball. We did and it worked out."

Once Ortiz gave Central the lead, players settled down and preserved the victory.

"We were all so pumped," Muller said. "We knew once

we got ahead, an air of calm would come through us."

No. 13 Central plays at No. 4 Hillsboro Wednesday (today) at 7 p.m. in the first round of the state playoffs.

The Panthers have advanced to the first round of the state playoffs each of the past two years, but lost those matches by a combined score of 8-1.

Players are eager to show they are ready to take the next step and advance.

"We want to go out there and prove that we can do more," Rincon said. "We

want to show that we can be up there with these teams."

Hillsboro finished 10-2-2 overall and 6-1 in Northwest Oregon Conference play, finishing first.

Central won't be intimidated by Hillsboro's success, Orozco said.

"I think the key is for our players to play their game instead of trying to score off every pass," Orozco said. "It's about who wants it the most now. If we want it hard enough, I think we'll advance. If we don't, we're just going to come home."

# State: Burgess has big game

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"We have to take it one game at a time and work hard in practice," Sickles said.

The Rangers provide a difficult challenge. Dufur, the defending state champions, went 8-1 overall, including a 54-12 victory over Falls City on Sept. 9.

"They expect to be in the state championship every stinking year," Cook said. "They don't let up. They put their foot on your throat and get it over with quick."

But the Mountaineers won't just lay down. In the teams' first meeting, Falls City was missing several key starters, and the Mountaineers are a far-improved team than the one that took the field against Dufur in September.

"Nothing is set in stone," Cook said. "If we play defense the way we're taught to play defense, they're not just going to go up and down the field on us, and we'll come up with a game plan to move the football on offense, which we are capable of doing."

Friday will be uncharted territory for Falls City's players — but they don't have the luxury of getting acclimated slowly.

"They can't admire the scenery," Cook said. "All you can ask for is a chance. We're one of the last 16 teams playing. We'll throw our hat in the ring and see what happens."

The last time Falls City's football team made the playoffs, none of its current players were born yet. While players know they

can't afford to sit back and relax just yet, for at least a few hours on Friday night, players enjoyed the moment and the pride of what they accomplished

against Yoncalla.

"It's exciting," Sickles said. "We haven't done anything like this in Falls City for a long time. It's great to be a part of it."

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