

## SCHEDULE

**WEDNESDAY, JAN. 11**  
**Boys basketball:** South Albany at Central, 7 p.m. Dallas at Crescent Valley, 7 p.m.

**Wrestling:** Corvallis at Central, 6 p.m. South Albany at Dallas, 6 p.m.

**THURSDAY, JAN. 12**  
**Boys basketball:** Oregon School for the Deaf at Perrydale, 7 p.m.

**Girls basketball:** Oregon School for the Deaf at Perrydale, 5:30 p.m.

**Men's basketball:** Simon Fraser at Western Oregon, 7 p.m.

**FRIDAY, JAN. 13**  
**Boys basketball:** Crescent Valley at Central, 7 p.m. Dallas at Corvallis, 7 p.m. C.S. Lewis at Falls City, 7 p.m.

**Girls basketball:** Central at Crescent Valley, 7 p.m. Corvallis at Dallas, 7 p.m.

**Wrestling:** Dallas at Oregon Classic, TBA.

**SATURDAY, JAN. 14**  
**Boys basketball:** North Clackamas Christian at Perrydale, 5:30 p.m.

**Girls basketball:** North Clackamas Christian at Perrydale, 4 p.m.

**Men's basketball:** Western Washington at Western Oregon, 7 p.m.

**Women's basketball:** Western Oregon at Montana State Billings, 4:15 p.m.

**Wrestling:** Dallas at Oregon Classic, TBA.

**MONDAY, JAN. 16**  
**Boys basketball:** Sherman at Perrydale, 5:30 p.m.

**Girls basketball:** Sherman at Perrydale, 4 p.m.

**TUESDAY, JAN. 17**  
**Boys basketball:** Crosshill Christian at Falls City, 7 p.m.

**Girls basketball:** Central at Lebanon, 7 p.m. Dallas at Silverton, 7 p.m. Crosshill Christian at Falls City, 5:30 p.m.

**Swimming:** Central at Corvallis, 4 p.m. Lebanon at Dallas, 4 p.m.

**WEDNESDAY, JAN. 18**  
**Boys basketball:** Lebanon at Central, 7 p.m. Silverton at Dallas, 7 p.m. Crosshill Christian at Perrydale, 7 p.m.

**Wrestling:** Silverton at Central, 6 p.m. Dallas at Crescent Valley, 6 p.m.

**Schedules Subject to Change**

## QUICK HITS

### Tuipulotu records four tackles at All-American Bowl

SAN ANTONIO — Central senior Marlon Tuipulotu recorded four tackles, including 1.5 tackles-for-loss, during the U.S. Army All-American Bowl on Saturday.

The annual game brings together some of the best high school football players from across the country. The East squad defeated the West squad 27-17.

Tuipulotu has committed to playing football at the University of Washington.

### Volunteer coaches sought for club

DALLAS — Dallas Track Club is looking for volunteer coaches.

No experience is necessary. Training will be provided.

The track club runs from March through May at LaCreole Middle School.

For more information: Malia, 503-383-8138.

### Registration open for golf tourney

DALLAS — Registration is open for the 15th annual Brockway Memorial Golf Tournament on Feb. 4 at Cross Creek Golf Course.

The two-person, 18-hole scramble will begin at 9 a.m. Cost is \$45 and includes green fees, and hole and tee prizes.

For more information: 503-623-6666. Sign-ups are due by Feb. 1.

## CENTRAL WRESTLING

# Morales seeks rhythm on mat

By Lukas Eggen  
 The Itemizer-Observer

INDEPENDENCE — Two years ago, Central senior A.J. Morales wasn't doing much with his time during the winter sports season.

He tried basketball his freshman year, but didn't care for it.

As a sophomore, he didn't play a winter sport. Last season, Morales thought that something had to change.

"I thought I have to do something," Morales said.

He chose wrestling in part because of suggestions from his brother and his friends.

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LUKAS EGGEN/Itemizer-Observer  
**Central senior A.J. Morales wrestled for the first time as a junior during the 2015-16 season.**

## DALLAS GIRLS BASKETBALL

# Dragons find stride entering league play

By Lukas Eggen  
 The Itemizer-Observer

DALLAS — Dallas' girls basketball team entered the season optimistic about the coming campaign.

With seven seniors and four juniors, the Dragons featured a roster loaded with upper classmen.

But all that potential sputtered out of the gate.

Dallas opened the season with losses to Marist Catholic, The Dalles and Churchill.

"We had a fairly good dis-

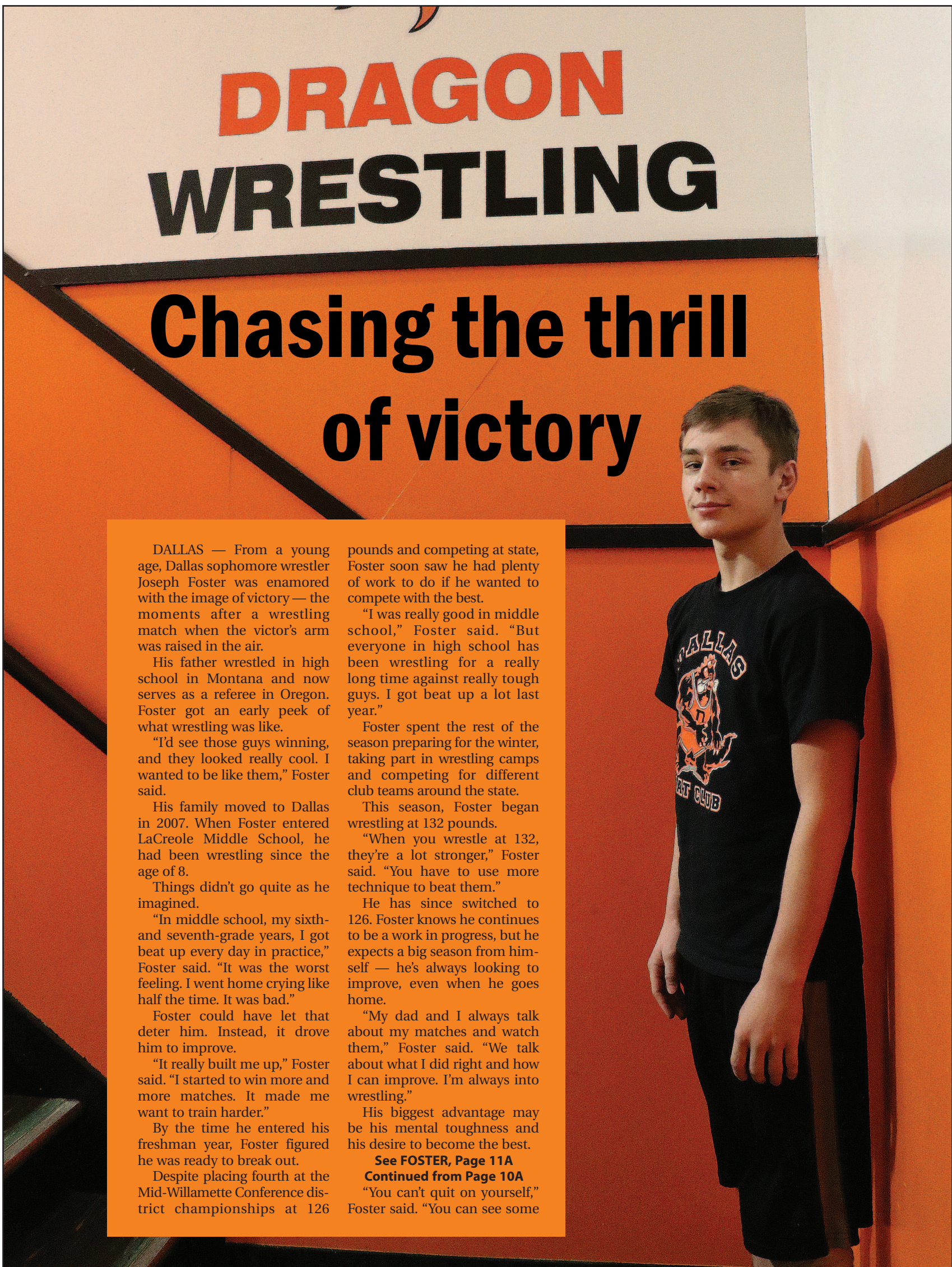


Nelson

cussion after we lost to Churchill," coach David Brautigam said. "You could say it was our come-to-Jesus-type speech."

Brautigam made a few adjustments to lineups and some changes in strategy, but the focus was simple: trust.

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# Chasing the thrill of victory

DALLAS — From a young age, Dallas sophomore wrestler Joseph Foster was enamored with the image of victory — the moments after a wrestling match when the victor's arm was raised in the air.

His father wrestled in high school in Montana and now serves as a referee in Oregon. Foster got an early peek of what wrestling was like.

"I'd see those guys winning, and they looked really cool. I wanted to be like them," Foster said.

His family moved to Dallas in 2007. When Foster entered LaCreole Middle School, he had been wrestling since the age of 8.

Things didn't go quite as he imagined. "In middle school, my sixth- and seventh-grade years, I got beat up every day in practice," Foster said. "It was the worst feeling. I went home crying like half the time. It was bad."

Foster could have let that deter him. Instead, it drove him to improve.

"It really built me up," Foster said. "I started to win more and more matches. It made me want to train harder."

By the time he entered his freshman year, Foster figured he was ready to break out.

Despite placing fourth at the Mid-Willamette Conference district championships at 126

pounds and competing at state, Foster soon saw he had plenty of work to do if he wanted to compete with the best.

"I was really good in middle school," Foster said. "But everyone in high school has been wrestling for a really long time against really tough guys. I got beat up a lot last year."

Foster spent the rest of the season preparing for the winter, taking part in wrestling camps and competing for different club teams around the state.

This season, Foster began wrestling at 132 pounds.

"When you wrestle at 132, they're a lot stronger," Foster said. "You have to use more technique to beat them."

He has since switched to 126. Foster knows he continues to be a work in progress, but he expects a big season from himself — he's always looking to improve, even when he goes home.

"My dad and I always talk about my matches and watch them," Foster said. "We talk about what I did right and how I can improve. I'm always into wrestling."

His biggest advantage may be his mental toughness and his desire to become the best.

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"You can't quit on yourself," Foster said. "You can see some



LUKAS EGGEN/Itemizer-Observer

Dallas sophomore Joseph Foster placed fourth at the Mid-Willamette Conference district championships last season, but he wasn't satisfied.

## PERRYDALE ROUNDUP

# Boys basketball defeats WVC, Jewell

Itemizer-Observer staff report

PERRYDALE — Perrydale's boys basketball team earned a pair of Casco League victories last week. The Pirates defeated Willamette Valley Christian 59-47 on Jan. 3 and Jewell 50-28 on Thursday.

"Willamette is one of the top three or four opponents in our league," coach Brian Domes said. "I know we



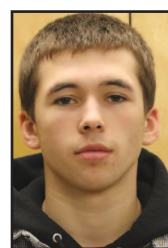
Pope

came out and won the first and second quarter, but couldn't quite pull away in the second half."

Domes was pleased with several individual perform-

ances against Willamette Valley Christian.

"We had a couple kids that came out and really helped on the scoring and rebounding side," Domes said. "Jacob Pope had a good game in both categories. He was the high scorer for the game. Cooper Butler was pretty solid defensively. We put him on Willamette's best scorer



Butler

who is a pretty good athlete." Against Jewell, Domes said the goal was to get as many of his players time on the court as possible.

The Pirates' game against

Damascus Christian, on Saturday was canceled due to weather.

Perrydale played Livingstone Adventist Tuesday after press time.

The Pirates host Oregon School for the Deaf Thursday at 7 p.m.; North Clackamas Christian Saturday at 5:30 p.m.; and Sherman Monday at 5:30 p.m.

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