

## SCHEDULE

**WEDNESDAY, JAN. 18**  
**Boys basketball:** Lebanon at Central, 7 p.m. Silverton at Dallas, 7 p.m. Crosshill Christian at Perrydale, 7 p.m.  
**Girls basketball:** Crosshill Christian at Perrydale, 5:30 p.m.  
**Wrestling:** Silverton at Central, 6 p.m. Dallas at Crescent Valley, 6 p.m.

**THURSDAY, JAN. 19**  
**Men's basketball:** Western Oregon at Alaska Anchorage, 8 p.m.  
**Women's basketball:** Western Oregon at Central Washington, 7 p.m.

**FRIDAY, JAN. 20**  
**Boys basketball:** Dallas at Central, 7 p.m. Falls City at Mapleton, 7 p.m. Perrydale at Willamette Valley Christian, 7:30 p.m.  
**Girls basketball:** Dallas at Central, 5:30 p.m. Falls City at Mapleton, 5:30 p.m. Perrydale at Willamette Valley Christian, 6 p.m.  
**Wrestling:** Central at Gary Seaney Memorial Tournament, noon. Dallas at Reser's Tournament of Champions, 11 a.m.

**SATURDAY, JAN. 21**  
**Men's basketball:** Western Oregon at Alaska Fairbanks, 8 p.m.  
**Women's basketball:** Western Oregon at Northwest Nazarene, 1 p.m.  
**Wrestling:** Central at Central Duals, noon. Dallas at Reser's Tournament of Champions, 11 a.m.

**MONDAY, JAN. 23**  
**Boys basketball:** C.S. Lewis at Perrydale, 7 p.m.

**TUESDAY, JAN. 24**  
**Boys basketball:** Woodburn at Dallas, 7 p.m.  
**Girls basketball:** Corvallis at Central, 7 p.m. Dallas at Woodburn, 7 p.m.  
**Swimming:** Central at Dallas, 4 p.m.

**WEDNESDAY, JAN. 25**  
**Boys basketball:** Central at Corvallis, 7 p.m. Jewell at Falls City, 7 p.m. Perrydale at Crosshill Christian, 7 p.m.  
**Girls basketball:** Jewell at Falls City, 5:30 p.m. Perrydale at Crosshill Christian, 5:30 p.m.  
**Wrestling:** Central at Dallas, 6 p.m.

Schedules Subject to Change


## QUICK HITS

### Ribich receives weekly honor

PORTLAND -- Western Oregon junior distance runner David Ribich was named the Great Northwest Athletic Conference's Track and Field Player of the Week. Ribich set a school record in the men's 3,000-meter race at the Indoor Preview meet in Seattle on Saturday. Ribich finished 10th overall with a time of 8 minutes, 13.94 seconds.

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Polk County Itemizer-Observer



Western Oregon junior Tanner Omlid leads Division II in steals per game. Omlid averages 3.06 steals per game.

LUKAS EGGEN/Itemizer-Observer

## COLLEGE BASKETBALL

# Fishing for success

By Lukas Eggen  
 The Itemizer-Observer

MONMOUTH — Western Oregon junior forward Tanner Omlid isn't afraid to lay it all on the line for his team.

He does much more than lead the team in scoring, averaging 14.9 points per game, and assists (57 total). He's among the leaders in steals per game in all of Division II (3.06) and ranks first on the Wolves in rebounds (118) and blocks (29).

In short, Omlid does it all. "Tanner's biggest strength is his intangibles," coach Jim Shaw said. "His competitiveness, his physical toughness. He's not the best shooter, dribbler or passer, but he's very tough. He plays very hard, is extremely competitive and has good anticipation."

It's a common sight to see Omlid diving for a loose ball, hustling down the court to get back on defense and routinely laying his body on the line to make a play.

"My dad started coaching me back



Omlid

That kind of hustle can be traced back to two main things — fishing and his love for his teammates.

Each summer, the Omlids go on a three-month fishing trip. This isn't a relaxing day out at a lake, though.

This is a fishing trip at Kodiak Island in Alaska.

"We've gone every summer in my life," Omlid said. "We drop the cell-phone for three months, go fish, and try and make some money."

The experience gives Omlid something invaluable.

"The commercial fishing in Alaska I believe instilled a work ethic and grit within him," Tanner's father, Keith, said. "I believe there is weight room

in elementary school," Omlid said. "One thing he focused on was defense. He said everyone can play defense, no matter how athletic or unathletic you are."

strength and then there is 'man' strength — kind of like when your granddad shakes your hand and he's got a vice grip. Commercial fishing probably gave Tanner some of that."

The days are long, but it's made Omlid a stronger player and person.

"It really taught me how to work and developed my work ethic," Omlid said. "I have strong hands and shoulders because of it. (That strength) really helped me on the defensive side."

While his work ethic helped develop his physical tools, his teammates drive him emotionally — and not just his current ones. From his time at the U.S. Military Academy, Omlid is out to honor his teammates every time he steps on the court.

"I play for everyone on the team," Omlid said. "I play for my guys back at West Point. During the national anthem, those are the guys I think about. It motivates me to play harder."

And, at his core, is a burning desire to come out on top.

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## DALLAS SWIM

# Senior gives his all for swim team

By Lukas Eggen  
 The Itemizer-Observer

DALLAS — Dallas senior swimmer Wesley Tornow wasn't an athlete. He wasn't involved in any clubs or organizations.

He simply hadn't found anything that ignited his passion. During his junior year, Tornow came out for the swim team for the first time.

"My mom encouraged me to do something," Tornow said. "Swimming was one of the options."

Since then, Tornow, despite having no competitive swimming experience, decided if he was going to join a team he was going to be all in — and his coaches and teammates have noticed.

"He has been to every workout and every dry land (workout) since joining the team and does whatever is asked of him," coach David Morelli said.

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## Swim meet

- Corvallis' swim team defeated Dallas 163-90 (boys) and 195-58 (girls) on Jan. 10.

- Ryan Kennedy won the boys 200-yard freestyle in 2 minutes, 6.39 seconds and the 100 freestyle in 57.72 seconds. Amicus Ambler won the boys 100 breaststroke in 1:29.94, and the 200 medley relay team of Tyler Boggs, Isaiah Dressel, Gabe Applegate and Ambler took first in 2:10.70.

- Jolie-Rae Ford won the girls 200 freestyle in 2:05.56 and the 50 freestyle in 25.99 seconds. Annalisa Kakacek won the 100 backstroke in 1:27.76.

- The Dragons hosted Lebanon Tuesday after press time.

- Dallas hosts Central Tuesday at 4 p.m. at Dallas Aquatic Center. The meet will be the team's final home meet of the 2016-17 season.

## PERRYDALE BASKETBALL

# Pirates girls, boys learn key lessons

By Lukas Eggen  
 The Itemizer-Observer

PERRYDALE — Senior Sierra Starr has noticed a difference among Perrydale's girls basketball team.

It's a difference that the team has been building toward — something experienced teams can take for granted — Perrydale's athletes are becoming true basketball players.

"We just play basketball now," Starr said. "We can play together and work together as a team. We're not just a bunch of different kids out there."

The Pirates defeated Liv-

ingstone Adventist 42-15 on Jan. 10 and Oregon School for the Deaf 50-9 on Thursday. The blowout wins were important markers for the Pirates — a sign that players are maturing on the court and not overlooking opponents.

"The girls played a really clean game (on Thursday)," girls coach Terry Newton said. "I'm extremely happy with the way they played."

While the girls celebrated a pair of wins, the boys squad hopes players learned an important lesson about overlooking opponents.

The boys basketball team lost to Livingstone Adventist 48-47 on Jan. 10 before beat-



Butler

said. "We definitely didn't expect it."

Perrydale, which played without Haylen Janesofsky, led Livingstone by nine at one point, Domes said.

The loss was a painful lesson, one that players said they're not keen on repeating anytime soon.

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ing Oregon School for the Deaf 77-30 on Thursday.

"(The loss) hurt," boys coach Brian Domes



Senior Sierra Starr brings the ball up against Oregon School for the Deaf on Thursday evening.

LUKAS EGGEN/Itemizer-Observer

## CENTRAL ROUNDUP

# Barry, Panthers get defensive



LUKAS EGGEN/Itemizer-Observer

Central senior Andrew Barry looks to get to the hoop against Crescent Valley on Friday night.

Itemizer-Observer staff report

INDEPENDENCE — Central senior Andrew Barry underwent a big change his junior year. He got a few starts at the varsity level for the boys basketball team, but his defense was more a liability than a strength.

"I haven't been the best defender," Barry said. "I made that a goal to become a better defender. I'm quicker laterally, and I am able to keep my guy in front of me."

Barry worked to improve his agility and quickness. He became stronger physically and, more importantly, mentally.

"A lot of it is mental for me," Barry said. "I have to believe I'm a good defender. I know that I have the ability to be, I just have to put in that effort and use my body I've been

blessed with to stay down and keep my guy in front of me."

On offense, Barry has found his stride, becoming an inside force.

More importantly, the senior has become not just a more athletic player, but a smarter one.

"He's becoming more aware on the court," coach Tim Kreta said. "Offensively, we like him pounding it inside. We want to continue to challenge him defensively. There's a lot of room for growth."

For the most part, Barry and his teammates have succeeded. Central entered the week giving up 49 points per game, the lowest mark in the Mid-Willamette Conference.

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