

# Omlid: Senior developed toughness from fishing

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 "It doesn't matter if it's commercial fishing, basketball, sport fishing, hunting, hiking or video games, he's very driven to win," Keith said. "He's the guy that losing hurts more than the enjoyment of the win."  
 Omlid may be having a stellar season, but WOU has

struggled to find consistency. The Wolves entered the week in fifth place in the Great Northwest Athletic Conference standings with a 5-3 mark in conference play and an 8-8 record overall. WOU rolled to a 25-point win over Simon Fraser on

Thursday and jumped out to a 13-1 lead against Western Washington on Saturday before falling 84-76. "On Saturday, we had a chance to beat a team that is more talented than us at home," Shaw said. "We had the right mindset and came out great, but just didn't have enough to sustain it. I

didn't think we had very good point guard play." The Wolves have shown flashes of great team play. Finding that on a consistent basis remains a struggle. "That has to do a lot with team chemistry and confidence," Omlid said. "Confidence is one of the biggest things in basketball. I'd say 90

percent of a shot is mental." For now, the Wolves are a good, not a great, squad. But Western Oregon is capable of beating the GNAC's best teams. "It's a two-pronged solution," Shaw said. "We have to have Tanner and Ali (Faruq-Bey) play at a high level, and we have to have

some other guys step up. J.J. Chirnside has stepped up and is doing a good job for us. We need one or two other guys step up and not necessarily do great things, but be able to contribute. I think this group is doing a pretty good job. We have to take one more step to beat the GNAC's best."

## WESTERN OREGON ROUNDUP

# WOU sets three records

**Itemizer-Observer staff report**  
 SEATTLE — Three Western Oregon track and field athletes set new school records at the University of Washington Indoor Preview on Saturday. Suzanne Van De Grift set a school mark in the women's 1,000-meter run with a time of 2 minutes, 57.75 seconds. She finished 20th overall. Dustin Nading set the school's men's 1,000 mark in 2:28.58

(finishing 13th), and David Ribich broke the school record in the 3,000 by 14 seconds with a time of 8:13.94 — good for a 10th-place finish.

Josh Dempsey had WOU's best individual finish, placing third in the 800 (1:51.35).

Western Oregon returns to Seattle for the University of Washington Invitational Jan. 27-28.

**WOMEN'S BASKETBALL DROPS TWO:** Western Oregon's women's basketball team lost to Concordia 55-46 on Jan. 10 and Montana State Billings 74-67 on Saturday. Kaylie Boschma led the Wolves against Concordia with 12



**Snook** points and nine rebounds. Sydney Azorr added nine points and six rebounds. Against Montana State Billings, Shelby Snook had 30 points, nine rebounds and eight assists. Jasmine Miller scored 16 points, but the Wolves (6-9 overall, 2-6 Great Northwest Athletic Conference) saw repeated rallies fall just short. Western Oregon plays at Central Washington Thursday at 7 p.m. and at Northwest Nazarene Saturday at 1 p.m.

# Dallas: Senior works hard

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 Tornow has proven to be a versatile swimmer. He has competed in freestyle and backstroke, and in both sprint and distance races.

"I try to keep a steady pace," Tornow said. "Then the last bit, I push myself to finish hard."

The senior may not be the fastest swimmer in the pool, but he is one of the hardest-working. He's also making the most of the experience of being a high school athlete — enjoying both the physical workouts and the social aspect.

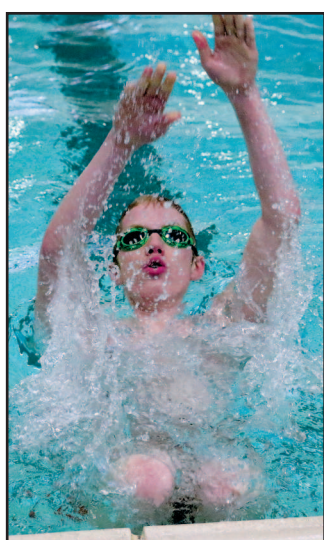
"It's a good experience," Tornow said. "I like the team environment, working together during relays

and keeping my body healthy. (Swimming) has also helped me make more friends at school."

Tornow may be a man of few words, but his actions speak loudly, Morelli said, allowing Tornow to become an example for younger swimmers to follow.

While he lacks the swimming background of some of his competitors, his work ethic has set him apart among the Dragons.

"He exemplifies what high school swimming is — a team sport where the individual can learn a good work ethic, skills that will last a lifetime, and realize the limits of their body through demanding exercise," Morelli said.



LUKAS EGGEN/Itemizer-Observer  
**Senior Wesley Tornow joined the swim team as a junior without any competitive experience.**

## DALLAS ROUNDUP

# Dragons take third at Wrestling Classic

**Itemizer-Observer staff report**  
 REDMOND — Dallas' wrestling team finished third in the 5A bracket at the Wrestling Classic on Friday and Saturday.

The Dragons defeated Bend, Pendleton and West Albany in dual matches on Friday and lost to Roseburg. Dallas defeated Thurston, lost to Hermiston and defeated Redmond



**Tr. Earhart** on Saturday. Trevé Earhart secured victories against Roseburg, Thurston and Hermiston. "That will probably make him the top-ranked 195-

pounder in the state," coach Tony Olliff said. "Ryan Bibler, Jacob Jones, Joe Foster and Tanner Earhart should all get a bump in rankings as well."

The Dragons travel to Crescent Valley Wednesday (today) at 6 p.m. Dallas will compete at the Reser's Tournament of Champions Friday and Saturday at Liberty High School in Hillsboro.

**GIRLS BASKETBALL DOWNS SPARTANS:** Dallas' girls basketball team won a thriller over Corvallis, earning a 56-53 win in double overtime on Friday. Becca Ronco scored a team-high 16 points.



**Ronco** Katie Senger added 11 points and Olivia Nelson scored 10 points.

The Dragons (7-4 overall, 2-0 Mid-Willamette Conference) played Silverton Tuesday after press time. Silverton entered the week leading the MWC. The Dragons play at Central Friday at 5:30 p.m. and at Woodburn Tuesday at 7 p.m.

**BOYS BASKETBALL FALLS TO CORVALLIS:** Dallas' boys basketball team lost to Corval-

lis 58-52 on Friday. The Dragons and the Spartans were tied at the half, but Corvallis held on for the victory. Jason Richey led Dallas with 20 points. Aaron White added 14 points.

The Dragons host Silverton Wednesday (today) at 7 p.m. Dallas plays at Central Friday at 7 p.m. and hosts Woodburn Tuesday at 7 p.m. Dallas is one of five teams in the MWC to enter the week with a 1-1 mark in league play.

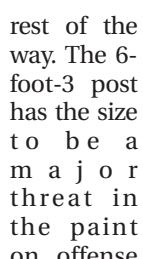
# Pirates: Boys rebound from unexpected defeat

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 "I took away the feeling (of losing)," senior Cooper Butler said. "It's a feeling I don't want to feel again."

Despite the loss, Perrydale entered the week in second place in the Casco League, behind Crosshill Christian. Butler has played a key role in the team's success. The senior scored 20 points and had 11 rebounds against Livingstone.

"I play all around the floor," Butler said. "I help get myself and my teammates looks everywhere. My mid-range shot has gotten a lot better. It can draw the opponent out so I can get a good look to drive and pass, or go up and get a foul."

Senior Jacob Pope could be the key to how successful the Pirates' season will be the



**Pope** rest of the way. The 6-foot-3 post has the size to be a major threat in the paint on offense and defense.

At times, he has shown what he can do in the key, but finding that level of production consistently has proven difficult.

"For me, it's keeping the mindset of knowing where you are in the defense and where the weak spots are and look for that opening," Pope said. "I always have to be ready for the ball. I struggle with that sometimes, but I am getting better."

If Pope can crack the code

and become a regular contributor, he'll add another layer of depth for the Pirates. "He's been up and down," Domes said. "If we can get consistent production from him, we're going to be that much better."

The boys and girls teams host Crosshill Christian Wednesday (today). The girls tip off at 5:30 p.m. and the boys follow at 7. Crosshill's boys and girls teams enter the week in first place. The Pirates play at Willamette Valley Christian Friday at 6 (girls) and 7:30 p.m. (boys). WVC's girls are second in the Casco League, while the boys are in third.

Perrydale also hosts C.S. Lewis Monday at 5:30 (girls) and 7 p.m. (boys). "It'll be a tough week," Newton said.



LUKAS EGGEN/Itemizer-Observer  
**Perrydale senior Cooper Butler attempts to chase down a rebound on Thursday.**

# Central: Wrestling ties for first at invitational

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 But that defense wasn't on display during a 61-47 loss to Crescent Valley on Friday.

"The thing that got to me the most was our lack of ball pressure and the sense of keeping them out of the middle of the paint," Kreta said. "We game-planned for that, but didn't quite execute it the way we had hoped for. That's not what we hang our hats on as a group."

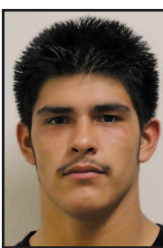
Kreta said he believes the defensive effort was more a result of an off night. The Panthers have little time to dwell on the loss, though, with a big

week. Central hosts Lebanon Wednesday (today) at 7 p.m. and Dallas Friday at 7 p.m.

"Both those games are huge," Barry said. "Lebanon is a sleeping giant. Dallas is a dangerous team. They're both tough."

**WRESTLING TIES FOR FIRST:** Central's wrestling team tied for first at the Central Invitational on Saturday. The Panthers finished with 183.5 points along with Banks.

Noah Worthington (106 pounds), Michael Arciniega (113), Sam Crow (195), David Negrete (220) and Caleb Sedlacek (285) finished first to lead Central. Luis Martinez (106) and Manuel Martinez (120) placed second.



**Negrete** Central hosts Silverton Wednesday (today) at 6 p.m. The Panthers will compete at the Gary Seaney Memorial Tournament Friday at 1 p.m. before hosting the Central Duals Saturday at noon.

**RELAYS LEAD SWIM TEAM:** Central's girls 200-yard medley relay and 200 freestyle relay teams paced the Panthers' swim squad at Lebanon on Jan. 10.

The 200-medley relay team of Annie Taylor, Olivia Cooper, Grace Holstad and Lynze Bradley took first with a time of 2 minutes, 8.66 seconds. The 200-freestyle relay team of Taylor, AnneMarie Hasbrook, Bradley and Holstad won with a time of 2:01.66.

**GIRLS BASKETBALL SPLITS:** Central's girls basketball team defeated South Albany 53-49 on Jan. 10 before falling to Crescent Valley 51-45 on Friday.

Central played Lebanon Tuesday after press time. The Panthers host Dallas Friday at 5:30 p.m. and Corvallis Tuesday at 7 p.m.

## FALLS CITY ROUNDUP

# Boys defeat C.S. Lewis

**Itemizer-Observer staff report**  
 FALLS CITY — Falls City's boys basketball team defeated C.S. Lewis 74-60 on Friday. Austin Burgess scored 28 points and grabbed eight rebounds to lead the Mountaineers. Jeremy Labrado added 15

points and Zach Varney recorded nine points and 14 rebounds.

Falls City opened the week by falling to Willamette Valley Christian 70-47 on Jan. 10.

The girls basketball team lost to Willamette Valley

Christian 55-24 on Jan. 10.

The Mountaineers played Crosshill Christian Tuesday after press time. Falls City plays at Mapleton Friday at 5:30 (girls) and 7 p.m. (boys) before hosting Jewell Wednesday at 5:30 (girls) and 7 p.m. (boys).

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