

WESTERN OREGON ROUNDUP

Omlid gets triple-double

Itemizer-Observer staff report
MONMOUTH — Western Oregon junior Tanner Omlid recorded a triple-double on Saturday, leading WOU's men's basketball team to an 84-70 win over Seattle Pacific.



Omlid



Chirnside

Omlid recorded 18 points, 15 rebounds and 11 steals — a school record. It was the Wolves' first triple-double since 2003.

J.J. Chirnside scored a career-high 17 points, and Ali Faruq-Bey recorded 17 points, three rebounds, three assists and three steals.

Western Oregon also defeated Saint Martin's 82-73 on Thursday. Omlid scored a game-high 23 points and had five rebounds, six steals, three assists and two blocks.

Demetrius Trammell added 16 points.

WOU (13-9 overall, 10-4 Great Northwest Athletic Conference) plays at Western Washington Thursday at 7 p.m. and at Simon Fraser Saturday at 7 p.m.

The Wolves entered the week in third place in the conference standings behind Western Washington and Alaska Anchorage.

WOMEN'S BASKETBALL DROPS TWO: Western Oregon's women's basketball team lost a pair of GNAC games last week. The Wolves fell to Alaska Fairbanks 79-65 on Thursday and Alaska Anchorage 91-50 on Saturday. Jasmine Miller led WOU against Alaska Fairbanks with 12 points and five rebounds. Sophomore Kaylie Boschma scored a team-high 17 points against Alaska Anchorage. The Wolves played Concordia Tuesday after press time. Western Oregon hosts Montana State Billings Thursday at 7 p.m.

SOFTBALL COMPETES IN LAS VEGAS: Western Oregon's softball team competed at the Desert Stinger Classic in Las Vegas. The Wolves opened the tournament with a pair of losses on Friday, falling to Azusa Pacific 3-1 and Chico State 7-4. WOU split its games on Saturday, earning its first win of the season in a 5-4 victory over Minot State before losing to Cal State San Bernardino 5-4. The Wolves closed the weekend with a 1-0 win over Cal State Monterey Bay on Sunday.

Ryanne Huffman and Ku'ulei Siolo each had two hits against Minot State. Zoe Clark hit an RBI groundout in the top of the fifth inning to score what turned out to be the game-winning run.

Huffman hit an RBI double in the first inning, while Ashlee Lynch hit a solo home run to get WOU on the board.

Against Cal State, Emma Alfonso hit a three-run home run to give WOU a 4-2 lead, but Cal State scored the final three runs of the game.

Western Oregon plays a doubleheader at Hawaii Pacific on Monday and at Chamaina on Feb. 15 in Honolulu.



Huffman

softball team competed at the Desert Stinger Classic in Las Vegas. The Wolves opened the tournament with a pair of losses on Friday, falling to Azusa Pacific 3-1 and Chico State 7-4. WOU split its games on Saturday, earning its first win of the season in a 5-4 victory over Minot State before losing to Cal State San Bernardino 5-4. The Wolves closed the weekend with a 1-0 win over Cal State Monterey Bay on Sunday.

Ryanne Huffman and Ku'ulei Siolo each had two hits against Minot State. Zoe Clark hit an RBI groundout in the top of the fifth inning to score what turned out to be the game-winning run.

Huffman hit an RBI double in the first inning, while Ashlee Lynch hit a solo home run to get WOU on the board.

Against Cal State, Emma Alfonso hit a three-run home run to give WOU a 4-2 lead, but Cal State scored the final three runs of the game.

Western Oregon plays a doubleheader at Hawaii Pacific on Monday and at Chamaina on Feb. 15 in Honolulu.

Slamming it down



LUKAS EGGEN/Itemizer-Observer

Western Oregon junior Tanner Omlid goes up for a slam dunk against Seattle Pacific on Saturday night. Omlid finished the game with 18 points, 15 rebounds and a school and conference record 11 steals. The Wolves won 84-70 to improve to 13-9 overall and 10-4 in Great Northwest Athletic Conference play.

Ford: Will swim the freestyle at districts

Continued from Page 13A
"I might not know my teammates at first, but I know people they know," Ford said. "We all have connections somehow in high school. Later in life, I won't have that. It's going to be all new and I don't know how that's going to work out. It'll be different."

She'll compete in the 50- and 100-yard freestyle races in districts.

Ford, Isaiah Dressel and Ryan Kennedy represent the Dragons' best chances to get to state in individual events, coach David Morelli said.

Morelli hopes some of the less experienced swimmers, including Joseph Cook and

Tyler Boggs, can earn a spot in the consolation final in their respective events.

"I think our guys have been a little tired the last two weeks," Morelli said. "We've been resting them up a little bit, working on some little things and getting them to be in a spot to have their best perform-

ances at districts."

The Dragons lack the numbers to place high in the team standings, but Morelli is hopeful for strong individual performances and, for those swimmers set to return next season, a good learning experience.

The first-place winner in each individual and relay

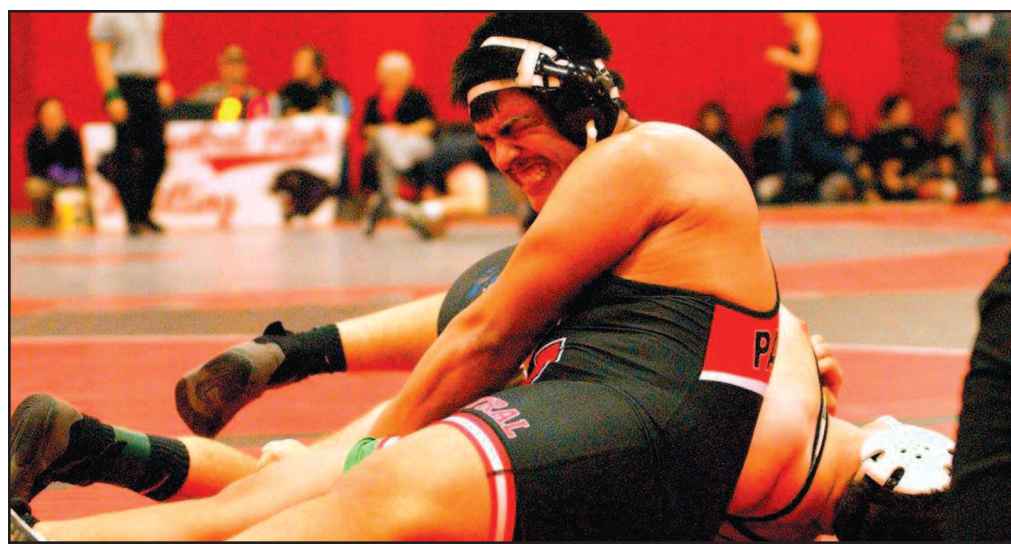
event automatically qualifies for state. Any remaining open lanes will be filled by the next fastest time from all district meet finals up to a total of 12 participants.

Ford hopes to be one of those 12 in multiple events. After a high school career that saw her break school

records, it would be the best way she knows to write the final chapter of her high school career.

"It would be the perfect end to my high school career," Ford said. "I came in as a freshman going to state and to leave it going to state, it'd make everything perfect."

Central: Holstad proud of team's progress



NEAL OLSON/for the Itemizer-Observer

David Negrete hopes to return to the state wrestling tournament.

Continued from Page 13A

"We have six wrestlers who should qualify and three more that have outside shots if they wrestle their best," Holstad said. "I think our 106, 120, 132, and 160 to 285 wrestlers are pretty solid. We are hoping that our wrestlers at the other weights will rise up and be very competitive for the tournament."

There are others who need a breakout performance, but could find themselves headed to state if they do.

"I hope Manuel Martinez at 120 and Alan Vargas at 132 will have good tournaments, and think they have an outside chance to qualify," Holstad said.

With stiff competition at every weight class, the Panthers know that while everyone is gunning to become a district champion, learning to recover quickly from a loss is key. "I think they have learned to start strong

and not let a loss derail them," Holstad said. "It is really important at this tournament to get through the consolation bracket to qualify (for state)."

This weekend is where the countless hours of training and conditioning will have to pay off.

"Our attitude before the tournament and our ability to persevere during the tournament will be the keys to our success," Holstad said.

The Panthers are ready to prove their wrestlers are among the best in the MWC.

Regardless of what happens, Holstad said each and every one has shown growth that they should be proud of.

"I'm proud of all our wrestlers," he said. "They have shown improvement throughout the tough schedule that we have wrestled this year."

FALLS CITY BASKETBALL

Mountaineers earn a pair of victories

Itemizer-Observer staff report

FALLS CITY — Falls City's boys and girls basketball teams earned a pair of wins last week. The boys defeated Oregon School for the Deaf 61-17 on Jan. 31 and Livingstone Adventist 48-36 on Thursday, while the girls beat OSD 37-16 and Livingstone 37-21.

The boys led OSD 36-12 at the half. Austin Burgess led the Mountaineers with 15 points. Jeremy



Labrado

Labrado followed him, and picked up their defensive energy," coach

Labrado added 10 points and Jacob Oberg scored nine points.

"Jeremy set the defensive intensity in the second quarter and his teammates followed him, and picked up their defensive energy," coach

Micke Kidd said. "Jacob Oberg is getting healthy and back into shape. He really stepped up his game the last couple of weeks."

Labrado scored 15 points against Livingstone. Burgess recorded 13 points, and Reid Simmons added 11 points, including back-to-back 3-pointers to open the second half.

Emma Burgess led the girls against OSD with nine points, and



Houghtaling

Gracie Tadlock added eight as Falls City built up a 23-6 lead at the half.

"Neveah Loftis has been really showing improvement and receiving more and more playing time," Kidd said. "She works hard, rebounds well and

is extremely active in the paint."

Anna Lammers and Amara Houghtaling led the Mountaineers against Livingstone with 10 points.

The Mountaineers played Willamette Valley Christian Tuesday after press time. Falls City closes the regular season at C.S. Lewis on Friday (5:30 (girls) and 7 p.m.) and at Jewell on Saturday (2:30 and 4 p.m.).

The Casco League tournament runs Feb. 16-18.

Dallas: Dragons want district title back

Continued from Page 13A

"We will make some tweaks in our lineup," coach Tony Olliff said. "We'll let those speak for themselves and be a surprise at that time. This is about, without looking at other teams and just ourselves, finding the best lineup. We want to put our wrestlers in the best weight classes to make a run for a state title. That's the push right now."

To do that, the Dragons need to send as many wrestlers to state as possible — though more importantly is sending as many wrestlers who can realistically score points at state.

"You look at Clay Coxen, and he's just masterful on top with diverse attacks," Olliff said. "Cody Janssen was patient out there. He was getting slapped in the face; his eyes were being poked; and he didn't let that agitate him. Treve handled that himself very well. I could see all them being top three at state. The question is how do you supplement that. Can Joe Foster and Jacob Jones get it done? Can Dawson Barcroft get on the podium again. Can Ryan Bibler get on the podium again? Can we get points from some of these other guys?"

The competition will be

stiff, and wrestlers know they must be at their best.

"We have to wrestle better than we have all season," Treve Earhart said.

Competition for a team title at state will likely feature familiar foes — Crater and Hermiston, among others.

Dallas finished ahead of both schools at the Reser's Tournament of Champions earlier this season — proof that if enough wrestlers qualify, the Dragons have the talent to bring home a state title.

"Crater will bring 20 plus because they have little resistance in their confer-

Wrestling

• Dallas' wrestling team defeated Woodburn 42-20 on Feb. 1 and South Albany 44-19 on Thursday.

• The Dragons won the Mid-Willamette Conference dual meet championship.

• Dallas will compete at the MWC district wrestling championships at Corvallis on Friday and Saturday.

ence," Olliff said. "Hermiston has a tough Mountain View team to contend with that no one saw coming. If we can get the mid-teens into state, we'll be making a run for (a state title)."



LUKAS EGGEN/Itemizer-Observer

Dallas defeated South Albany on Thursday night.