

**WESTERN OREGON ROUNDUP**

# Baseball splits doubleheader with Saint Martin's

**Itemizer-Observer staff report**

RAVENSDALE, Wash. — Western Oregon split a doubleheader with Saint Martin's on Saturday.

The Wolves won the opening game 8-1 before dropping the second matchup 2-1 in eight innings.

In the first game, pitcher Brady Miller picked up the win, throwing seven shutout innings.

Brock Pradere had three hits, including two doubles, and Garrett Anderson recorded two hits, including a triple.

In game two, the teams were tied at one until Saint Martin's scored the winning run on an RBI single.

A doubleheader on Sunday was postponed due to weather. Makeup dates were not available as of press time.

Western Oregon will play at Northwest Nazarene for a pair of doubleheaders on Friday and Saturday, weather permitting.

**SOFTBALL FALLS TO CENTRAL WASHINGTON:** Western Oregon's softball team lost a doubleheader to Central Washington on Saturday 4-3 and 7-



**Clark**

Cheyenne Rimer in the second game.

A doubleheader against Saint Martin's on Sunday was postponed due to weather. No makeup dates have been announced.

The Wolves will compete at the Tournament of Champions

6. WOU lost despite recording 19 hits over the two games, including solo home runs from Chandler Bishop, Zoe Clark and

on Friday, Saturday and Sunday in Turlock, Calif., weather permitting.

**RELAY TEAM SETS SCHOOL RECORD:** Western Oregon's track and field team saw a school record fall at the Willamette Invitational on Saturday.

The women's 4 x 400-meter relay team of Grayson Burke, Megan Rose, Suzanne Van De Grift and Olivia Woods took first in a time of 3 minutes, 49.01 seconds, setting a new school mark.

Nicole Maurmann won the 1,500 in 4:40.60.

AJ Holmberg won the men's 800 in 1:53.02.



**Maurmann**

Western Oregon will send athletes to compete in the San Francisco State Distance Carnival on Friday and Saturday, and the Stanford Invitational on Friday and Saturday.

**OMLID NAMED SECOND TEAM ALL-REGION:** Western Oregon men's basketball player Tanner Omlid was named second team National Association of Basketball Coaches West Region All-District.



**Omlid**

Omlid competed his junior campaign finishing in the top 12 of all five major statistical categories in the Great North-

west Athletic Conference, averaging 15.6 points, 7.6 rebounds, 3.4 assists, 3.1 steals, and 1.5 blocks per game. Omlid set a GNAC record with 11 steals against Seattle Pacific on Feb. 4 as part of the school's first triple-double since 2004.

# Leap: Henke breaks triple jump mark set in 2011

**Continued from Page 11A**

She's out to make her mark this spring.

Henke will once again compete in a variety of events, but it's the triple jump that she hopes to take the biggest leap forward in.

"I love the feeling you get when you know you've stuck a landing, or you know you hit a certain mark," Henke said. "I would love to see my triple jump be my strongest."

She figured that seeing a marked improvement would take time, especially since she had barely even resumed training for the triple jump before the season began.

But on March 15, nothing couldn't stop Henke from cracking a school record.

"She wasn't bogged down by repetition or the process," Cirino said. "There was zero pressure and she was feeling healthy. It was a perfect sce-

nario for a great effort."

Getting the school record was a surprise. Now the truly difficult part begins — improving on it.

"A 35-foot jump puts you on the map for smaller colleges," Cirino said. "In one moment, that can change your life and open some doors. That's exciting, but if she doesn't duplicate or surpass that result now, she'll be frustrated. She inadver-

tently created some pressure for herself. She's one of the top jumpers in the league and state now, and she has to perform."

To do that will require a mix of refining her form — specifically on her landing and making sure each phase goes smoothly — and having mental focus — even when it can be difficult to remain positive all the time.

"It kind of hurts some-

times," Henke said. "If you do it wrong or you practice too much, your joints hurt. The day after a meet, I'm usually pretty sore. It takes a lot of concentration. It's more than just jumping into a pile of sand. If your head's not in it, you won't do well."

Henke's performance in the triple jump sets her up to be a top contender for a district title.

Cirino said he plans to fill

in the lineup and see where others will fit in best.

"We have some kids who we don't know if they will be runners or throwers or jumpers," Cirino said. "We want to get them some experience in events and hope they gravitate toward the ones they are best at."

For now, Henke and the Panthers hope that this is just the beginning of a strong spring.

**PERRYDALE ROUNDUP**

# Pirates track and field teams compete at Grizzly Bear Open

**Itemizer-Observer staff report**

McMINNVILLE — Perrydale's track and field team competed at the Grizzly Bear Open Thursday in McMinnville.

Amity Deters led all Pirate finishers, placing second in the girls high jump with a

mark of 4 feet, 8 inches. She also took seventh in the 300-meter hurdles in 54.96 seconds and 11th in the long jump.

Abigail Bibler finished eighth in the shot put with a throw of 28-09.

Jacob Pope led the boys

with a ninth-place finish in the discus with a throw of 95-4. He also placed 11th in the javelin (118-6). Joshua Crawford took 14th in the 300 hurdles (51.96).

Perrydale will compete at the Canby All Comers meet Wednesday (today) at noon.

**FALLS CITY TRACK AND FIELD**

# Falls City heads to Sherwood

**Itemizer-Observer staff report**

SHERWOOD — Falls City's track and field team competed with the junior varsity at Sherwood on March 22.

Amara Houghtaling won the girls 100-meter run in 14.17 seconds. Britney Potts placed first in the 400 in 1:11.77 and the high jump with a mark of 4 feet, 6 inches.



**Houghtaling**

Madelyn Hendrickson, Potts and Houghtaling also placed first in 55.87.

Kendel Gonzales won the 3,000 in 12:57.63.

The 4x100 relay team of Natalie Batie,

Jeremy Labrado led the boys with a first-place finish in the boys triple jump with a leap of 35-9½. Nathan Kempfer won the 800 in 2:20.90, and the 4x100 relay team of Austin Burgess, Labrado, Kempfer and Charlie Gilson also placed first in 48.45. The Mountaineers will compete at the Canby All Comers meet Wednesday (today) at noon.

**CENTRAL ROUNDUP**

# Baseball falls to Corvallis

**Itemizer-Observer staff report**

INDEPENDENCE — Central's baseball team lost to Corvallis 9-5 on Thursday in its Mid-Willamette Conference opener.

The remaining two games were canceled due to weather. No makeup dates have been announced.

Central will play a doubleheader at The Dalles Friday at 2 p.m. before resuming league play at Silverton Tuesday at 4:30 p.m.

**SOFTBALL SPLITS GAMES AT NEWPORT:** Central's softball team split its opening two games at the Battle at the Beach at Newport on Monday.

The Panthers defeated Newport 15-3 before losing to Banks 14-5.

Central also lost to Silverton 8-7 on Thursday.

Central played Pleasant Hill and Taft Tuesday after press time. The Panthers will play at Lebanon Tuesday at 4:30 p.m. before hosting Dallas on April 5 at 4:30 p.m.

**TENNIS MATCHES POSTPONED:** Central's tennis matches against Woodburn and South Albany were postponed because of weather conditions. The boys team started matches against both teams until rain forced a stoppage of play. Matches will be made up during the teams' next meetings against Woodburn and South Albany.

Central's boys will play at Crescent Valley Tuesday at 4 p.m. The girls will host Crescent Valley Tuesday at 4 p.m.

## Waiting to serve



LUKAS EGGEN/Itemizer-Observer

Dallas' Josh Dudley, right, and Zac Price prepare to serve against Woodburn on March 22. The doubles pair earned a two-set victory.

# Blair: Senior needs to find consistency

**Continued from Page 11A**

"You got to learn to keep your cool," Blair said. "Sometimes it's hard, especially if you have a shot and if you hit it, you're winning the point. When you don't hit that shot, it can get frustrating especially when you try to hit it three times in a row and you miss. You have to keep breathing and smiling, if possible."

Blair is confident the unforced errors will decrease once he gets more practice

on the court.

Lately that has been difficult. Dallas' scheduled matches on Tuesday, Thursday and Friday were all postponed due to weather.

The weather has forced nearly all practices indoors to the gym.

The key is staying focused and not letting the weather become a distraction from improving.

"We do a lot of conditioning. A lot of it," Blair said, smiling. "It's annoying how

much we do. But we do a lot of volleying and overhead stuff. That has helped me a lot. I wasn't hitting those as well at the start of the season."

Blair has laid the groundwork for a successful season.

"It's all about learning experiences right now," he said. "If I do something good, I can take that and use it later on. If I do something bad, I can figure out what went wrong."



LUKAS EGGEN/Itemizer-Observer

Caedmon Blair returns a shot on March 22 against Woodburn.

**DALLAS ROUNDUP**

# Baseball sweeps Woodburn

**Itemizer-Observer staff report**

WOODBURN — The weather caused changes to venues, but Dallas' baseball team opened Mid-Willamette Conference play with a sweep of Woodburn. The Dragons defeated the Bulldogs 15-5 and 12-2 on March 22 and 12-6 on Saturday.

Dallas also opened the Newport Tournament with a pair of victories on Monday. The Dragons defeated Philomath 10-9 and Siuslaw/Mapleton 13-2.

Dallas was scheduled to play Sweet Home Tuesday after press time.

The Dragons will host Lebanon Tuesday at 4:30 p.m. before playing at Lebanon on April 5 at 4:30 p.m.

**SOFTBALL DOMINATES CRESCENT VALLEY:** Dallas'

softball team rolled to a 26-1 victory over Crescent Valley on Thursday.

The Dragons lost their first two games of the North Medford Spring Break Tournament on Monday, falling to Mountain View 4-3 and Henley 9-7.

Dallas played Sprague and Grants Pass Tuesday after press time.

The Dragons will host Silverton Tuesday at 4:30 p.m. before playing at Central on April 5 at 4:30 p.m.

**TRACK AND FIELD COMPETES AT SILVERTON:** Dallas' track and field team competed at Silverton on Thursday. Team scores weren't kept.

Aaron White helped lead the boys, taking first in the long jump (19 feet, 11¼ inches) and triple jump (40-8¼).

Jacob Deming won the pole vault with a throw of 13-6; Trevor Cross placed first in the 1,500-meter run in 4 minutes, 13.94 seconds; and Cody

Webb won the 100 in 11.32.

Jenifer Webb won the girls 100 hurdles in 16.99. Amelia Burgess won the discus with a throw of 95-0; and Kayley Sayer won the triple jump with a leap of 31-7¼.

Dallas will compete at Canby Wednesday (today) at noon and will travel to Crescent Valley on April 5.

**GIRLS TENNIS DEFEATS WOODBURN:** Dallas' girls tennis team defeated Woodburn 8-0 on March 22. Addie Gillette, Lynn Gumpinger, Makayli Laizure and Molly Pefley swept the singles matches, while Amanda Schafer and Megan Ronco, Kloe Totten and Emma Cromwell, Morgan Bateman and Payton Fast; and Rebekah Rocak and Maddie Kennedy swept the doubles matches.

Dallas will play at North Marion on Monday before hosting Silverton Tuesday at 4 p.m.