

# Ainsworth enjoys Beavers' run to CWS

By Lukas Eggen  
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CORVALLIS — Oregon State University's baseball team was in the midst of a historic season.

The Beavers earned a No. 1 national ranking and advanced to the College World Series in Omaha, Neb. Athletic trainer Jeremy Ainsworth couldn't help but enjoy the ride.

"The season was unbelievable from any perspective," Ainsworth said. "It was a great staff and a great group of guys to work with all year."

Ainsworth arrived at Oregon State last fall after serving as athletic trainer at Central High School. Despite being in a new job and the Beavers being in the national spotlight, Ainsworth didn't feel overwhelmed due to his drive to keep kids safe and healthy, regardless of whether they're a JV athlete in high school or playing for a national title in college.

"When it comes down to it, working to keep athletes safe on the field and working on preventing, evaluating and treating injuries is the main focus at any level," he said.

During his time with the Panthers, Ainsworth was well-liked and well-respected by student-athletes and coaches. Ainsworth, a Central High graduate, knew it would take a special opportunity to get him to leave.

That's what he found at Oregon State.

"It was a great opportunity for sure to return to the collegiate level with a great staff, amazing baseball program and at my alma mater," Ainsworth said.

Ainsworth became an assistant athletic trainer with Oregon State last fall and began working primarily

with the baseball program.

"It's not that different from a professional standpoint. ... Really, with athletic training and injury management aspect, dealing with an ankle sprain with a football player and baseball player isn't that much different until you get to some more advanced functional progressions."

The biggest challenge had little to do with resources or scheduling.

"The biggest challenges were probably coming into the position following up after a guy who had been there for a number of years

and was beloved by the coaches, staff and players, and getting to know everyone and their routines and becoming part of their family, while making it my own to some extent, too," Ainsworth said.

It was a challenge he was well-equipped to tackle.

"My time at Central was amazing," Ainsworth said. "It was great to come back to the community I grew up in and my alma mater and continue to develop as an athletic trainer, grow the services available to the students and work with a great group of coaches, adminis-

trators, student-athletes and their families."

Ainsworth's new gig with the Beavers didn't happen overnight and took lots of dedication, studying and a desire to always improve and learn new and better ways to keep athletes safe. His advice to any future athletic trainer? Never be satisfied.

"Work hard, be professional and get involved with your state and national organizations," Ainsworth said. "Volunteer and give back to your community. Cultivate relationships and always try and better yourself."

## Camp: Around 150 kids attended the skills camp



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Williams signed autographs and posed for pictures with fans after his offensive skills camp on Thursday.

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Those lessons varied from quarterbacks like Dallas High School sophomore Jarrett Brateng learning how to do a five-step drop to receivers learning how to run routes better.

But the most important lesson many left with was

that where you start doesn't dictate where you'll finish.

"Seeing what Tyrell has done shows us that anything is possible," Brateng said.

Williams had his choice of places to hold his camp, whether in Oregon or California, but Monmouth was always his top



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About 150 kids attended Tyrell Williams' Offensive Skills Camp at Western Oregon University on Thursday.

choice, he said.

"It's awesome to come back to a small town," Williams said. "It's cool to be at a familiar place. I played here for a while, and it's a chance to give kids the opportunity to come to a camp without having to travel far." The camp was also a

break before the grind of a new NFL season.

"I plan to get a couple workouts in while I'm here, but also relax and meet up with some friends," Williams said.

After that, it's back to preparing for the fall — and the beginning of what



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Tyrell Williams' offensive skills camp on Thursday worked on passing and route running.

Williams believes will be a breakout season.

"We've got to make the playoffs," Williams said. "We want to do as well as we can, and I'll do whatever I can to help the team."

But all that wasn't on his mind. His focus was on the kids and giving them a mo-

ment they'd never forget.

"To see Tyrell give back to kids with opportunities that he didn't necessarily have speaks a lot to his work ethic and him as a human being," WOU football coach Arne Ferguson said. "It doesn't get any better than Tyrell Williams."

## Tennis: Tournament deemed a success by players

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Patty Youngren, one of the organizers of the tournament, said the tournament had 58 entrants — including one player from the opposite side of the country, who was in need of playing partner.

As fate would have it, Youngren had a solution.

"I thought Silverton would be our long-distance

player, but Ken Rickson, visiting Corvallis from Florida, played with Joseph Santiago from Corvallis," Youngren said. "Joseph's original playing partner had to bow out. The timing was right. As soon as I hung up with Joseph, Ken called to find out about play. This is what I love about the game of tennis, people can make new

friends instantly."

The tournament also gives players like Sanchez and Matveev chances to showcase their talents and improve their weaknesses as tennis players.

"In Woodburn, we don't get as many chances to play unless we join a club somewhere," Sanchez said. "This gives us more chances to play, and we

ended up having a lot of fun."

Sanchez said many city tournaments are disappearing, and without easy access to tennis clubs and USTA-sponsored events, finding chances to play tennis can be hard.

"Some of us, we've never had a club nearby, and with the USTA, that costs money, and sometimes it's

far away. These city tournaments are great for us."

The Monmouth-Independence tournament saw players with a range of skill levels competing on Saturday and Sunday.

With different brackets for different skill levels, no one felt overwhelmed or out of place on the courts, Youngren said.

As the tennis tourna-

ment came to a close, Sanchez and Matveev took a moment to relax. It had been a long two days of tennis — but both are already making plans to return next summer.

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Van Khieu, right, goes in for a hit on Sunday while playing alongside Lydia Khieu.



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Alice and Ryan Bibler, of Dallas, compete in a doubles match on Sunday.