

WESTERN OREGON ROUNDUP

Men's basketball improves to 6-0

Itemizer-Observer staff report

BELMONT, Calif. — Western Oregon University's men's basketball team improved to 6-0 after defeating Holy Names 76-65 on Friday and Notre Dame De Namur 87-48 on Saturday.

Tanner Omlid had 15 points, 10 rebounds, four blocks, three assists and two steals against

Holy Names.

Vince Boumann added 12 points. The Wolves held Holy Names to 38.3 percent shooting from the field.

Ali Faruq-Bey led WOU against Notre Dame De Namur with 19 points, four rebounds, three assists and three steals. Omlid recorded



Faruq-Bey

11 points, four rebounds and four steals, and Riley Hawken and Demetrius Trammell each added 10 points.

Western Oregon opens Great Northwest Athletic Conference play on the road. The Wolves play at Simon Fraser Thursday at 7 p.m. and at Western Washington Saturday at 7 p.m. WOU's next home game is Dec. 7, when the Wolves host Portland Bible College at 7 p.m.

BETTINSON EARNS HONORABLE MENTION: Western Oregon senior volleyball player Alisha Bettinson earned an all-GNAC honorable mention on Nov. 22. Bettinson, a four-year starter with the Wolves, became the first WOU player since the university joined Division II to



Bettinson

finish her career with more than 1,000 kills and 1,000 digs.

WOU finished the 2017 season with a 7-20 mark overall and a 3-17 record in league play.

WOU SOCCER TO HOLD ID CAMP: Western Oregon University's women's soccer team will host a Winter ID camp on Dec. 9 from 10 a.m. to 3 p.m.

Those in attendance will take part in a series of games and drills designed to showcase abilities and give players a chance to meet and work alongside members of Western Oregon's women's soccer team. The camp is open to female players in grades 9-12.

The cost is \$75. Space is limited to the first 50 participants.

For more information: Luke Babson, assistant soccer coach, babsonl@wou.edu.



LUKAS EGGEN/Itemizer-Observer file

Western Oregon University's men's basketball season improved to 6-0.

Wolves: Host Saint Martin's

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Changing the culture wasn't a simple process.

"We wanted a more positive atmosphere. That was the No. 1 thing we focused on," Howard-Carpenter said. "Secondly, we didn't want to be OK with being mediocre. That was a big part of it. Finally, we focused on the work ethic."

Part of that meant getting current players to buy in.

Part of it also meant piecing together the kind of roster Howard-Carpenter wanted.

"We had slower progress than we wanted, but we don't have the resources or the scholarships to bring in a whole new squad and start from scratch," Howard-Carpenter said. "But for me, I'd rather do it the right way



Miller

weren't a fit for our program."

Jasmine Miller is one of two seniors on the roster who have played for Howard-Carpenter all four seasons.

The biggest key to building the program has been buying in early and never wavering, even as losses mounted, Miller said.

"It's been a journey," Miller said. "We started from the bottom to get here. It's nice to see all that work we

than take shortcuts.

We've passed on recruits I know could have helped us because they

started putting in four years ago pay off."

As Howard-Carpenter slowly built her roster, the Wolves began shaping up like she imagined.

"The new people we've brought in, they don't know the history of Western Oregon," Howard-Carpenter said. They're coming to just play and win. For Sydney (Azorr) and Jasmine, for them to see some success is a testament to them staying the course and understanding the process."

That patience and dedication seems to have started to pay off, but bigger tests loom.

The Wolves open Great Northwest Athletic Conference play at home against Saint Martin's Thursday at 7

p.m. and Seattle Pacific Saturday at 2 p.m.

Western Oregon was picked to finish eighth in the conference in the preseason coaches' poll.

"We have to come in like we're not 4-0," Miller said. "We have to look at each opponent and know they are as good, if not better, than the one that came before."

This season represents another step in building WOU's program.

But this season has the potential to be a big step forward.

"Sometimes, when you get used to the losses, they kind of roll off your back," Howard-Carpenter said. "Having some wins, they want to have that feeling over and over again."

Dallas

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Ehler's experience coaching also made him an attractive candidate, Larson said.

"He has been working with a few different basketball programs over the years and comes to us with rave reviews," Larson said. "He's a great fit for Dallas."

After being named coach, Ehlers began the process of getting to know players.

Ehlers inherits a team that has four seniors and four juniors.

"Most of the schools have three to four weeks of summer ball in June," Ehlers said. "It's a chance to try some new sets and get to know the girls and their strengths."

While Dallas may lack height, the team's speed will be an advantage, Ehlers said, as will a new philosophy on offense, one predicated on adaptation and changing on the fly.

"We set up a play, but if we can find an opening by changing it, that's what we'll do," Ehlers said.

The Dragons open the season at North Salem Wednesday (today) at 6:45 p.m.

The team's first home game is Friday at 7 p.m. against Reynolds.

"We're really excited to get this going," Ehlers said. "It's hard to judge yourself practicing against your teammates, but we get a good test on Wednesday (today)."

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