

Sports

MAJOR LEAGUE SOCCER

Paredes scores twice, Timbers win 4-0

By Andy Buhler
Associated Press

PORTLAND — Cristhian Paredes got a yellow card in the 16th minute and knew he had to play the remainder with caution.

That might have been the approach he needed to have a breakthrough performance.

Paredes scored two goals, the second coming on a volley to the upper-left corner in the 81st minute, leading the Portland Timbers to a 4-0 victory over the LA Galaxy on Saturday night.

The game was filled with cards both during the match and after the final whistle.

Paredes' third and fourth goals of the season helped the Timbers move into seventh place in the MLS

Western Conference.

"You try and be smart about it," Paredes said of his early yellow card, through a translator. "Once you have a yellow card you have to come down and play more responsibly and measure yourself."

"It's going to help me a great deal in terms of my trust" going forward.

Portland's first two goals came in a four-minute span late in the first half. Diego Valeri scored on a break-away after Paredes' 37th minute header off of a cross by Jorge Moreira.

The Galaxy created ample scoring chances, including five shots from star forward Zlatan Ibrahimovic, but they could not convert.

Moments after the first goal, Ibrahimovic got behind

the defense and was left one-on-one with goalkeeper Steve Clark.

Clark deflected the shot wide, and Portland was quick to capitalize.

Sebastian Blanco found Valeri just beyond midfield, and Valeri took the ball the remainder of the field, cut the ball through the legs of Galaxy defender Daniel Steres and slotted a shot in the lower right corner to push the Timbers lead to 2-0 in the 41st minute. It was Valeri's sixth goal of the season.

Ibrahimovic played a cross on the ground to Antuna directly in front of the goal in the 75th minute, but Clark made a diving save to block his first-time shot.

Portland forward Jeremy

Ebobisse scored the team's fourth goal — a header from Jorge Villafana — in the 88th minute. The final goal came four minutes after LA's Efrain Alvarez was given a red card for violent conduct.

Clark finished with six saves, including a diving block on a cross from Ibrahimovic to a wide open Antuna in the 75th minute, which stopped a chance for LA to cut the lead to one goal.

"He made at least three world class saves," Ebobisse said. "Could have made the ending of that game a lot more nerve than it was. Credit to him. Credit to the back line for shutting down (Ibrahimovic). They didn't really give him much of a sniff."

Mariners win 5th straight

By Erik Erickson
Associated Press

SEATTLE — The Seattle Mariners are making a habit out of late-game heroics.

J.P. Crawford hit a walkoff single with one out in the 10th inning and the Mariners beat the Detroit Tigers 3-2 Sunday.

It was the second walkoff victory in the series for the Mariners. Mallex Smith hit an RBI single in the ninth inning to give Seattle a 3-2 win Friday.

Seattle won its fifth straight and swept a series for the first time since a four-game run against the Kansas City Royals in April.

"Really good homestand by our guys there," Mariners manager Scott Servais said. "They really competed well. The whole 10-day homestand, certainly finishing off here on a nice streak."

Dylan Moore led off the 10th inning with a double against José Cisnero. After Mallex Smith struck out, Crawford flared a short single to center to drive in Moore.

Crawford's single dropped just out of the reach of multiple players. Moore didn't hesitate, getting an early jump and racing home with the winning run.

"That's like a 50-50, it's a do or die," Crawford said of Moore's read. "If he catches it, we're doubled up and out of the inning. But he made the right read. I think it was the right play and it all worked out."

Rookies played a big role in a second straight win for Seattle. Ryan Court and Austin Nola combined for four hits and six RBI in Saturday's 8-1 victory.

Bobby Wagner signs new, \$54 million deal with Seahawks

By Tim Booth
AP Sports Writer

RENTON, Wash. — Rather than hearing it through an intermediary, Bobby Wagner wanted to be told directly where he was viewed to have shortcomings.

Why his employer valued him at only a certain number. What restrictions the Seattle Seahawks faced in fitting him into their long-term plans.

None of that is easy to hear at times. But when the All-Pro middle linebacker of the Seahawks decided to handle his own contract negotiations, he knew sitting and listening — without getting emotional and upset — was going to be part of the job.

"My goal was to challenge myself and if anything I want players to

leave wanting to educate themselves. Whether they want to do it themselves or have an agent, no matter what the situation is, you got to know the business and you got to educate yourself to what's in your contract, how they got there, how they got to those numbers," Wagner said on Sunday.

"I feel like there's two negotiations: there's one between the GM and the agent and there's the agent and the player, because you're not in that room. You might miss some things that's not being talked about. My thing is, how I looked at it, I didn't want them to say all the bad stuff to the agent, I wanted them to say it to my face. I could take it."

Wagner was back fully practicing with the Seahawks on Sunday, two days after finishing up his \$54 mil-

lion, three-year extension with the Seahawks that on a yearly average basis makes him the highest-paid middle linebacker in the NFL.

The \$85 million, five-year deal C.J. Mosley signed with the New York Jets in the offseason reset the entire market and challenged the Seahawks to create a compensation package that rewarded one of the top players in the game at his position.

The sides finally hammered out the final details on Friday, ending a long and eye-opening education for Wagner in the process of how a deal gets done.

"Being the highest-paid was dope," Wagner said drawing laughter. "It was dope but my thing was to just make sure we got a deal done and that's kind of what I was

really focused on was getting a deal done and just trying to do better than the last one. In everything in life you want to be better, so I wanted to do better than my last deal and I feel like I accomplished that."

Wagner said his decision to represent himself wasn't meant to be a slight on agents and their role in contract negotiations. But entering his third deal with Seattle, Wagner sought the challenge of learning how the system works and figuring out for himself what he wanted and how to get it done. The personal education was more important than any statement he may have been making.

"This was me trying to educate myself before I get out there in the real world and actually have some

real world experience," Wagner said.

"Not everybody's going to sugar-coat stuff, not everybody's going to tell you stuff that you want to hear and you've got to be able to handle that. So that's kind of what it was for me."

One person thrilled with Wagner's contract situation being settled was coach Pete Carroll. The first two days of training camp seemed awkward with Wagner a spectator, especially the first day when he came to the practice field without his jersey. Carroll noted the distraction of the contract hanging over Wagner and said he would be eased into the start of camp.

"If a guy is going to get paid you want it to be a guy like this. He just stands for so much positive, so much good," Carroll said.



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