

Sports

BAKER HIGH SCHOOL'S NEW GIRLS WRESTLING TEAM GETS TIPS FROM COLLEGE ATHLETES



Macy Higa, right, demonstrates a wrestling move on teammate Morgan Shines during a clinic for the girls wrestling team at Baker High School. Higa and Shines are members of the women’s wrestling team at Eastern Oregon University.

Baker’s newest wrestlers learn from EOU grapplers

■ Eastern Oregon University wrestlers visit members of the newly formed BHS team

By Lisa Britton
For the Baker City Herald

The black eye, said Lexi Tupuola, looked a lot worse last week.

She shrugs off the story of the bruise — an opponent head butted her during a recent wrestling match — as just another chapter in her experience as a collegiate wrestler.

Tupuola and her teammates from the Eastern Oregon University women’s wrestling program shared stories of their sport and gave advice about college during a clinic Monday at Baker High School.

For two hours the wrestlers assisted their coach, Michael Ayala, in teaching several techniques to the athletes who will be competing on the first girls wrestling team at BHS.

Girls have wrestled at BHS before, but there were just a couple of competitors, and they wrestled against boys.

But the newly formed team will compete against girls teams at several meets this winter.

The new team is why senior Rebecca Daniels, a BHS soccer player, signed up.

“I didn’t want to wrestle with the boys,” she said. “I’m not good at it, but I like it. It seems fun.”

Brianna Peppers, who lead a girls wrestling team at Baker Middle School, has been hired as the BHS assistant coach who will oversee the girls team, which has 10 wrestlers. Brandon Young is the head coach.

Peppers asked the EOU team to come share expertise and advice on the world of women’s wrestling.

“I want to see women’s wrestling grow,” Ayala told the BHS wrestlers. “You all deserve the opportunity to wrestle.”

Ayala has 17 women on his team at EOU. He said there are more than 40 collegiate wrestling programs for women in the U.S that offer scholarships ranging from 10 percent of tuition to a full-ride.



Wrestlers from the Eastern Oregon University women’s team talk about the sport and college during a clinic at Baker High School, which just this year added a girls wrestling program. Standing, from left: Emily Mitchell, LexiTupuola, Morgan Shines, Cassidy O’Hara, Anjelynn Baron, Macy Higa, and Rosa Ramirez.

“I want to see women’s wrestling grow. You all deserve the opportunity to wrestle.”

— Michael Ayala, women’s wrestling coach at Eastern Oregon University

“It’s growing and the competition is getting a lot better,” he said.

After Ayala’s introduction, the EOU women led a warm up on a wrestling mat set up in the high school commons. The exercises varied from classic warm ups like jumping jacks to gymnastic-type moves that proved strength and flexibility.

“They are crazy tough,” Ayala said.

Three of the EOU wrestlers grew up in Hawaii, one of the first states to create separate wrestling competitions for girls.

“We were the first to start,” Tupuola said.

Anjelynn Baron said every Hawaiian high school has a girls team, and the state competition features 14 weight classes with 30 wrestlers in each category.

Macy Higa is starting her sixth year as a wrestler. Her background was in judo — she started at age 8 — but then the high school wrestling coach asked her to consider a

new sport.

Higa knew nothing about wrestling but said yes anyway. Her favorite part is the intensity.

“It appealed to me to put in all this hard work and see how it pays off,” she said.

When Higa started to research colleges, she looked for one that offered a nursing degree and women’s wrestling.

“That narrowed the field quite a lot,” she said.

EOU freshman Cassidy O’Hara has wrestled since she was 5. Her dad was a wres-

tlng coach in her hometown of Stanwood, Washington.

“I like the competition,” she said. “There’s nothing like it. I’ve played a bunch of sports but nothing is like wrestling. It’s so goal-oriented.”

“And there’s always room for improvement,” Baron added.

To wrap up the clinic, the EOU athletes encouraged the girls to keep wrestling and to focus on school.

“Keep your ears open and wrestle hard,” O’Hara said.

“And keep your grades up,” Higa added.



Mobile Service Outstanding Computer Repair



Any issue \$40 flat rate
Call or Text 24/7
Dale Bogardus 541-297-5831

If your computer is being a turkey give me a call!



www.outstandingcomputerrepair.com
Refurbished Desktop & Laptops For Sale
House calls (let me come to you!)
Drop Offs & Remote Services are Available
All credit cards accepted



Looking for one sweet package?

Something with benefits? We can help. Subscribe to the Baker City Herald right now!

Baker City Herald

SPECIAL HOLIDAY GIFT TO YOU

Buy a three month subscription to the Baker City Herald and get one month free!

Offer for new and existing subscribers

Act fast - offer valid through December 31, 2019

To take advantage of this special offer please call the office at 541-523-3673 or our call center at 1-800-781-3214



Hailey Zikmund makes a set while Baker teammates Lauren Benson, middle, and Josie Lewis look on during an Oct. 3 match.



Bulldogs’ Brooklyn Jaca, 5, and Maya Smith, 6.

Baker athletes GOL all-stars

More than two dozen Baker High School athletes were named to all-league teams for the Greater Oregon League this fall.

Girls soccer

- 1st team — Sydney Younger, senior; Maya Smith, sophomore; Shayna Ruby, senior
- 2nd team — Anna Belding, freshman; Sydney Pierce, freshman; Taylor Gyllenberg, freshman; Rebecca Daniels, senior

Boys soccer

- 1st team — Isaac Nemec, senior; Jamisun Regui-ero, senior
- 2nd team — Jorge Duran, senior; Alejandro Davila, senior; Brylan Robb, senior; Silas Carter, sophomore

Volleyball

- 1st team — Lauren Benson, senior; Emma Baeth, sophomore
- 2nd team — Lacy Churchfield, sophomore; Hailey Zikmund, junior; Anna Carter, senior

Football

- 1st team offense — center, Sam McCauley, senior; offensive line, Jake Wright, junior; running back, Gauge Bloomer, sophomore; wide receiver, Riley Flanagan, senior; kicker, Mahonri Rushton, junior
- 1st team defense — defensive line, Sam McCauley, senior; Ethan Myers, junior; defensive backs, Andrew Adams, senior; Kaden Myer, junior; linebackers, Jake Eskew, junior; Gauge Bloomer, sophomore; punter, Caden Long, senior
- 2nd team offense — offensive lineman, Ethan Myers, junior; Mason Van Arsdall, junior; running backs, Alex Hammans, senior; tight end, Spencer Smith, senior
- 2nd team defense — defensive line, Jake Wright, junior; defensive backs, Alex Hammans, senior; Riley Flanagan, senior; linebackers, Mahonri Rushton, junior
- Honorable mention — Spencer Smith, senior; quarterback, Caden Long, senior; wide receiver, Mason Van Arsdall, junior; defensive line; Zanda Arriaga, junior; defensive line; Gabe Gambleton, junior; defensive back

Looking for one sweet package?

Something with benefits? We can help. Subscribe to the Baker City Herald right now!

Baker City Herald

SPECIAL HOLIDAY GIFT TO YOU

Buy a three month subscription to the Baker City Herald and get one month free!

Offer for new and existing subscribers

Act fast - offer valid through December 31, 2019

To take advantage of this special offer please call the office at 541-523-3673 or our call center at 1-800-781-3214

