



The Eagle/Angel Carpenter

Long Creek/Ukiah Mountaineer Brooke Harrison sets the ball with Gladys Johnson watching in Friday's game against Monument/Dayville.

Tigers sweep Mountaineers in Monument

Mountaineers host Ukiah Sept. 21 at 5 p.m.

By Angel Carpenter
 Blue Mountain Eagle

The Monument/Dayville Tiger varsity team took a 3-0 sweep Friday, hosting the junior varsity Long Creek/Ukiah Mountaineers.

Meeting up in Monument, the Tigers won with scores of 25-11, 25-3 and 25-13.

Tiger head coach Kristi Emerson said, although her team needs to work on communication on the court, she was proud of them.

"What I'm completely happy about is the bench got to play, and they did very well," she said. "I'm glad they got the opportunity to play."

Tiger freshman Sam Adams said she was glad to get in on the action.

"It was fun to get the ball over the net on the front row," she said.

"It was a good practice to raise our expectations," said Tiger starter Kyla Emerson, a junior. "It was nice to work everyone in, so we can eventually have subs."

Mountaineer head coach Linda Studtmann said her team wasn't quite themselves, letting jitters get the best of them.

"They fell apart for the second game, then got a few nerves calmed down," she said. "Overall, they're getting used to each other and learning the game."

Long Creek/Ukiah's Juana Wagner, a foreign student from Germany, said she was nervous.

"We lost, but it's just a game," said Wagner, who is a junior. "We'll do better next time."

Freshman Jenny Kim, a transfer student from Alaska, played volleyball in middle school.

She said this was her first high school game, facing varsity players.

Kim said the team made some mistakes, but she was pleased with their effort.

"They did good and tried," she said.

Joe Mun, a junior who hails from South Korea, said she appreciated everyone's friendliness.

"It's my first sports team," she said. "It's hard, but exciting."

Monument/Dayville was scheduled to face Mitchell/Spray in Spray Tuesday, past press time.

They travel to the Crane Tournament at 9 a.m. on Saturday.

Long Creek/Ukiah hosts Nixyaawii at 5 p.m. Thursday in Ukiah, and is on the road to Spray Friday for a 4:30 p.m. match.



Eagle photos/Angel Carpenter

Grant Union cross country athletes, including sophomores Eli Sheedy, Airron Glimpse, Nathaniel Hodge and freshman Jacob Smith work out in last week's practice.

Cross country runners build endurance while having fun

Grant Union has full boys varsity team this year

By Angel Carpenter
 Blue Mountain Eagle

Head coach Sonna Smith has 17 high school athletes out for the cross country team this year.

"This is the largest team I've ever had, which is encouraging to me," she said.

With 13 boys on the roster, a full five-member varsity team was easy to form.

One of the five varsity girls is down with an injury, so the remaining members run as individuals at the meets.

The team was surrounded by the beautiful scenery of Catherine Creek near Union on Saturday, running through forested areas, up hills — and through a mud pit, twice.

Smith said the athletes were in mud up to their mid-thighs, and exiting the mudpit was slick.

She said having extra boys running on the Grant Union team this season makes them more competitive.

That friendly rivalry is needed for the big field of opponents in Special District 5, which includes 16 other teams in the 3A/2A/1A class, and some schools combine for a team.

"Our boys district division has the top seven runners in the state, so our boys have tough competition," Smith said.

With the athletes they'll face, the Grant Union boys have looked at what they need to do to be competitive.

"Their goal from the timed trial is to cut a minute a month off their 5K time," Smith said. "That's a lofty goal."



Grant Union cross country runners, sophomores Gage Brandon, left, and Donavan Smith, start off with a jog during practice last week.



Savannah Wyllie

Training for the entire team includes different types of running.

Smith said they work on base running, and take on hills to build endurance and speed.

Tempo runs and repeats, running a certain pace for an allotted time, and cross training in the weight room to strengthen their core are other workouts on their list.

The coach said a couple athletes joined the team this year to condition for winter sports.

"They have been a pleasant surprise," she said.

Smith started the cross country program in 1995, and the school has had a team off and on since then.

The program sparked back up four years ago, after the last hiatus.

The coach also trains younger runners — seven middle schoolers and one elementary school athlete — whom she hopes will build the high school team in years to come.

In practice last week, all the athletes joined for "game day" and were given a choice between four activities to get them running in

short bursts.

The majority enthusiastically chose a game called "Bigger Better."

Divided into four teams, the runners ventured out, making stops along their way to trade a large paper clip for something bigger and better, trying to increase the size and value of the item as they ran along.

"We're having a fun season and that is due to the many personalities that are present on this team this year," Smith said.

Grant Union cross country schedule

Sept. 22: Footrace to Valhalla in Umatilla, girls varsity starts at 1:40 p.m., boys at 2:10 p.m.

Sept. 29: Baker Invitational at Quail Ridge Golf Course in Baker City, girls at 4:30 p.m., boys at 5:15 p.m.

Oct. 7: Tigers Invitational at Buffalo Peak Golf Course in Union, TBD

Oct. 14: Burns-Idlewild Meet at Idlewild Campground, boys at 10:45 a.m., girls at 11 a.m.

Oct. 27: 3A/2A/1A Special District 5 Cross Country Championship at Pendleton Community Park, TBD

Ridin' and ropin'



Contributed photo/LindseyWyllie.com

Chad Finley of Mt. Vernon competes in tie-down roping, winning fourth place at the Sept. 10 Northwest Professional Rodeo Association's rodeo in Burns. The NPRA Finals Rodeo will be held Sept. 22-23 with performances beginning at 7 p.m. each evening in Prineville. Local cowboy Tucker Wright of Canyon City is slated to compete in steer wrestling at the event.

Panthers corral the Bulls at Prairie City court

Fans asked to wear pink at Friday's game

By Angel Carpenter
 Blue Mountain Eagle

The Prairie City Panthers dominated Friday's volleyball match against the Burnt River Bulls, a 3-0 sweep at the Prairie City court.

Prairie City won with scores of 25-9, 25-15 and 25-10.

"The match with Burnt River was a learning experience for the team," said Prairie City coach Louanne Zwegardt. "We dressed everyone down and managed to

get playing time for all 17 of our players."

She added, "The girls did a good job of maintaining a high level of play even with all the substitutions."

The Panthers' high point this week was winning Saturday's North Powder Tournament.

Prairie City beat Monument/Dayville 2-0 with scores of 25-20 and 25-17, then toppled Cove in three sets in the championship match.

The Panthers beat Cove with scores of 25-16, 20-25 and 15-13.

"We won the first set, lost the second and then came from behind to win the third set," Zwegardt said.

"We were very happy with the team's ability to maintain focus and keep pushing through for the win."

"Think Pink" on Friday, as Prairie City hosts Harper for a homecoming and cancer awareness game, with junior varsity starting at 4 p.m., followed by varsity.

Senior player Brianna Zwegardt is gathering donations for two raffle baskets, and she's also making a homemade goody basket.

Brianna plans to use the proceeds to help local families with expenses associated with cancer treatments.

"She is working with the hospital foundation in determining the best way to distribute the proceeds,"

Louanne said. "She will be selling raffle tickets this week."

The coach added, "Everyone is encouraged to wear pink to the game to show support."

Prairie City travels to the Crane Tournament on Saturday with pool play beginning at 9 a.m. and bracket play at 1:30 p.m.

Louanne said the team will be working to improve coverage and blocking, along with keeping up on all their skills.

"The team is working hard, and it feels like they are poised to take their play to the next level," she said.

Prairie City has a 9-1 overall record, and they're 1-0 in the High Desert League.