



SAM BARBEE PHOTO

Flanked by his father, Kelley, right, and his cross country coach Troy Blackburn, Hermiston senior Tim Swarat holds his National Letter of Intent to run collegiately at Northwest Nazarene University in Nampa, Idaho. Swarat will also participate in music.

## Hermiston's Swarat inks intent with Northwest Nazarene

**Athlete to compete in cross country and track, as well as play music**

BY SAM BARBEE  
HERMISTON HERALD

When Hermiston senior Tim Swarat was searching for colleges, he had just one demand: He wanted to play music, as well as compete in sports.

This proved to be a challenge, as the academic workload for student-athletes is hard enough without a second extra-curricular activity bearing down.

The only school that wasn't only open to the idea but also willing to help make it happen was NCAA Division II Northwest Nazarene University in Nampa, Idaho. Wednesday, he officially committed to the school when he signed a letter of intent with the Crusaders with his father and cross country coach sitting at either side of him. At NNU, Swarat will run cross country and track, as well as play music.

"I chose Northwest Nazarene because it just is full

of so many great opportunities for me," Swarat said at Hermiston High School Wednesday. "I just felt led there, and whenever I visited or talked to any of the staff or coaches or anybody, I've just been feeling really wanted, really welcome. It's a very good thing to feel like a college actually cares."

He said the close-knit nature of the school made it an early front-runner, and it only got better the more he learned about it. His father, Kelley, who attended George Fox University in Newberg, Oregon, said his experience at a small Christian college helped him in immeasurable ways and thought his son would also benefit.

"I think, overall, he's very serious about his education," Kelley Swarat said. "He's wanting to go to a place where he feels challenged, but also I think it's very important to us as a family to be a place where God is, where the Christian faith is professed, and where he feels loved and appreciated and a sense of family."

Hermiston cross country coach Troy Blackburn also spent time at NNU and knew about the close-

SEE SWARAT/A11

## Bulldog Risueno commits

BY SAM BARBEE  
HERMISTON HERALD

When Hermiston senior Daisy Risueno was in sixth grade, she began kicking around a soccer ball with her cousins and sisters at family functions.

Beginning next year, Risueno will be kicking ball around with her new family: the Clark College Penguins in Vancouver, Washington. The Bulldog signed her National Letter of Intent on Thursday and officially became a member of a class that already has more than 10 signees.

"We are very excited for Daisy!" Hermiston girls soccer coach Danielle Tuner said in a statement issued by the school district this week. "So proud of the hard work and dedication she put in to get her where she is. She has a lot of heart and determination and is eager to learn and excel that will take her very far. We are excited to watch her grow as a person and player. She's a fighter and leads by example and has a never-quit attitude that is hard to come by these days. They are very lucky to have her!"

Clark is a member of the Northwest Athletic Association of Community Colleges and competes in the Western Division. In head coach Sean Jansen's second year, the Penguins compiled a record of 7-8-6 (6-6-6) and were ousted by Highline College in the first round of the playoffs. The Penguins went 10-9-3 (10-4-2) in Jansen's first year — 2013-14 — and made it all the way to the NWAACC Championships before drawing with Whatcom Community College in Bellingham.

Since Risueno began informally chasing a ball around a yard six years ago, continuing to



PHOTO COURTESY OF HERMISTON HIGH SCHOOL

Hermiston's Daisy Risueno signs her National Letter of Intent to play soccer at Clark College in Vancouver, Washington, as coach Danielle Tuner, far right, assistant coach David Wattenburger and Risueno's mother look on Wednesday at Hermiston High School.

play soccer has always been a part of her future plans. She said, even the world's best soccer players, like Cristiano Ronaldo from Portugal and Real Madrid C.F. or Lionel Messi from Argentina and FC Barcelona, came from somewhere, too, and had to work to get where they are now, whether it's in soccer or anything else.

"I really just want to play and just study and kind of get a career out of myself and get somewhere," she said Friday.

About a year ago, local soccer coach Stan Rodriguez began shopping the then-junior around to colleges. Jansen at Clark quickly showed interest and attended a camp at which Risueno participated. They spoke at the event, and Clark quickly became the versatile player's first choice.

After visiting the Vancouver campus a month ago and engaging in some futsal, an indoor version of soccer played on a small pitch with fewer

players, Risueno bonded with the team. She said she was impressed at the openness and welcoming environment. She said with no preempting, players walked up to Risueno, introduced themselves and began making conversation. It made Risueno feel like she was part of the team in a few short minutes.

"That was really nice because they (didn't) even know me," she said. "When I played with them, they were communicating, they were passing, they were moving around. I really liked that. It made me want to go there more."

Also playing a part in Risueno's decision was the city of Vancouver. Just across the Columbia River from Portland, it gives Risueno an opportunity to branch out, to see a different part of the world. She's already looking forward to attending Portland Timbers games and is excited to live close to the big city.

"I don't know if I'm

ready, but I'm definitely excited for it," Risueno said. "It's gonna be different, and I think it's time for a change after being here for so long."

Her mother wasn't as excited, however. Risueno said her mother wanted her middle daughter to stay close to home and go to Eastern Oregon, which was a possibility at one point, or attend Blue Mountain Community College, where Risueno's older sister is currently a student. That plan didn't interest Risueno for a couple reasons. First, she said, BMCC doesn't offer soccer, which was a deal-breaker. Second, Risueno said she wanted to move away and experience something different. Although she will be in nearby Vancouver, it's close enough to Portland that she felt comfortable with the move.

"It's a soccer city," Risueno said of Portland. "I just wanted to go somewhere different and do something different."

## Umatilla's Amie Zitterkob dominates track field Friday

BY SAM BARBEE  
HERMISTON HERALD

Two meets, two vastly different sets of conditions.

April 11 in Stanfield, a brutal wind sent javelin throws all over the field and runners had to change game plans. Friday, near-80-degree temperatures forced athletes, coaches and fans alike scampering for water and any shade they could find.

For Umatilla's Amie Zitterkob, however, the conditions were picture perfect.

The Eastern Oregon-bound sprinter won four events Friday at the River's Edge invite in Umatilla, an event that is not traditionally kind to the host Vikings. Sprinting coach Mike Mosher said, for whatever reason, his runners haven't run their best on their home track, and he's not sure why.

"It could be a surface thing and we have to resurface, but in general, I don't know," he said of the home struggles. "Maybe (it's) pressure (from) fans (and) friends. You're working the meet. You're not relaxed like you would be at an away meet — you're doing other things. Just in general, for some reason, that's kind of where it's been."

Combine those potential pressures and distractions with an energy-sapping hot day, and it could have been a recipe for another tough day at home.

Zitterkob, however, wasn't going to let it happen.

The senior edged team-

mate Andrea Lemus-Cisneros in the 100-meter sprint, took the 200-meter, which she acknowledged wasn't her best or favorite event, then anchored the 4x100 and 4x400 relay wins.

Zitterkob ran the 100 in 12.7 seconds, about six tenths of a second slower than her personal record. Mosher said, for all intents and purposes, Zitterkob has already reached mid-season form.

"Watching her the past couple of years, this is definitely where she's at mid-season," he said. "If you just look at her times from the last two years — and this (year) being the third — it's right about where the mid-season points hits. So, as far as her time, it's fantastic."

"It wasn't a best, but it wasn't a worst," Zitterkob added of her 100 time. "(I'm) a tiny bit disappointed, but I'm glad (because) I wasn't running 12.7s at this point last year. I feel like there's still lots of room for improvement. I'm hoping that it's not too early of a peak, but I think I'll be just fine."

**Davchevski coming into his own**

In his first year of throwing, Stanfield's Milan Davchevski is learning quickly.

In just his fourth career event, the tall senior set personal records in both the shotput and the discus Friday but endured a sore shoulder during the javelin portion and couldn't complete the PR hat trick.

"(I threw) pretty good, not too good on the javelin, but I did good," Davchevski said when his three events were complete.

His progress hasn't been lost on his teammates, either. Elvis Lockwood, who played both football and basketball with Davchevski for four years, is also in his first year on the track team. He said the Davchevski has taken some great strides recently and is improving not just every day, but with every throw.

"He's got a lot of potential," Lockwood said.

**Lemus-Cisneros returns**

After missing a couple weeks with a quadriceps injury, state-placing sprinter and future teammate of Zitterkob's at Eastern Oregon Lemus-Cisneros made her return Friday. She just ran in the 100-meter and finished behind Zitterkob.

Zitterkob said Lemus-Cisneros has been taking her recovery slow and easing her way back into events. Just running the 100 Friday was a part of that process.

"I think that she picked up where we were," Zitterkob said of teammate. "I'm impressed by what she did coming off an injury. She didn't train as much with us and stuff (lately)."

Lemus-Cisneros was right on Zitterkob for the majority of the 100-meter final and was edged just at the finish. There were no noticeable remnants of her injury, save a sleeve over her right foreleg.

"As far as what she's done, she looks where she should be coming back from an injury," Mosher said. "She's looking pretty dang good. We'll see how she and the rest of the sprinters progress as we start to taper workouts and we start to go to the end of them as a cycle."

Hermiston, Umatilla, Stanfield and Echo each sent athletes to the meet. Results were not immediately available for publication.

Hermiston will send a split squad to two events April 25: Day 2 of the Oregon Relays at Hayward Field in Eugene and the 30th Annual Kiwanis Invitational at Kinnison Stadium. The home meet starts at 10 a.m.

Umatilla will have athletes at three events at that day. Some will be in Hermiston for the Kiwanis Invitational, some will be at the 31st Centennial Invitational beginning at 11 a.m., and more still will be at the Prosser Rotary Invite. That meet begins at 10:30 a.m.

Stanfield's next meet is today at the Columbia River Invitational in Boardman. It begins at 11 a.m.

Echo also sends athletes to multiple meets April 25. Some will participate in the Condon/Wheeler Invitational at 11 a.m., and others will be in Klamath Falls for the Lithia Track and Field Invitational. Events in Condon start at 11 a.m. and in Klamath Falls at 10:30 a.m.

### GO SEE IT

#### Saturday, April 18

**Track**  
Hermiston @ UO Relays in Eugene, Oregon, 10 a.m.  
Stanfield @ Riverside, 11 a.m.

**Baseball**  
Hermiston @ The Dalles (DH), 12 p.m.  
Stanfield vs. Valley Catholic, 12 p.m.

**Softball**  
Hermiston @ The Dalles (DH), 12 p.m.

**Lacrosse**  
Hermiston @ Ridgeview, 5 p.m.

**Tennis**  
Umatilla @ McLoughlin, 9 a.m.

#### Sunday, April 19

No event scheduled

#### Monday, April 20

**Girls Golf**  
Hermiston @ Bend @ Tetherow Golf Course, 10 a.m.  
Stanfield vs. Weston-McEwen, 4:30 p.m.

**Girls Tennis**  
Hermiston @ Pendleton (from Tuesday), 4 p.m.  
Stanfield vs. Weston-McEwen, 4:30 p.m.

#### Tuesday, April 21

**Girls Golf**  
Hermiston @ Big River GC, 9:30 a.m.

**Softball**  
Hermiston vs. The Dalles, 4 p.m.  
Umatilla vs. Irrigon, 4 p.m.  
Echo vs. Heppner, 4 p.m.

**Baseball**  
Hermiston vs. The Dalles, 4:30 p.m.  
Umatilla vs. Walla Walla Academy, 4 p.m.  
Stanfield @ Irrigon, 4 p.m.

**Tennis**  
Umatilla vs. Sherman County, 4 p.m.

#### Wednesday, April 22

**Girls Tennis**  
Hermiston vs. The Dalles, 4 p.m.

**Boys Tennis**  
Hermiston @ The Dalles, 4 p.m.