

HERMISTON TRACK & FIELD

COACH: Emily Strot, 2nd year
2015 SEASON: The Bulldogs finished toward the middle at the 2015 state meet, with the boys finishing 17th and the girls at 23rd. Tre Neal had the highest boys placing with sixth in discus and Audrey Lincoln had the highest girls placing with sixth in the 100-meter dash.

KEY RETURNERS: (BOYS) Tre Neal, sr., Will Sharkey, sr., Andrew Horn, sr., Josiah Niederwerfer, sr., Hayden Earl, sr., Alexis Mercado, sr., Nathan Hunsaker, sr., Ethan Snow, sr. Elias Arenas, soph. (GIRLS) Audrey Lincoln, sr., Sara Ortiz, soph., Maddy Juul, soph., Macey Foley, sr., Hannah Earl, soph., Melany Solorio, soph.

Second-year coach Emily Strot returns many of the state placers from last year.

Three-discipline placer Tre Neal is back for the throwers, and Audrey Lincoln, who also placed in three events, returns on the girls side. Strot hopes Josiah Niederwerfer and Hayden Earl can once again hold down the distance running, while Lincoln, Alexis Mercado, Andrew Horn and Ethan Snow show well on the sprinting side. Lincoln, Horn and freshman Elsa Torres were each invited to run at the IAAF National Indoor Championships last weekend in Portland.

"Last year, when I look at our end-of-season results, we brought an average number of kids to state," Strot said. "We took second at our district meet and fourth on the girls side. I tell the kids all the time, I won't ever forget that, my first year coaching."

"And that was our performance. And not that we performed badly, we just need to build up the program. My expectations this year is that we come back and hopefully compete for that district title and ultimately bring more kids to state. (So) district title and bring more kids to state. That would make me a happy coach."



Tre Neal is one the top returning athletes for the Hermiston track and field team this season.



2016 SCHEDULE

Mar. 17	at Pendleton	noon
Mar. 29	at Hood River	4 p.m.
April 1	at Gresham	4 p.m.
April 5	vs. The Dalles	4 p.m.
April 9	at Oregon City	10 a.m.
April 15	at Hayward Field, Eugene	3 p.m.
April 16	at Hayward Field, Eugene	10 a.m.
April 23	Kiwanis Meet	10 a.m.
April 27	vs. Helix, Irrigon, Umatilla	4 p.m.
April 30	at Central Valley (WA)	9 a.m.
May 6	at Hood River	3 p.m.
May 11	Districts at Hermiston High	5 p.m.
May 12	Districts at Hermiston High	5 p.m.

HERMISTON LACROSSE

COACH: Trampis Palmer, 1st year
2015 SEASON: 8-11, 4-3
POSTSEASON STORY: Lost in first round of Cascade Cup. The Bulldogs have participated in the championship tournament once, in 2011.

KEY RETURNERS: Tucker Salinas, sr., AJ Schoonover, sr., Jacob Palmer, sr.

The Bulldogs went independent for 2016, leaving the High Desert division of the Oregon High School Lacrosse Association (OHSLSA) because it became to arduous to convince the member schools to spend extra money to come all the way out to Hermiston.

That allows first-year coach Trampis Palmer to be more varied with his scheduling, adding more Tri-Cities and Yakima-area schools, as well as some from Spokane, to fill out the schedule.

A youth coach originally, Palmer has already coached many of



the players currently in the Hermiston program and is impressed with their improvement.

"I think that we're gonna break some new ground with these guys and be pretty successful," Palmer said. "I expect to have some post season games and hopefully host some here."

"The Cascade Cup was where they were last year and they went out in the first round."

The return of several players that have worked hard in the offseason has Palmer believing the team will do more this season.

"Again, we only lost maybe one or two seniors. Everyone's coming back and they're coming back much better than last year. I think we're gonna have some postseason success and get some wins."

2016 SCHEDULE

Mar. 18	vs. Ridgeview	5:30 p.m.
Mar. 19	vs. Selah (WA)	1 p.m.
Mar. 22	at Central Valley (WA)	5:30 p.m.
Mar. 26	vs. Mt. Spokane (WA)	3 p.m.
Mar. 21	at Richland	7 p.m.
April 2	at Mt. Spokane (WA)	1 p.m.
April 8	vs. Lincoln	5:30 p.m.
April 15	at Aloha	8 p.m.
April 16	at Newberg	1 p.m.
April 19	vs. Richland (WA)	5 p.m.
April 30	at Ridgeview	2 p.m.
May 1	at Mt. View	1 p.m.
May 7	vs. Central Valley (WA)	2 p.m.
May 11	vs. Southridge (WA)	5:30 p.m.
May 14	at Hood River	1 p.m.

HERMISTON TENNIS

BOYS

COACH: Shann West, 2nd year
2015 SEASON: The Bulldogs did not advance anyone to state

LOSSES: Tyler Wadekamper.
KEY RETURNERS: Jacob Snell, sr., Stefano Peiris, sr., Skyler Grigg, sr., Hayden Prewitt, sr., Race Latham, sr., Cameron Meade, sr.

The Hermiston boys tennis program loses just one member from 2015, Tyler Wadekamper, and returns six seniors. Jacob Snell takes over Wadekamper's top singles spot, and Race Latham and Cameron Meade are the top singles team. Second-year head coach Shann West likes his team, in relation to the rest of the Columbia River Conference, but knows the Bend schools, especially Summit, are always tough.

"Hood River was tough last year, they have a pretty good squad. I know they lost quite a bit, so looking at the CRC, I think out expectation is probably to take that and win it."

"Team to team, I don't think anyone in the CRC can match up with us. Singles-wise we're pretty tough."



2016 SCHEDULE

Mar. 15	at Hanford (WA)	4 p.m.
Mar. 19	at Davis (WA)	3:30 p.m.
April 15	at Tri-City Invite (Pasco)	TBD
April 22	at Pasco	3:30 p.m.
April 29	at Capital Invitational (Boise)	TBD
April 30	at Capital Invitational (Boise)	TBD
May 3	at Hood River	4 p.m.
May 6	vs. Pendleton	4 p.m.
May 7	at Bend Invite	TBD
May 13	Districts in Hermiston	TBD
May 19	State in Portland	TBD
May 20	State in Portland	TBD
May 21	State in Portland	TBD

GIRLS

COACH: Jason Sivey, 2nd year
2015 SEASON: The Bulldogs did not advance anyone to state

LOSSES: Briana Wolfe, Athen Reid, Devon Wolfe, Tania Jaime-Sanchez, Morgan Wilson, jr.

KEY RETURNERS: Katelyn Milard, jr., Jaycee Ternes, jr., Kylie Markwick, sr., Whitney McMahon sr., Chy Peterson, sr., Mackenzie Hill, soph., Reed Middleton, soph., Breena Wadekamper, soph.

The Hermiston girls tennis team, under second-year coach Jason Sivey, figures to be young this season with three seniors and as many sopomores. Sivey is confident his young bunch can have success in the CRC, which looks winnable to him.

"I expect us to be fairly successful this year. We're still pretty young with only Kylie and Whitney (as seniors). (They) will be stepping up to No. 1 doubles. I expect them to at least compete for state, hoping they get to state. Chy had some state experience. Trying to decide if she's going to be singles or doubles, where she'll fall. Katelyn, Jaycee looking good at 1-2 (singles). Mackenzie Hill lit it up in preseason. Looking strong as a team, but definitely still looking for our leaders on the team."



2016 SCHEDULE

Mar. 15	at Hanford (WA)	4 p.m.
Mar. 30	at Davis (WA)	3:30 p.m.
April 15	at Tri-City Invite (Pasco)	TBD
April 22	vs. Pasco	4 p.m.
April 29	Capital Invitational (Boise)	TBD
April 30	Capital Invitational (Boise)	TBD
May 3	vs. Hood River	4 p.m.
May 6	at Pendleton	4 p.m.
May 7	at Bend Invite	TBD
May 13	Districts at Bend	TBD
May 19	State in Portland	TBD
May 20	State in Portland	TBD
May 21	State in Portland	TBD

UMATILLA TENNIS

COACH: Rachel Carter, 1st year

2015 SEASON: The Vikings advance a doubles team and a singles participant to state last season but did not win a match once there.

LOSSES: Ramiro Rubio, Alejandro Madrigal.

KEY RETURNERS: (Girls) Sidney Webb, sr., Elian Armenta, soph.

Mar. 15	at Stanfield	4 p.m.
Mar. 17	vs. Helix	4 p.m.
Mar. 21	vs. Riverside	4 p.m.
April 4	at McLoughlin	3 p.m.
April 7	at Riverside	4 p.m.
April 11	vs. McLoughlin	3 p.m.
April 12	at Condon	4 p.m.
April 13	vs. Weston-McEwen, Helix	4 p.m.
April 19	at Sherman County	4 p.m.
April 21	vs. Stanfield, Condon	4 p.m.
April 26	at Weston-McEwen	4 p.m.
April 28	at Helix	4 p.m.
April 29	vs. Ione	2 p.m.
April 30	Helix Invite at Hermiston	9 a.m.
May 5	vs. Sherman County	4 p.m.
May 6-7	Sub-Districts at Tri-Cities	10 a.m.
May 13-14	Districts	9 a.m.

Rachel Carter takes over the Umatilla tennis program after two years under Calvin Meade. Carter coached three years at Hermiston, and will be helped by former Bulldogs Lucas Wyant. The Vikings lose state-participant doubles team Ramiro Rubio and Alejandro Madrigal on the boys side, but retain girls district runner-up Sidney Webb.

The boys side, which has just one returner — sophomore Elian Armenta, who may not play due to an injury — is just one of many sophomores, while Webb leads a girls group full of first-year players.

"I don't really know what to expect," Carter said, explaining she'll need a few matches to get a good bead. "We're just seeing how much we can improve. So far, the kids have been working really hard. They're good workers and it's been a lot of fun."

Wishing all our local athletes a great season!

AMERICAN WEST
 PROPERTIES HERMISTON, LLC

HERMISTON: 320 South Hwy 395 541-564-0888

BOARDMAN: 220 South Main St. 541-481-2888

Proud of Our Athletes!

Youth is our Future!

ELMER'S IRRIGATION, INC.
 "The Best Little Irrigation Company in the Northwest"
 80527 Hwy 395 N., Hermiston • 541-567-5572

"We are dedicated to providing the most advanced possible orthopedic care available."

Jeremy Anderson, D.O.
 Board Certified

- Accepting New Patients
- In Office MRI Machine
- Modern, Minimally Invasive Techniques
- Most Major Insurance Plans Accepted
- Outpatient Surgery Center

• General Orthopedics • Sports Medicine
• Foot & Ankle • Hand Surgery
• Arthroscopy • Joint Replacement
• Workman's Comp Injuries

Advanced Orthopedic
 & SPORTS MEDICINE INSTITUTE
 620 NW 11th St., Ste. 201, Hermiston
 www.hermistonortho.com