

There for everything you need

Dan Emery has spent 18 years caring for Hermiston student-athletes

By ANNIE FOWLER
STAFF WRITER

At Hermiston High School, athletic trainer Dan Emery is appreciated every day of the school year — not just during Athletic Trainer Appreciation Month in March.

“He is unbelievably valuable to our athletic department,” Hermiston athletic director Larry Usher said. “He is more valued than the athletic director. He does such an incredible job with his dedication and his experience in evaluating our athletes. And, he has a good relationship with our coaches.”

Emery, who is in his 18th year at Hermiston, is a full-time employee of the school district, which is not the norm for some trainers, but that allows him to be available for early morning practices and late nights with football games.

“Among Oregon high schools, only 46 to 48 percent have athletic trainers who are full-time,” Emery said. “The ones who do have them full-time are extremely blessed. A lot of people don’t realize what we do on a daily basis. The coaches, parents and athletes appreciate what we do.”

Hermiston boys basketball coach Casey Arstein had a season full of injuries, the worst in his three seasons, but Emery was able to help his players stay on the court or heal more quickly.

“Dan is one of the best



Hermiston High School athletic trainer Dan Emery wraps junior Jonnathan Mosqueda’s foot before track practice Tuesday in Hermiston.

Staff photo by E.J. Harris

around,” Arstein said. “He’s like an assistant coach. You can trust Dan — he wants the best for his athletes. He gets kids healthy without pushing it. He could be at a Division I school or in the pros. He is a plus for our program.”

During the season, basketball players Jordan Ramirez, Cole Smith and Andrew James were regulars in the training room.

“Jordan knows Dan really well,” Arstein said. “He’s had ankle problems the last three years. Dan knows what it’s like to play with an injury. He was able to give Jordan confidence.”

James, who hurt his shoulder during football,

still sought treatment during basketball season so that he could play. He had surgery after the season was over.

“He does an awesome job, and he respects your body and what the coaches and your parents say,” James said. “He has gotten me through a lot. We are extremely fortunate to have him.”

Other than treatment, James said it’s the little things like taping wrists and ankles before practices, and being a confidant, that makes Emery special.

“As a person and a mentor, the communication between him and the kids is important,” James said. “He’s almost like a guid-

ance counselor too.”

Other plans

Emery, 52, grew up in Luverne, Minn., where he played football and basketball at Luverne High School.

“I wanted to be a coach,” Emery said. “Our high school coach used to tape us because we didn’t have a trainer. I took a class the summer of my sophomore year of college, and that’s when I learned what an athletic trainer did. I got to help people and stay involved in athletics. I don’t have to sit in an office all day.”

Emery played two years of basketball at Normandale Community College in

Bloomington, Minn., before transferring to the University of South Dakota, where he completed his undergraduate work.

He did his graduate work at San Jose State, then worked at the university as a graduate assistant.

From there, he worked at Menlo College and Portland State before landing at Hermiston.

“Hermiston is very similar to where I grew up in Minnesota,” Emery said. “A small town, a one-school town. It doesn’t take an hour to drive 5 miles. We have no weather here. Minnesota has blizzards, floods and tornados. We have wind. We have it pretty

good here.”

Immediate help

While athletic trainers cannot order an X-ray or read an X-ray, their training and experience is invaluable.

“It’s more beneficial to see us sometimes,” Emery said. “There’s only so much we are trained to do, but I can diagnose most ankle sprains by looking at them and hearing what happened. Our background is more orthopedic and emergency medicine. Most times, kids don’t need to spend \$400 to have their ankle looked at.”

Emery also has an intern program, where students can learn the basics of the job. Some have even gone on to join the profession.

“I have had four or five kids go on to be athletic trainers, and a couple are physical therapists,” Emery said. “(Former wrestler) Jeremy Larson is a dentist. He’s my dentist.”

A rewarding job

Emery tries not to play favorites when it comes to sports, but there is one that rises to the top.

“I like working basketball games,” he said. “There is no weather. I’m not sitting at a doubleheader when it’s 38 degrees.”

There also are the athletes “who are a daily grind,” but for the most part, Emery enjoys coming to work every day. In fact, he has only missed two days of work in 18 years.

“Ten years ago, I had a player who sprained his ankle pretty bad on a Tuesday,” Emery said. “On Friday, we had a big game against a team with the best player in the league. He did the work, but I helped get him there.”

TRACK

Romero wins javelin event at Clay Lewis invite

By ANNIE FOWLER
STAFF WRITER

Hermiston’s Jazlyn Romero was the only Hermiston athlete to win an event Saturday at the Clay Lewis Invite in Richland.

Romero took top honors in the javelin with a toss of 138 feet, 4 inches. Teammates Sydney Seavert (7th, 108-7) and Sheridan Deike (8th, 105-5) also earned points in the event.

The Hermiston girls finished fourth in the team standings with 79 points. Hanford won the team title with 157.33 points.

Deike also was sixth in the discus (109-10), while Romero was seventh (108-7).

In the shot put, sophomore Paige Palzinski was second with a mark of 35-6 — just one-quarter inch behind the winner.

Also for the Bulldogs, sprinter Elsa Torres placed second in the 100, crossing the finish line in 13.01. MaKaylee Young was fourth (13.08).

Sophomore Amanda Nygard placed second in the 800 with a time of 2:33.13, while in the 1,600, freshman Cydney Sanchez was fourth (5:47.83).

In the high jump, freshman Morgan Brown placed fourth with a height of 4-10.

The Hermiston boys were fifth in the 4x100 relay



Staff photo by Kathy Aney

Hermiston’s Amanda Nygard, center, competes in the 800 meter run Saturday during the Clay Lewis Invite in Richland. Nygard took second with a time of 2:33.13.

in a time of 45.46, while in the shot put, Sean Stewart was eighth (42-10).

In the 800, senior Freddy Mendoza finished fifth in a time of 2:02.67, while Gregory Anderson was seventh in the 3,200 (10:38.71), and Seth Buck was sixth in the pole vault (10-6).

MCC meet at Hanford

Hermiston may not have been the top team at Thursday’s Mid-Columbia Conference track and field meet at Hanford High School, but that didn’t stop Garrett Walchli from posting some winning times.

The junior placed first with a personal record of 23.63 seconds in the 200, and was second in the 100,

clocking in at 11.51.

Walchli also teamed with Thomas Reagan, Donovan Wilson and Deryk Anderson for a second-place finish in the 4x100 relay (45.18). The same team also placed third in the 4x400 relay with a time of 3:45.82.

Hermiston also took home strong performances in the boys 800, with Freddy Mendoza taking second (2:04.77), and Simon Headings third (2:08.98).

Sean Stewart placed third in the shot put with a distance of 43-1¼, and Chase Bradshaw was right behind him at fourth with a mark of 40-6.

Stewart also finished second in the discus with a toss of 123-08, while Brad-

shaw took fourth (118-02).

Elsa Torres finished strong for the Hermiston girls. She took first in the 100 (12.87, a season record), second in the 200 (27.04), and teamed with MaKaylee Young, Amanda Nygard, and Kamry Aldred

in the 4x400 relay for a first-place finish (4:27.25).

Young also took second in the long jump with a leap of 15-3¼.

In the javelin, Hermiston’s Sydney Seavert took third with a mark of 96-6, with Sheridan Deike fol-

lowing up at fourth with a throw of 93-8½ distance. Deike also took second in the discus with a mark of 109 feet.

Paige Palzinski finished second in the shot put (35-6¼), and Bailey Young took third (34-6¼).

CLAY LEWIS INVITE
Hanford High School, Richland
Top 8 Pendleton and Hermiston finishers
Boys
Team scores — Kamiakin 156.5, Chiawana 88, Hanford 78, Pendleton 76, Southridge 74, Kennewick 49.5, Pasco 45, Davis 44.5, Sunnyside 41, College Place 32, Hermiston 19.5, Moses Lake 17, Kiona-Benton 13, Highland 6, Columbia-Burbank 1.
100 — 3. Aiden Patterson (P), 11.59; 8. Cam Sanford (P), 11.72. **200** — 8. Aaron Luke (P), 23.62. **400** — 5. Aaron Luke (P), 53.55. **800** — 5. Freddy Mendoza (H), 2:02.67. **3200** — 7. Gregory Anderson (H), 10:38.71. **110H** — 2. Lane Maher (P), 16.14; 3. Mathias Patrick (P), 16:58. **300H** — 1. Lane Maher (P), 41.20. 7. Mathias Patrick (P), 44.21. **4x100 relay** — 2. Pendleton, 44.37; 5. Hermiston, 45.46. **Shot put** — 3. Everett Willard (P), 43-5 1/2; 8. Sean Stewart (H), 42-10. **HJ** — 3. Shawn Yeager (P), 6-0. **PV** — 6. Seth Buck (H), 10-6; 7. Mark Yarbrough (P), 10-0. **LJ** — 2. Edwin Linares (P), 20-3 3/4; 6. Skyler Stubbs (H), 18-11 1/2. **TJ** — 4. Edwin Linares (P), 41-4 1/2; 8. Jonathan

Swaggart (P), 37-10 3/4.
Girls
Team scores — Hanford 157.33, Southridge 146, Kamiakin 132.5, Hermiston 79, Kennewick 72, Chiawana 58.33, Sunnyside 27, Pasco 26, College Place 20, Highland 12, Pendleton 10.5, Davis 8.33, Columbia-Burbank 5, Moses Lake 4.
100 — 2. Elsa Torres (H), 13.01; 4. MaKaylee Young (H), 13.08. **200** — 7. Kamryn Aldred (H), 28.37. **400** — 7. Muriel Hoisington (P), 1:04.75. **800** — 2. Amanda Nygard (H), 2:33.13; 7. Ashlee Zaugg (P), 2:43.51. **1600** — 4. Cydney Sanchez (H), 5:47.83. **300H** — 8. Jennifer Fuentes (H), 52.67. **4x100 relay** — 5. Pendleton, 56.06; 7. Hermiston, 59.14. **4x200 relay** — 5. Hermiston, 1:57.17. **Shot put** — 2. Paige Palzinski (H), 35-6; 8. Bailey Young (H), 32-1 3/4. **Discus** — 6. Sheridan Deike (H), 109-10; 7. Jazlyn Romero (H), 108-7. **Javelin** — 1. Jazlyn Romero (H), 138-4; 7. Sydney Seavert (H), 108-7; 8. Sheridan Deike (H), 105-5. **HJ** — 4. Morgan Brown (H), 4-10; 6. Jamie Gau (P), 4-8. **LJ** — 4. MaKaylee Young (H), 15-9 1/4; 8. Paige Palzinski (H), 15-3/4.

WRESTLING

Hermiston’s Coleman earns Pac-12 honor

By HERMISTON HERALD

Oregon State junior Bob Coleman was named a Pac-12 All-Academic second-team selection for the first time in his career.

The 2016 graduate of Hermiston High School is an agricultural business management major carry-

ing a 3.06 GPA.

He is coming off a successful season that saw him win his first Pac-12 individual title at 184 pounds, as well as his first berth to the NCAA Wrestling Championships. Coleman finished the season with a 17-16 overall record.



Coleman

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