

Gulls make their mark in tough conference

By Gary Henley
Seaside Signal

They've got the depth, the athletes and the talent to compete.

Now it's just time for the Seaside track team to turn it all loose on the Cowapa League.

Head coach Jeff Kilday's team is loaded with athletes and will be looking to improve on their finish in last year's district meet — a tall task in the Class 4A's "Conference of Champions."

The Seaside boys are coming off a 10th place finish in the 2017 state meet, even after taking third in their own league.

Meanwhile, the Lady Gulls (and everybody else) will be chasing the Astoria girls' track dynasty, as the Fishermen look to win their fourth straight state championship.

The big point-scorer for the Seaside girls — this year and next — will be junior thrower Gretchen Hoekstre.

Hoekstre dominated the shot put and discus events in the Cowapa League, winning both district titles on her way to second- and third place finishes, respectively, in the same events

at the state meet as only a sophomore.

Hoekstre is the top returner, state-wide, in both events.

Also on the girls' side, junior Katie Zagata is back as one of the top distance runners in the Cowapa.

The Seaside boys took a big hit in the graduation department. Gone are district champions Will Garvin (300-meter hurdles), Jackson Januik (800 meters, two-time champion) and Phoenix Johnson (high jump and triple jump, second in the long jump). Talented distance runner Bradley Rzewnicki also graduated.

Seniors Colton Carter (hurdles, jumps) and Rafi Sibony (distance events) are the returning mainstays, while the Gulls will pin their hopes on some young talent.

Freshman Henry Garvin and Dodger Holmstedt took first and second, respectively, in the 400 meters in Seaside's first meet this season.

Sophomore thrower Derrick Bennett could be a big point-scorer in the shot put and discus.

Kilday is assisted by Jo Ellingson, Jarom Bowles and Margie Leary.



GARY HENLEY/EO MEDIA GROUP

Rafi Sibony



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Colton Carter is back for his senior year to compete in the jumps and hurdles for the Gulls.