

SEASIDE Sports

Gulls get help from Marines, Coast Guard

READY FOR COMBAT

By Gary Henley
Seaside Signal

Seaside football players will run the Marine Corps combat fitness test before Thursday's youth football camp at Broadway Field. After that, the Coast Guard will present Seaside athletes with some brand-new exercise equipment.

So, unofficially, tonight will be "military night" at Broadway Field, where a few Marines and Coast Guardsmen will help Seaside athletes prepare for the fall sports season.

It's all part of making Seaside athletes the best they can be, and helping Seaside High School keep its "School of Champions" title.

After all, Seaside sports have won five state championships since 2014, and the Gulls will almost certainly add to that total this school year.

Conditioning is part of every high school's athletic program, but Seaside is unmatched when it comes to preparing its athletes for competition.

This summer, Seaside athletes "have been working out with us, spending four days a week in the weight room, and just getting after it," said Dan Leary, the Gulls' strength and conditioning coach, and founder of the 'Seaside Barbell' program. "We're really excited to see how that plays out this fall. We do it for two reasons: to increase athletic performance, and more importantly, to reduce the potential for injury."

In 2010, Leary was stationed in Clatsop County, working at the Coast Guard rescue swimmer training facility.

He called Seaside High School and volunteered to do strength and conditioning training with the football team. "Coach Stubby Lions opened his arms to both me and my wife Marjorie," he said.

Leary became a certified trainer in 2013 and created Seaside Barbell. He says he followed the rescue swimmer training methodologies in setting up the Seaside Barbell program. He has seen a 25 percent reduction in injuries for the football team.

Coaches in other disciplines saw the value of the program, and now the Learys screen participants in all boys and girls athletics at Seaside.

"We're not a big school," Leary said, "and most of our (football) kids play both ways, so we've really got to make them ironmen to play 90-plus plays a game."

And that, he said, "is why the summer is



GARY HENLEY/SEASIDE SIGNAL

The Seaside Gulls are ready to toe the line for the 2018 football season.

so important to build that good foundation. We've been blessed, because every sport donates two hours a week in the weight room."

Speaking of donations, Seaside will be on the receiving end Thursday night at Broadway Field.

At 5:30 p.m., before Seaside's youth football camp starts, members of the Marine Corps will run a combat fitness test with the Gulls.

"I started out in the Marine Corps, and they've been phenomenal for us," Leary said, speaking for Seaside athletics. "They have supported the football team, helped run the clock, they've helped the track team and the wrestling team."

"I was talking with one of the recruiters recently, and he said, 'would you (the Seaside football team) like to run the Marine Corps combat fitness test for conditioning?'"

The Gulls accepted.

"It's something different, and the kids will get excited about it," Leary said.

The combat fitness test will be run before Thursday's youth football camp.

After the camp, about 7:30 p.m., the Seaside athletic department will receive some exercise equipment, donated by the Coast Guard.

"The Coast Guard Chief Petty Officer's association is coming over, and they're donating about \$1,500 worth of gear to our weight room," said Leary, a lieutenant commander in the Coast Guard. "I saw where they give out donations, so I went to them, and said 'would you be interested in donating that to the high school?' They said they'd love to. What do you need?"

The Coast Guard "stepped up," Leary said, "and they bought us two new AirDyne

exercise bikes, which we need. There's different ways to condition kids, and these bikes and rowers and stuff like that are key to keeping the kids in the best shape we can."

So to call it a military night, "it almost is," Leary said. "We get the most bang for the buck, and the most public viewing on a youth football night."

Seaside football, meanwhile, will be one of the main challengers for a state championship at the 4A level this season, following last year's performance.

"We had a tremendous outpouring of kids this summer, especially with the football team," Leary said. "Four workouts a week for the summer, both mornings and afternoons, and then in-season we work out twice a week. We're ready. There's a lot of promise for the football team."

'I started out in the Marine Corps, and they've been phenomenal for us. They have supported the football team....'

Dan Leary, the Gulls' strength and conditioning coach, speaking for Seaside athletics

BASEBALL



GARY HENLEY

Westerholm played shortstop for Seaside's junior state summer team, and second base for the Lower Columbia Baseball Club.

Westerholm named Player of the Week

Seaside Signal

Clatsop County made a clean sweep of the Player of the Week awards for the Lower Columbia Baseball Club.

While Knappa's Ryker Coffey was named the Player of the Week for Lower Columbia's AA Legion team for July 22-28, Payton Westerholm of Seaside earned Player of the Week honors for the club's AAA Legion team, Hilander Dental.

Entering his senior year at Seaside, Westerholm spent the summer playing for both Seaside's junior state team and Hilander Dental.

The season came to an end recently for both teams, with Westerholm taking part in two state tournaments.

For the Hilander Dental team, Westerholm had two hits in the Washington state tournament opener against Spokane, and followed with three hits vs. Kennewick in the season finale.

Unfortunately, Hilander Dental lost both games, bringing an end to the season.

Westerholm finished with a .296 batting average (21-for-71), with 14 runs batted in. He pitched and played second base for the Lower Columbia team.

Kilday earns academic achievement award

The Daily Astorian

Seaside High School graduate Allison Kilday, who just completed her junior year of track at Occidental College in Los Angeles, recently received an all-academic award for having above a 3.30 cumulative grade point average.

She was ranked among the top 35 individuals in Division III in her event.

The Occidental men's and women's track teams were named to the U.S. Track & Field and Cross Country Coaches Association all-academic squad, for posting better than a 3.10 GPA as a group.

"We couldn't be more proud of the academic achievements the teams and

individuals honored for their hard work in the classroom and on the track," Occidental head coach Rob Bartlett said. "We strive to provide our student-athletes with the opportunity to thrive in every aspect of their Occidental lives and it's fantastic to see so many Tigers doing just that."

The Tigers had a strong season in competition as well, with seven athletes making the national championship meet and four winning all-American honors.

Kilday set personal records last spring in the 200 meters (27.44 seconds) and 400 meters (62.10), both March 16 at the Redlands Invitational, as well as the 800 meters (2:23.23) and 400-meter hurdles (65.12,



OCCIDENTAL COLLEGE PHOTO

Seaside's Allison Kilday, left, had several personal best times on the track in the spring, and earned an all-academic award off the track.

seventh all-time at Occidental).

The former Gull, who is

majoring in economics at Occidental, was a 2017-18 team captain for the Tigers.

Sons of American Legion host golf tourney for scholarships

The Daily Astorian

The third annual Sons of the American Legion Scholarship Golf Tournament, a fundraiser for scholarships for Seaside High School graduates, takes place at 9 a.m. Aug. 18 at the Seaside Golf Course, 451 Avenue U.

Hole Sponsorships are available at three levels: Diamond Sponsor, \$300; Platinum Sponsor, \$200; and Gold Sponsor, \$100. Signs will be posted on the sponsor's hole noting their contributions, and advertising their business. Sponsorships are tax deductible as contributions to the Sons of the American Le-

gion, and may be sent to P.O. Box 285, Seaside, OR 97138.

The tournament format is a four-person scramble, with prizes for long drive (men and ladies), closest to the pin (men and ladies), and team prizes to the top men's, ladies' and co-ed teams. Prizes are awarded following the tournament.

The entry fee is \$100 per player, or \$400 per team, with putt tape and mulligan packages available at a cost of \$40 per team. All proceeds go to scholarships for students.

For information on sponsorship opportunities, contact Wade Halbrook at 503-440-1184.