



Brittany Jantes/For the Seaside Signal
Gretchen Hoekstre stands next to her new personal best in the shot put, also the top mark in the country for high school females.

Hoekstre is No. 1 shot putter in the US

By **GARY HENLEY**
Seaside Signal

Seaside's Gretchen Hoekstre was at it again May 3.

The Gulls' senior athlete hit another milestone mark in her main event, and is once again No. 1 in the country on the list of high school female shot putters.

Competing in the Nike/Jesuit Twilight Relays, held at Cronin Stadium in Portland, Hoekstre won the shot put competition with a new personal best toss.

And Hoekstre hit the big one, with a throw of 50 feet, 1½ inches, the first high school female to break the 50-foot barrier this year.

The mark also stood out, as Hoekstre was competing against 46 other throwers, all from Class 5A and 6A schools.

The second-place mark was 44-6¼ by Angel Aleusi of Centennial. Keeley Rasmussen of Sandy was a distant third at 41-7.

Hoekstre's new mark is the best in the country by almost two feet. Jaida Ross, a junior at North Medford, is second at 48-5, followed by Shyann Franklin of Golden Valley (California), at 47-11½.

Hoekstre had the No. 1 mark early in the season but had slipped to fourth, before Friday's winning shot.

Gulls host Astoria

SEASIDE — The Seaside track team hosted one last regular season meet May 1, before the big post-season meets begin.

It was a Clatsop Clash-plus one, as the Gulls invited Astoria and Valley Catholic to take part in a meet that served as a tune-up for the Cowapa League championship meet, May 9-10 at Scappoose High School.

And the results looked pretty much like they have all season for the local teams. The Astoria girls dominated the running and jumping events, Seaside's Gretchen Hoekstre had another solid day in the discus and shot put, while the Astoria and Seaside boys were busy

Seaside's Anna Huddleston hit a PR 117-11 to win the javelin, while Hoekstre had a toss of 152-4 to win the discus, and a 45-11 to take the shot put.

"It was nice to have a few really good throws," said Hoekstre, the state leader at the 4A level in both events. She has the best shot put by nearly nine feet, and leads Astoria's Kes Sandstrom in the discus by 26 feet.

"This is about the time of year when you're starting to peak, starting to be consistent at high numbers," she said. "Things are really starting to settle into place, and the workouts are doing what they're supposed to."

"I've done all the work, I've put all the time in, and I've worked my butt off," said Hoekstre, whose personal best in the shot put (50-1 1/2) is the top mark in the entire country.

"It's nice just to have things fall into place," she said. "It's important to me to really throw well when it counts. Because I'm a very competitive person."

Once she gets to the state meet, she said, "I know I can win, and I honestly know I can break the state meet record (152-10, held by Astoria's Laura Bobek, 2009). It's just putting everything together at the right time. The other day I threw a 154-2, so I know I have it in me and I know I can throw farther."

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Gretchen Hoekstre

trying to chase down Valley Catholic runners for the better part of the meet.

Seaside's Axel Martinez cleared a PR 9-6 to take the pole vault.

On the girls' side, Astoria and Seaside athletes won all but one field event.



Jim Poetsch/For the Seaside Signal
From left to right, Seaside league champion golfers Samson Sibony, Curtis Kunde, Carson Kawasoe, Connor Merrell and Mason Shamion

Seaside golfers second at state preview meet

Seaside Signal

Two days after setting a season-low score at the Cowapa district tournament, the Seaside boys golf team shot a season-high in the state preview tournament May 1 at Emerald Valley Golf Course in Creswell.

Marist continues to be the favorite to win the 4A state title, as the Spartans again topped the Gulls by 20 strokes.

Marist won the tournament with a 328 team score, with Seaside a distant second at 348. Valley Catholic was third (353), followed by Woodburn (360) and Oregon Episcopal (365). Eight other schools took part.

The Spartans put up a number that should have given the Seagulls a chance, but the Gulls had a day to be forgotten, said Seaside coach Jim Poetsch, on the tough Emerald Valley course.

"This should be a good learning experience for us," he said. "First, we learned that the course needs to be carefully played to score well. Carson (Kawasoe) did that today and Samson (Sibony) did on the front nine."

"On this course you can score on the front nine, then you battle to hold on on the back. We started on the back today and I think it just crushed some kids spirits by the time they got to the front. Not just our kids, but the field in general."

In addition, Poetsch said, "we also learned that Marist can be beat. Take away Curtis (Kunde) shooting 12 strokes over his average, Connor (Merrell) losing 12 strokes to lost balls, and four of our guys shooting their worst score of the year, and we should win this tournament."

"Fortunately, this was a preview and not the real thing. Hopefully we qualify next week (at regionals) then we can come back for some revenge on this course."

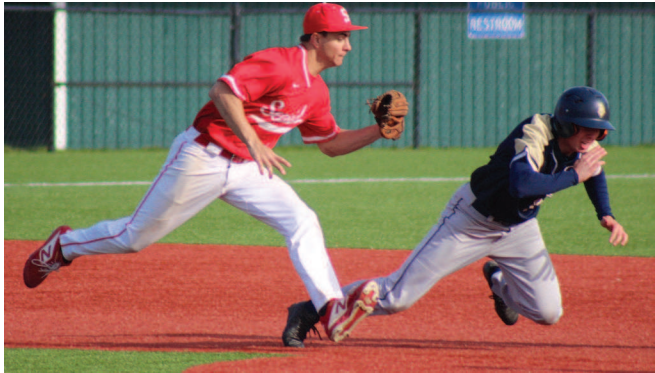
Kawasoe finished second individually with a 76, including a one-under-par on the second nine. Sibony had a 39 on the second nine for an 86, followed by Kunde (90), while Merrell and Mason Shamion both shot 96. Marist's Nick Watts edged Kawasoe by one stroke for medalist honors.

Gulls win league title

The big tournaments are next week and the week after, but in the meantime, the Seaside boys golf team warmed up by winning another Cowapa League championship.

As expected, it wasn't even close, as the Gulls carded a 307 team score April 29 at the Astoria Golf & Country Club, 47 strokes ahead of second-place Valley Catholic (354).

Astoria was third with a 365, followed by Banks (406) and Tillamook (419).



Gary Henley/Seaside Signal
Seaside's Duncan Thompson, left, puts the tag on Dakota Bunn of Banks in a third inning rundown between second and third.

Valiants slide past Seagulls, 10-4

Seaside Signal

Valley Catholic led from start to finish in a Cowapa League baseball game May 3 at Broadway Field, where the Valiants scored a 10-4 win over Seaside.

Valiant pitchers George Eisenhardt and James Baglai gave up seven hits, with 10 strikeouts and two walks.

Seaside's Payton Westerholm was 2-for-4 with a double and a home run, but the Gulls were unable to score more than one run in any inning.

Duncan Thompson had two hits and Travis Fenton added a triple for Seaside, which falls to 4-6 in league play, a half-game behind Valley Catholic and one game behind Astoria, with two

games remaining.

Gulls 3, Astoria 0

The score-by-inning was a pretty simple one May 1 at Tapiola Park, where Astoria hosted Seaside for another crucial Clatsop Clash baseball showdown.

The Gulls scored three runs in the third inning ... and that was it. The three runs held up for a 3-0 Seaside victory,

as pitchers Payton Westerholm and Brayden Johnson silenced the Astoria bats, giving up just five hits, with five strikeouts and two walks.

It was Astoria's first shutout loss this season, and Seaside's first shutout victory in league play.

Westerholm also drove in the game's first run, a one-out double to left field that scored Johnson.

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Best of luck this Season!

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