

WESTERN OREGON ROUNDUP

Baseball takes three of four from Montana State Billings

Itemizer-Observer staff report

BILLINGS, Mont. — Western Oregon's baseball team won three of four games against Montana State Billings. WOU won 14-7 and 8-7 on Friday before splitting the final two games, losing 18-2 and winning 8-3 on Saturday.

TorreaHno Sweet had a team-high four hits during the first game on Friday. Nyles Nygaard recorded three hits and four RBIs. The Wolves trailed 7-6 in the

eighth inning before scoring the final eight runs.

The Wolves rallied from a 6-2 deficit in the second game on Friday. WOU pitchers combined to throw 11 strikeouts during the game. Sweet drove in the game-winning run with a high-bouncing ball in the top of the seventh inning that allowed Cody Dykstra to score from third.

After losing 18-2, WOU recovered to win the final game of the series, thanks in

part to Sweet, who had three hits, and Jay Leverett who had two hits and four RBIs. Pitcher Trey Smith threw four strikeouts over seven innings to earn the win on the pitcher's mound.

The Wolves played at Saint Martin's Tuesday after press time. WOU hosts Concordia for a pair of double-headers Saturday at 1 p.m. and Sunday at 1 p.m.

SOFTBALL WINS THREE: Western Oregon's softball team took three of four games

against Concordia. The Wolves split a doubleheader on Thursday, losing 3-1 and wining 6-4 before winning two games on Friday 6-1 and 10-1.

Destiny Kuehl and Zoe Clark each hit a home run during the first game on Friday. Kuehl hit a three-run homer in the third inning, while Clark hit a two-run home run in the sixth inning.

Kuehl added two more home runs in the final game of the series.

WOU plays at Western Washington for a pair of double-

headers on Friday and Saturday and at Simon Fraser for a doubleheader on Sunday.

Western Oregon will play at Saint Martin's on April 26.

GRAY LEADS TRACK AND FIELD IN CALIF.: Competing against a mix of Division I and II programs, Western Oregon's track and field team took part in the Bryan Clay Invitational in Azusa, Calif., on Friday.

Wesley Gray won the men's triple jump with a mark of 14.85 meters.

David Ribich posted the fastest Division II time in the

1,500-meter run with a time of 3 minutes, 42.21 seconds, breaking his own school and conference records.

Rachel Huffman took 13th in the women's shot put with a throw of 12.62 meters.

WOU also sent athletes to the Beach Invitational on Saturday in Long Beach, Calif.

Alani Troutman finished 15th in the men's long jump with a leap of 7.28 meters.

WOU is off until April 28-29 when the Wolves will compete in the Oregon State High Performance meet in Corvallis.

DALLAS ROUNDUP

Softball extends win streak

Itemizer-Observer staff report

LEBANON — Dallas' softball team extended its win streak to five games as the Dragons defeated South Albany 10-0 on April 11 and Lebanon 15-8 on Thursday.

Pitchers Kaelynn Simmons and Emma Classen combined to throw nine strikeouts against South Albany. Lauren Wallace had two hits and four RBIs.

Dallas racked up 15 hits against Lebanon and scored nine runs in the top of the fourth.

Ashlee Lichtenberger and Emily May each drove in two runs. Simmons threw eight strikeouts over five and a third innings of work.

The Dragons entered the week 7-4 overall and 6-0 in Mid-Willamette Conference play.

Dallas was scheduled to play Corvallis Tuesday after press time. The Dragons play at Silverton, which entered the week in second place in the MWC, Wednesday (Today) before hosting Central Friday at 4:30 p.m. and Woodburn Tuesday at 4:30 p.m.

DEMING, CROSS LEAD TRACK TEAM AT VIKING RELAYS: Dallas' track and field teams competed at the Viking Relays at North Salem High

School on Friday.

Jacob Deming finished second in the boys 300-meter hurdles in 41.15 seconds. Trevor Cross took second in the 3,000 (8:58.72). Cody Webb placed third in the 100 (11.27).

Jenifer Webb, Stefani Tallon and Kayley Sayer led the girls team. Webb took third in the 100 hurdles (16.45), Tallon placed third in the 300 hurdles (49.95) and Sayer finished third in the triple jump (32 feet, 5 inches).

Dallas will compete at Lebanon Wednesday (today) at 3:45 p.m.before traveling to the Central Coast Invitational at Siuslaw High School Friday at 4 p.m. and the Centennial Invitational at Centennial High School Saturday at 11 a.m.

The Dragons will travel to Central on April 26.

BASEBALL SPLITS WITH CENTRAL: Dallas' baseball team split two games against Central last week. The Dragons lost 5-3 on April 11 before earning a 5-4 win on Saturday. "They were two good games and each one came down to which team got the big play," Dallas coach Scot McDonald said. "(Jaret) Stewart pitched awesome all week and so did Clay Coxen. The kids are getting better and love to compete. Central is a good team with veteran players."

Dallas was scheduled to play South Albany Tuesday

after press time. The Dragons host the Rebels Wednesday (today) at 4:30 p.m. before playing at South Albany on Friday. The Dragons play at Silverton on Tuesday.

GIRLS TENNIS DEFEATS WOODBURN: Dallas' girls tennis team defeated Woodburn 6-2 on Thursday. Addie Gillette and Kenzi Boer earned singles victories.

Lynn Gumpinger and Julia Del Olmo, Amanda Schafer and Megan Ronco, Kloe Totten and Makayli Laizure and Morgan Bateman and Peyton Fast swept the doubles matches.

The Dragons' match against Lebanon on April 11 was postponed due to weather.

Dallas played Central Tuesday after press time. The Dragons will play at Crescent Valley Thursday at 4 p.m. before hosting Corvallis Tuesday at 4 p.m.

The boys tennis team will host Crescent Valley Thursday at 4 p.m. and travel to Corvallis Tuesday at 4 p.m.

BOYS GOLF FINISHES FOURTH: Dallas' boys golf team placed fourth at Tukwila on Monday. David Jones and Xavier White each shot a 96 to lead the Dragons.

Dallas is within half a point from qualifying for the regional tournament. The Dragons will close the regular season at Mallard Creek in Lebanon Monday at 4 p.m.

Dallas: Dragons place fourth at Cross Creek

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Each golfer has worked hard to improve and, each time out on the course, Landis can see their games come together a little better.

"I have seen a lot of growth in general," Landis said. "The short game has been one of the biggest things we have tried to improve. We also have seen some significant improvement with our ball striking, so that is exciting to compare from where they were a

year ago."

The biggest thing holding them back may not have anything to do with how their swings look — it's battling the mental stress that a round of golf can bring and, instead, trusting everything they've practiced and learned.

"(We need them) to stay out of their own minds and not overthink things," Landis said. "Golf is very mental, and so if they continue to trust their swings and decisions, they will overcome the challenges

they will face."

If they can do that, a lot can happen between now and the end of the season — and Landis said her golfers will be ready to try and pounce at every opportunity.

"I just want us to be able to compete at our best," Landis said. "We have a couple of conference matches left, and one thing about golf, you never know what could happen."

Dallas will compete at Tukwila in Woodburn Monday at 10 a.m.

CENTRAL ROUNDUP

Softball rolls to victories

Itemizer-Observer staff report

ALBANY — Central's softball team earned a trio of victories. The Panthers defeated Woodburn 19-3 on April 11 before beating South Albany 6-2 and 17-4 on Thursday.

The Panthers entered the week with a 7-5 record overall and a 3-3 mark in Mid-Willamette Conference play, good for fourth place.

Central has scored 125 runs, the most in the MWC. The Panthers played Crescent Valley Tuesday after press time.

Central hosts Lebanon on Wednesday at 4 p.m. and Silverton Thursday at 4 p.m. before playing at Dallas Friday at 4:30 p.m.

The Panthers return home to host Corvallis Tuesday at 4:30 p.m.

GIRLS TENNIS DEFEATS LEBANON: Central's girls tennis team defeated Lebanon 5-2 on Thursday.

Diana Huerta earned a victory in singles play. Olivia Teague and Lauran Martinez,

Annika Riddell and Katelyn Trevino, Lexy Barba and Dalila Negrete, and Reann Kelley and Mattie Barry swept the doubles matches.

Kylie Smith was leading her singles match 6-0, 1-0 before being rained out.

The boys tennis team lost to Lebanon 6-2. Zach Stone earned a three-set victory in singles play. Cade Magill and Antonio Marinéz earned a win in doubles play for the Panthers.

Central's boys and girls tennis teams played Dallas Tuesday after press time.

The boys host Woodburn Thursday at 4 p.m. before playing at South Albany on Tuesday.

The girls travel to Woodburn on Thursday before hosting South Albany Tuesday at 4 p.m.

LOVRIEN LEADS GIRLS GOLF TEAM: Abby Lovrien led Central's girls golf team at Cross Creek Golf Course on Monday. Lovrien shot a team-low 150 over 18 holes.

Patty Torres recorded a 177, and Michelle Morris finished with a 185. The Pan-

thers did not have enough golfers for a team score.

Central will compete at Tukwila in Woodburn Monday at 10 a.m.

The boys golf team finished sixth at Tukwila. Andrew Love led the Panthers with an 89.

BURGETT TAKES FIRST AT RELAYS: Central's track and field teams traveled to the Viking Relays at North Salem on Thursday.

Isaac Burgett won the boys 400-meter run in 51.33 seconds. The 4 x 400 relay team of Burgett, Sterling Hutchinson, Jose Herrera and Zachary Meyer also took first in 3:28.44.

Isseah Kamis took third in the high jump (6 feet).

The girls 4 x 400 relay team of Naomi Vega, Sophia Henke, Beatriz Trujillo and Bethanie Altamirano placed third in 4:17.97. Bailie Hartford finished fifth in the girls 3,000 with a time of 11:36.74.

Central will compete at Corvallis Wednesday (today) at 3:30 p.m. before hosting the John Oliver Invitational Friday at 3:30 p.m. The Panthers will also host Dallas on April 26.

Prowl: Central defeats Dallas and Silverton

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"There were a bunch of nerves when I was a freshman," Amador said. "As my confidence built up, I don't worry about nerves anymore. I learned not to try and force things or rush things."

That confidence is prevalent throughout the team.

Against Dallas on April 11, Central rallied from a 3-2 deficit in the sixth inning.

"We were able to get a couple hits and score when we needed to," Amador said. "We stuck with our game plan and didn't give up."

The rain did its best to dampen the games between the two rivals.

The teams started a sec-

ond game on April 11, but postponed the completion of the game until Saturday due to weather. A third game was cancelled on Monday due to weather conditions.

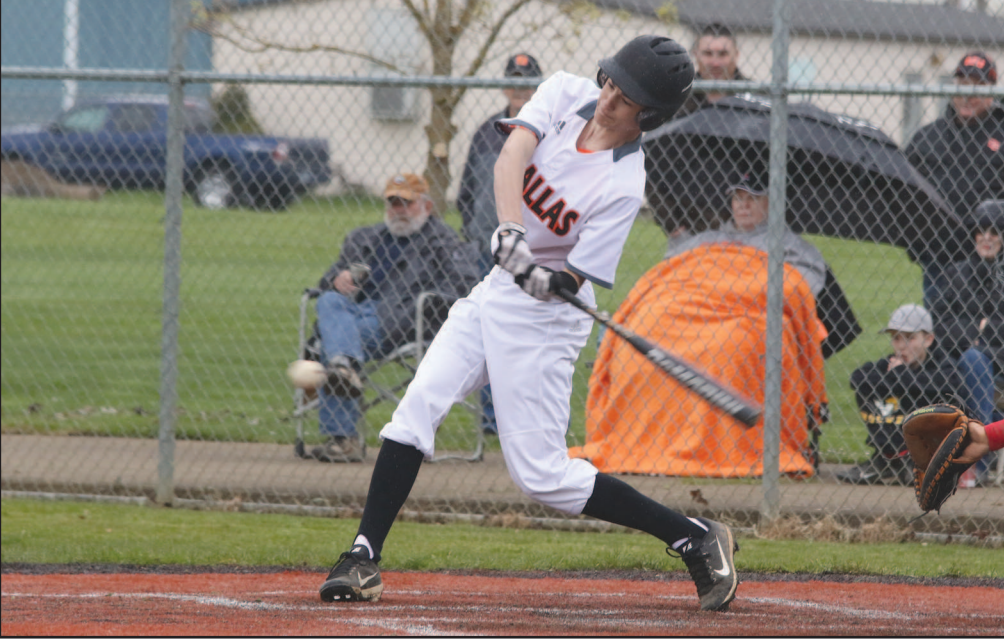
Changing schedules on the fly is par for the course so far this spring, but it can wreak havoc on players who are never quite sure if a game will actually happen.

"The weather can be tough because it interferes with your rhythm," Amador said. "It's hard when you're expecting to play and then you find out you're not. When the weather is bad, we try and get on the turf when track's not there, and we spend lots of time in the batting cages."



LUKAS EGGEN/Itemizer-Observer

Central's Joshua Rodriguez delivers a pitch against Dallas on April 11.



LUKAS EGGEN/Itemizer-Observer

Dallas and Central split two games last week. A third game was postponed due to weather. The Dragons and Panthers entered the week with 5-3 records in league play.

PREP TRACK AND FIELD

Houghtaling leads Mountaineers

Itemizer-Observer staff report

AURORA — Falls City's track and field team competed at the North Marion JV Invite on Thursday.

Amara Houghtaling won the girls 100-meter run in 14.36 seconds.

Brittney Potts took first in the high jump with a mark of 4 feet, 6 inches, and Madelyn Hendrickson took second in the long jump (13-9) and the 100 hurdles (18.74).

Austin Burgess placed second in the boys 400 (56.01), and Jeremy Labrado

finished second in the long jump (17-10).

The Mountaineers will compete at Sheridan Thurs-

day at 3:30 p.m. before traveling to the Tiger Invitational at Taft High School on April 26 at 3:30 p.m.



Kimberly (Green) Thayer of Meridian, ID and a Kindergarten teacher, formerly of Independence and a 1990 graduate of Central High School has been training hard for the last few years to qualify for the 2017 Boston Marathon which was held Monday, April 17th. She is the daughter of Mr. & Mrs. Gary W. Green of Independence.