

2016 HIGH SCHOOL FALL SPORTS PREVIEW GUIDE

CENTRAL PANTHERS • DALLAS DRAGONS • FALLS CITY MOUNTAINEERS • PERRYDALE PIRATES

**FOOTBALL • VOLLEYBALL
SOCCER • CROSS-COUNTRY**

Itemizer-Observer • Section C • Sept. 7, 2016

COMING BACK STRONGER

*Stefani Tallon recovers
from broken collar
bone for one final
season at Dallas*



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Coming Back Stronger: Dallas senior Stefani Tallon broke her collar bone during Dallas' girls soccer team's play-in win over Springfield in 2015. Tallon didn't let that keep her down for long. Instead, she used it as fuel to become better than ever before.

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2016 CENTRAL FOOTBALL

Panthers primed for spectacular season

Central returns starters at several skill positions, looks to defend league title

THE RUNDOWN ...

Coach: Shane Hedrick (17th season).

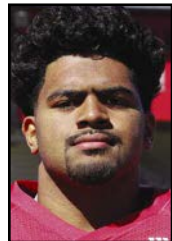
2015 record: 5-2, first place in Mid-Willamette Conference; 7-4 overall; advanced to second round of Class 5A state playoffs.

Key returners: Marlon Tuipulotu, sr., defensive/offensive lineman; Alvin Berroa, sr., running back/linebacker; Peter Mendazona, jr., quarterback; Peter Mason, jr., receiver; AJ Morales, sr., receiver; Jackson Holstad, sr., tight end/linebacker; Isaiah Abraham, jr., receiver/defensive back.

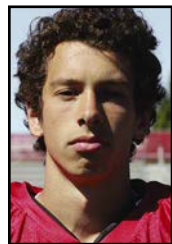
Newcomer to watch: Kyle Aklin, sr., tight end/linebacker; Andrew Barry, sr., receiver/defensive back. Shun Talmadge, jr., offensive/defensive line.

Significant stat: 212 — The number of total points Central allowed in 2015, the third fewest in all of Class 5A.

Outlook: The Panthers broke out in a big way in 2015. Central won a league title thanks to a stingy defense and an offense that grew leaps and bounds from the start of the season.



Tuipulotu



Mason



Mendazona

With many of those same players returning, the Panthers appear set up to be a state contender in 2016.

Tuipulotu anchors the defense. The highly recruited senior, who has committed to playing college football at the University of Washington, was a force in 2015.

He recorded 78 tackles, 28 tackles for loss,



Running back Alvin Berroa rushed for more than 1,600 yards during the 2015 season.



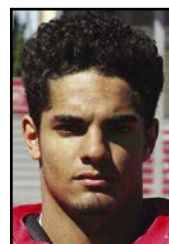
Morales

13 sacks and even two interceptions on his way to being named the conference's defensive player of the year.

On offense, the Panthers appear loaded.

Berroa rushed for 1,606 yards and 15 touchdowns. Mendazona found his stride in the passing game at quarterback, throwing for 1,926 yards and 22 touchdowns. His favorite target from a year ago, Mason, caught 40 balls for 843 yards and nine touchdowns.

"We have experience at the skill positions and one Division I athlete," Hedrick said. "The



Berroa

guys have the leadership and work ethic necessary to be successful."

The Panthers will have to replace 2016 graduates Madison Stepp, who finished second on the team in tackles and sacks, and Opeti Tuipulotu, who finished third on the team in sacks, but the Panthers appear more than ready to

step up. The 2016 season may be something special for the Panthers, but Hedrick knows nothing is promised.

"The key is always the same, and that is to play up to our potential," Hedrick said.

**CENTRAL FOOTBALL
2016 SCHEDULE**

Sept. 2	Bend	7 p.m.
Sept. 9	at Mountain View	7 p.m.
Sept. 16	at Glencoe	7 p.m.
Sept. 23	South Albany *	7 p.m.
Sept. 30	Dallas *	7 p.m.
Oct. 7	at Crescent Valley *	7 p.m.
Oct. 13	at Lebanon *	7 p.m.
Oct. 21	Silverton *	7 p.m.
Oct. 28	at Corvallis *	7 p.m.
Nov. 4-5	5A State Playoffs	TBA
Nov. 11-12	5A State Playoffs	TBA
Nov. 18-19	5A State Playoffs	TBA
Nov. 26	5A State Championship	TBA

* — denotes Mid-Willamette Conference game

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2016 DALLAS GIRLS SOCCER

Dragons hope experience, familiarity leads to new heights

THE RUNDOWN ...

Coach: Kirk Myrold (second season).

2015 record: 3-3-1, fourth place in Mid-Willamette Conference; 5-10-1 overall; advanced to the first round of the state playoffs.



Jones

Key returners: Ashlee Lichtenberger, sr., goalkeeper; Kloe Totten, jr., defense; Olivia Dalke, sr., midfield/forward; Jordyn Applegate, jr., forward; Stefani Tallon, sr., midfield; Kaitlyn Senger, sr., defense; Emmalee Jones, sr., mid-field; Jenifer Webb, sr., mid-field; Callista Kiner, soph., midfield; Madelyn Kennedy, soph., defense.

Newcomers to watch: Kaylee Rosenbalm, fr.; Abby Bliven, sr.; Alexis Nguyen, soph.; Jasmine Contreras, soph.

Significant stat: 7 —

Lichtenberger The number of goals Dallas scored in its season-opening blowout over Redmond.

Outlook: After reaching the first round of the state playoffs for the first time in school



Dallas' girls soccer team advanced to the state playoffs for the first time in 2015.

history, Dallas is ready for an encore that surpasses 2015.

Dallas sees the vast majority of its roster return.

Lichtenberger gives Dallas a steady hand in the goal, and one who knows how to direct her defensemen to the right spots.

Dalke started the season off with a bang, scoring five goals on the offensive end. Tallon, who missed the team's playoff match after injuring her collar bone, Webb, Senger and Nelson give the Dragons a deep stable of players who can make things happen on both

ends of the field.

"We are looking to build on last year's accomplishments and see if we can take that a step forward," Myrold said. "Whether that's moving up in league rankings or passing the first playoff game, every year we want to do a little better."

What has helped is familiarity with Myrold, no longer in his first year as coach.

"It's huge being able to come back to a situation you're comfortable and familiar with. We can build on the foundation that we had last year," he said.

DALLAS GIRLS

2016 SOCCER SCHEDULE

Sept. 1	at Franklin	7 p.m.
Sept. 6	St. Helens	4 p.m.
Sept. 15	McNary	4 p.m.
Sept. 22	at Centennial	7 p.m.
Sept. 27	at Oregon City	7 p.m.
Oct. 4	at Lebanon *	4 p.m.
Oct. 6	Crescent Valley *	4 p.m.
Oct. 10	Corvallis *	4 p.m.
Oct. 12	at Silverton *	6 p.m.
Oct. 18	Central *	4 p.m.
Oct. 20	at Woodburn *	6 p.m.
Oct. 25	at South Albany *	6 p.m.
Oct. 31	Play-in Round	TBA
Nov. 1	5A State Playoffs	TBA
Nov. 5	5A State Playoffs	TBA
Nov. 8	5A State Playoffs	TBA
Nov. 12	5A State Championship	TBA

* — denotes Mid-Willamette Conference match

That comfort allowed the Dragons to work on more advanced strategies much earlier than a year ago, Myrold said.

They hope the payoff is a deep run in the state playoffs.

"A lot of these girls have been playing since they were 5," Myrold said. "They're working together and communicating and it pays off. I stress that to them every day in practice."



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2016 PERRYDALE VOLLEYBALL

New players get their shot to lead Pirates

Pirates turn to fresh faces as Perrydale looks to rebuild on the fly in 2016

THE RUNDOWN ...



Desnoyers

Coach: Denise Dickey (third season).

2015 record: 12-2, second place in Casco League, 21-8 overall; placed fourth at OSAA 1A state volleyball championships.

Key returners: McKenna Desnoyers, sr., defensive specialist; Alyssa Lux, soph., OP; Jaqueline Juarez, jr., outside hitter/defensive specialist.

Newcomers to watch: Ishley Burns, jr., middle blocker; Sydney Perkins, soph., middle blocker; Sydney Lawrence, fr., outside hitter; Kenzy Lawrence, fr., setter;



J. Juarez

Nathalie Juarez, fr, setter.

Significant stat: 3 — The number of returning varsity players.



Lux



Burns

The Pirates may be sporting an almost entirely new lineup, but don't expect Perrydale to stumble too badly.

"I don't necessarily expect a down year for us," Dickey said. "I think we have the bar set

Outlook: A year after taking fourth at the state volleyball championships, the Pirates look to rebuild quickly. Perrydale lost six seniors to graduation. Returners Lux, Juarez and Desnoyers now become the team's veterans.

They'll be joined by a junior, sophomore and four freshmen.

"We have a young team this year," Dickey said. "Right now, we have nine on varsity. Right now we're trying to find the right spots for people and not force them into a position that just isn't working for them."

The Pirates may be sporting an almost entirely



Perkins



S. Lawrence

she's shying away from. Despite the youth movement hitting the Pirates, Perrydale hopes to be in contention for the postseason once again come the end of the fall campaign.

right where it needs to be right now."

How successful the Pirates will be likely depends on how quickly the less experienced players can get used to playing varsity-level volleyball.

"I think at first they're surprised by the speed," Dickey said. "But we keep focused on improving. I think by the end of the year we'll be playing pretty well."

For the first time since Dickey became head coach at Perrydale, she'll face the unknown in terms of talent and development.

But it's not a challenge

**PERRYDALE VOLLEYBALL
2016 SCHEDULE**

Sept. 1	WVC *	5:30 p.m.
Sept. 6	Livingstone Ad. *	7 p.m.
Sept. 8	at Crosshill Christian *	5:30 p.m.
Sept. 9	at Lowell	5 p.m.
Sept. 13	Falls City *	5:30 p.m.
Sept. 20	at Jewell *	5:30 p.m.
Sept. 22	C.S. Lewis *	5:30 p.m.
Sept. 23	vs. Heppner (at Dufur)	TBA
Sept. 23	at Dufur	5:30 p.m.
Sept. 27	at WVC *	5:30 p.m.
Sept. 29	at Livingstone Ad. *	5:30 p.m.
Oct. 4	Crosshill Christian *	5:30 p.m.
Oct. 6	at Falls City *	5:30 p.m.
Oct. 8	Damascus Christian	11 a.m.
Oct. 8	North Douglas	2:30 p.m.
Oct. 13	Jewell *	5:30 p.m.
Oct. 18	at C.S. Lewis *	6 p.m.
Oct. 26	1A State Playoffs, first round	TBA
Nov. 4	1A State Playoffs, semifinals	TBA
Nov. 5	1A State Playoffs, finals	TBA

* — denotes Casco League match

"It's fun to work with the kids and teach them to play volleyball the way I want to see it played," Dickey said.

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2016 FALLS CITY - KINGS VALLEY FOOTBALL

Mountaineers on the brink of a breakout

THE RUNDOWN ...

Coach: Laric Cook (third season).



Labrado

2015 record: 3-1 in Special District 3, fifth place; 3-6 overall; advanced to the first round of the league play-off.

Key returners: Jeremy Labrado, sr., quarterback; Austin Burgess, soph., running back; Zach Varney, jr., lineman; Dylan Young, sr., tight end; Wyatt Weems, soph., lineman; Samuel Metzler, cornerback.

Newcomers to watch: Noah Sickles, sr., running back; Glen Mott, sr., lineman/linebacker; Kobe Smith, soph., running back/linebacker; Hayden Macnab, soph., linebacker/running back; Reid Simmons, jr.,



Sickles

linebacker/tight end.

Significant stat: 77 —

The number of points the Mountaineers won by in its three victories.

Outlook: Falls City's football program is



Quarterback Jeremy Labrado returns to lead Falls City's offense.

on the brink of entering the state playoff conversation, Cook believes.

Year three of the Cook tenure with the

Mountaineers may be the best one yet, with a host of talented returning players, including Varney, Young, Weems, Metzler and Labrado.

But it's the addition of Sickles, who had been attending Dallas, that could be a big factor.

"He's solid," Cook said. "He's smart. He's a good leader. He's not a big 'rah-rah' guy. He just goes out there and leads by example."

The Mountaineers will also hope to see a pair of sophomores step into leadership roles. Burgess will get the bulk of the running workload, while Weems will be a leader on the offensive and defensive lines.

"Wyatt and Austin, they show up every day and work their tails off," Cook said. "In fact, Noah, Austin and Wyatt, rarely do you not see those guys together working and competing with each other."

Falls City has shown flashes of great play throughout the past two seasons but has



Weems



Burgess

FALLS CITY - KINGS VALLEY 2016 FOOTBALL SCHEDULE

Sept. 2	at Perrydale	7 p.m.
Sept. 9	Dufur	7 p.m.
Sept. 16	Mapleton *	7 p.m.
Sept. 23	at Siletz Valley *	7 p.m.
Sept. 30	Lowell	7 p.m.
Oct. 7	at Alsea *	7 p.m.
Oct. 14	Triangle Lake *	7 p.m.
Oct. 21	at Yoncalla	7 p.m.
Nov. 4-5	1A State Playoffs	TBA
Nov. 11-12	1A State Playoffs	TBA
Nov. 18-19	1A State Playoffs	TBA
Nov. 26	1A State Championship	TBA

* — denotes Special District 3 game

fallen in the league playoffs each time. Cook believes that as a team, the ingredients are there to make a state playoff run.

To take the next step forward and make the state playoffs, Cook knows his team will have to be ready to take some punches and recover.

"We've got to be able to face adversity and come out ahead," Cook said. "There have been a couple times where maybe we've jumped on teams and maybe surprised them. But there's also been a couple games where we didn't show up."



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2016 CENTRAL VOLLEYBALL

Panthers ready to roar in league play

Central hopes a strong group of returners leads to a Mid-Willamette Conference league title

THE RUNDOWN ...



Farnworth



Kerr

Coach: Claudine Mendazona (second year, second tenure).

2015 record: 6-8, fifth place in Mid-Willamette Conference; 8-12 overall; advanced to first round of state playoffs.

Key returners: Elizabeth Chavez, soph., libero/defensive specialist; Zoe Farnworth, sr., outside hitter; Jori Kerr, sr., outside hitter/defensive specialist; Alex Dowdell, sr., outside hitter; Krista Omlid, jr., middle blocker/outside hitter.

Newcomers to watch: Sydney Nash, fr., setter/defensive specialist; Meagan Mendazona, fr.,

outside hitter/middle blocker.

Significant stat: 196 — The number of kills Omlid had during the



Omlid

"The Panthers will have a more solid game than the previous season," Claudine Mendazona said. "Offensively, we are quicker and more experienced."

The Panthers see a strong core of returning players leading the way. Among them, Omlid provides a big presence in the middle, while Kerr brings versatility to a number of positions, but they are only a few of the weapons the Panthers will rely on.

"Krista and Alex have worked hard to improve their game tremendously in the off-season," Claudine Mendazona said. "Defensively, Elizabeth Chavez and Jori Kerr have a good, solid game and their quickness and ability to read and anticipate will allow us to stay on the offensive side."

2015 season, a team high.

Outlook: Central took a step forward last season, advancing to the state playoffs. The Panthers want to enter the Mid-Willamette Conference's upper echelon in 2016.



Senior Alex Dowdell played a key role for the Panthers in 2015.

Newcomers Sydney Nash, younger sister of 2016 graduate and 2015 *Itemizer-Observer* Volleyball Player of the Year, Kylie Nash, and Meagan Mendazona will have a chance to earn a spot in the rotation.

Central earned a spot in the postseason in 2015. Coach Mendazona hopes the Panthers

CENTRAL VOLLEYBALL 2016 SCHEDULE

Sept. 6	at Silverton *	6 p.m.
Sept. 8	South Albany *	6 p.m.
Sept. 13	Crescent Valley *	6 p.m.
Sept. 15	at Lebanon *	6 p.m.
Sept. 17	at Dallas Tournament	8 a.m.
Sept. 20	Dallas *	6 p.m.
Sept. 22	at Corvallis *	6 p.m.
Sept. 27	Woodburn *	6 p.m.
Sept. 29	Silverton *	6 p.m.
Oct. 4	at South Albany *	6 p.m.
Oct. 6	at Crescent Valley *	6 p.m.
Oct. 10	Lebanon *	6 p.m.
Oct. 12	at Dallas *	6 p.m.
Oct. 18	Corvallis *	6 p.m.
Oct. 20	at Woodburn *	6 p.m.
Oct. 25	5A Play-In Round	TBA
Oct. 29	5A State Playoffs	TBA
Nov. 4-5	5A State Tournament	TBA

* — denotes Mid-Willamette Conference match

are ready to take the next step forward this fall.

"We are young in places, but our leadership is good, and it's helped in bringing everyone together," she said.

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COVER STORY

COMING BACK STRONGER

*Tallon ready to return to the pitch after injuries***By Lukas Eggen**

The Itemizer-Observer

DALLAS — On Oct. 29, 2015 Dallas' girls soccer team was celebrating.

For the first time in school history, the Dragons were headed to the state play-offs after beating Springfield. Players hugged and smiled as they took in the glory of a historic moment.

Stefani Tallon's post-game moments were far less festive. As teammates posed for photos, Tallon was in a hospital room in pain after breaking her collar bone in the second half of the play-in match.

A freak accident on the field meant as her teammates made history, Tallon was forced to watch from the sidelines.

The incoming senior didn't let that experience drag her down.

In the second half of Dallas' play-in game against Springfield, Tallon took off after a free ball on Springfield's side of the field. She reached the edge of the 18-yard box when a Springfield defender met her at the ball.

"I was running full speed," Tallon said. "My legs got taken out by her, and I flew forward landing directly on the shoulder I had separated two weeks before. I was in extreme pain and couldn't roll over. I reached for my shoulder and immediately felt my collar bone just beneath my skin. I couldn't stand on my own because my neck was also in pain, so I had to lay on the field until paramedics arrived. I remember every bit of what happened that evening from the second I chased after that ball to going home that night."

Tallon was there to cheer her teammates on, but watching the team's final match from the sidelines proved difficult.

"I wanted nothing more than to participate in the celebration of our team's victory and to contribute in what became our final game at Wilsonville," Tallon said. "Knowing that I couldn't do those things that I had worked so hard alongside my teammates to accomplish was devastating for me, and something I had to cope with."

The day after Dallas' season came to a close, her recovery began in earnest.

"My break was so severe that I had to

have a titanium plate surgically screwed onto my bone to re-establish its natural position," Tallon said. "The day after our Wilsonville match, I had that plate along with six screws surgically implanted on my collar bone."

She was unable to do any strenuous activities for weeks.

In December, she was cleared to begin running. The following month, she was given the green light to compete in a contact setting.

Tallon worked on exercises to strengthen her shoulder and to rehabilitate her shoulder from the separation earlier that fall.

Tallon was on a mission to make up for lost time.

One day after being cleared for contact, Tallon was on the basketball court in a game. During the spring, she qualified for the state track and field championship in the hurdles.

"Having a successful basketball and track season has definitely helped my confidence in returning to the soccer field," Tallon said. "Returning to normalcy as quickly as I could was an important part of my recovery. It helped me prove to myself that I was coming back stronger than before."

The successes in the winter and spring also helped her return to soccer confident.

"There was definitely a mental hurdle for me in returning to soccer, but being a hurdler on the track, I knew the only way to get past it was to attack it and move on," Tallon said. "I am a soccer player, and it's the sport I love the most. There is no way I will let this past injury affect the game I love."

Her injury helped her evolve as a soccer player.

"I've always been an aggressive player, but this injury has helped me to become a smarter and more controlled athlete. I've never had to protect myself the way I have had to guard my shoulder. I am no less aggressive, I am just smarter about the way I control myself and the decisions I make on the field."

Tallon said her field awareness and ability to distribute the ball to teammates has improved.

More importantly, Tallon wants to do everything she can for her teammates

and to hopefully experience a little bit of new history first hand.

"Coach (Kirk) Myrold has and will continue to lay out our practice plans, but just like last year, everyone will need to buy into the program's goals and make sure that we are playing, not only for ourselves or for our school, but for each other," Tallon said. "As a team, I think we are looking to make an improvement on

last year's historical season. In order to prove to ourselves that we improved, putting ourselves in the position to beat our playoff run last year would be a successful season in my eyes. I know I would like to make a run deeper into the playoffs this year and, at least my fellow seniors would like to do so as well, so that goal will be on our radar, too, as the season progresses."



2016 DALLAS BOYS SOCCER

Dragons look to continue building program up

THE RUNDOWN ...

Coach: John Jones (second season).
2015 record: 0-7-0, eighth place in Mid-Willamette Conference; 1-11-2 overall.



Porter

Key returners: Michael Davison, jr., midfielder; Ian Porter, jr., midfielder; Josh Dudley, sr., defender.

Newcomer to watch: Danny Walker, jr., defender; Zach Price, sr., defender.

Significant stat: 8 — The number of goals scored by the Dragons during their 8-1 win over

Redmond. The total was more than Dallas scored the entire 2014-15 season.

Outlook: The Dragons took a step forward in 2015, earning an 8-1 win over Redmond after going winless the previous season. Jones hopes to continue building the program this fall.

Enderle will provide a steady hand in goal while Logan Graber will help the Dragons' attack. Dallas has long been at the bottom of

DALLAS BOYS 2016 SOCCER SCHEDULE

Sept. 1	Eagle Point	4 p.m.
Sept. 6	at St. Helens	7 p.m.
Sept. 8	Benson	4 p.m.
Sept. 15	at Southridge	7:30 p.m.
Sept. 20	at Parkrose	4:30 p.m.
Sept. 22	Sandy	4 p.m.
Sept. 27	at Milwaukie	7 p.m.
Oct. 4	Lebanon *	4 p.m.
Oct. 6	at Crescent Valley *	4 p.m.
Oct. 10	at Corvallis *	6:15 p.m.
Oct. 12	Silverton *	4 p.m.
Oct. 18	at Central *	6 p.m.
Oct. 20	Woodburn *	6 p.m.
Oct. 25	South Albany *	4 p.m.
Oct. 29	5A Play-in	TBA
Nov. 2	5A State Playoffs	TBA
Nov. 5	5A State Playoffs	TBA
Nov. 8	5A State Playoffs	TBA
Nov. 12	5A State Championship	TBA

* — denotes Mid-Willamette Conference match

the MWC. But the Dragons are working to change that and become a program on the rise.

2016 DALLAS CROSS-COUNTRY

Cross to lead Dragons in '16

THE RUNDOWN ...



Cross

Coach: Monique Lankheet (21st season).

2015 results: **GIRLS** — Sixth at Mid-Willamette Conference Championships. **BOYS** — Fourth at Mid-Willamette Conference Championships.

Key returners: **GIRLS** — Peyton Fast, soph.; Bekah Rocak, soph.

BOYS

Trevor Cross, soph.; Ryan Bibler, jr.; Grady Gagner, jr.; Kenneth Sutton, jr.

Newcomers to watch: **GIRLS** — Jamie English, fr. **BOYS** — Ryan Jones, fr.; Gavin Grass, fr.

Significant stat: 18th — The place Trevor

Cross finished at the Mid-Willamette Conference Championships.

Cross finished with a time of 17 minutes, 26.7 seconds.

Outlook: Dallas has open spots on both the girls and boys varsity teams after losing seniors to graduation.

DALLAS CROSS-COUNTRY

2016 SCHEDULE

Sept. 3	Nike Ultimook Race	8:15 a.m.
Sept. 10	Ash Creek Invitational	1 p.m.
Sept. 17	Three Course Challenge	9:15 a.m.
Sept. 21	MWC District Preview	3 p.m.
Sept. 24	Nike Portland XC	TBA
Oct. 1	Harrier Classic	9:30 a.m.
Oct. 12	at Lebanon	TBA
Oct. 15	George Fox Classic	10 a.m.
Oct. 19	Dallas	TBA
Oct. 26	State Meet, Eugene	TBA
Nov. 5	State Meet, Eugene	TBA



Rocak

Cross enters the fall as the boys top returning runner. He ran a team best 17:06.5 last season.

The boys placed fourth at the MWC championships team standings in 2015, but others must establish themselves if Dallas wants a repeat performance this fall.

On the girls side, Fast and Rocak, who both broke through during their freshmen season, will look to continue to grow and develop as runners.

2016 PERRYDALE FOOTBALL

Pirates hope to top stellar 2015 season

THE RUNDOWN ...



Domes

Coach: Duane Riddell (first season).

2015 record: 6-0 overall, first place in Special District 4, 10-1 overall; advanced to 1A state semifinals.

Key returning players: Daniel Domes, sr., quarterback/defensive back; CJ Marsters, sr., defensive line/running back; Haylen Janesofsky, sr., running back/cornerback; Alex Hawes, sr., offensive/defensive line; Colton Moore, sr., offensive/defensive line; Jacob Pope, sr., offensive/defensive line.

Newcomers to watch: David Domes, fr., receiver/cornerback; Cooper Butler, jr., running back/linebacker.

Significant stat: 50.1 — The number of points per game Perrydale



Running back CJ Marsters returns to help Perrydale's ground game.

averaged during the 2015 season.

Outlook: The Pirates had a banner season in 2015, advancing to the state semifinals.

Riddell looks to continue that success this fall.

"There's great leadership from the seniors and the team has made some great progress," Riddell said. "I'm pleased with their attitudes."

The Pirates see several key players return, including at quarterback (Domes), receiver

PERRYDALE FOOTBALL

2016 SCHEDULE

Sept. 2	Falls City	7 p.m.
Sept. 9	at Lowell	7 p.m.
Sept. 16	Mitchell *	7 p.m.
Sept. 23	at Dufer *	7 p.m.
Sept. 30	South Wasco County *	7 p.m.
Oct. 7	lone *	7 p.m.
Oct. 21	at Sherman *	7 p.m.
Oct. 28	at Arlington	7 p.m.
Nov. 4-5	1A State Playoffs	TBA
Nov. 11-12	1A State Playoffs	TBA
Nov. 18-19	1A State Playoffs	TBA
Nov. 26	1A State Championship	TBA

* — denotes Special District 4 game

(Janesofsky) and the offensive and defensive line (Hawes, Moore and Pope).

In addition, Butler gives Perrydale another threat at running back. The Pirates look for another stellar season in 2016. Riddell hopes he's the man to help lead them to a state title.

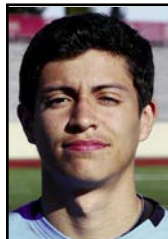
"We're improving every day," Riddell said. "I'm learning a lot about eight-man football, and I'm happy with the kids and their attitudes."

2016 CENTRAL BOYS SOCCER

Experienced roster looks to build on 2015's playoff run

THE RUNDOWN ...

Coach: Joe Orozco (first season).



Corral

2015 record: 3-4, sixth place in Mid-Willamette Conference; 5-9-2 overall; advanced to the first round of the 5A state playoffs.

Key returners: Erick Corral, sr., goalkeeper; Jose Herrera, sr., forward; Antonio Rincon, sr., forward.

Newcomers to watch: Brandon Lopez, soph., right wing; Taylor McArthur, soph., goalkeeper; Adrian Mata, fr., defender.

Significant stat: 13 — The number of goals Central outscored its opponents by during its five wins last season.

Outlook: Orozco is no stranger to Central's soccer programs. After coaching the girls squad in 2015, he'll lead the boys this fall.

He has high expectations for what they can accomplish.



Herrera



Senior Antonio Rincon was a major offensive weapon for Central in 2015.

"Overall, I think we are going to be a competitive, strong team," Orozco said. "We have a lot of experienced players, which will help a lot."

Rincon and Herrea could give the Panthers one of the league's better attacks.

"Antonio is a long-range striker and a very experienced player," Orozco said. "Jose has good ball handling. He's a very quick, smart player."

Corral will anchor the team's back line in goal.

"Erick has good reflexes and a lot of varsity experience," Orozco said.

The Panthers have 11 juniors and seniors on the roster. Many of them have been playing together since elementary school, Orozco said. That leads to chemistry developed over years instead of months, and can lead to a big advantage.

Of course since making the switch from coaching girls, it hasn't been completely smooth for Orozco.

"The guys, they tend to play more aggressively," Orozco said. "The speed of the game is a little bit different, and I had to adjust to that."

After a season-opening win over Thurston, it appears that adjustment is going well.

Orozco hopes that win was the first step to



Rincon

CENTRAL BOYS SOCCER 2016 SCHEDULE

Aug. 30	Thurston	6-0
Sept. 1	at Sprague	4 p.m.
Sept. 6	McNary	6 p.m.
Sept. 13	at North Marion	4 p.m.
Sept. 15	at Cascade	4 p.m.
Sept. 22	La Salle	4 p.m.
Sept. 27	at Newberg	7 p.m.
Oct. 4	at Silverton *	6 p.m.
Oct. 6	South Albany *	4 p.m.
Oct. 10	Crescent Valley *	6 p.m.
Oct. 12	at Lebanon *	4 p.m.
Oct. 18	Dallas *	6 p.m.
Oct. 20	at Corvallis *	4 p.m.
Oct. 25	Woodburn *	6 p.m.
Oct. 29	5A Play-in	TBA
Nov. 2	5A State Playoffs	TBA
Nov. 5	5A State Playoffs	TBA
Nov. 8	5A State Playoffs	TBA
Nov. 12	5A State Championship	TBA

* — denotes Mid-Willamette Conference match

a long playoff run this fall.

Central advanced to the first round a year ago. He knows his players are hungry for more and to show they are ready to compete for a league title.

"They have all been working hard," Orozco said. "I'm excited for the season to begin."

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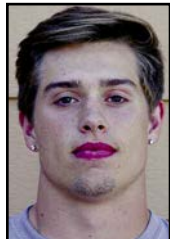


2016 DALLAS FOOTBALL

Dragons look to hit the ground running in 2016

Dallas going back to what it does best as players hope to book a postseason trip

THE RUNDOWN ...



White



Earhart

Gaither-Lyell, jr., offensive lineman/defensive back.

Significant stat: 36 —

Coach: Tracy Jackson (fifth season).

2015 record: 3-4, seventh place in Mid-Willamette Conference; 3-6 overall.

Key returners: Tanner Earhart, sr., running back/safety; Aaron White, sr., receiver; Caedmon Blair, sr., receiver; Cody Janssen, sr., offensive/defensive line; Tim Hensley, sr., offensive/defensive line.

Newcomers to watch: TJ Dimick, jr., tight end/linebacker; Damon Hodge, jr., running back/cornerback; Brycen Grillo, jr., running back/linebacker; Ian



Hensley



Blair

The smash-mouth football Dallas is known for is back.

The ground game will feature a number of running backs getting carries, but senior

The number of points Dallas averaged during its three wins in the 2015 season.

Outlook: The Dragons began the 2015 season attempting to change its football identity through a pass happy offense.

By the midpoint, it was clear to Jackson that it was the wrong course.

"I was talking to a good coach I know last year about the changes I wanted to do, and he was shaking his head, going no, you want to coach what you know," Jackson said. "I'm wiser for the experience. I think our kids have confidence with what they're doing."



Richey



Janssen

same page. We have to work together and, if we do that, we're always going to have a chance. I don't think other teams like going against us. Everyone is running the spread and they see these dudes from Dallas are

Tanner Earhart figures to shoulder a lot of the load.

It will take a team effort, from the linemen to players like White and Blair, to make this team run smoothly. But look for others like Tim Hensley and Jake Ronco who could be ready for a breakout season, Jackson said.

If they come together, the results will be positive, and Dallas can become a force in the Mid-Willamette Conference Jackson said.

"What we're doing is good enough that we can have some boo boos but still be successful," Jackson said. "We have to be on the

**DALLAS FOOTBALL
2016 SCHEDULE**

Sept. 2	Parkrose	7 p.m.
Sept. 9	at North Eugene	7 p.m.
Sept. 16	Silverton *	7 p.m.
Sept. 23	Glencoe	7 p.m.
Sept. 30	at Central *	7 p.m.
Oct. 7	at South Albany *	7 p.m.
Oct. 13	Corvallis *	7 p.m.
Oct. 21	at Crescent Valley *	7 p.m.
Oct. 28	Lebanon *	7 p.m.
Nov. 4-5	5A State Playoffs	TBA
Nov. 11-12	5A State Playoffs	TBA
Nov. 18-19	5A State Playoffs	TBA
Nov. 26	5A State Championship	TBA

* — denotes Mid-Willamette Conference game

doing the exact opposite. I don't think they enjoy playing against that."

Dallas' 2015 was an up-and-down ride. Jackson hopes that 2016 features the return of the type of football the Dragons have been known for — and a return to the postseason after falling short last year.

"We don't know where our ceiling is, and that's a good thing," Jackson said.

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2016 DALLAS VOLLEYBALL

Dragons prepare for stiff challenges in '16

THE RUNDOWN ...

Coach: Shana Lavier (fourth season).



Topete

2015 record: 5-9, sixth place in Mid-Willamette Conference; 10-13 overall; advanced to the Class 5A state play-in round.

Key returners: Isabell Topete, sr., outside hitter; Tristin Savage, jr., middle blocker; Emma Classen, soph., setter.

Newcomers to watch: Maggie Blair, soph., outside hitter; Hailey Van Well, fr., middle blocker.

Significant stat: 6-foot-5 — Height of middle blocker Tristin Savage.

Outlook: The Mid-Willamette Conference is among the state's toughest in volleyball. Five teams advanced to at least the first round of the state

playoffs a year ago.

The Dragons hope to make their own run in the state playoffs in 2016.



Junior Tristin Savage will play middle blocker for the Dragons.

Dallas will rely on a mix of talented returners and newcomers who will have a chance to shine.

Savage returns to give a towering presence at the net. Classen, who played varsity as a freshman in 2015, returns as setter.

They'll be joined by Emily May, Megan Ronco and Hailey Miller as returning varsity players.

But for the Dragons to succeed, some less experienced players will have to step up.

Those include Van Well, a freshman, and Blair, a sophomore.

Lavier is pleased with the early results. "Even though we have a very young team, we are a very cohesive group," Lavier said.

Lavier said she believes the team has all the ingredients to take on the league's best.

DALLAS VOLLEYBALL 2016 SCHEDULE

Sept. 3	at McKay Tournament	8 a.m.
Sept. 6	Lebanon *	6 p.m.
Sept. 8	at Crescent Valley *	6 p.m.
Sept. 13	at Corvallis *	6 p.m.
Sept. 15	Silverton *	6 p.m.
Sept. 17	Dallas Tournament	8 a.m.
Sept. 20	at Central *	6 p.m.
Sept. 22	Woodburn *	6 p.m.
Sept. 24	at Oregon City Tournament	8 a.m.
Sept. 27	South Albany *	6 p.m.
Sept. 29	at Lebanon *	6 p.m.
Oct. 4	Crescent Valley *	6 p.m.
Oct. 6	Corvallis *	6 p.m.
Oct. 10	at Silverton	6 p.m.
Oct. 12	Central *	6 p.m.
Oct. 18	at Woodburn *	6 p.m.
Oct. 20	at South Albany *	6 p.m.
Oct. 25	5A Play-In Round	TBA
Oct. 29	5A State Playoffs	TBA
Nov. 4-5	5A State Tournament	TBA

* — denotes Mid-Willamette Conference match

Now, it's a matter of improving and putting it all together on the court.

"Even though we are in a very tough league, we just want to compete the best we can," Lavier said.

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2016 CENTRAL GIRLS SOCCER

New coach hopes for quick rebound from 2015

THE RUNDOWN ...

Coach: Veronica Lepe (first season).



Orozco

2015 record: 0-7-0, eighth place in Mid-Willamette Conference; 0-12-0 overall.

Key returners: Alyssa Orozco, sr., midfielder; Lupita Campos, sr., goalkeeper; Sophia Henke, soph., defender; Lilianna Ceja, sr., defender; Noah Torres, sr., defender.

Newcomers to watch: Kathy Vargas, fr.; Julie Prado, soph.

Significant stat: 6 — The number of seniors on Central's roster.

Outlook: The Panthers have a new coach and a new outlook as they hope to rebound from a difficult 2015.

Lepe, who served as the girls JV coach for the past two seasons, takes over for Joe Orozco, who is now the boys varsity coach.



Ceja



Henke

Lepe welcomes a deep roster in 2016. Alyssa Orozco returns after suffering a torn ACL in the team's first match of 2015. Her return helps beef up a midfield unit that, along with Campos in the goal and Henke on defense, may be the Panthers' most talented lineup in recent years. "I want to see how their chemistry develops," Lepe said. "That has slacked in the past. We have a complete squad this year. We have good defenders, good midfielders and forwards, and a good goalie. The key is getting

"It was a little hard because on JV I had girls who either hadn't played or didn't have much experience, so we had to start with the basics," Lepe said. "On varsity, you know the basics. It's teaching me to think outside of the box, and we are able to do more drills that are more advanced."

CENTRAL GIRLS SOCCER 2016 SCHEDULE		
Aug. 30	at Parkrose	7 p.m.
Sept. 1	North Salem	7 p.m.
Sept. 6	at McNary	6 p.m.
Sept. 13	North Marion	4 p.m.
Sept. 15	Cascade	4:30 p.m.
Sept. 22	at Roosevelt	6 p.m.
Sept. 27	Milwaukie	6 p.m.
Oct. 4	Silverton *	6 p.m.
Oct. 6	at South Albany *	7 p.m.
Oct. 10	at Crescent Valley *	4 p.m.
Oct. 12	Lebanon *	4 p.m.
Oct. 18	at Dallas *	6 p.m.
Oct. 20	Corvallis *	6 p.m.
Oct. 25	at Woodburn *	6 p.m.
Oct. 31	5A Play-in	TBA
Nov. 1	5A State Playoffs	TBA
Nov. 5	5A State Playoffs	TBA
Nov. 8	5A State Playoffs	TBA
Nov. 12	5A State Championship	TBA

* — denotes Mid-Willamette Conference match



Senior Alyssa Orozco will return to the pitch after getting hurt in 2015.

mores on varsity. Lepe doesn't see that as an obstacle, but rather an opportunity to grow.

"I like the fact that they're a young team and willing to learn," Lepe said. "We do have quite a few seniors, but a lot of them are freshmen and sophomores. The girls are always willing to learn. They ask questions and this has helped them develop as a team."

the girls to work as a team, to not think of themselves but as a unit."

Although the Panthers boast six seniors, there are also seven freshmen and sopho-

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2016 CENTRAL CROSS-COUNTRY

Panthers ready to run down state berths

THE RUNDOWN ...

Coach: Eli Cirino (third year).

2015 finish: **GIRLS** — Fourth at Mid-Willamette Conference Championships. **BOYS** — Sixth at Mid-Willamette Conference Championships.



Hartford

Key Returners: GIRLS

— Baillie Hartford, jr.; Annemarie Hasbrook, jr.; Bethanie Altamirano, jr.; Beatrix Trujillo, jr. **BOYS** — Zachary Meyer, sr.; Josh Dickson, jr., Aaron Padilla, jr.; Jaydon Aydelotte, soph.

Newcomers to watch:

GIRLS — Diana Nye, soph.; Naomi Vega, fr.; Aliza Camero, fr. **BOYS** — Matt Raines, sr.

Significant stat: 1 —

The number of runners the girls cross-country squad qualified for the state meet during the 2015 season. Hartford is the lone returning state qualifier.

Outlook: The Panthers are out to prove they have the depth and the desire to challenge for the MWC team crown.

Hartford will look for a return trip to the state cross-country meet for the girls — a goal Cirino expects to see realized.

"She's undeniably our leader," Cirino said.



Meyer

CENTRAL CROSS-COUNTRY 2016 SCHEDULE		
Sept. 3	Nike Ultimook Race	8:15 a.m.
Sept. 9-10	Ash Creek Invitational	1 p.m.
Sept. 14	Silver Falls Invitational	5 p.m.
Sept. 21	MWC District Preview	3 p.m.
Oct. 1	Harrier Classic	9:30 a.m.
Oct. 8	Ash Creek Invitational II	TBA
Oct. 12	at Lebanon	TBA
Oct. 15	George Fox Classic	10 a.m.
Oct. 19	at Woodburn	TBA
Oct. 26	MWC Championship	TBA
Nov. 5	State Meet, Eugene	TBA



Dickson

"She should be top five in our league. It's pretty realistic that she can get back to state if she stays healthy. She's in good shape early on. She's ready to compete."

Altamirano, Trujillo and Vega are also expected to compete at the varsity level, though for the girls

to truly compete, the rest of the varsity pack must close the gap, Cirino said.

"We need to establish a middle group there," Cirino said. "There's quite a bit of separation between our No. 1 runner and our second through fifth runners."

Meyer will lead the boys. But unlike past years, the boys boast a deep, talented pool of runners to draw from.



Central junior Baillie Hartford will likely be one of the Mid-Willamette Conference's fastest runners during the 2015 season.

"The boys are stronger than we have been the last couple of years," Cirino said. "They're ready to try and throw down some fast times right away. That's not a priority right now for me. I want them to learn to run as a group. To succeed and reach our potential, we have to stick together. There are probably 11 or 12 guys in a close group and I don't know who would be on varsity right now."

Although the boys varsity roster may be in flux throughout the season, Meyer and Dickson were among the runners committed to training over the summer, Cirino said.

The Panthers have always had individual runners competing for a spot at state. This fall, they may be in position to show they have the talent — and the depth — to make a run at the team title.

2016 FALLS CITY - KINGS VALLEY VOLLEYBALL

Mountaineers hope to serve up a return to postseason

Falls City boasts mix of talented returning and promising newcomers entering the fall

THE RUNDOWN ...

Coach: Roxi Barnhart (sixth season).

2015 record: 6-8, fifth place in Casco League; 6-10 overall, advanced to league play-off.

Key returners: Anna Lammers, sr., outside hitter; Amara Houghtaling, soph., setter; Jaime Shaw, soph., setter.

Newcomers to watch: Natalie Batie, fr., setter; Nevaeh Lofte, fr., outside hitter; Emma Burgess, jr., middle blocker.

Significant stat: 0 —

The number of five-set matches the Mountaineers played in 2015. Falls City opened the 2016 season with a five-set victory over Portland Waldorf.

Outlook: The Mountaineers hope to make a return trip to the district volleyball tournament — if not farther — in 2016.



Hendrickson

Falls City may only have a single senior on the roster, but several of the players, including Shaw, Houghtaling, Ziola and Hendrickson, gained valuable experience last season.

"I expect to make an appearance at districts again this year," Barnhart said. "The keys to a successful season will be the girls giving their best and working as a team."

The Mountaineers opened the season with a five-set win over Portland Waldorf on Aug. 30. Though it wasn't easy, it was a first step to seeing new team leaders begin to establish themselves.

"I've been looking to Anna and Amara to



Houghtaling

step up and be leaders with the absence of Allison Kidd, who graduated," Barnhart said.

But some newcomers, including freshmen Natalie Batie and Nevaeh Lofte, and junior Emma Burgess, will also get a chance to shine.

For now, the focus is turning in strong practices into real results on the court.

If they can do that, the Mountaineers may find themselves playing in the postseason once again.

"We are working on communication on the court and under pressure," Barnhart said. "We do so well in drills. I want to see that carry over into game situations."

FALLS CITY VOLLEYBALL
2016 SCHEDULE

Aug. 30	at Portland Waldorf	5:30 p.m.
Sept. 6	at C.S. Lewis *	6 p.m.
Sept. 8	Jewell *	5:30 p.m.
Sept. 13	at Perrydale *	5:30 p.m.
Sept. 15	at WVC *	5:30 p.m.
Sept. 20	at Crosshill Christian *	5:30 p.m.
Sept. 28	Livingstone Adv. *	5:30 p.m.
Sept. 29	C.S. Lewis *	5:30 p.m.
Oct. 4	at Jewell *	5:30 p.m.
Oct. 6	Perrydale *	5:30 p.m.
Oct. 11	WVC *	5:30 p.m.
Oct. 13	Crosshill Christian *	5:30 p.m.
Oct. 18	at Livingstone Adv. *	5:30 p.m.
Oct. 26	1A State Playoffs, first round	TBA
Nov. 5	1A State championship	TBA

* — denotes Casco League match

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