

2017 POLK COUNTY HIGH SCHOOL FALL SPORTS PREVIEW GUIDE

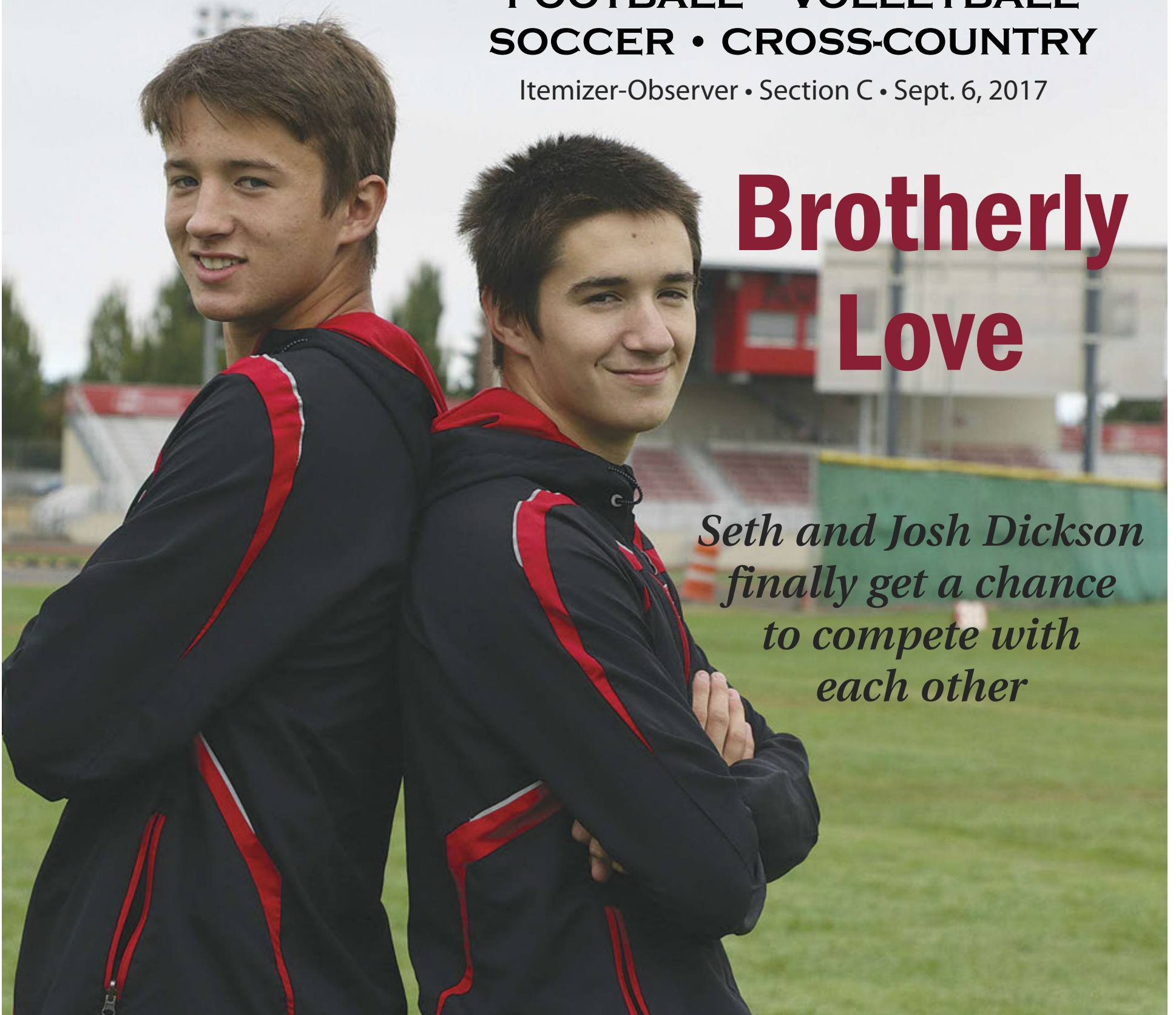
CENTRAL PANTHERS • DALLAS DRAGONS • FALLS CITY MOUNTAINEERS • PERRYDALE PIRATES

FOOTBALL • VOLLEYBALL
SOCCER • CROSS-COUNTRY

Itemizer-Observer • Section C • Sept. 6, 2017

Brotherly Love

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to compete with
each other*



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Brotherly love: Brothers Seth, left, and Josh Dickson imagined competing against each other throughout their high school careers until an injury to Seth during his freshman year kept him on the sidelines for nearly two years. Now, the cross-country runners finally get their chance.

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CONTRIBUTORS: Lukas Eggen, sports editor; Karen Sanks, client services, advertising representative; Dawn Ohren, classified line advertising/reception; Kathy Huggins, production. Heidi Leppin and Rachel Best, advertising.

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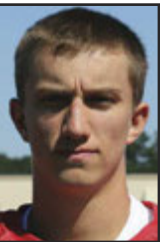
2017 CENTRAL FOOTBALL

Central to look to new faces at offensive skill positions

Panthers retooling for a deep playoff run

THE RUNDOWN ...

Coach: Shane Hedrick (18th season).
2016 record: 4-2, tied for second place in Mid-Willamette Conference; 7-5 overall; advanced to semifinals of the Class 5A state playoffs.



Mendazona



Abraham

The Panthers are eager to show they have retooled for another strong season. Mendazona threw for 2,743 yards and 36 touchdowns as a junior. "Anytime you have your quarterback coming back, that's always a plus," Hedrick said. "After what he did as a junior, Pete coming back is an exciting opportunity." He'll be throwing to a largely new crop of receivers. Abraham is the leading returning receiver. The biggest question will be who emerges at running back. The Panthers' two leading rushers from 2016, AJ Morales and Alvin Berroa, both graduated. Central has several backs on the roster,

Key returners: Peter Mendazona, sr., quarterback; Ruben Ruiz, jr., offensive/defensive line; Braden Fuszek, sr., offensive/defensive line; Isaiah Abraham, sr., wide receiver/defensive back; Jammer Ruiz, sr., offensive/defensive line.

Newcomers to watch: None noted.
Significant stat: 39 — The number of total touchdowns quarterback Peter Mendazona scored during the 2016 season. Mendazona threw for 36 touchdowns and ran for three scores.

Outlook: Central had a spectacular 2016 season, advancing to the state semifinals.



Fuszek



J. Ruiz

including junior Hunter Chase, seniors Tristan Agard and Nikolai Wolfe. Who grabs the starting running back spot remains to be seen, Hedrick said. "The last 10 to 12 years, we've always had a marquee running back returning, whether it was Tel Cruickshank, Wes Riddell or Alvin Berroa last year," Hedrick said. "We have a good stable of running backs, we're just looking for that kid to step up and separate himself. It may take two or three games to do that." Of course, the offensive line will have a big say in the run game's success. Anchored by center Braden Fuszek, the offensive line should pave the way for the run game and give Mendazona plenty of time to find his targets in the pass game. "In the years I've been at Central, we've never had a center that has started three consecutive years," Hedrick said. "The offensive line is very solid, which is always a good thing." Despite losing Marlon Tuipulotu to graduation, Central expects the defensive line to be a disruptive force. "The defensive line is good," Hedrick said. "If you can do the things in the trenches that you want to do on both sides of the ball, that gives you a very solid foundation to build on and we feel good about our trench work so far." Up and down Central's roster, Hedrick said you'll find the talent and leadership necessary to be successful. "Jammer Ruiz is unbelievable with his leadership," Hedrick said. "Not-so-much verbally



Central quarterback Peter Mendazona threw for 2,743 yards in 2016.

but with his demonstration. He's constantly doing the right thing. That speaks volumes. Jesse Cable will catch extra balls after practice every day. That's almost unheard of because the kids are tired. That kind of leadership right there is gigantic." The Panthers will face stiff challenges in the MWC. Central was one of three MWC teams to advance to the state semifinals. It may be an all-out war between the MWC's top teams, but Central is ready to wage it with the talent to survive. "We are in a good position because we have three nonleague games," Hedrick said. "Pride-wise you want to win those games, but you've got to win league to move on. I think if you talk to the coaches in the league, it's all about staying healthy."

CENTRAL FOOTBALL
2017 SCHEDULE

Sept. 1	Bend	7 p.m.
Sept. 8	Mountain View	7 p.m.
Sept. 15	Glencoe	7 p.m.
Sept. 22	at South Albany *	7 p.m.
Sept. 29	at Dallas *	7 p.m.
Oct. 6	Crescent Valley *	7 p.m.
Oct. 12	Lebanon *	7 p.m.
Oct. 20	at Silverton *	7 p.m.
Oct. 27	Corvallis *	7 p.m.
Nov. 3-4	5A State Playoffs	TBA
Nov. 10-11	5A State Playoffs	TBA
Nov. 17-18	5A State Playoffs	TBA
Nov. 25	5A State Championship	TBA

* — denotes Mid-Willamette Conference game

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2017 DALLAS BOYS SOCCER

Dragons fired up to show growth

THE RUNDOWN ...

Coach: John Jones (third season).
2016 record: 0-6-1, eighth place in Mid-Willamette Conference; 1-12-1 overall.



Borja

Key returners: William Borja, sr., defense; Jacob Jones, jr., goalie/midfield; Jonathan Dressel, sr., defense.

Newcomers to watch: Carson Overstreet, soph., defense; Caleb Jones, soph., defense.

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

Outlook: Throughout John Jones' tenure, he's preached patience and to trust the process.

The Dragons look to show how far they've come this fall.

"The challenge is coming together as a team," John Jones said. "We have a lot of individual skill. We have to learn how to play together and trust each other."

A strong core of upper classmen will help that process and with a few exciting new talents, Dallas could be ready to take a tangible step forward.



Jacob Jones (5) will play multiple positions for Dallas this fall.

"They are familiar with my expectations," John Jones said. "I've told them several times, this team has more talent than we've seen in a long time. It's about coming together."

Jones fully expects that talent to translate to

more wins and a sign that the Dragons' soccer program is coming to life.

Turning Dallas' boys soccer program around continues to be a slow build, but this season could be the most clear proof yet that changes

DALLAS BOYS
2017 SOCCER SCHEDULE

Sept. 5	St. Helens	4 p.m.
Sept. 7	at Benson	6 p.m.
Sept. 14	Southridge	4 p.m.
Sept. 19	at Parkrose	4:30 p.m.
Sept. 21	at Sandy	4 p.m.
Sept. 26	Milwaukie	4 p.m.
Oct. 3	at Lebanon *	4 p.m.
Oct. 5	Crescent Valley *	4 p.m.
Oct. 9	Corvallis *	4 p.m.
Oct. 11	at Silverton *	6 p.m.
Oct. 17	Central *	4 p.m.
Oct. 19	at Woodburn *	6 p.m.
Oct. 24	at South Albany *	7 p.m.
Oct. 28	5A Play-in	TBA
Nov. 1	5A State Playoffs	TBA
Nov. 4	5A State Playoffs	TBA
Nov. 7	5A State Playoffs	TBA
Nov. 11	5A State Championship	TBA

* — denotes Mid-Willamette Conference match

are working.

"I'm expecting, if we can come together, to move up in the league," Jones said. "We've still got some work to do to catch up with the top teams, but we want to play against the best. We're counting on each individual to do his part."

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2017 PERRYDALE VOLLEYBALL

Pirates look to build on third-place league finish

THE RUNDOWN ...

Coach: Denise Dickey (fourth season).

2016 record: 6-4, third place in Casco League; 10-12 overall. Advanced to the first round of the 1A state playoffs.

Key returners: Alyssa Lux, jr., outside hitter; Sydney Lawrence, soph., outside hitter; Isley Burns, sr., middle blocker; Sydney Perkins, jr., middle blocker; Jackie Juarez, sr., libero; Nathalie Juarez, soph., setter; Kenzy Lawrence, soph., right side hitter.

Newcomers to watch: None noted.

Significant stat: 7 — The number of returning varsity players.

Outlook: Last year, Perrydale's volleyball team was defined by youth. This season, the Pirates appear ready to take a big step forward.

Perrydale only lost one player to graduation, meaning this year's team is full of experienced players who are ready to have a big year.

That experience extends to every spot on the floor, from outside hitter (Lux, Lawrence) to the middle blockers (Perkins and Burns, and libero (Juarez). Nearly every position will be occupied by a player with playing time.

PERRYDALE VOLLEYBALL
2017 SCHEDULE

Sept. 5	Livingstone Ad. *	6 p.m.
Sept. 7	at Jewell *	6 p.m.
Sept. 9	at Damascus Christian	1 p.m.
Sept. 12	WVC	6 p.m.
Sept. 16	at North Douglas	TBA
Sept. 16	vs. Trinity Lutheran (at North Douglas)	1:30 p.m.
Sept. 19	Crosshill Christian *	6 p.m.
Sept. 26	at Falls City *	6 p.m.
Sept. 28	Livingstone Ad. *	6 p.m.
Oct. 2	Jewell *	4 p.m.
Oct. 5	at WVC *	6:15 p.m.
Oct. 9	at C.S. Lewis *	6 p.m.
Oct. 10	C.S. Lewis *	6 p.m.
Oct. 12	at Crosshill Christian *	6 p.m.
Oct. 17	at Country Christian	4:30 p.m.
Oct. 25	1A State Playoffs, first round	TBA
Nov. 3	1A State Playoffs, semifinals	TBA
Nov. 4	1A State Playoffs, finals	TBA

* — denotes Casco League match

"At this point in the season, it's too early to see any challenges that can't be easily fixed," Dickey said. "I am looking forward to a great season."

2017 CENTRAL GIRLS SOCCER

Panthers continue to lay groundwork for success

THE RUNDOWN ...

Coach: Veronica Lepe (second season).

2016 record: 0-6-1, eighth place in Mid-Willamette Conference; 1-10-12 overall.

Key returners: Sophia Henke, jr., defense; Ana Becerra, jr., midfield; Allison Wells, jr., forward.

Newcomers to watch: Cristy Leon, sr., midfield; Mariah Hyre, jr., defense; Ysabella Rincon, soph., forward.

Significant stat: 13 — The number of upper-classmen on Central's roster.

Outlook: The Panthers had a difficult 2016 season, but showed improvement in several key areas. Central wants to continue that improvement this fall.

"Entering the season, the girls have great chemistry, and most of these girls have been playing together for a while, so they know each other very well," Lepe said. "I can see Sophia Henke, Ana Becerra and Allison Wells having a big year. They are big contributors to the team."

Translating on-field improvement to wins may be a tough challenge and finding ways to compete with the top teams in the league will require the Panthers to be at their best.

CENTRAL GIRLS SOCCER
2017 SCHEDULE


Sept. 12	at North Marion	4 p.m.
Sept. 19	Madison	6 p.m.
Sept. 21	at Milwaukie	7 p.m.
Oct. 3	at Silverton *	6 p.m.
Oct. 5	South Albany *	4 p.m.
Oct. 9	Crescent Valley *	TBA
Oct. 11	at Lebanon *	4 p.m.
Oct. 17	Dallas *	6 p.m.
Oct. 19	at Corvallis *	7 p.m.
Oct. 24	Woodburn *	6 p.m.
Oct. 28	5A Play-in	TBA
Oct. 31	5A State Playoffs	TBA
Nov. 4	5A State Playoffs	TBA
Nov. 7	5A State Playoffs	TBA
Nov. 11	5A State Championship	TBA

* — denotes Mid-Willamette Conference match

"One of our biggest challenges will be making passes with a purpose," Lepe said. "We have been working on that since the season started. We give the ball away too easily, so that is something that we are trying to focus on."

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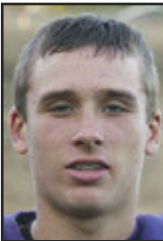
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2017 FALLS CITY FOOTBALL

Mountaineers out to prove '16 was no fluke

THE RUNDOWN ...

Coach: Laric Cook (fourth season).
2016 record: 3-1 in Special District 3, fourth place; 5-5 overall; advanced to the first round of the Class 1A state playoffs.



Labrado

Key returners: Jeremy Labrado, sr., quarterback; Austin Burgess, jr., running back/defensive line; Reid Simmons, sr., tight end/linebacker; Zach Varney, sr., offensive/defensive line; Gage Scheet, jr., tight end/defensive line; Noah Sickles, sr., running back/linebacker.



Burgess

Newcomers to watch: Aaron Watkins, fr., defensive line; Jacob Labrado, fr., tight end/defensive back; Cody Potts, fr., running back/linebacker; Wyatt Weems, fr., offensive/defensive line.

Significant stat: 78 — The number of points the Mountaineers scored against Yoncalla in a league playoff game. The victory sent Falls City to the state playoffs for the first time in 32 years.



Falls City advanced to the state playoffs for the first time in 32 years in 2016.

Outlook: Falls City's football program advanced to the state playoffs for the first time in more than three decades in 2016. How will the Mountaineers follow up that performance? A lot will depend on health. "If we can get everyone healthy, we have eight players whom I'd choose over any eight on any team in our league," Cook said.

Those include Jeremy Labrado, Sickles and Burgess, the Mountaineers' three most potent playmakers on offense who will form the core of their defense. With only 14 players out for football, the Mountaineers lack depth, but at full strength, Falls City could be the class of the league, Cook said. The Mountaineers open the season with

FALLS CITY 2017 FOOTBALL SCHEDULE		
Aug. 31	at Dufur	6 p.m.
Sept. 8	at Sherman	7 p.m.
Sept. 15	Siletz Valley *	7 p.m.
Sept. 22	at Lowell	7 p.m.
Sept. 29	Alsea *	7 p.m.
Oct. 6	at Horizon Christian	7 p.m.
Oct. 13	Yoncalla	7 p.m.
Oct. 20	at Mapleton *	7 p.m.
Oct. 27	TBA	TBA
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		

1A powers Dufur and Sherman, but those early season tests could pay dividends later in the season. Falls City doesn't have the luxury of overlooking anyone, though, Cook said, but if they come prepared and focused, don't be surprised to see the Mountaineers back in the state playoffs. "If we play up to our potential, we can win our half of the league outright," Cook said. "We can get back to the state playoffs, maybe host a game and see what happens."

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2017 CENTRAL CROSS-COUNTRY

Unknowns, potential surrounds Central



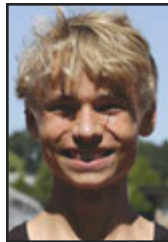
Bailie Hartford is Central's top returning female runner.

THE RUNDOWN ...

Coach: Eli Cirino (fourth year).
2016 finish: **GIRLS** — Fifth at Mid-Willamette Conference Championships. **BOYS** — Fourth at MWC Championships.

Key Returners: **GIRLS** — Bailie Hartford, sr.; Bethanie Altamirano, sr.; Beatriz Trujillo, sr.; Naomi Vega, soph. **BOYS** — Jaydon Aydelotte, jr.; Maynard Dewitt, jr.; Josh Dickson, sr.; Issac Burgett, sr.

Newcomers to watch: **GIRLS** — None noted. **BOYS** — Seth Dickson, jr.; Jarred Jeffries, fr.; Clayton Morrow, fr.



Aydelotte

Significant stat: 7 — The number of varsity runners Central's girls cross-country team returns.

Outlook: Both Central's boys and girls teams enter the fall with realistic chances of qualifying for state.

The girls squad returns the entirety of its team from last season.

That means the Panthers have a strong core of varsity runners who have another



Altamirano

year of training and experience and some JV runners nipping at their heels.

"I think our top JV runners and lower varsity runners have closed the gap with our top girls," Cirino said. "We don't have a ton of depth, but you get in there and you can feel their experience. This is a very assertive and fun group."

How much that gap is closed could determine whether Central is headed to state or watching from the sideline.

The boys team presents something of a mystery to Cirino.



Hartford

"I don't know if we're going to be in the running for a state berth or last in the league," Cirino said. "There are so many unknowns."

The Panthers lost three of its top runners from last season, but returners like Aydelotte, Dewitt and Josh Dickson will step up,

CENTRAL CROSS-COUNTRY

2017 SCHEDULE

Sept. 2	Nike Ultimook Race	2 p.m.
Sept. 9	Ash Creek Invitational	Noon
Sept. 20	MWC District Preview	TBA
Sept. 30	Woahink Lake Inv.	11:45 a.m.
Oct. 7	Harrier Classic	9:30 a.m.
Oct. 11	MWC 4-Way	TBA
Oct. 18	at Dallas	TBA
Oct. 25	MWC Championship	TBA
Nov. 4	State Meet, Eugene	TBA

Cirino said.

The question will be how quickly runners like Seth Dickson, Jeffries and others come along.

"Jaydon, I have no doubt he'll be in the top 20 in our league. I wouldn't be surprised if he finished top five. A guy like Seth, he was a gifted middle school athlete and is picking people off every day, but he's rehabbing his knee. We have a few guys who didn't work as hard during the summer. They'll make great progress, but I don't know if we'll have the time this season to get them where they need to be."

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COVER STORY

Brotherly love

Josh and Seth Dickson finally get a chance to compete

By Lukas Eggen

The Itemizer-Observer

INDEPENDENCE — Central cross-country runners Seth and Josh Dickson always imagined this moment.

Seth, a junior, and Josh, a senior, grew up playing the same sports, striving to top each other's accomplishments.

"We've always been competitive with each other, pretty much since birth," Josh said.

Seth injured his ACL, MCL had a meniscus tear, fractured bone and a bone bruise in his left leg while playing football his freshman year.

Doctors couldn't perform the necessary surgery until his leg was done growing.

"They had to drill through my bone," Seth said. "If they did it before I was ready, I could have one leg that was three inches shorter than the other."

He could do nothing but wait.

"The last two years, I've been thinking how would I be if I didn't get injured," Seth said.

He found ways to pass the time — including joining Central's musical theater and choir programs — but he was always watching and waiting for his chance to return to sports.

Seth served as manager for the track team and watched his brother.

"I learned that the most important thing is to keep moving forward," Seth said. "Josh, even when he was injured, stayed to support the team. He always runs as hard as he can. I learned to always strive to be better."

Finally, in March of this year, he had surgery done on his ACL.

Then came a six-month.

At long last, Seth began running with the cross-country team during the summer.

Things were a bit different.

In his eighth-grade year, Seth was used to being one of, if not the, fastest person on the track. He was one of the top-ranked middle school hurdlers in

the state and impressed coaches with his time in the 1,1500-meter run.

"His times in middle school would make any coach think that this kid could be special," coach Eli Cirino said.

Seth has to remind himself to take things slowly.

"Training is extensively hard," Seth said. "(Teammate) Jaydon (Aydelotte), who I used to run with all the time (in middle school), he zooms ahead now and I'm getting left in the dust."

Anytime frustration seeps in, Josh is there to help keep things in perspective.

"I tell him to keep thinking of his goals, and to not go out too hard, because that's how we get hurt in the first place," Josh said.

Central had its first race of the season on Saturday.

Seth was already dreaming of passing a runner in the home stretch.

"It's going to be ridiculously amazing," Seth said. "I've waited so long to compete. It'll be exhilarating."

Josh enters the fall looking to be one of the Panthers' top runners.

Seth?

That is much harder to predict.

"Honestly, I don't know what to expect from Seth this season," Cirino said. "We want to make sure we're bringing him along at a healthy pace, but he's already catching some kids."

Seth and Josh always figured their sibling rivalry would extend to high school. After a few speed bumps along the way, they finally get their shot.

"I think I'm faster right now," Josh said. "But I don't know. (Seth) might catch me this year."

Seth is already looking ahead to track; where he hopes to make his mark in the 1,500 or 3,000.

One thing is for certain — Seth will be running like a man on a mission.

"I've missed this so much, I'm working maybe twice as hard as some other guys," Seth said. "Some people take their talent or ability for granted. I don't because I know at any moment it could be gone."



Josh Dickson

Seth Dickson

2017 DALLAS FOOTBALL

Offensive line to pave the way to success

THE RUNDOWN ...

Coach: Tracy Jackson (sixth season).

2016 record: 4-2, tied for second place in Mid-Willamette Conference; 7-3 overall; advanced to Class 5A state semifinals.



Key returners: TJ Dimick, sr., tight end; Jaret Stewart, sr., quarterback; Ian Gaither-Lyell, sr., offensive/defensive line; Treve Earhart, sr., tight end; Evan Courtney, sr., running back/defensive back;

Earhart

Newcomers to watch:

Tristan DeVries, sr., tight end/defensive back; Kenny Chen, jr., running back/defensive back; Ben Courtney, jr., running back/defensive back; Will Button, jr., offensive line/linebacker.

Significant stat: 18.6 — The number of points per game Dallas held opponents to in 2016.

Outlook: The Dragons had a successful 2016 campaign, resulting in a trip to the state semifinals.

The one message Jackson had for his team? All that is in the past. “We’re worried about this year,” Jackson said. “I think we have talent. It is our job to develop



TJ Dimick (45) will play a critical role for the Dragons this season.

it and get it organized.”

The Dragons lost their leading rusher, and Oregon’s 5A Offensive Player of the Year, in running back Tanner Earhart, but Jackson is confident they will be OK.

Carries will be split among Evan Courtney, Tristan Evans and others. Courtney will be the

starting back.

A solid offensive line will be providing the openings for the run game.

“TJ Dimick, Justin Ingram and Ian Gaither-Lyell are good, big guys,” Jackson said. “Our center, Carson Unger, is back, he’s another strong kid.”

DALLAS FOOTBALL
2017 SCHEDULE

Sept. 1	at Parkrose	7 p.m.
Sept. 8	North Eugene	7 p.m.
Sept. 15	at Silverton *	7 p.m.
Sept. 22	at Glencoe	7 p.m.
Sept. 29	Central *	7 p.m.
Oct. 6	South Albany *	7 p.m.
Oct. 12	at Corvallis *	7 p.m.
Oct. 20	Crescent Valley *	7 p.m.
Oct. 27	at Lebanon *	7 p.m.
Nov. 3-4	5A State Playoffs	TBA
Nov. 10-11	5A State Playoffs	TBA
Nov. 17-18	5A State Playoffs	TBA
Nov. 25	5A State Championship	TBA

* — denotes Mid-Willamette Conference game

Stewart, who served as backup quarterback in 2016, will take over at the position.

“He’s assumed leadership of this offense,” Jackson said. “He’s grown leaps and bounds as a player.”

On defense, the secondary enters as the biggest question mark.

“We’ll have three young corners who will see some playing time,” Jackson said.

Dallas enters the season with loads of potential. Now, comes the hard part.

“We’ve got a lot of work to do,” Jackson said. “But I think we’ll be just fine.”

2017 DALLAS VOLLEYBALL

Dragons hope experience leads to victories

THE RUNDOWN ...

Coach: Shana Lavier (fifth season).



Savage

2016 record: 3-11, seventh place in Mid-Willamette Conference; 5-14 overall.

Key returners: Tristan Savage, sr., middle blocker; Emma Classen, jr., setter; Maggie Blair, jr., outside hitter; Hailey VanWell, soph., outside hitter.

Newcomers to watch: Taylor Williamson, soph., right side hitter.

Significant stat: 7 — The number of seniors on Dallas’ volleyball team.

Outlook: Dallas returns an experienced and talented roster, one that the Dragons hope will lead them back to the postseason.



Classen

Savage, who stands at 6-foot-6, gives Dallas a towering presence at the net. Classen, Blair and VanWell all look to build



Junior Emma Classen returns as setter for the Dragons.

on last year.

With a mix of experience and youth, Dallas boasts a solid lineup. All but two of Dallas’ play-

ers are upperclassmen, but VanWell and Williamson, both sophomores, will also see significant time on the court, Lavier said.

DALLAS VOLLEYBALL
2017 SCHEDULE

Sept. 2	at McKay Tournament	8 a.m.
Sept. 5	at Lebanon *	6 p.m.
Sept. 7	Crescent Valley *	6 p.m.
Sept. 12	Corvallis *	6 p.m.
Sept. 14	at Silverton *	6 p.m.
Sept. 16	Dallas Tournament	8 a.m.
Sept. 19	Central *	6 p.m.
Sept. 21	at Woodburn *	6 p.m.
Sept. 23	at Oregon City Tournament	8 a.m.
Sept. 26	at South Albany *	6 p.m.
Sept. 28	Lebanon *	6 p.m.
Oct. 3	at Crescent Valley *	6 p.m.
Oct. 5	at Corvallis *	6 p.m.
Oct. 9	Silverton	6 p.m.
Oct. 11	at Central *	6 p.m.
Oct. 17	Woodburn *	6 p.m.
Oct. 19	South Albany *	6 p.m.
Oct. 28	5A Play-in	TBA
Oct. 31	5A State Playoffs	TBA
Nov. 4	5A State Playoffs	TBA
Nov. 7	5A State Playoffs	TBA
Nov. 11	5A State Championship	TBA

* — denotes Mid-Willamette Conference match

2017 PERRYDALE FOOTBALL

Pirates focused on building culture

THE RUNDOWN ...



Canfield



Butler

Coach: Steve Mabry (first season).

2016 record: 3-31, fourth place in Special District 4; 4-4 overall.

Key returning players: Cooper Butler, sr., line-backer/running back; J.J. Avila, sr., running back/linebacker/offensive line; Josh Crawford, soph., defensive back; David Domes, soph., quarterback; Tim Fairchild, jr., offensive line.

Newcomers to watch: Randell Canfield, jr., running back/corner back; Noah Amador, sr., offensive/defensive line.

Significant stat: 34.3 — The number of points Perrydale averaged per game during the 2016 season.

Outlook: The Pirates narrowly missed out on the state playoffs in 2016, but this fall marks a new beginning.



Cooper Butler (3) runs against Falls City in 2016.

"We are in a little bit of a transition year," Mabry said. "We are light with our overall numbers. Our goal is to build the culture back to where it should be. Our team is starting to come together with a new offense and new players in key spots."

One of those spots is at quarterback. Domes played receiver last season, but will step behind the center this fall, taking over the spot previously held by his older brother, Daniel.

Avila will be all over the field, including, for the first time, offensive line.

The offensive and defensive line will be among the biggest question marks for the Pirates entering the fall.

Fairchild will anchor the offensive line with new faces aiding him.

"He will be a big part of rebuilding the offensive line as the only returning lineman with game experience," Mabry said.

Amador has a chance to make a big impact on the offensive and defensive lines, and Canfield, a transfer student, will give the Pirates a weapon at running back and corner back.

PERRYDALE FOOTBALL

2017 SCHEDULE

Sept. 8	Lowell	7 p.m.
Sept. 15	Arlington/Condon *	7 p.m.
Sept. 22	at McKenzie	7 p.m.
Sept. 29	Dufur *	7 p.m.
Oct. 6	at South Wasco County	7 p.m.
Oct. 13	at Pilot Rock	7 p.m.
Oct. 27	Sherman *	7 p.m.
Nov. 3-4	1A State Playoffs	TBA
Nov. 10-11	1A State Playoffs	TBA
Nov. 17-18	1A State Playoffs	TBA
Nov. 25	1A State Championship	TBA

* — denotes Special District 4 game

"Randell has raw talent with good speed and vision," Mabry said.

For the first time in a while, the Pirates will look to some new faces at key spots on the field, but Mabry said Perrydale has the athletes to remain a threat.

"We are very young with not much experience on either side of the ball, but I like the progress we have made over the summer," Mabry said. "We have some explosive athletes that can be difficult matchups, so we will work on getting our feet under us."



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2017 CENTRAL VOLLEYBALL

Panthers ready for stiff challenge

Central returns five players, excited to take on Mid-Willamette Conference's best teams

THE RUNDOWN ...

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

2016 record: 8-6, fourth place in Mid-Willamette Conference; 12-8 overall; advanced to first round of state playoffs.

Key returners: Meagan Mendazona, soph., outside hitter/middle blocker/setter; Sydney Nash, soph., setter; Annika Riddell, jr., middle blocker; Krista Omlid, sr., outside hitter/middle blocker; Elizabeth Chavez, jr., libero; Erin Cole, jr., defensive specialist.

Newcomers to watch: Grace Holstad, soph., outside hitter.

Significant stat: 5 — The number of returning varsity players from the 2016 season.

Outlook: The Mid-Willamette Conference is among the state's toughest for volleyball. The Panthers don't see that as a bad thing.

"We have a great, competitive league that we play in," Claudine Mendazona said. "That is what makes this job fun. I love to see these ladies work hard and compete."

Central sees a strong core of returning players.

"A majority of these girls have been in the



Mendazona



Omlid

weight room all summer and improving their game in the gym," Claudine Mendazona said.

Omlid, a second team all-MWC selection in 2016, will provide versatility, while Riddell and Chavez, who both received all-league honorable mentions, should also be ready for strong seasons.

Meagan and Nash both saw action as freshmen, and the Panthers are ready to see them break out.

"Our team has a lot to improve on, but the expectations are high," Claudine Mendazona said. "I

think our biggest challenge is keeping everyone healthy."

The key to the Panthers' success may depend on which players rise above to become leaders.

**CENTRAL VOLLEYBALL
2017 SCHEDULE**

Sept. 5	Silverton *	6 p.m.
Sept. 7	at South Albany *	6 p.m.
Sept. 12	at Crescent Valley *	6 p.m.
Sept. 14	Lebanon *	6 p.m.
Sept. 16	at Dallas Tournament	8 a.m.
Sept. 19	at Dallas *	6 p.m.
Sept. 21	Corvallis *	6 p.m.
Sept. 26	at Woodburn *	6 p.m.
Sept. 28	at Silverton *	6 p.m.
Oct. 3	South Albany *	6 p.m.
Oct. 5	Crescent Valley *	6 p.m.
Oct. 9	at Lebanon *	6 p.m.
Oct. 11	Dallas *	6 p.m.
Oct. 17	at Corvallis *	6 p.m.
Oct. 19	Woodburn *	6 p.m.
Oct. 24	5A Play-In Round	TBA
Oct. 28	5A State Playoffs	TBA
Nov. 3-4	5A State Tournament	TBA

* — denotes Mid-Willamette Conference match

"One thing is we're lacking in leadership," Claudine Mendazona said. "We're young in many places, but they'll get some matches under their belts and learn to play together."



Junior Elizabeth Chavez earned an all-league honorable mention in 2016.



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2017 DALLAS GIRLS SOCCER

Steele, Dragons focused on the future

THE RUNDOWN ...

Coach: Kendra Steele (first season).

2016 record: 2-5, sixth place in Mid-Willamette Conference; 3-11 overall; advanced to the state play-in round.



Palmer

Key returners: Olivia Palmer, jr., defense; Callista Kiner, jr., defense/midfield.

Newcomers to watch: Lakota Richardson, sr., wing; Katya Davis, soph., forward; Jasmine Contreras, jr., midfield; Kaily McKellar, jr., forward/midfield.



Kiner

Significant stat: 7 — The number of goals Dallas scored during a shutout victory over Central in 2016.

Outlook: The Dragons enter 2016 with optimism for the future.

Dallas saw nine seniors from last year's squad graduate, meaning the Dragons are stocked with newcomers in key positions, several of whom are playing varsity soccer for the first time.



Dallas' girls soccer team opened the season on Aug. 29.

But Steele is excited to see what her players can learn.

"I think the strength is that the team is really coming together after a difficult couple of years," Steele said. "I've seen growth socially in the team. But there are also a lot of green players still. We're optimistic that we can only go up from here. We're learning the game of soccer and we'll keep progressing."

Returning players like Palmer and Kiner will not only play critical roles on the field, but

serve as mentors and leaders for teammates off it.

But several new faces, including a few freshmen, are already making their marks, Steele said.

The Dragons are a work in progress and results on the scoreboard will come, though it may take time.

Steele isn't too worried. Instead, she is focused on establishing a connection with her team and finding ways to help players progress

DALLAS GIRLS		
2017 SOCCER SCHEDULE		
Sept. 5	at St. Helens	4:30 p.m.
Sept. 7	Eagle Point	4 p.m.
Sept. 12	Redmond	4 p.m.
Sept. 14	at McNary	7 p.m.
Sept. 19	at Canby	7 p.m.
Sept. 21	Centennial	4 p.m.
Oct. 3	Lebanon *	4 p.m.
Oct. 5	at Crescent Valley *	4 p.m.
Oct. 9	at Corvallis *	7 p.m.
Oct. 11	Silverton *	4 p.m.
Oct. 17	at Central *	6 p.m.
Oct. 19	Woodburn *	4 p.m.
Oct. 24	South Albany *	4 p.m.
Oct. 28	Play-in Round	TBA
Oct. 31	5A State Playoffs	TBA
Nov. 4	5A State Playoffs	TBA
Nov. 7	5A State Playoffs	TBA
Nov. 11	5A State Championship	TBA
* — denotes Mid-Willamette Conference match		

on and off the field.

"We are always focused on what is next," Steele said. "When we practice something, we talk about how it unfolds in the game. The scoreboard is an expectation, but it's someone else's expectation. We set our own goals for ourselves, our teammates and the coaches."

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2017 DALLAS CROSS-COUNTRY

Boys squad seeks state berth

THE RUNDOWN ...

Coach: Monique Lankheet (22nd season).
2016 results: **GIRLS** — Sixth at Mid-Willamette Conference Championships. **BOYS** — Seventh at MWC Championships.



Rocak



Cross

The Dragons return all seven of the team's

Key returners: **GIRLS** — Bekah Rocak, jr.
BOYS — Trevor Cross, jr.; Ryan Bibler, sr.; Kenney Sutton, sr.; Gavin Grass, soph.; Orion Knudson, soph.; Antonio Barrientos, soph.; Daniel Gagner, sr.

Newcomers to watch: **GIRLS** — Laura Oppedisous, fr. **BOYS** — None noted.

Significant stat: 2nd — The place Trevor Cross finished at the MWC Championships.

Cross finished with a time of 16 minutes, 28.5 seconds.

Outlook: The goal is clear for Dallas' boys cross-country team: Qualify for state.



Bibler



Oppedisous

getting better and better. Gavin Grass has run all the time and he's stronger, smarter and tougher. They understand that the difference between the competitive teams and the great teams is dedication."

The girls side will feature just a handful of runners, Lankheet said.

As of press time, that number was at six, with

varsity runners from last season, led by Cross.

"We've had some teams in the past five years that have been contenders to go to state," Lankheet said. "We were two points away one year, five points another year. I really believe that this team is better than those teams were because we have more depth."

The difference has been a commitment to running year-round.

"I think a lot of them went from cross-country last year to running in the winter to track to running all summer," Lankheet said. "A kid like Trevor, he's never stopped running and keeps

DALLAS CROSS-COUNTRY		
2017 SCHEDULE		
Sept. 2	Nike Ultimook Race	2 p.m.
Sept. 9	Saxon Invite	10 a.m.
Sept. 16	Northwest Classic	1:40 p.m.
Sept. 20	MWC District Preview	TBA
Sept. 23	Three Course Challenge	TBA
Sept. 30	Nike Portland	TBA
Oct. 7	Harrier Classic	9:30 a.m.
Oct. 14	George Fox Classic	10 a.m.
Oct. 25	District meet	TBA
Nov. 4	State Meet, Eugene	TBA

some running competitively for the first time. That has led Lankheet to focus on building the girls' base and igniting a love and passion for running as a lifelong sport.

"Bekah is the only veteran," Lankheet said. "I'm not expecting them to place, but I want them to continue improving and have a love of running and of the team experience."

Taking a team to state is one of the few accomplishments not achieved during Lankheet's tenure.

But with a strong boys squad, she feels this may be the year that changes.

"I'm hoping," she said. "We're all interested in wanting to do something special."



Trevor Cross, left, finished second at the MWC Championships in 2016.

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2017 CENTRAL BOYS SOCCER

Panthers eye league title, deep run in state playoffs

THE RUNDOWN ...

Coach: Joe Orozco (second season).
2016 record: 4-2-1, third place in Mid-Willamette Conference; 8-6-2 overall; advanced to the first round of the 5A state playoffs.



Padilla

Key returners: Aaron Padilla, sr., midfield; Evan Hoover, sr., midfield; Brandon Lopez, jr., forward; Taylor McArthur, jr., goalkeeper; David Avila, sr., forward.

Newcomers to watch: Omar Ceja, fr., midfield; Christian Lua, soph., forward.

Significant stat: 3 — The number of years in a row Central has advanced to the state playoffs.

Outlook: The Panthers came oh-so-close to winning a conference title in 2016. Central entered the final week of the regular season with a chance to

clinch a league title only to fall to Corvallis and Woodburn, the top two finishers in the MWC.



Central senior Evan Hoover, left, will be one of the Panthers' leaders in 2017.

After falling in the first round of the state playoffs to Hillsboro, players are hungry for more success.

"Last year, they got a taste of the playoffs," Orozco said. "We want to be able to get back there and do better than last year"

Expect to see a little different brand of soccer from the Panthers in 2017.

"Christian and David have really good skills and are very fast," Orozco said. "Omar Ceja and

Brandon Lopez are very good with the ball and can play anywhere on the field. We don't have as much height, so we need to keep the ball on the ground and create goals that way."

McArthur will start as goalkeeper, giving Central a steady hand with varsity experience to help anchor the defense.

Orozco is optimistic that after coming close to a league title in 2016, the Panthers can finish the job in 2017.

CENTRAL BOYS SOCCER

2017 SCHEDULE

Aug. 30	at Thurston	W 2-1
Aug. 31	Sprague	7:30 p.m.
Sept. 7	at Barlow	7 p.m.
Sept. 12	North Marion	6 p.m.
Sept. 14	Cascade	4 p.m.
Sept. 21	at La Salle	7 p.m.
Sept. 28	at Mountainside	7:30 p.m.
Oct. 3	Silverton *	6 p.m.
Oct. 6	at South Albany *	7 p.m.
Oct. 9	at Crescent Valley *	6 p.m.
Oct. 11	Lebanon *	4 p.m.
Oct. 17	at Dallas *	4 p.m.
Oct. 19	Corvallis *	4 p.m.
Oct. 24	at Woodburn *	4 p.m.
Oct. 28	5A Play-in	TBA
Nov. 1	5A State Playoffs	TBA
Nov. 4	5A State Playoffs	TBA
Nov. 7	5A State Playoffs	TBA
Nov. 11	5A State Championship	TBA

* — denotes Mid-Willamette Conference match

"We've got to concentrate on winning the conference," Orozco said. "I think we can do it with the talent we have. Last year, maybe we took some teams too lightly and it bit us in the rear end in the end. This year, all games are treated equally. We are going to go strong and hard on everybody."

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2017 FALLS CITY VOLLEYBALL

Mountaineers face steady climb

THE RUNDOWN ...

Coach: Roxi Barnhart (seventh season).
2016 record: 3-7, fifth place in Casco League; 4-8 overall.



Houghtaling



Shaw

Key returners: Amara Houghtaling, jr., setter; Jaime Shaw, jr., setter/outside hitter; Maddy Hendrickson, sr., middle blocker; Cassidy Simmons, soph., defensive specialist; Shyla Metzler, jr., opposite.

Newcomers to watch: Sophie Davis, fr., setter; Victoria Poppe, jr., defensive specialist.

Significant stat: 4 — The number of freshmen the Mountaineers have this fall.

Outlook: The saying goes “slow and steady wins the race.” Patience is what Barnhart is preaching to her players entering the fall.

“The team’s strengths



Hendrickson



Simmons

are resiliency and a willingness to accept mistakes as growth,” Barnhart said. “We have a ton of new, inexperienced players joining us this season, and that can be difficult for the players who are ready to be more competitive and difficult to those trying to play catch up. They do a good job supporting and encouraging one another.”

Hendrickson and Shaw in particular have emerged as leaders, Barnhart said. Having positive vibes instead of frustration will be key to the team making progress down the line.

“Both have stepped up as positive role models and encouraging team leaders,” Barnhart said. “Cassidy Simmons and Shilah Metzler are two other (leaders). They have already shown a large amount of growth so far and are keeping an extremely positive at-

FALLS CITY VOLLEYBALL
2017 SCHEDULE

Sept. 5	at Crosshill Christian *	6 p.m.
Sept. 9	Livingstone Adv. *	6 p.m.
Sept. 11	at Siletz Valley	6 p.m.
Sept. 14	at WVC *	6 p.m.
Sept. 19	at Southwest Christian	6 p.m.
Sept. 20	C.S. Lewis *	6 p.m.
Sept. 21	at Jewell *	6 p.m.
Sept. 25	Siletz Valley *	6 p.m.
Sept. 26	Perrydale *	6 p.m.
Sept. 28	Crosshill Christian *	6 p.m.
Oct. 3	at Livingstone Adv. *	6 p.m.
Oct. 5	at C.S. Lewis *	6 p.m.
Oct. 10	WVC *	6 p.m.
Oct. 17	Jewell *	6 p.m.
Oct. 19	TBA	TBA
Oct. 25	1A State Playoffs, first round	TBA
Nov. 4	1A State championship	TBA

* — denotes Casco League match



Falls City's volleyball team returns several key players.

titude in stressful situations.”
Patience may not be the easiest thing for the team, but Barnhart said her players are ready and excited to build a base that can lead to bigger and better things down the road.

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