

# Polk County Itemizer-Observer

# SPORTSGUIDE

**CENTRAL 4**

**DALLAS 10**

**FALLS CITY 19**

**PERRYDALE 21**

**FALL 2018**

DALLAS VOLLEYBALL PLAYER  
HAILEY VAN WELL PREPARES TO  
PLAY HARD THIS SEASON. | PG. 10



Fall brings more than crisp, cool evenings and pump-kin spice everything. It means back to school, sharpened pencils — holidays around the corner. More importantly, it means sports. Football, soccer, volleyball and cross-country are back.

Our high school student-athletes have been working hard to get ready for the season. It's our turn to show up to cheer them on each week.

In this special issue, published by the *Itemizer-Observer*, we take a quick look at all of our high school fall sports teams. We're excited to see how our teams do. We are eager to see the Dallas Dragons football team take to the new turf field that the community paid for.

The section is by school, alphabetically, making it easier to find the sports and schools you're most interested in.

Each story includes the full team schedule, so keep the section around or feel free to cut out that schedule and put it on your fridge. Also this term, we have included team photos and pictures of each student-athlete on the roster.

We're thrilled to see the start of fall sports, and hope you enjoy this look at our young athletes.

— Emily Mentzer, editor

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CENTRAL FOOTBALL

The rundown...

**Coach:** Shane Hedrick (19th season, 32nd season overall).

**2107 Finish:** The Panthers finished 5-4 in league.

**Key returners:** Seniors Moses Mierau, Gabe Bergman, Jesse Cable, and Hunter Chase.

**Newcomers to watch:** Juniors Austin Barry, Gabe Cervantes, and senior Marcos Cruz.

**Outlook:** This football season is going to look a little different for the Panthers than in previous years.

“The Panthers will compete in a very difficult conference,” head coach Shane Hedrick said. “In addition, we will play three teams coming down from the 6-A ranks: McKay, North Salem and West Albany.”

With the added teams into the Mid-Willamette Conference, preseason won’t exist.

“With 10 teams in the MWC,

FOOTBALL SCHEDULE:		
• August 31	at Silverton	7 p.m.
• September 7	vs McKay	7 p.m.
• September 14	at West Albany	7 p.m.
• September 21	vs Crescent Valley	7 p.m.
• September 28	vs South Albany	7 p.m.
• October 5	at Lebanon	7 p.m.
• October 12	vs North Salem	7 p.m.
• October 19	at Corvallis	7 p.m.
• October 26	vs Dallas	7 p.m.

the Panthers will not have a preseason game. This means every game counts in our effort to make the state playoffs,” Hedrick said.

Losing 18 seniors is another change the team has to work through, but Hedrick said he has multiple kids stepping up to fill the holes.

“We have two very competitive players competing for Quarterback after losing a three year

starter to graduation,” he said. As the 2018 season quickly approaches, Hedrick said as long as everyone buckles down, the team should find success.

“They key to the season will be how the players buy into the system and play as a unit,” he said.

The Panthers first game is against the Silverton Foxes on Aug. 31 at 7 p.m.



Aaron Shainkle



Alejandro Rosillo



Austin Barry



Brandon Broadus



Cameron Meyer



Corbin Sedacett



Eli Cooper-Leavitt



Eli Garcia



Fablen Trujillo



Gabe Bergman



Gabe Cervantes



Gabriel Dodge



Gunnar Schmidt



Hunter Chase



Isaiah Cedillo



Issac Wendt



Jesse Cable



Junior Nunez



Justin Girod



Kaleb Kantola



Kaydin Dilley



Kale Gartin



Kyle Holt



Marco Cruz



Moses Mierau



Phoenix Morales



Ricky Taylor



Trenton Cyphers



Tyler Sittisuphachoke



Zachary Stone



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# CENTRAL

## CENTRAL GIRLS SOCCER

### The rundown...

**Coach:** Mike Lynch (first season with the Panthers, 27th season overall).

**2017 Record:** The Panthers finished 2-10.

**Key Returners:** Seniors Ana Becerra, Kaitlyn Dorn and Sophia Henke.

**Newcomers to watch:** None mentioned.

**Outlook:** With 27 coaching seasons under his belt, head coach Mike Lynch is focusing on getting the girls confident in their play as the new season approaches.

"These young ladies are excited about the upcoming season," Lynch said. "They are very knowledgeable about the game, they just need a little confidence in their abilities."

Going into a new season provides ample opportunity to set

### GIRLS SOCCER SCHEDULE

• August 28	vs Thurston	6 p.m.   Non-league
• August 30	at La Salle Prep	7 p.m.   Non-League
• September 4	vs Scappoose	6 p.m.   Non-league
• September 6	at McKay	7 p.m.   Non-league
• September 11	at North Bend	4 p.m.   Non-league
• September 18	vs Redmond	6 p.m.   Non-league
• September 25	at South Albany	7 p.m.
• September 27	vs Corvallis	6 p.m.
• October 2	vs Lebanon	6 p.m.
• October 4	at North Salem	7 p.m.
• October 8	vs. West Albany	6 p.m.
• October 11	at Crescent Valley	6:15 p.m.
• October 16	vs Silverton	6 p.m.
• October 23	vs Dallas	6 p.m.

multiple goals and work toward them; one goal the Panthers have is making it to the play-in game this year.

"This goal is very attainable for this group of young, talented ladies," Lynch said. "As a

coach, I am excited about the prospect of helping these young student-athletes attain the goals we have set up as a group."

The Panthers first league game is September 25 at Corvallis at 7 p.m.



Abygayle Mabry



Allison Wells



Ana Becerra



Cecilia Espericueta



Jessica Avila



Jewels VanVolkinberg



Kaitlyn Dorn



Kalli Wakefield



Kathy Vargas



Kendrah Hastings



Mariah Hyre



Naivi Vargas



Sophia Henke



Yasmeen Ochoa



Ysabella Rincon

PANTHERS ROCK!

CHS ALUM PAUL EVANS SAYS "GO PANTHERS!"





## CENTRAL CROSS COUNTRY

### The rundown...

**Coach:** Eli Cirino (fifth season)

**2017 Finish:** Boys were fourth in league, and girls were sixth.

**Key returners:**

**Girls:** Juniors Naomi Vega and Olivia Cooper, and senior Diana Nye.

**Boys:** Seniors Johnathon Brown and Jayden Aydelotte.

**Newcomers to watch:** Sophie Bliss

**Outlook:** The Panthers have been working hard this summer for the upcoming 2018 cross country season, especially with the loss of the seniors in the spring.

"It will be tough to replace our seniors," head coach Eli Cirino said. "But this team has new leadership, a fresh and positive attitude, and a willingness to work. I am excited to see the growth continue for these runners."

The team is young, with many newcomers to the sport, but Cirino is staying positive and helping to create a foundation for his newcomers.

"We are not as deep as we have been in previous years," he said, "but should be competitive in league if we can keep up the

### CROSS COUNTRY SCHEDULE:

• September 1	at U of O	
	Ultimook Race Nike Invitational	1:30 p.m.
• September 8	at WOU Ash Creek Preserve	
	Ash Creek XC Festival	11:15 a.m.
• September 14	at Crescent Valley High School	
	Field of Dreams Halftime Mile	7:30 p.m.
• September 19	at Waterloo Park	
	Mid-Willamette Preview	3 p.m.
• September 29	at Honeymoon State Park	
	Woahink Lake XC Invitational	12:30 p.m.
• October 3	at Willamette Mission State Park	
	Lebanon, Central, CV and Dallas	TBA
• October 6	at Bryant Park	
	15th Annual Harrier Classic	12:40 p.m.
• October 10	at Bush Park	
	Central, Dallas, West Albany	TBA
• October 17	at Bush Park	
	West Albany, Dallas, Central	TBA
• October 24	at Waterloo Park	
	Mid-Willamette District Meet	2:30 p.m.

growth. Most of these kids have not been running for very long so we are still working on creating the culture and trying to make sure we have fun."

There are new teams added into their league, West Albany and North Salem, and Cirino says he is excited to compete against them and the dynamic that they'll add.

"And as always, it will be

exciting to watch our younger runners experience the improvement that comes with long races and running more mileage. Should be a fun season," he said.

The team's first meet is the Ultimook Nike Invitational at Hydrangea Ranch on Sept. 1 at noon.



Caylen Thomas



Diana Nye



Jayden Aydelotte



Johnathon Brown



Maynard DeWitt



Naomi Vega



CHS ALUM PAUL EVANS SAYS "GOOD LUCK, PANTHERS!"

# CENTRAL

## CENTRAL VOLLEYBALL

### The rundown...

**Coach:** Claire Davis (second season).

**2017 Finish:** The girls went 11-10 in league and lost against Summit in the first-round playoff game.

**Key returners:** Senior Macey Nelson, senior Elizabeth Chavez

**Newcomers to watch:** Sophomore Kennedy Kantola, freshman Katie Fraley.

**Outlook:** Last year, the Panthers took a hit in the first play-off game against Summit, going 11-10 in the Mid-Willamette Conference. This year, the team is comprised of athletes, new and veteran, who each have a different strength they bring to the table.

"We are a lot more versatile then we were last year, because we have a strong foundation of players that offer strength in a variety of different positions," head coach Claire Davis said.

While the team lost a few seniors, Davis is confident those

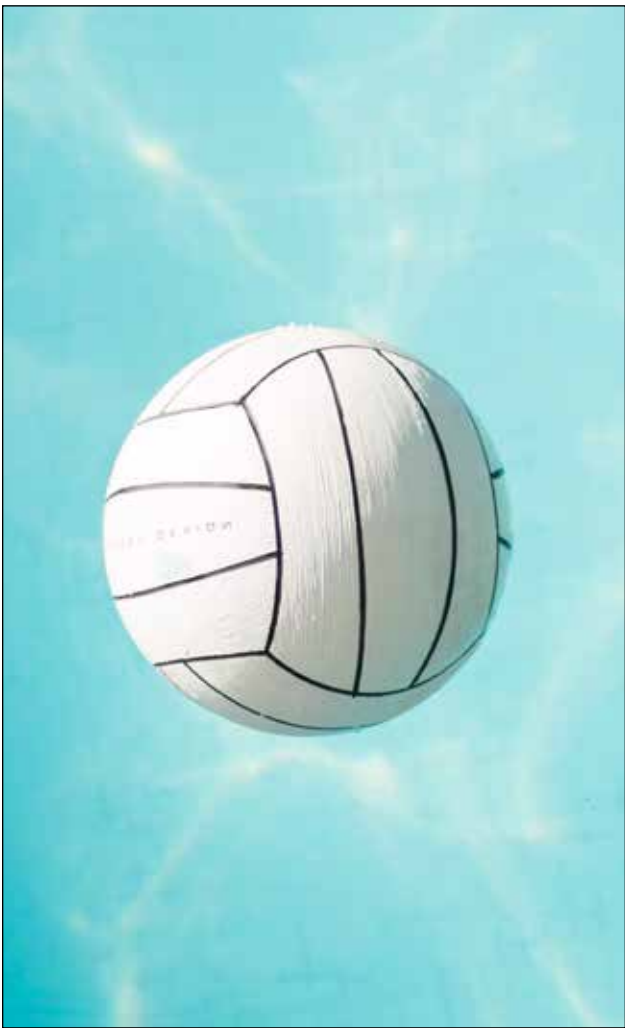
VOLLEYBALL SCHEDULE:			
• August 30	vs West Albany	6 p.m.	
• September 4	at Lebanon	6 p.m.	
• September 6	at Silverton High School		
	vs Dallas, Silverton	5 p.m., 6 p.m.	
• September 8	vs TBD	8 a.m.   Non-league	
• September 11	vs South Albany	6 p.m.	
• September 13	at North Salem	6 p.m.	
• September 15	at TBD	8 a.m.   Non-league	
• September 18	at Crescent Valley	6 p.m.	
• September 20	at West Albany	6 p.m.	
• September 27	at Corvallis	6 p.m.	
• October 2	vs North Salem	6 p.m.	
• October 4	vs Silverton	6 p.m.	
• October 6	at TBD	8 a.m.   Non-league	
• October 9	vs South Albany,		
	Crescent Valley	4 p.m., 6 p.m.	
• October 11	at Dallas	6 p.m.	
• October 16	vs Lebanon	6 p.m.	
• October 18	at Corvallis	6 p.m.	

losses will be made up for as some of the players step up into leadership roles.

"While we will miss our key contributors who have graduated we are eager to see what this

new group brings to the table," she said.

The Panthers season kicks off on their home court Thursday, Aug. 30 at 6 p.m. against West Albany.



Alisha Pedraza Juarez



Josie McDonald



Emilie Means



Moana Andrew



Belen Amezcua



Grace Holstad



Macey Nelson



Katie Fraley



Kennedy Kantola



Emily Cole



Elizabeth Chavez



Sydney Nash

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CENTRAL BOYS SOCCER

The rundown...

**Coach:** Joe Orozco (eighth season)

**2017 Record:** The Panthers finished 6-1 in league, losing in the playoffs 1-0 against Marist Catholic.

**Key returners:** Senior Sebastian Diaz, senior Brandon Lopez, senior Eduardo Gonzalez, senior Alex Jimenez, sophomore Omar Cejah.

**Newcomers to watch:** freshman Andres Rincon.

**Outlook:** Coach Joe Orozco is feeling the hole the graduated seniors created, but he said he's confident the newcomers can fill it, with the help of those who have been on the team longer.

"It is a tough job filling the spots for those that have graduated," he said. "I feel confident that the core of the team will pass on their wisdom and lead the younger players to play cohesively."

The team has nine seniors

BOYS SOCCER SCHEDULE

• Aug. 28	at McNary	7 p.m.
• Aug. 30	vs La Salle Prep	6 p.m.
• Sept. 11	vs North Bend	4 p.m.
• Sept. 13	vs Milwaukie	6 p.m.
• Sept. 20	vs McMinnville	6 p.m.
• Sept. 25	vs South Albany	6 p.m.
• Sept. 27	at Corvallis	7 p.m.
• Oct. 2	at Lebanon	4:30 p.m.
• Oct. 4	vs North Salem	TBD
• Oct. 9	at West Albany	7 p.m.
• Oct. 11	vs Crescent Valley	4 p.m.
• Oct. 16	at Silverton	7 p.m.
• Oct. 23	at Dallas	7 p.m.

out of the 15-man team, and Orozco said he's been working with getting them to bring the new players up to par.

"We have some key returners and some newcomers that we are hoping to get them to sync with the seasoned players," he said.

Coming off last year's success of only one loss for the season,

going 6-1 in league, Orozco is ready for this season to start so they can get back into the groove of things.

"Just to get back into the structure and see what the boys are capable of this year," he said. "We have a very talented group and I am excited for them to prove it this season."



Alex Jimenez



Andres Rincon



Brandon Lopez



Bryan Ortega



Eduardo Gonzalez



Edwin Parroquin



Marco Rosas



Moshe Martinez



Omar Cejah



Omar Parroquin



Owen Lemaster



Sebastian Diaz



Taylor McArthur



Tony Cortez



Zachary Cisneros



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**I**t seems like it was only yesterday that I played football for Central High School. Sports helps build teamwork and leadership skills that last a lifetime. I am proud to sponsor the Central High Sports Preview and send my best wishes to all CHS students.

- State Representative Paul Evans

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# DALLAS

## ATHLETE SPOTLIGHT

# HAILEY VANWELL



## AN ACE FOR THE TEAM

By Jennifer Halley  
Itemizer-Observer

A varsity player at Dallas High School since her freshman year, outside hitter Hailey Van Well is gearing up to have another successful season.

Last season she was an Honorable Mention for the league as a sophomore, and she helped the team make it to the state playoffs for the first time in 27 years.

"The first part of the season was a little rough, but then we got through it and it was fine,

and then we ended up going to state so that was pretty cool, because we haven't done that in so long," Van Well said.

With the new season around the corner, Van Well only has one goal for the season: "to play hard," she said.

She also said she hopes the girls can bond as well as they did last year, which is what she believes helped lead them to the state playoffs.

"I think we just all connected," she said. "It was so easy to get along with one another; we were all friends."

As for this year's team, "we're already super close," Van Well said.

She's one of the girls the team can thank for that.

"She feels comfortable with the girls, and she's taken more of a leadership role, which is cool to see," head coach Kayce Lilly said.

"She's very positive and down to earth," teammate Maggie Blair chimed in.

On top of being a leader, Lilly said she's the kind of player you can count on in any situation.

"I think she's just kind of un-

assuming," Lilly said. "She just goes about her business and keeps her head down and then all of a sudden, she's got 15 kills on the night.

She's going to be one of our biggest go-to players, and she's awesome for us because she's just solid all the time — her personality, her effort, her energy, her skill."

Last season, Van Well had a 92 percent serving percentage, a .193 hitting efficiency, and averaged 2.76 kills per set and 2.93 digs per set.

When she isn't playing volley-

ball for the Dragons, Van Well is playing club volleyball at North Pacific Juniors club volleyball in Salem.

Van Well said that this year her club team made it to Nationals and placed in 34th out of 1,000 teams.

She's been playing volleyball since the third grade because of the thrill it gives her.

"When we're playing in games and we get a good rally going, and the crowd goes wild, that's just so much fun, and it gets us pumped," she said.

Something that's different this

year is that Van Well's younger sister, Kaitlyn, has joined the Dragons varsity team, also as a freshman.

Before now, the sisters have never played together on the same team.

"It's definitely new, because we haven't ever played together," Van Well said. "So far it's good."

She said that on the court, they get along great. Off the court?

"At home it's just like normal sister stuff," she said with a laugh.





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# DALLAS

## DALLAS VOLLEYBALL

### The rundown...

**Coach:** Kayce Lilly (first season as head coach, seventh season overall).

**2017 Finish:** The team finished 16-12 in league, and made it to the state tournament for the first time in 27 years.

**Key returners:** senior Emma Classen, senior Maggie Blair, junior Hailey Van Well, junior Taylor Williamson.

**Newcomers to watch:** junior Maya Davison

**Outlook:** The Dragons volleyball team is young, but their energy makes up for it, especially with coming off last season's success when they made it to the state tournament for the first time in 27 years, and although they didn't win any games, they took home the Sportsmanship trophy.

"We graduated seniors last year so we have many roles to fill," Lilly said. "Our young kids coming up are excited, energetic and willing to work hard. That, along with the strong leadership and experience we have with our returners, make any exciting combination."

Lilly has been a part of the team for seven years and is looking forward to her first season as head coach,

"I'm very excited to step into the head coaching role," she said. "So far it has been a blast. The kids have been around me for years so they know my style and what's important to me, so my approach will be similar to the past few years. We want to be known for how hard we work and the way we work together. We're looking forward to a great season."

Her outlook on the season is not about wins or losses, but

about how hard the team works and how cohesive the girls can be together.

"Our team really clicked at the right time last season and played really well together," she said. "They didn't care much about who got the credit, as long as we got the job done. It was really fun to be a part of." The Dragons first league game is at home against Lebanon on Aug. 30 at 6 p.m.

### VOLLEYBALL SCHEDULE:

• August 30	vs Lebanon	6 p.m.
• September 1	vs TBD	8 a.m.   Non-league
• September 6	at Silverton	
	vs Central, Silverton	4 p.m., 5 p.m.
• September 11	vs Crescent Valley	6 p.m.
• September 13	vs Corvallis	6 p.m.
• September 15	vs Centennial	8 a.m.   Non-League
• September 18	vs North Salem	6 p.m.
• September 20	at Lebanon	6 p.m.
• September 22	vs TBD	8 a.m.   Non-league
• September 25	at West Albany	6 p.m.
• September 27	vs South Albany	6 p.m.
• October 2	vs Silverton	6 p.m.
• October 4	at Crescent Valley	6 p.m.
• October 9	at Corvallis High	
	vs West Albany, Corvallis	4 p.m., 5:30 p.m.
• October 11	vs Central	6 p.m.
• October 18	at South Albany	6 p.m.
• October 23	at North Salem	6 p.m.



Aletheia Roby



Delaney Headley



Ellie Osborn



Emma Classen



EmmaMae Johnson



Hailey Van Well



Kaitlyn Van Well



Maggie Blair



Maya Davison



Ruby Earhart



Taylor Williamson





DALLAS BOYS SOCCER

The rundown...

**Coach:** Victor Calderon (first year with the Dragons, three overall).

**2017 Record:** the team finished 2-11.

**Key returners:** Senior Sage Arnesen.

**Newcomers to watch:** Sophomore Chris Smyth.

**Outlook:** Coming off a year of only two wins for their season, new head coach Victor Calderon is excited to start building this year's foundation, which involves some new faces.

"I am looking forward to coaching the newcomers, and building a solid team, teaching them different skills so they can grow as players," Calderon said.

Although the team has five returning starters, they also suffered losses with the seniors who graduated.

BOYS SOCCER SCHEDULE			
• August 28	at St Helens	7 p.m.	Non-league
• September 4	vs Crook County	4 p.m.	Non-league
• September 11	at Putnam	7 p.m.	Non-league
• September 18	vs Milwaukie	7 p.m.	Non-league
• September 25	vs Corvallis	7 p.m.	
• September 27	at Silverton	7 p.m.	
• October 2	vs South Albany	7 p.m.	
• October 4	at Crescent Valley	6:15 p.m.	
• October 11	at Lebanon	4 p.m.	
• October 16	vs North Salem	7 p.m.	
• October 18	at West Albany	7 p.m.	
• October 23	vs Central	7 p.m.	

"We lost a very talented mid-fielder that will not be easy to replace, and a solid back-line that will have to be replaced as well," he said.

Overall, the young team will have a chance this season to learn how to work together and play hard.

"I'm really excited for this year's team, to see the new players evolve and grow as the season goes by," Calderon said.

The Dragons first league game is Sept. 25 at home against Corvallis at 7 p.m.



Alex Lavier



Andy Van



Caleb Jones



Caleb Kiner



Carson Overstreet



Chris Smyth



Collin Graves



Elijah Contreras



Hans Garrison



Jace Martinelli



Jacob Jones



Justin Parnell



Peyton Curtis



Robert Phillips



Sage Arnesen



Seth Ellingsworth





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DALLAS FOOTBALL

The rundown...

**Coach:** Andy Jackson (first season as head coach, seventh overall).  
**2017 record:** The Dragons finished 2-7 in league.  
**Key Returners:** Senior Will Button, senior Bryce Miller, senior Thomas Rocha, senior Dawson Barcroft, senior Camden Frizzelle, senior Ben Courtney, senior Kenny Chen, senior Jack Anderson.

**Newcomers to watch:** Junior Landon Gardner, junior Cameron Mance, junior Colson Spencer, junior Jared Coxen, senior Joe Foster.  
**Outlook:** First year head coach Andy Jackson is already feeling positive about this year's season. The graduated seniors have left somewhat of a hole, and the coaches have been implementing some new systems during practice, but overall Jackson said things are going well.  
"We have a good line up and some talented, skilled kids," he said. "If we can gel as a group

FOOTBALL SCHEDULE		
• August 31	at South Albany	7 p.m.
• September 7	at Lebanon	7 p.m.
• September 14	at North Salem	7 p.m.
• September 21	at Corvallis	7 p.m.
• September 28	at Crescent Valley	7 p.m.
• October 5	vs Silverton	7 p.m.
• October 12	at McKay	7 p.m.
• October 19	vs West Albany	7 p.m.
• October 26	at Central	7 p.m.

and play together while remaining relatively healthy, we will give ourselves a shot to be in the mix at the end of the regular season."  
This year's team is young, but Jackson says he makes sure to take each day as it comes so the team is focused on what they're working on in that moment.  
"We have a ways to go as a team, but if we remained focused on what's important, everything will take care of itself," he said.  
Jackson was brought on as head coach in early May after

his dad, Tracy Jackson, who had been the head coach for six years, moved to Portland.  
"I feel very privileged to be able to work for such a great school and community," Jackson said. "We have tremendous kids and administration at the school. I love the Dallas community; they are extremely supportive."  
Because of the new turf installation, the Dragons only have two home games this season. Their first home game on their brand new turf is Oct. 5 at 7 p.m.



Andrew Johnson



Ashton Brecht



Ayden Lundin



Benjamin Courtney



Braden Welin



Braydon Wallace



Bryce Miller



Camden Frizzelle



Cameron Mance



Charles Johnson



Colby Johnson



Colson Spencer



Dawson Barcroft



Eli Cox



Evan Brown



Evan Hofferber



Gabriel Applegate



German Arellano



Jack Anderson



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Joseph Foster



Kenny Chen



Kyle Fleeman



Landon Gardner



PJ Holgate



Reece Wallace



Ryan Nguyen



SJ Kauffman



Spencer Hiebert



Taylor Cameron



Thomas Rocha



Tristin Beard



William Button



Wyatt Bateman





DALLAS CROSS-COUNTRY

The rundown...

**Coach:** Monique Lankheet (24th season).

**2017 Record:** Boys place eighth at the state meet; girls placed seventh in Mid-Willamette Conference.

**Key Returners:** Boys — Senior Trevor Cross, sophomore Toby Ruston, junior Gavin Grass, Orion Kduson, junior Antonio Barrientos, and junior Ryan Jones. Girls — Seniors Bekah Rocak and Melody Hight.

**Newcomers to watch:** Freshman Joshua Rodli and junior AJ Shafer.

**Outlook:** Throughout the summer, the Dragons have been working hard on building up a solid foundation for the 2018 cross-country season. The team is relatively young, but coach Monique Lankheet says they're a close-knit group.

"We have a strong team concept, and it's kind of like that saying 'it's one for all and all for one' mindset," she said.

Their goals this year include building on last year's successes and improving as much as they can.

"We as a team want to improve on last year's performances and be district champions,

CROSS COUNTRY SCHEDULE		
• September 1	Ultimook Race Nike Invitational	3:30 p.m.
• September 15	Northwest Classic	1:40 p.m.
• September 19	Mid-Willamette Preview	3:45 p.m.
• September 22	Three Course Challenge	9:30 a.m.
• September 29	Nike Portland XC	8 a.m.
• October 3	at Silverton	
	Lebanon, Central, CV and Dallas	TBA
• October 6	15th Annual Harrier Classic	12:40 p.m.
• October 10	at North Salem	
	Central, Dallas, West Albany	TBA
• October 13	Warner Pacific XC Classic	9 a.m.
• October 17	at Dallas	
	Central, South Albany, Corvallis	TBA
• October 24	Mid-Willamette District Meet	2:30 p.m.

and place higher at the state meet," Lankheet said.

Ryan Bibler, who ran last year and graduated in the spring, is back this year as an assistant coach.

"His energy and will to win will be our secret weapon," Lankheet said.

This year's team only has four girls on it, so Lankheet said unfortunately the girls won't be able to compete as a team.

"But the four girls we have work very hard and are hoping to improve on last year's times,"

she said.

Lankheet wants to encourage other girls to come and join the team. "If there are any girls out there that want to be part of a great program and meet some of the best kids on the planet, I will accept all interested," she said. It is never too late."

The Dragons first cross-country meet is September 1 at the Ultimook Nike Invitational at Hydrangea Ranch.



AJ Shafer



Allison Abel



Amanda Schafer



Antonio Barrientos



Bekah Rocak



Daniel Floyd



Gavin Grass



Grant Ratzlaff



Joshua Rodli



Mikayla Thiel



Ryan Jones



Trevor Cross





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# DALLAS

## DALLAS GIRLS SOCCER



### The rundown...

**Coach:** Kendra Steele (second season).

**2017 Finish:** The team finished 0-11 in league.

**Key Returners:** senior Callista Kiner, senior Olivia Palmer, junior Katya Davis, sophomore McKenna Sondag.

**Newcomers to watch:** freshmen Peyton Amundsen and Sophia Baughman.

**Outlook:** Last year, the Dragons suffered a defeating season of no wins and 11 losses.

Head coach Kendra Steele is working on building up a strong group of girls and approaching the season with focus and a good mind set.

"This year we have a lot of positive energy," she said. "Building a team can be difficult, but

these girls are a great group with a lot of dedication to each other and the sport.

They make coaching a privilege that I've always looked forward to doing."

The Dragons also have

something else to look forward to this season:

"We are hyped up to play on our very own home turf," Steele said.

Their first league game is Sept. 25 at Corvallis at 7 p.m.

### GIRLS SOCCER SCHEDULE:

• August 28	vs McKay	4 p.m.   Non-league
• September 4	at Crook County	4:30 p.m.   Non-league
• September 10	vs Liberty	4 p.m.   Non-league
• September 18	at Southridge	7:30 p.m.   Non-league
• September 25	at Corvallis	7 p.m.
• September 27	vs Silverton	7 p.m.
• October 2	at South Albany	7 p.m.
• October 4	vs Crescent Valley	7 p.m.
• October 11	vs Lebanon	7 p.m.
• October 16	at North Salem	7 p.m.
• October 18	vs West Albany	7 p.m.
• October 23	at Central	6 p.m.



Callista Kiner



Daisy Van House



Kacey Jordan



Kafya Davis



Karia Hevener



Leanne Sleeper



Karia Hevener



Leanne Sleeper



Lily Stephens



Madelyn Kennedy



McKenna Sondag



Olivia Palmer




Peyton Amundsen



Sophia Baughman






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## FALLS CITY FOOTBALL

### The rundown...

**Coach:** Laric Cook (20th season)

**2017 Record:** The Mountaineers finished 9-2, and were the Mountain West League champions and overall district champion. The team made it to the state semifinals.

**Key returners:** Senior Austin Burgess, senior Wyatt Weems, senior Gage Scheet, junior Dylan Hendrickson and sophomore Jacob Labrado

**Newcomers to watch:** Senior Kobe Smith, sophomore Wyatt Dennis, and sophomore Cody Potts.

**Outlook:** Even though this 14-man football team is small, it's packed with potential, with three returning all-state players and a few veteran players who didn't play last year due to injury.

"Plus our freshman and one sophomore from last year have grown substantially and became stronger, faster and more

### FOOTBALL SCHEDULE

• August 31	vs Hosanna Christian	7:30 p.m.
• September 7	vs St Paul	7 p.m.
• September 14	at Crow	7 p.m.
• September 21	vs Perrydale	7 p.m.
• October 5	at Siletz Valley	7 p.m.
• October 11	at Waldport	7 p.m.
• October 19	vs Mohawk	7 p.m.

athletic," Cook said.

Coming off last year's success of finishing as the Mountain West League champions and overall district champions, and making it to the state semifinals, the Mountaineers are preparing for another shot at victory this season.

"It's going to be interesting," said Cook. "I believe by the end of the year we will be playing some pretty good football and hopefully in a position to make the state playoffs."

There are some gaps to be filled, with five starters graduated, and Cook says while that

was a quite a blow, he's confident his kids will rise up to fill those spots.

"It's not fair to saddle our kids with the burden of continuing the steady rise to the top of the heap, but that's exactly what's gonna happen," he said. "It's their turn; it's their team now, and what they do with that will help mold them for the things to come."

Season begins Sept. 7 against St. Paul, and Cook and his team are counting down the days,

"I'm tired of practicing," Cook said. "Turn on the lights and let's play some football."



Aron Watkins



Austin Burgess



Cody Potts



Dawntae Bault



Dylan Hendrickson



Gage Scheet



Jacob Labrado



Josh Koenig



Kobe Smith



Kyle Abercrombie



Ty Reed



Wyatt Dennis



Wyatt Weems



# FALLS CITY



## FALLS CITY VOLLEYBALL

### The rundown...

**Coach:** Roxi Barnhart (sixth season).

**2017 Record:** the girls finished fifth in league last season.

**Key returners:** Seniors Jaime Shaw and Amara Houghtaling, Juniors Nevaeh Lofte and Natalie Batie.

**Newcomers to watch:** Freshman Ellen Burgess and Amber Houghtaling.

**Outlook:** The 2018 season hasn't even started yet but head coach Roxi Barnhart is already seeing progress in the team.

"The girls are working very well together so far and we are having a lot of fun," she said.

She said the program has seen growth since last year, and that a lot of newcomers, like Burgess and Amber Houghtaling, are showing potential.

"Both of these youngsters are already showing big growth and maturity on the court early on

FALLS CITY VOLLEYBALL		
• August 30	at C.S. Lewis Academy	6 p.m.
• September 4	at Perrydale	6 p.m.
• September 6	vs Crosshill Christian	6 p.m.
• September 11	vs Jewell	6 p.m.
• September 13	at Willamette Valley Christian	6 p.m.
• September 18	vs St Paul	6 p.m.
• September 20	at Livingstone Adventist Academy	6 p.m.
• September 21	vs Perrydale	4:30 p.m.
• September 24	vs C.S. Lewis Academy	6 p.m.
• October 2	at Crosshill Christian	6 p.m.
• October 4	at Jewell	6 p.m.
• October 9	vs Willamette Christian Academy	5:30 p.m.
• October 11	at St. Paul	6 p.m.
• October 16	vs Livingstone Adventist Academy	7 p.m.

this season," she said. "Our program continues to grow each year, we are up to 20 girls so far this season. Some of them are very new and have never played volleyball before."

Last year, the girls made it to the league playoffs against Willamette Valley Christian, and

took a loss, 3-1. This year, preseason has already begun, with the Mountaineers recording three straight wins so far against Mapleton, Southwest Christian and Eddyville Charter.

Their first league game is Aug. 30 at 6 p.m. at C.S. Lewis Academy.



Amara Houghtaling



Cassidy Simmons



Elizabeth Wilson



Ellen Burgess



Jaime Shaw



Marissa Bowman



Marybeth Wilson



Natalie Batie



Nevaeh Lofte



Shila Metzler



Sophie Davis






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PERRYDALE FOOTBALL

The rundown...

**Coach:** Steve Mabry (sixth season, 15th overall).

**2017 Finish:** They finished 4-5 in league last year.

**Key returners:** Junior Josh Crawford, junior David Domes, junior Evan Lambert and junior Matthew Haynes.

**Newcomers to watch:** Freshman Fin Janesofsky, freshman Jacob Dorst, senior Max Kitsmiller.

**Outlook:** The Perrydale Pirates are a young team, with only one starting senior, and head coach Steve Mabry is looking forward to building the team up.

"I'm very excited to see the young kids progress," he said, "especially the couple that have shown promise in the early workouts."

FOOTBALL SCHEDULE:

• August 30	at Mapleton	7 p.m.
• September 7	at Siletz Valley	7 p.m.
• September 14	vs St Paul	7 p.m.
• September 21	at Falls City	7 p.m.
• September 28	at Crow	7 p.m.
• October 6	vs Elgin	5 p.m.
• October 12	vs Mohawk	7 p.m.
• October 19	vs Waldport	7 p.m.

The 13-man team is small, and Mabry says that's a factor that will pose a challenge as the season begins.

"Our lack of depth on both the offensive and defensive lines will be a work in progress throughout the season," he said.

However, "Our skilled players are experienced, so we should be able to slow the game down."

Ultimately, Mabry is focusing on getting the team to work hard and establish themselves as a team.

"Overall our goal as a team is work hard," he said, "get better everyday, take the small gains to make us in the hunt for a play off spot by the end of the season."

Their first league game is Aug. 30 at Mapleton at 7 p.m.



David Domes



Evan Lambert



Finn Janesofsky



Jacob Dorst



Josh Crawford



Kaej Haynes



Matthew Haynes



Max Kitsmiller



Nick Riley



Syles Brown



Taryn Kessel



Tyson Griffiths



Wyatt Cruickshank



# PERRYDALE



## PERRYDALE VOLLEYBALL

### The rundown...

**Coach:** Denise Dickey (fifth season, 13 years overall).

**2016 Finish:** The team went 11-12 in league, and lost 1-13 in the second playoff game against Joseph High School.

**Key returners:** Junior Syd-ney Lawrence, junior Nathalie Juarez, senior Sydney Perkins, and senior Alyssa Lux.

**Newcomers to watch:** Bai-ley Savage.

**Outlook:** Head coach De-nise Dickey likes to keep things quiet on the progress of her team until the season starts, but she could say for certain she's excited about where the girls are heading this season.

"I have been developing this team from when they were freshman and sophomores and I am excited to see how their hard work will pay off," she said. "I am most excited to just play some matches and see how we size up to our competition."

The team only lost three seniors from last season, which means many of the players

### VOLLEYBALL SCHEDULE:

• August 30	vs Crosshill Christian, North Clackamas Christian	1 p.m., 5 p.m.   Non-League
• September 4	vs Falls City	6 p.m.
• September 8	vs Damascus Christian, Alsea	10 a.m., 2 p.m.   Non-league
• September 10	vs Willamette Christian, Livingstone Adventists Acad.	4 p.m., 6 p.m.
• September 13	at St. Paul	6 p.m.
• September 17	at Crosshill Christian	6:45 p.m.
• September 18	at C.S. Lewis Academy	6 p.m.
• September 20	vs Jewell	6 p.m.
• September 21	at Falls City	4:30 p.m.
• September 22	at TBD	9 a.m.
• September 25	at Country Christian	4:30 p.m.
• October 2	at Willamette Valley Christian	6 p.m.
• October 4	at Livingstone Adventists Academy	6 p.m.
• October 9	vs St. Paul	6 p.m.
• October 10	vs Damascus Christian, C.S. Lewis Academy	4 p.m., 6 p.m.
• October 16	at Jewell	6 p.m.

already know one another, making building up a strong foundation for this season much easier.

"Filling spots of those who have graduated is always challenging but I have a lot of good options," Dickey said.

In the preseason tournament Aug. 24, Aug. 25 and Aug. 28, the girls won six out of the eight matches. The Pirates first league game is a doubleheader at home against Crosshill Christian on Aug. 30 at 1 p.m. and 5 p.m.



Alyssa Lux



Bailey Savage



Dakota Lawrence



Kynzy Lawrence



Megan Freeborn



Naomi Cruickshank



Nathalie Juarez



Sydney Lawrence



Sydney Perkins





**SCHEDULE**

**THURSDAY, AUG. 30**

**Women's soccer:** WOU at California State San Marcos at San Marcos, Calif., 4 p.m.

**Boys football:** Perrydale at Mapleton, 7 p.m.

**Boys Soccer:** La Salle Prep at Central, 6 p.m.

**Girls Soccer:** Central at La Salle Prep, 7 p.m.

**Girls Volleyball:** West Albany at Central, 6 p.m. Lebanon at Dallas, 6 p.m. Falls City at C.S. Lewis Academy, 6 p.m. Cross-hill Christian, North Clackamas Christian at Perrydale, 1 p.m. and 5 p.m.

**FRIDAY, AUG. 31**

**Men's and women's Cross Country:** Linfield Harrier Classic at McMinnville, TBA

**Women's volleyball:** WOU at Holy Names University, 8:30 a.m., Humboldt State University, 5:30 p.m., at Oakland, Calif.

**Boys Football:** Central at Silverton, 7 p.m. Dallas at South Albany, 7 p.m. Hosana Christian at Falls City, 7:30 p.m.

**SATURDAY, SEPT. 1**

**Men's Football:** Angelo State University at WOU, McArthur Field, 1:05 p.m.

**Women's soccer:** California State University, Dominguez Hills at Carson, Calif., 5 p.m.

**Women's volleyball:** Stanislaus State, 8:30 a.m., Hawaii Pacific University, 5:30 p.m. at Oakland, Calif.

**Girls Volleyball:** Non-league tournament at TBD, 8 a.m.

**Boys and girls Cross Country:** Central, Dallas at Ultimook Race Nike Invitational at Hydrangea Ranch, noon.

**TUESDAY, SEPT. 4**

**Boys soccer:** Crook County at Dallas, 4 p.m.

**Girls soccer:** Scappoose at Central, 6 p.m. Dallas at Crook County, 4:30 p.m.

**Women's volleyball:** Concordia University at WOU soccer field, 7 p.m.

**Girls Volleyball:** Central at Lebanon, 6 p.m. Falls City at Perrydale, 6 p.m.

**Schedules Subject to Change**



Jennifer Halley/Itemizer-Observer

Andy Jackson took over the position of head coach for the Dragons football team after six years of being the team's defensive coordinator.

# Football a metaphor for life

By Jennifer Halley  
Itemizer-Observer

DALLAS – In early May, Andy Jackson took over for his father, Tracy Jackson, as head coach of the Dallas High School football team when Tracy moved to Portland after six years with the Dragons.

"It has been a great experience so far," Andy said.

Football was a family sport for the Jacksons. It's what Andy knew growing up and it became the glue that kept his



our energy and push us to our limit," Button said, "and (he) makes sure we're having a good time while we're practicing."

"He gets us hyped," Chen said, echoing Button.

For many coaches, the approach of the 2018 football season means looking weeks ahead with a hopeful eye toward the playoffs.

Not for Andy.

"For us, we only focus on one day at a time," he said. "I don't talk about wins and losses. If you stay focused on each

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