

SPORTS

Swimming

By Dalton Guy



The swim team had a great year. The swim team sent quite a few members to state and they all did well. This year there were many records broken during swimming season and if the records weren't broken - they were probably within the top five times for that event. The boys' team finished 5th in State. Next year's team will continue to be strong since most members who placed at state were underclassmen. **Abe Gleason** is the swim team coach.

Swimming takes place in the winter at Valley and the practices are before school. The meets are on the weekends and sometimes after school.



Tennis

By Nate Alsdorf

Boy's tennis is coached by **Michael Kilbury** and **Chris Riken**. Coach Kilbury is also a tennis instructor at Tualatin Hills Tennis Center. The team was quite a bit smaller this year. Johnny Bamford, a local student and tennis player, says "I don't think we will do as well as last year because a lot of our players left - but our players have stepped up this year." Andrew Tran qualified for State and the boys show a lot of promise for next year.

Chris Johnson and **Laura Unger** are the new coaches for girls. Senior captain, Stephanie Tran says "We got off to a slow start but it was a good season. We are determined to do well." With over 25 girls on the tennis team this year, there is plenty of challenges and fun.

If you are interested in tennis, grab your racket and get practicing this summer. Both boys' and girls' tennis teams practice after school and if the weather isn't good, the team heads over to Tualatin Hills to practice in the bubble.



Baseball

By Dalton Guy

This year's baseball team was undefeated in the regular season. Their win total this year is almost as many than all the other seasons combined. They clinched the West Valley League title and made it to the state playoff tournament. They were the only undefeated team in the state of Oregon. There is only one team (Varsity) which has 17 kids on the team. The head coach is **John Perrigo** and his assistants



are **Mike Thomas** and **Pat Thomas**. Senior captain Max Casqueiro says "We did pretty well this season since we are one of the best teams in our league." Their games are Monday, Wednesday, and/or Friday.



Practices are on days with no games or if the games get canceled it will be in the gym. Thanks boys for an outstanding season and congrats to John Perrigo for West Valley League Coach of the Year.

Golf

By Nate Alsdorf

The boys golf team consisted of six guys this year (until one member broke his arm skateboarding!). The team played well at districts and qualified for State for the first time since 2001. The girls and the boys have the same coach, **Josh Unruh**.



The girls and guys practice after school each day (except Fridays). They work hard and are determined to do their best. The girls' team is small this year but since they practice every day, they are good players. Golf is a great sport that you can enjoy for many years to come.



Softball

By Nate Alsdorf

The Valley Catholic girls' softball team earned their **second state championship** in softball in the last seven years with a 6-0 shutout over league-rival Willamina. The Valiants who were West Valley League and West Valley League Tournament champions added a state title to their resume at the Oregon State Softball Complex. Junior Sami Picken pitched a two hitter which included thirteen strikeouts, and was named player of the game and also 3A Pitcher of the Year. Tara Baglai was named 3A Co-Player of the Year and **Coach Roni Illias** was also named 3A Coach of the Year. What an amazing season!!!



Earlier in the season, senior captain Emily Keagbine says "We didn't lose a lot of the people who played last year and we are strong on the mound and at the plate." Greta Mannen is the other senior captain and she says "We can have fun with her (Coach Illias) but she still makes us work really hard." The team will miss these two strong seniors but we all have high hopes for a repeat championship team next year.



Track

By Kevin Bellinger

Many students who run cross country usually come out for track and are in the best shape of their lives. Track provides a great experience and everyone is entirely supportive. Track is coached by **Herb Lommen, Tom Manning, Dale French, Tricia Balmer, Tom Rosenthal** and **Nicole Wing**.

The Valiants had some strong individual performances at the state tournament, highlighted by **Jordan Casey capturing the state shot-put title**. Meghan Blood finished second in the 1500 and fourth in the 800. Sarah Imel finished fourth in the 400, Michelle Schafman took fifth in the pole vault, and Elizabeth Emery was eighth in the 3000. The 4x400 relay team of Meghan Blood, Kate Emery, Elizabeth Emery, and Sarah Imel took home a second place finish.



2006-2007 has proved to be an incredible year for Valley Catholic athletic programs! Go Valiants!