

# SPORTS

## Soccer

By Zack Cramer

Do you want to be a part of all that the exciting game of Valley Catholic soccer has to offer? This year the boy's varsity soccer team earned themselves a spot in the Oregon State 3A Tournament. Valley Catholic just announced the hiring of **Leonard Griffin** as the new boys' soccer coach for next year. Leonard currently plays for the



Portland Timbers. Peter Gioia, a freshman at Valley, tells us "The experience of Valiant soccer is one that I have not felt before. My teammates are great and the coaching staff I like very much. In general I have enjoyed my time with this team."

The soccer team practices everyday after school from 3:30-5:00. Usually in a week the team will play anywhere from 1-2 games a week.

Workouts for summer soccer start around August. This is when returning soccer and incoming soccer players come together and scrimmage for about an hour or hour and a half. This is a great way to meet new people and to become familiar with your teammates.



The girls' soccer team also came out of this year with an outstanding season. The soccer team ended up with a winning 8-3 record. The varsity girls are coached by **Oscar Montebalanco** and assisted by **Ivan Munoz**. The girls also practice everyday after school and play once or twice a week. The girls' soccer program consists of a varsity and a junior varsity team. During the summer the girls also practice in the summer scrimmages with the boys' soccer team. All grades 9-12 are invited. See you there.

## Dance Team

By Zack Cramer

Are you interested in joining the dance team? Are you exciting, peppy, spirited, and joyful? If you answered yes to these questions then the dance team is right for you. The dance term this year was headed by



none other than the incredible **Brooke Melton**. Dance team goes year round, so if you want to join you better have lots of time on your hands and be free pretty much of the year. The team practices after school on Tuesdays and Thursdays and occasionally Sundays. The dance team only consists of one team that

competes together. "Dance team is like one big family. We enjoy what we do and we work extremely hard. We hope that the rest of the school can really appreciate what we do, along with all of our hard work and dedication. We had a good season this past year, but next year is sure to be great!" said Carson Olsen, a freshman at Valley Catholic. If you indeed you want to join the dance team you should start to exercise and eat healthy over the summer. It will also help out if you if you dance, start to stretch and work on flexibility.

## Cross Country

By Kevin Bellinger

To join the Cross Country team requires strength, determination, endurance, and heart. The cross country team needs people who will carry the team through districts on towards state. Last year the whole Varsity girls' team



qualified and a limited number of guys ran as well. The best benefits of being on Cross Country are you get to run with Brooks Feldmen and Meghan Blood, two amazing athletes who easily qualified for state. This upcoming year will be under new leadership with two new coaches, **Tom Manning** and **Eric Berge**. A new fresh start will lead to possibly bigger and greater achievements here in the Valley Catholic Community. So far, every single year the cross country crowd has been extremely positive and supportive to everyone on the team.

## Football

By Kevin Bellinger

Summer has hit and kids are going wild over this newly introduced sport to Valley Catholic called football. There are practices over the summer and the team is determined to win games during the new season. Head coach, **John Perrigo**, **Sawyer Smith** (former Portland State Quarterback) and **Mark Harmon** understand the challenges ahead for a brand new team. Valley should be ready to hit the ground running for hopefully another championship team next year. There are conditioning practices being held this summer so contact the Athletic office if you want to participate.

## Basketball

By Dalton Guy

**This year the boys' basketball team won the 3A state title!!** To get to the title game the team beat Santiam Christian 54-50, they beat Riverside 63-37, and in the championship game they beat Regis 52-50 in overtime. The Varsity boy's basketball head coach is **Jeff Gallagher**, who was named co-coach of the year for the West Valley League and 3A State Coach of the Year. The Assistant coaches are **Larry Gallager**, **Leroy Ellis** and **John Perrigo** and the JV2 coach is **Scott Archer**. As most of you know basketball is played in the winter starting in November and lasts until March for the high school level. The games for basketball are after school usually twice a week. Practices are held after school except game days and sometimes on the weekends. Zack Cramer a freshman says, "It was a memorable experience and a great way to meet the kids and the coaching staff for basketball."



The girls' basketball team won 2nd place for 3A State. The girls beat #1 ranked Myrtle Point (35-33) in the first round of the State tournament. Then they beat the #2 team Burns 29-26. They lost 59-39 to Nyssa in the championship game.

The girl's basketball season starts in November and ends in March. The girl's varsity basketball coach is **John Innes** who was named West Valley League Coach of the Year. The current JV coach is

**Pat Thomas**, and the JV2 coach is **Mike Thomas**. Most of the games are on the same day and place as the boy's team. Practices are almost every day except on game days. If you enjoy a fast-paced game then girls' basketball is the game for you. Contact the Athletic Director for the summer practice schedule.