

# Central Valley Conference girls

March 29, 2011

## 1. South Salem

COACH: Rob Wood, eighth year.

LAST YEAR'S DISTRICT PLACE: CVC champions.

ATHLETES TO WATCH:

Whitney Pitalo, jr.: Placed in the top three in the league in three events last season and will be a key athlete for the team again.

Kellen Fredrich, jr.: The district runner-up in the 3,000 as a sophomore, she could win both distance races.

OUTLOOK: The Saxons will be favored to win the league championship behind a stellar distance crew, including Fredrich, Lila Hawkinson, Courtney Hochstetler, Emily Weber and Vivian Hawkinson.

## 2. Sprague

COACH: Brent Charles, first year.

LAST YEAR'S DISTRICT PLACE: Second.

ATHLETES TO WATCH:

Aubreanna Yellow Bird, jr.: The district champion and a state meet scorer in the discus as a sophomore last year.

Bethany Johnson, jr.: A top middle distance runner, she placed fifth in the district in the triple jump last season.

OUTLOOK: Though the team is still young, its strength is its junior class, which should score significant points at the district meet.

## 3. North Salem

COACH: Don Berger, 11th year.

LAST YEAR'S DISTRICT PLACE: Fourth.

ATHLETES TO WATCH:

Alyssa Neal, jr.: A three-event district champion last year, she was second in the state in the

triple jump.

Sarah Lopez, sr.: Had a good cross country season in the fall and will be a threat in the distance races.

OUTLOOK: The team suffered a loss when Maylea Tooze was injured in gymnastics, but the team still will have some individuals who will do well at district and state.

#### **4. West Salem**

COACH: Erich Herber, seventh year.

LAST YEAR'S DISTRICT PLACE: Fifth.

ATHLETES TO WATCH:

Steffani White, sr.: A state qualifier in the 1,500 last year, she will push the dominant South Salem distance runners.

Carley Davis, jr.: A school record holder in the shot put, she is the team's top thrower.

OUTLOOK: The Titans have a mix of experienced athletes and young athletes with potential and could be a top three team in the district.

#### **5. McNary**

COACH: Jake Lucey, first year.

LAST YEAR'S DISTRICT PLACE: Second.

ATHLETES TO WATCH:

Jenna Quesnel, sr.: The defending district champion in the pole vault and state placer in the event, she will compete at Pacific Lutheran in college.

Averi Wing, jr.: Was on both of the Celtics' district-winning relay teams last season and could be a contender in the long jump.

OUTLOOK: The team graduated some stellar athletes from last year but should compete well and some first-time competitors will help as well.

#### **6. McKay**

COACH: Tom Stricklin, fifth year.

LAST YEAR'S DISTRICT PLACE: Seventh.

ATHLETES TO WATCH:

Rachel Domeyer, sr.: A former district champion in the high jump, she will score points in a number of events for the team.

Kelly Cruise, jr.: The defending district champion in the javelin, she also placed in the high

jump.

**OUTLOOK:** The Royal Scots could surprise some people this season. The team has some athletic competitors who could score big points at the district meet.