Sentman hangs up the blue and gold $LION\ TRACK$

Blake Sentman continues senior send-offs for 2017 class



For The Sentinel the Lions returned from the locker room.

the Lions' quarterback.

By Madison Layton

At the time, Sentman's older brother Bryant Sentman was a member of the Cottage Grove High School's basketball and football teams. Blake remembers attending his brother's games, playing on the field or court at halftime and hoping that one day he could follow in Bryant's footsteps.

At eight years old, Blake Sentman

was already on the Cottage Grove High

School basketball court nearly every

game, running onto the court at halftime

and pawing for a loose ball to shoot until

After his older brother was recruited to Oregon Tech, Blake set the same goal to play sports at the college level. Fast forward ten years and Blake is now a senior at CGHS and a

"All the coaches...they just knew me as the little kid they couldn't

keep off the court," Sentman said with a laugh.

four-year letterman in both football and basketball. But he is much more than just a member of these teams; Blake is a crucial element His senior year, Blake showed his prowess in football, taking home League Offensive Player of the Year honors, a First Team All-

When football season drew to a close, Blake didn't. His senior basketball season, he was named Sky-Em Player of the Year and made the league's First-Team roster and earned a spot on Oregon's 4A First Team All-State list.

2B COTTAGE GROVE SENTINEL MAY 17, 2017

Sentman Continued from B1

by none other than Cottage Grove High School physical education teacher and baseball coach Dan Geiszler, a man who has influenced multiple CGHS students to pursue a career in a teaching and

"We were just really impressed with him as a person and as a League (Offense) and First Team All-State selection for his work as player and are really excited that it worked out for him to be coming over here and that he's going to be part of our program next year,"

> Once a student at Lewis-Clark State, Blake plans to study education with the hopes of becoming a physical education and health teacher. The path to teaching for Blake is one that has been inspired

4x400 Relay Varsity - Finals Boys Results

Blake said the decision to keep up the work in the off-season in

"I grew up watching my brother doing that," Blake said. "I also

got to grow up getting to watch him play at the college level...I

Blake accepted an offer from Lewis-Clark State College in Lew-

Though he had offers from other schools for both basketball and

"The coach drew me there just because of how much he liked

football, Blake said it was Rinta that solidified the decision to go to

to connect with his players on a personal level," Blake explained.

'During the recruiting process, you don't really find a lot of coaches

that reach out to you and ask you how you're doing throughout your

Rinta recently completed his sixth year of coaching the Lew-

is-Clark State basketball program and said he is looking forward to

And the first week of May this year, all that work paid off.

iston, Idaho to play basketball under head coach Brandon Rinta.

knew what I had to do to get there."

day before you've even signed."

having Blake on the team.

both sports, which helped him achieve these honors, wasn't a tough

Erick Vallejo Giffen 1 Jacob Woods 11.37a Konrad Raum 5 Cooper Ladd 11.86a Fernando Soto-Cruz 100 Meters Varsity - Prelims 2 Jacob Woods 11.30h

Shot Put - 12lb Varsity - Finals 2 Hunter Hall 43-00.25 4 Cooper Ladd 11.40h

5 Chad Bottorff 3:51.38a

3 Joshua Claflin 41-06.50

2 Hunter Hall 43-00.25

3 Joshua Claffin 40-06.50

9 Jasper Nichols-Ferguson 36-

Discus - 1.6kg Varsity - Finals

9 Jasper Nichols-Ferguson 93-

8 Jasper Nichols-Ferguson 39-

Shot Put - 12lb Varsity - Prelims

Please see SENTMAN PG B2

TEAMS MAKE SCHOOL HISTORY

By Kyle McGowen

For The Sentinel afternoon at Sutherlin High School, the Cottage Grove Lions track and field team continued to reign supreme in the Sky-Em league. For the first time in school history, the boys and coed Lions teams are back-to-back district champions after Thursday and Saturdays events.

As the rain fell on and off Saturday

We were hoping to get out of here with three trophies but to defend your title is always hard," Knutson said. I would say Junction City was the favorite coming in. For the boys to swing it around to pull off the win is pretty awesome."

Led by a balanced effort, the men's team's 162 points earned them a 1st place finish above Junction City. Cottage Grove had seven members of the boys team that scored a combined 16 points who were not seeded in scoring position going into the weekend, which

were big in Cottage Grove's five point win. "It was such a team effort on the boy's side cause while we didn't win a ton of events we had a lot of guy's step and score. Our depth is what won it for us today, for anyone who thinks track is an individual sport, it was a total team effort today on the boy's side. There are too many guys to even mention that stepped it up today,"

Knutson said. On the track, Jacob Woods once again had a big day for the Cottage Grove boys, winning the 100-meter final with a time of 11.37, just edging out Junction City's Jake Rogers. Woods and Rogers once again finished 1st and 2nd in the 200-meter race but Rogers

got the upper hand in that race. "Going into the meet we talked a lot with the kids how this meet was a lot like a boxing match, there was going to be 17 rounds. There were a couple points where I thought Junction City was going to have us on the boy's side," Knutson added. The Tigers boys

finished just 5 points behind the Lions, with 157 points. In the 1500 Konrad Raum's PR of 4:18.90 was good enough for a 3rd place finish. James Talley and Raum had another big showing in the 3000, finishing 2nd and 3rd, with Raum coming just behind Sisters lead man Jordan Pollard. The Lions 4X100 Relay team fin-

ished 2nd in the finals on the boy's team's way to winning districts. The boys field events were highlighted by Hunter Hall, who threw 43' 0.25 and Joshua Claffin throwing 40' 6.5 in the shot put. The Javelin finals also saw Hunter Hall throw 157' 8, good enough for third. But it was Tucker Porter (who also placed 2nd in the triple jump finals, Woods, and Erick Giffen that highlighted the men's field events. Porter and Woods finished 1st and 2nd in the Long

jump for the Lions while Giffen's 6'1 high jump finished led to a

After finishing 11th in last week's Ciochetti invitational, the girls

team had a strong performance, finishing with 170 points, second

behind Sisters' 175 points. Cassidy Herbert won the shot put event,

throwing 30-10.5 while also finishing 3rd in discus. Melissa Powers and Kaitlyn Brooks finished 3rd and 4th respectively in the Javelin finals while Keara Murphy's 4'10 jump was good enough for 2nd in the high jump. "Sisters beat us up pretty good last year (on the girl's side, we knew Sisters would be the favorite again but we thought we had closed the gap on them a little bit," Knutson added. "To come five points within a team like that..." On the track the women's team had another excellent showing from Hannah Albrecht, Sabrina James, and Faryn Dahlen. Albrecht

took the 400, while also finishing 2nd in the 100 and 200 meter

races. James came in second in the 1500 and 3000 while Dahlen

finished 2nd in the 100M hurdles and Tyra Gordon finished 3rd in

the same event. Hudson Weybright also came in 2nd in the 800-me-Up next the Lions will send 18 student athletes to Hayward field in Eugene for the state championships this Friday and Saturday. Knutson, who won the Sky-Em boys coach of the year award along with his assistants, said this coming week's practices will

be "a lot of recovery. A lot of attention to detail and a lot of technique. It's hard to compete with this level of intensity two out of three days so we need to make sure they are fresh for competing at

Sky-Em District Championships 4x100 Relay Varsity - Finals Girls Results 4 Angelica Manuntag 53.75a 100 Meters Varsity - Finals Zarah Wemple 2 Hannah Albrecht 13.00a SR

Because Blake's major will likely take more than the standard 200 Meters Varsity - Finals four year time period to complete, he and Rinta have discussed the possibility of Blake redshirting his freshman year. Blake said this

will give him an advantage of "a year to develop, get stronger, get

coaching hybrid.

used to the system." Blake is now less than a month from graduation, and he plans to

Ducks dominate PAC-12

head to Lewiston in August to begin his next chapter as a college

"I just can't wait to get up there and start meeting the guys and

The Oregon Ducks track and field team rolled again. Eleven consecutive Pac-12 titles for the men's team and nine straight for the women's team. There are few teams that dominate their conference in all of college sports the way the Ducks do in track. If there were any questions if the Ducks would roll again this year, they were put

to bed quickly when both teams opened up the afternoon with a

It was believed by many that it would be a close battle between

"Super surprised by the margin looking at it. We always have

more of an optimistic view, but under the circumstances, I did not

like Alaysha Johnson, who had a time of 12.90 in the 100-meter

"Our girls have a big group chat. Every morning we send moti-

Oregon and USC for the Pac-12 championship this weekend at Hayward Field, but the Ducks dominated. The Oregon men finished the weekend with 175 team points, USC finished second 115.5. The Ducks women scored 189 points, the Trojans finished second with

bang by dominating the 4x100 relays on the track.

think it would be 50 or 60 points," Ducks coach, Robert Johnson said. The women's team entered the final day of the Pac-12 championships trailing in team points, despite Rhesa Foster winning an individual Pac-12 title in the long jump on Saturday. However, they quickly pulled away Sunday with strong performances from those

Oregon rolled, again.

vating messages to each other. Today was basically us against everyone else, and no matter what, we wanted to put our color in front of all the other colors. That was the message - do everything we can do to win," said Johnson. Then the Oregon women got a major boost in the 100-meter race when Ariana Washington, DeaJjah Stevens, Hannah Cunliffe finished 1st, 2nd, and 3rd. Things only got better for the Duck women

the world this year and the fastest Pac-12 championship time ever. Raevyn Rogers also dominated the 800 with a time of 2:02.93. The Duck women were helped by ChaQuinn Cook, who opened the triple jump with a PR of 44-1 1/2 on her first attempt. When asked if it was important to get going early, cook said "It was very important actually, because I wanted to make sure I got it instead of scratching. Having to hurry up last minute, I thought I

was able to have a little freedom and have some fun."

as Stevens won the 200 with a time of 22.09, the fastest time in

Continued on B3

Saturday, the Oregon men's team got a strong performance out

Posted Apr 18, 2017

2 Jacob Woods 23.17a 5 Cooper Ladd 23,88a 6 Chad Bottorff 24.14a PR 200 Meters Varsity - Prelims 2 Jacob Woods 23.70h 3 Cooper Ladd 23.90h

8 Chad Bottorff 24.71h

8 Chad Bottorff 55.11a

400 Meters Varsity - Pinals

400 Meters Varsity - Prelims

800 Meters Varsity - Prelims

8 Eric Cortes 2:15.10h

11 Daniel Dunn 2:18.10h

15 Matteo Liserre 2:29.40h

2:13.96a PR

100 Meters Varsity - Pinals

14 Gavin Ostrander 12.30h

7 Chad Bottorff 53.80h 12 Fernando Soto-Cruz 55.80h Tucker Porter DNF 800 Meters Varsity - Finals

6 Eric Cortes

1500 Meters Varsity - Finals 3 Konrad Raum 4:18.90a PR 6 James Talley 4:25.00a 7 Paesen Timm 4:28.43a

3000 Meters Varsity - Finals

2 Konrad Raum 9:40.70h

3 James Talley 9:42.30h

5 Paesen Timm 9:48.30h

110m Hurdles - 39" Varsity -5 Joshua Claffin 16.93a PR 110m Hurdles - 39" Varsity -

6 Joshua Claffin 17.70h

9 Colton Benner 18.10h

300m Hurdles - 36' Varsity -

7 Colton Benner 45.13a PR

300m Hurdles - 36' Varsity -Prelims 7 Colton Benner 47,00h 9 Joshua Claffin 49.10h

2 Hayden Glenn 44.60a

Cooper Ladd

Chad Bottorff

4x100 Relay Varsity - Finals

Jacob Woods Sentinel

6 Jared Simmons 105-04 9 Jasper Nichols-Ferguson 93-Discus - 1.6kg Varsity - Prelims 5 Jared Simmons 105-04

Javelin - 800g Varsity - Finals 3 Hunter Hall 157-08 8 Brady Covey 134-05 PR

3 Hunter Hall

6-01.00 PR

11 Hunter Hall 90-04

9 Brady Covey 14 Lake Fultz 105-04 PR High Jump Varsity - Finals 1 Erick Vallejo Giffen

7 Joshua Claffin 5-05.00 SR

11 Justin Francis 4-11.00 PR

Pole Vault Varsity - Finals

4 Max Gause 11-00:00

7 Erick Vallejo Giffen

Javelin - 800g Varsity - Prelims

147-02

134-03

6 Cooper Ladd 9-06.00 12 Takoda Brooks 8-06.00 Long Jump Varsity - Finals 1 Tucker Porter 20-08.00 2 Jacob Woods 20-06:00

Long Jump Varsity - Prelims

4 Markus Julien 38-02.25 PR

5 Erick Vallejo Giffen 38-00.50

1 Tucker Porter 20-08.00 3 Jacob Woods 19-11.25 7 Erick Vallejo Giffen 18-08.00 Triple Jump Varsity - Finals 2 Tucker Porter 40-02.00

Triple Jump Varsity - Prelims 2 Tucker Porter 39-09.00 3 Markus Julien 38-02.25 5 Erick Vallejo Giffen 37-08.75

5 Arianna Rodman 26-10.75 200 Meters Varsity - Prelims 2 Hannah Albrecht 28.20h 4 Zarah Wemple 29.30h 12 Katie Geisler 31.00h

400 Meters Varsity - Finals 1 Hannah Albrecht 1:01.77a 6 Payton Cameron 1:07.59a PR 400 Meters Varsity - Prelims 1 Hannah Albrecht 1:02,90h

6 Payton Cameron 1:08,00h

800 Meters Varsity - Finals

4 Zarah Wemple 13.07a PR

100 Meters Varsity - Prelims

2 Hannah Albrecht 13.10h

200 Meters Varsity - Finals

3 Zarah Wemple 28.01a

2 Hannah Albrecht 27.16a SR

5 Zarah Wemple 13.20h

10 Angelica Manuntag

2 Hudson Weybright 2:29.85a SR 7 Nadia Witt 2:48.33a 800 Meters Varsity - Prelims

4 Hudson Weybright 2:40:20h

13 Aramie Nydam 3:06.40h

8 Nadia Witt 2:45.40h

1500 Meters Varsity - Finals 2 Sabrina James 5:08.98a PR 9 Abril Leal 5:45.81a SR 11 Aramie Nydam 5:54.38a SR

3000 Meters Varsity - Finals

4 Hudson Weybright 11:40.60h

100m Hurdles - 33" Varsity -

2 Sabrina James 11:31.30h

8 Abril Leal 12:58.30h

Finals

Prelims

2 Furyn Duhlen 16.97a PR 4 Celeste Pelham 17.62a SR 5 Tyra Gordon 17.76a 100m Hurdles - 33" Varsity -Prelims

2 Faryn Dahlen 16.90h

3 Tyra Gordon 17,40h

7 Celeste Pelham 17.52h

Finals 5 Celeste Pelham 53.04a SR 6 Tyra Gordon 53.40a SR 300m Hurdles - 30" Varsity -

300m Hurdles - 30" Varsity -

6 Celeste Pelham 54.90h 7 Tyra Gordon 55.30h 9 Sydney Boxberger 57.50h

7 Kaitlyn Brooks 26-02.50

Shot Put - 4kg Varsity - Finals

1 Cassidy Herbert 30-10.50

Tailor Mehan

Farvn Dahlen

Sabrina James

Hudson Weybright

4x400 Relay Varsity - Finals

2 Hannah Albrecht 4:20.70a

Shot Put - 4kg Varsity - Prelims 1 Cassidy Herbert 30-10.50 5 Arianna Rodman 26-10.75 7 Kaitlyn Brooks 26-02.50

Discus - 1kg Varsity - Finals 3 Cassidy Herbert 97-01 PR 7 Miranda McCasline 70-01 Discus - 1kg Varsity - Prelims

2 Cassidy Herbert 97-01

10 Melissa Powers 61-02

7 Miranda McCasline 70-01

Javelin - 600g Varsity - Finals 3 Melissa Powers 107-00 4 Kaitlyn Brooks 102-06 8 Sydney Boxberger 89-11 Javelin - 600g Varsity - Prelims

3 Melissa Powers 103-04 5 Kaitlyn Brooks 93-11 8 Sydney Boxberger 82-09 High Jump Varsity - Finals

2 Keara Murphy 4-10.00 10 Sydney Boxberger 4-02.00 Pole Vault Varsity - Finals 7 Hayle Maitia 7-06.00 Chelsea Armstrong NH

Celeste Pelham NH

Long Jump Varsity - Finals 4 Tyra Gordon 14-08.00 Long Jump Varsity - Prelims 4 Tyra Gordon 14-08:00

10 Keara Murphy 13-11.75

11 Lexie Hall 13-10.25

Triple Jump Varsity - Finals 3 Keara Murphy 31-02.50 PR 5 Sydney Boxberger 30-09.00 PR

Triple Jump Varsity - Prelims

5 Sydney Boxberger 30-03.00

4 Keara Murphy 30-03.50

10 Tailor Mehan 27-06.00 PR

f 💆 🖂

HOW HAVE

CHANGED?

Help local

businesses...

Please take this

YOUR PLANS

Senior send-offs continue

asleep, Hannah Albrecht is already in the weightroom.

Grove High School senior has spent her zero period before the regular school day lifting weights in preparation for the season's sport. Soccer, basketball,

By: Madison Layton - Updated: 3 years ago

spent maintaining her 4.1 weighted GPA, her status as ASB president for two consecutive years, involvement in FBLA, Interact, Key Club or AP classes, just to name a few.

"It's pretty phenomenal what she's able to accomplish in

24 hours each day," laughed Cottage Grove High School

Through the first three years of high school and even before, Albrecht struggled with knee injuries, which prevented her from competing in full track seasons. This year is the first that Albrecht has been injury free coming into the track season.

"Junior year, I got a little more serious about [lifting], and as I did, I noticed that I was hurt less and less often because I was getting so much stronger," Albrecht

continue her path as a student-athlete. In the fall, she will be attending the University of Redlands, just east of Los Angeles, where she will compete on the university's track team. Albrecht plans to enroll in the school's five year

simultaneously earning a teaching certification. Her career goal is to become a

Looking at colleges, Albrecht had an idea of what she wanted from a school academically; it was athletics that she was unsure of pursuing. But a spring break trip to the University of Redlands' campus and talks with the head track

meters. She also hopes to make it back to Hayward Field one more time for the state championships. "What an awesome kid. It's going to be bittersweet seeing her go," Knutson said.

"She's been such a great role model for all the other kids, and a pleasure to

Goodbye to our seniors

a nine percent acceptance rate in 2015, and this year, Parent made the cut. "I knew I wanted to get a bachelor's and then try to become a Navy SEAL, but I didn't think I was going to get accepted into the Naval Academy," Parent said. "The competition was really high this year." But a 4.0 weighted GPA, stellar athletic record, including Sky-Em 2016 Boys Basketball Player of the Year and first team All-State selections in both basketball and

football, among other accolades, landed Parent among the few who earn a spot at the academy each year.

■ ○ 🗹

where the academy is located.

and football team's success.

work with."

Though the U.S. Naval Academy acceptance came as somewhat of a shock to Parent himself, those who have known him as an athlete or student during his time in Cottage Grove weren't nearly as surprised. One such figure who has seen Parent progress as an athlete and leader is Assistant Superintendent for the South Lane School District and Cottage Grove High School

As a lifelong athlete, the 5 foot 8 inch senior has also landed offers from a series of smaller schools around the state with offers to continue his athletic career.

Parent has not yet accepted the offer and said he is keeping his options open, however, juggling the decision to stay in state or make the trip to Annapolis, Maryland

Though his post-high school options abound, among the most prestigious of Parent's offers is one from the United States Naval Academy. The academy boasted just

Football assistant coach Kyle Tucker. Tucker coached Parent on the defensive side of the ball for the past three years and was witness to his work ethic on and off the field, citing Parent's extra time in the weight room, watching film and his first-in-last-out practice schedule as markers for his offer from the academy.

"Just the ability for a kid that age to put in the amount of time that he puts in is amazing," Tucker said of Parent. "You don't see that very often." That "extra practice makes perfect" mentality is one that Parent brought not only to football, as Tucker described, but also to the basketball court. Parent said it is

"I just was never one of the kids that would be laying on the couch, watching TV all day," Parent said. "I would be the one that would be thinking, 'If I'm watching TV, then why couldn't I just go out and shoot shots?""

As a lifelong athlete, the 5 foot 8 inch senior has also landed offers from a series of smaller schools around the state with offers to continue his athletic career. Schools including George Fox University and Willamette University have sought Parent out with offers to play football at their schools. Though the U.S. Naval Academy acceptance came as somewhat of a shock to Parent himself, those who have known him as an athlete or student during his time in

field, citing Parent's extra time in the weight room, watching film and his first-in-last-out practice schedule as markers for his offer from the academy. "Just the ability for a kid that age to put in the amount of time that he puts in is amazing," Tucker said of Parent. "You don't see that very often."

"I just was never one of the kids that would be laying on the couch, watching TV all day," Parent said. "I would be the one that would be thinking, 'If I'm watching TV, then why couldn't I just go out and shoot shots?"

Now, with his high school athletics career behind him, Parent is sorting his options, preparing for the next step. But his legacy as a trendsetter and captain both on the court and on the field is one he leaves behind for the Lions' next round of student-athletes.

Saying goodbye to Hannah Albrecht It's 6:45 a.m., and the sun is attempting to rise over Cottage Grove. While the rest of the town is sound

Four days per week for the past four years, the Cottage

For those of you interested in the numbers, she's totaled

year, or around 592 days of her high school career, not including weekend or summer workouts.

volleyball, track — Albrecht's done it all.

Head Track Coach and teacher Ricky Knutson. "That's for sure." The four year three-sport athlete said she has dedicated so much of her time to weight lifting not only because of the competitive edge it gives but also for the benefit of minimizing injuries.

But don't let the injuries fool you. Albrecht has used a combination of talent and resiliency to propel herself to becoming "the foundation of our girl's [track] team," Knutson said, even before this season. Last year, she made the state track and field qualifiers in all four of her events: the 100 meter- dash, 200 meters, 400 meters and 4x400 relay. This included a

finals appearance in the 400 meters, where Albrecht placed seventh.

program, where she can complete a Master's degree in biology while

high school biology teacher as well as track and basketball coach.

running that I couldn't imagine not being part of a team."

said. "Since then, it's been a big thing for me."

Albrecht credits Knutson, her four year track coach and former Health teacher, with the decision to pursue this career path. "Our track coach has probably been the most impactful person in my life," Albrecht said. "He's been a huge inspiration for me."

tree. And though she will not make the trip south to move in until the end of August, she said she is looking forward to getting started. For now however, Albrecht is keeping her sights set on her final track season with the Lions. Her ultimate goal this season is to break a minute in the 400

entinel Cottage Grove

about 148 school mornings spent in the weight room per short survey. This information will help local business and this newspaper get a better understanding of These statistics also don't include the time Albrecht has changes to plan for. Thank you

CLICK TO ENTER

and be sure to

enter for the **\$1,000** drawing.

Her stellar finish and dedication to the sport earned Albrecht the opportunity to



After school years full of football games, basketball practices and off-season lifting, Cottage Grove high school senior Kory Parent is taking this Spring to prepare for

one that he developed at an early age, especially when it came to basketball.

Cottage Grove weren't nearly as surprised.

That "extra practice makes perfect" mentality is one that Parent brought not only to football, as Tucker described, but also to the basketball court. Parent said it is one that he developed at an early age, especially when it came to basketball.

"The culture of those young kids... having good leaders like Kory, helps our younger guys become good leaders," Tucker said. "Then you get those young leaders who step up and keep that tradition moving forward."

Schools including George Fox University and Willamette University have sought Parent out with offers to play football at their schools.

One such figure who has seen Parent progress as an athlete and leader is Assistant Superintendent for the South Lane School District and Cottage Grove High School Football assistant coach Kyle Tucker. Tucker coached Parent on the defensive side of the ball for the past three years and was witness to his work ethic on and off the

That work especially paid off his junior and senior years, after the early morning shooting sessions in addition to regular practices gave him an extra competitive

edge. His work reflected in the Lion's basketball record, bouncing from 5-20 overall Parent's sophomore year to 20-5 his junior season.

"They were key players, and I think our leadership was the best it's been in football," Parent said. During the 2016 and 2017 seasons, Lions' football went 8-0 in league play, while basketball took a 9-2 league record.

But Parent said it was more than just his own work that led the Lions to a stellar two year streak; a core of strong senior starters was also integral to his basketball