

THE BASELINE

LBCC Athletics Department Newsletter

Linn-Benton
COMMUNITY COLLEGE



Winter 2017

MEN'S BASKETBALL

The Hartman Era – yep, we can call it that – officially began with a 76-72 victory over the Tacoma Titans on November 18. But the groundwork for this season was laid long before. Through hard work, unselfishness, and commitment to the team ethic, Coach Everett Hartman and his squad of student-athletes have taken the baton from AD Randy Falk and set their sights even more success to come.

Taking the baton from AD Randy Falk has presented some challenges, but Hartman has relied on his 30+ years of coaching experience at the high school and college levels to keep the program focused and on course. This season, Hartman has enjoyed working with a group of versatile scorers and defenders, giving him multiple options. "I'm proud that our team has been competitive in almost every game this season," Hartman says. "We have had chances to win almost all of our games."



*Hartman encourages the defense from the sidelines.
Photo by Mark Ylen.*

What can we expect to see in a Hartman-coached Roadrunner team? Some hallmarks to look for: an up-tempo style of offense and full court pressure defense, which are popular with the players. Come to a Roadrunner game, and fans might expect their pulse to quicken a bit, too.

Hartman relies on his motivated crew of assistant coaches (Todd Zimmerman, Ron Richards, Joe Challe) to filter team expectations down to the players, but after months of practices and games, how do they stay strong? It's all about the "themes": "We have a Theme for each day of the week, Enthusiasm Monday, Appreciation Tuesday, Focus Wednesday, Unselfish Thursday, Accountability Friday, Gameday Saturday, Rest & Relax Sunday," Hartman says. Structuring the week – not just on the court, but in the classroom as well – helps keep the team on course, so they can continue finding success even as the games pile up and classwork demands take precedence. (As Women's coach Deb Herrold puts it, "the season is a marathon, not a sprint." Just try to run a marathon without a proper training regimen. Actually, don't. That'd be insane!)



For Hartman, that's the real measure of success – giving yourself the opportunities to succeed, no matter what "game" you're in. Could be the last two minutes of a mid-season game against Lane, or the last two hours before a big midterm. If you've put in the work from day one, you're on course to win.

*Sophomore Brodie Marchant (33) pulls up for the jumper as
freshman Cooper Getsfrid (21) boxes out. Photo by Mark Ylen.*

WOMEN'S BASKETBALL

It's year 2 of Women's Basketball's resurgence at LBCC. Sophomore slump? Not with this bunch.

Coach Deb Herrold has noted several signs that this group is rejecting that "slump" idea entirely. For example, the perils of competing in the unfriendly confines of another team's gym. You might expect weaker-willed newbies to wilt under the pressure. However, in an early 5-game stretch on the road, the team won four, leaving Herrold impressed. "I was so pleased with how the girls were able to travel in to an opponent's court and play well enough to win time and again," Herrold says.

Employing Herrold's trademark quick tempo style, the team uses their speed to keep their opponents on their heels. A strong quartet of guards – sophomore veterans Hannah Creswick and Kyia Duvall, and fantastic freshmen Jade Bevandich and Courteney Landis – keep the RPMs high. When the dust settles, the other team is left reeling with those cartoon birds circling 'round their heads.

Of course, having actual sophomores helps resist the "slump." "Our sophomores have provided tremendous leadership," Herrold says. "They have helped build a foundation and culture of the expectation of excellence. Without them, we would not be where we are today." Herrold is particularly proud of how the team has shown growth and maturity off the court as well, maintaining the team work ethic in the classroom. Success on the court is important, but for the program to continue to grow and thrive, Herrold understands academics come first.

But success on the court doesn't hurt! The team is positioning itself to crack into the NWAC playoffs, and hopes to use its speed and disruptive style to shake things up with the powerhouses in the conference.

Sophomore slump? Yeah, right.



*Sophomore guard Hannah Creswick grabs the loose ball and starts the fast break.
Photo by Mark Ylen.*



Coach Deb Herrold draws up a play. Photo by Mark Ylen.

3RD ANNUAL PLAY DAY RETURNS APRIL 8

Join us Saturday, April 8, from 11:00am-2:00pm for LBCC Athletics' 3rd annual PLAY DAY event! Free for the community, PLAY DAY promotes health and wellness by simply trying to have as much fun as possible. Play volleyball, basketball, and more with our student-athletes. Outside, we'll have soccer, croquet, quidditch (for you Harry Potter fans), and a fun 1K/2.5K stroll along LBCC's beautiful Wellness Trail. Rain or shine, it's free, fun, and family-friendly. Contact Michael Winder (winderm@linnbenton.edu) for details.

BASEBALL

Take me out to the ballgame, Opening Day is Feb. 26!

Coach Ryan Gipson and his hungry pack of diamond dogs have set their sights on a successful season culminating in a deep run through the NWAC playoffs this May. "Anything less would be disappointing for this group of young men," Gipson says. Lofty goals, but if anyone can hit those heights, it's our Roadrunners.

With depth of talent at all positions and a large influx of freshmen, Gipson has given himself a welcome challenge: get the best nine on the field at any given time, for every game. Look for a versatile blend of power, speed, and efficiency when we kick 2017 off against Pacific JV on Feb. 26th!



Photo by Elliot Pond.

VOLLEYBALL

It's an understatement to say the 2016 NWAC Volleyball season will have a special place in Roadrunner Athletics history. From Coach Jayme Frazier's 500th career victory, to the undefeated regular season (39-0!) leading to a spectacular 2nd place overall finish, 2016 was pretty great for Roadrunner Volleyball.

Not one to tout her individual accomplishments, Frazier looks back on the season and reflects on this team's chemistry as a specific highlight of the year. "This was a pretty amazing group," Frazier notes. "They exceeded expectations on the court, and did very well in the class as well, exceeding their goal of 3.25 team GPA, hitting 3.45. They just had a contagious work ethic."

The offseason isn't a time to rest on their laurels, either. Frazier is already preparing for an even better 2017 by signing seven players, getting ready for Spring tournaments, and hitting the weight room. Winter term is also typically reserved for the players' heavier course load, so extra hours are added to study sessions. (3.45 GPAs don't happen overnight!)

The offseason is also a time for turnover, as players move onto the next level. (See callout box.) Frazier understands how the landscape can change completely with the loss of even a couple players from her tight-knit bunch, and strives to maintain the culture of success that, as she puts it, can "radiate into every aspect of their lives" at LBCC and beyond.

Look for more news on Roadrunner Volleyball as we prepare to build on last season's incredible success! 2017, here we come!

*Want to help LBCC Athletics honor our 2016 Volleyball team's success and accolades in other sports with **banners** for the Activities Center? Join the **Roadrunner Club** as a sponsor/donor and help us hang some vibrant fabric "hardware" to memorialize our achievements. Complete the form at the end of this newsletter and get on the squad!*

ROADRUNNER FEATHERS (IN OUR CAPS)

Our 2016 Volleyball squad earned some well-deserved awards for their incredible efforts this past season. Roadrunners may be birds, and thus come with their own feathers, but we'll need extra space in our caps if this keeps up!

NWAC Honors

Coach of the Year: Jayme Frazier

South Division All-Star: Alyvia Sams, Montanna Gubrud, Mindy Wilmes

South Division MVP: Chase Bohman

NWAC Baden Volleyball Player of the Year: Chase Bohman

Fall Academic Excellence: Alyvia Sams, Mindy Wilmes



Montanna Gubrud

AVCA (National) Honors

All-American, 1st Team: Chase Bohman

All-American, 2nd Team: Montanna Gubrud

Two-Year College West Region Coach of the Year: Jayme Frazier



Alyvia Sams



Mindy Wilmes



Chase Bohman. The 5'10" outside hitter from Creswell, OR, led the NWAC in kills with 411 (4.6 kps) on a 31.0% kill efficiency and was 12th in digs with 284.

Bohman has officially signed with Oregon Institute of Technology where she will study Respiratory Therapy and continue playing volleyball next season.



Frazier led LBCC to 45 victories this season, most in the NWAC, and a perfect 14-0 in the Southern Region while finishing in the top-5 in the NWAC in hitting percentage (.226), kills per set (8.2), and assists per set (7.6).

Coach Frazier reached a major coaching milestone when she collected career win No. 500 on October 26.

LBCC Athletics greatly appreciates the vital support we receive from our donors, sponsors, and fans in our wonderful community. Please take a moment to visit our webpage, linnbenton.edu/athletics, to find out more about these kind people.

(If you see a business listed there, hey, maybe check 'em out!)

ALUMNI GIVING BACK

Once a Roadrunner, always a Roadrunner! LBCC Athletics gives a huge thank you to Tom Daniels and family for their 6th annual "Poker With a Cause" event. The Daniels siblings, all LBCC alumni, created the event to memorialize their father by raising funds for student-athlete scholarships - this year, raising over \$6000! LB coaches Ryan Gipson, Dylan Jones, and Quinn Hawksworth represented our students at the event. Daniels hopes to top \$10K in funds raised next year. Thanks for paying it forward and giving our students the resources they need to succeed!



L-R: Jan Daniels, former LB Baseball coach Dave Dangler, Todd Daniels, Tom Daniels

2017 LBCC BASEBALL Home Game Schedule

(weather permitting)

Feb. 26, 12:00pm -- vs Pacific JV* (2 games)
Feb. 28, 3:00pm -- vs Lane*
March 17, 12:00pm -- vs Concordia JV* (2 games)
March 18, 12:00pm -- vs Corban JV* (2 games)
April 1, 1:00pm -- vs Clackamas (2 games)
April 4, 3:00pm -- vs Linfield JV *
April 8, 1:00pm -- vs SWOCC (2 games)
April 14, 1:00pm -- vs Clark (2 games)
April 21, 1:00pm -- vs Lane (2 games)
April 29, 1:00pm -- vs Mt Hood (2 games)
May 5, 1:00pm -- vs Chemeketa (2 games)
May 12, 1:00pm -- vs Edmonds* (2 games)
May 13, 1:00pm -- vs Edmonds* (2 games)

*non-league game

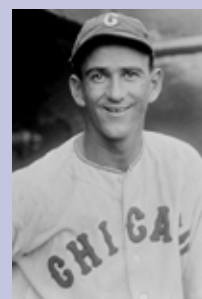
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Did You Know...

The record for most foul balls hit in a single plate appearance: 24, by Chicago White Sox shortstop Luke Appling in 1940. The result? He eventually earned a walk. That's persistence!



Pictured here,
not fouling off
any pitches.
Or is he...?

Join the **Roadrunner Club** and help support successful student-athletes at LBCC! Use this portion of *The Baseline* to make your tax-deductible donation, or to request more information on how you can be part of the squad. Or donate now at www.linnbenton.edu/foundation.

Your contributions help our student-athletes succeed on the field, court, and in the classroom, on their way to becoming all-stars in our community! Thank you!

Your Name: _____

Email Address: _____

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Mail this form to:
LBCC Athletics
attn: Gayle Rushing
6500 SW Pacific Hwy
Albany, OR 97321

You may specify a program for your donation, or simply contribute to the department. Please mark the appropriate box here:

☐

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Athletics Department

We graciously accept tax-deductible donations via check written to our college nonprofit, The LBCC Foundation.
For more information, call 541-917-4266 or email rushing@linnbenton.edu.