

# THE BASELINE

LBCC Athletics Department Newsletter

Linn-Benton  
COMMUNITY COLLEGE



Fall 2017

## VOLLEYBALL

With a team culture that eschews awards and accolades in favor of focusing on the job at hand, it's no surprise the 2017 edition of Roadrunner Volleyball isn't looking backwards to last season (and that undefeated streak... and yes, all those awards and accolades). For Coach Jayme Frazier and her student-athletes, it's all about getting the job done right now, striving for excellence no matter what challenge you face.

"This year we have really placed the focus on 'doing your job.' Paying attention to detail and bringing it, every time, to practice, conditioning, the game, and even the classroom," Frazier says.

With a big batch of talented freshmen, along with a core group of sophomore vets, Frazier has taken advantage and spread the strength around the team more. "Everyone has to play an integral role in order to make it all come together," she says. The results have been, perhaps not surprisingly, pretty awesome: with a few more road games to go in the regular season, LBCC sits at 28-8, having clinched another playoff berth.

Frazier commends her sophomores (Montanna Gubrud, Sara Fanger, Kylene Briggs, Katelyn Allen) for establishing the culture of excellence with the new freshmen. "They are mentors on and off the court," Frazier points out. "They work hard, have fun, and continue to learn and adapt," she says, which has helped make for a more seamless transition from last year to this one.

Our Roadrunners will rely on their team culture as they move towards the playoffs, where "doing your job" means keeping a laser focus on that championship ring. Follow all the action at [nwacsports.org](http://nwacsports.org) as we make some noise in the 2017 NWAC Playoffs starting November 16!



**2017 roster.** Back row, L-R: Sabrina McDowell, McKya Filley, Sierra Mauro, Montanna Gubrud, Grace Phillips, Kylene Briggs, Kaylee Rodriguez. Front row: Katie Allen, Bailee Tally, Jenaya Wright, Madelynn Norris, Elizabeth Weber, Sara Fanger, Kya Knuth.

Keep tabs on all  
Roadrunner Athletics  
news and events:

[linnbenton.edu/athletics](http://linnbenton.edu/athletics)  
[nwacsports.org](http://nwacsports.org)



# LBCC VOLLEYBALL DIGS PINK FOR CANCER RESEARCH

On Friday, October 13, in one of the more important outreach efforts for our program, LBCC Volleyball held its annual "Dig Pink" game to help raise funds for breast cancer research. Every year, we partner with the national Side-Out Foundation to raise awareness for this important cause. Youth players from the Albany YMCA's Volleyball Academy were on hand as well, joining in some fun on court between sets. Look for this special event in the 2018 season and join us for a great game supporting a great cause!



Coach Jayme Frazier covers X's and O's with freshmen Jenaya Wright and Elizabeth Weber during a time out. (Photo by Angela Scott.)

## WOMEN'S BASKETBALL

Roadrunners (the actual birds) may stay close to the ground, but there's no flying under the radar anymore for the LBCC Women's Basketball team. After earning a spot in last year's playoffs, the other teams in the NWAC will be gunning for us. Good thing Coach Deb Herrold has her squad primed for success.

"The team is bonding, working hard to establish the same competitive drive as last year," Herrold says. "We'll look different this year with many new players, but the goal remains the same: have high expectations of ourselves and each other, and bring a focused work ethic every day, on and off the court."



Coach Deb Herrold in a 2017 game.  
Photo by The Commuter

Coach Herrold will lean on her lone returning starter, sophomore point guard Courteney Landis, to lead a group of talented freshmen who need to step into big roles immediately. The NWAC South Region is always tough, but our Roadrunners are looking forward to the challenge. Catch the first home game Dec. 1 as we take on Blue Mountain CC!



Coach Everett Hartman and players volunteering at the Albany Boys & Girls Club.

the squad. Thankfully, it's a deep pool of talent. "Our overall depth is much better this year, and we definitely have some shooters," Hartman says. "We'll continue to play up-tempo, with full court pressure and a fast break philosophy. Play hard and have fun, that's our motto."

Hartman has set higher goals for the team's academic achievements this year as well. Sounds like the points - and the papers - will be coming fast and furious by the time the league season begins in early January. Catch these Roadrunners while you can - blink and they might already be half-way down the court or all the way in the study hall.

## MEN'S BASKETBALL

When LBCC Men's Basketball kicks off the 2017-18 season (on the road in Tacoma), you'll see a few new faces in the starting lineup - all five faces, to be precise. With all of last year's starters moving on, Coach Everett Hartman has the challenge of identifying who's out there at the opening tip-off, as well as what strengths and weaknesses he has in the batch of ten new freshmen added to

# ROADRUNNERS GIVING BACK

While our Volleyballers focus on the court and the classroom, our Basketball and Baseball teams have picked up the community outreach baton and used part of their offseasons to volunteer with local organizations.

## **Basketball**

We all know getting up early Saturday morning can be tough. For college students, it's even tougher! But for our student-athletes, it's a small price to pay for the opportunity to get out in the community and work with kids. Across three Saturday mornings this Fall, both Women's and Men's teams partnered with the Albany Boys & Girls Club to offer free basketball clinics for local kids. Dribbling, passing, shooting, it was all in there. Lots of learning, and lots of smiles, too! (For the record, the camps started at 10:30am, so it wasn't actually that early. By college student standards though, that's like waking up before a rooster.)

## **Baseball**

Our very own 'boys of summer' chose to devote part of that time volunteering with Whelan Event Services at OSU Football games. It was a great way to connect with our local 4-year university, and it was a team fundraiser to boot! (In fact, the most successful team fundraiser to date, Coach Gipson says.)

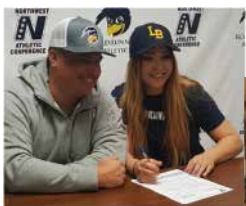
Every year, our Roadrunner student-athletes give back in multiple projects throughout our community. On campus, you can find them volunteering with our annual Children's Theater production, Welcome Day, College Night, and other college-wide events. In the community, our student-athletes have supported Heartland Humane Society, Altrusa International, Oak Creek Juvenile Correctional Facility, the Albany Boys & Girls Club, and more.

Consider paying all of this goodwill forward by contributing to the athletic and academic success of these wonderful young men and women. See the last page for details on how to be part of the team as a booster!

## **ROADRUNNERS OF THE FUTURE...**

Over the summer, Coach Herrold signed three key pieces to the 2017-18 team.

Welcome Maddy, Maggie, and Megan to the Roadrunner family!



## **...ROADRUNNERS OF THE PAST**

They may have left the LBCC nest, but these Roadrunners are still keeping the rally going. The following alumni are playing Volleyball at the next level:

*Chase Bohman (OIT)  
Samantha Rouleau (Corban)  
Elle Verschingel (NW Christian)  
Sydney Amundsen (Multnomah U.)  
Amber Parker (Corban)  
Cara Wonsley (Whitworth)  
Malie Rube (Southern Oregon U.)*

And former Roadrunners assistant coaching at the next level!

*Jessica Morrison, Mindy Wilmes,  
Kori Iverson, Kristina Crivello*

## **ATHLETICS DINNER - A BIG SUCCESS**

Our first Athletics Dinner on June 2, celebrating the year of Roadrunner Athletics, was a big success. Delicious food, great company, and a lot of accolades and awards to talk about (sorry, Coach Frazier, we have to toot our own horns sometimes).

Thank you to all the staff and volunteers who made it happen, especially the students from LBCC Event Management program.

Stay tuned for information about the 2017-18 Athletics Dinner, happening next June!



# BASEBALL

We're months away from opening day, but Coach Ryan Gipson already likes what he's seen so far from his 2018 squad. Several key sophomores returning from last year's playoff team have been leading the pack: "They have taken charge and have been good examples for our incoming players," Gipson says. Good to see that winning culture being shared with our fresh crop of Roadrunners!



Photo by The Commuter

## ROADRUNNER BASEBALL ALL-STARS

Congratulations to the following student-athletes who were selected to the 2017 Southern Region and All-Region All-Stars:

### SOUTHERN REGION ALL-STARS

#### First Team

Infielder: Damon Peters; Outfielder: Caleb Smith  
Pitcher: Travis Sanders; Relief Pitcher: Trevor Wells  
DH: Joshua Congdon

#### Second Team

Infield: Colton Cosner, Tate Cowden  
Pitcher: Donte Glover

#### Southern Region Gold Glove

Logan Meadows, Cole Carder

### 2017 ALL-NWAC ALL-STAR

#### First Team

Trevor Wells, Relief Pitcher

#### Second Team

Joshua Congdon, DH

### 2017 ABCA/Rawlings All-American

Third Team, Pacific Association  
Trevor Wells, Relief Pitcher

## COACH GIPSON LEVELS UP

Congratulations are in order! Ryan Gipson was recently given a promotion to Assistant Athletic Director - Development Officer, in acknowledgement of all the great work he's done - and will continue doing - to build not only his program (see the turf project below), but also add resources to the entire LBCC Athletics department.

The position will be focused on fundraising, so if you want to thank Ryan, and maybe make his job a bit easier, talk to him about making a donation to Roadrunner Athletics!

## EXTREME MAKEOVER, ROADRUNNER EDITION

A big change is in the works for the ol' baseball diamond - we're getting turf! The field will be transformed over the next few months into the weather-resistant gem our baseballers deserve. (No word yet on how sad the players might be that they don't get to pull weeds in the offseason anymore.)

Special thank you to Del Barber Excavation for donating time and materials for the gravel base layer. That gift alone is our largest since Coach Gipson took the helm three years ago. Also a very special thank you to Dan Segel and the Corvallis Knights for the initial pledge to get the project started. Without these contributions, the turf project just wouldn't happen. Beep beep!

But wait - there's more! After the 2018 Basketball season, we're getting a new court as well! This may be LBCC's 50th anniversary year, but we're about to look and feel 30 years younger.

## 2017-18 LBCC BASKETBALL Home Game Schedule



Nov. 21, 7:00pm (M) - vs. Multnomah Univ JV\*

Dec. 1, 6:00pm (W) - vs. Blue Mountain\*

Dec. 6, 7:00pm (M) - vs. Willamette JV\*

(\*non-region)

**Jan. 3**, 5:30pm (W); 7:30pm (M) - vs. **Clark**

**Jan. 13**, 2:00pm (W); 4:00pm (M) - vs. **Chemeketa**

**Jan. 24**, 5:30pm (W); 7:30pm (M) - vs. **Lane**

**Jan. 31**, 5:30pm (W); 7:30pm (M) - vs. **SW Oregon**

**Feb. 3**, 2:00pm (W); 4:00pm (M) - vs. **PCC**

**Feb. 7**, 5:30pm (W); 7:30pm (M) - vs. **Umpqua**

**Feb. 14**, 5:30pm (W); 7:30pm (M) - vs. **Clackamas**

**Feb. 24**, 2:00pm (W); 4:00pm (M) - vs. **Mt. Hood**

### Did You Know...

The record for scoring a basket in each of the 48 contiguous US states is: 8 days, 5 hours, 33 minutes, set by three men in April 2010.

(Obviously they had no qualms about traveling violations.)



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](http://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:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

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:

☐

**Volleyball**

☐

**Women's Basketball**

☐

**Baseball**

☐

**Men's Basketball**

☐

**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](mailto:rushing@linnbenton.edu).