Updated News and Information:

07/01/2014 @ 09:56:19 AM:

Flyers for Alec Wisthoff's summer tennis camps are posted on the left side of the page. Alec graduated in 2013 and now plays at Linfield. He will be running camps starting July 8 for kids who are new to the game and other camps for High School Varsity and JV-level players. Some experienced younger players will be allowed into the high school camps. Please email sherwoodtennistodd@gmail.com and/or alecwisthoff@yahoo.com if you want to be approved for the high-school level camps.

06/04/2014 @ 09:33:50 PM:

Learn to Play Tennis!!!

Free Lessons from the Sherwood High tennis coaches and players

Girls and Boys ages 10+

Tuesday and Thursdays 6:30 – 8pm

June 17 through July 2

(other sessions may follow this summer)

Laurel Ridge Courts

Bring water and a racquet (if you have one – otherwise we’ll have a few you can borrow)

Keep an eye on www.sherwoodtennis.com for updates (especially on rainy days)

Email questions to sherwoodtennistodd@gmail.com

05/27/2014 @ 07:19:25 AM:

SHS Mixed Dubs tournament is May 30-June 1. Entry is due by Wed, May 28th (entry form is posted to the left). See email for details.

05/27/2014 @ 07:17:51 AM:

Our end-of-season tennis banquet will be Wed, May 28th at 6:30, Laurel Ridge Middle School cafeteria. See email for details.

05/11/2014 @ 10:01:31 AM:

There will be an optional varsity only practice tonight from 6 - 7:30 at Laurel Ridge courts. Do NOT attend if your family has mothers day plans,

05/09/2014 @ 06:52:06 PM:

The varsity team dinner scheduled for May 13 at the Rooney's will be rescheduled since there is now a match at Wilsonville that day. It will be scheduled after districts-date to come soon.

Thanks,

Connie Rooney

05/09/2014 @ 02:13:44 PM:

The JV district tournament tomorrow has been cancelled. Sorry! :(

05/09/2014 @ 12:23:39 PM:

Today's match at Wilsonville has been postponed to Tuesday. Don't forget to go to the media center after school today to complete your tennis evaluations. Check back if we schedule an optional practice if you're in town. Thanks and have a great weekend! :-)

05/08/2014 @ 08:25:02 PM:

Friday at 3 pm all JV and varsity players need to meet Mr Ramp in the Media Center to complete your evaluations. After that, you are free to go. We've decided to cancel practice and give you all a break. Have a great weekend!

05/08/2014 @ 01:41:23 PM:

Today's match with Sandy has been cancelled and rescheduled for Monday. Indoor practice today at LRMS at 4:15-5:15. Bring tennis stuff and running shoes.

05/08/2014 @ 01:40:44 PM:

Today's match vs. Sandy has been rained out. Rescheduled for Monday, May 12.

05/08/2014 @ 09:12:21 PM:

ALL JV and Varsity tennis players: Please call, email, facebook or text your customers about the flower basket pick-up this Friday, 5/9 from 10 am to 4 pm at the covered area by the concession stands at the track. Tell your customers the earlier the better because there's a track meet there starting at 2:30. Every one of your customers should get a reminder of pick up and a big thank you. You want them to buy again next year!

05/05/2014 @ 02:11:34 PM:

Today's match at Wilsonville is still on as of now. No early release and bus will leave at 3:05 so dress quickly. Go Lady Bowmen!

04/25/2014 @ 01:13:56 PM:

Today's match against Putnam has been canceled. It's rescheduled for May 7th. Indoor practice today at LRMS gym from 4:15-5:15. Bring tennis racquet in case it's decent outside. Happy Friday! :)

04/23/2014 @ 11:29:06 AM:

Today's match against Putnam has again been canceled. It's rescheduled for Friday, 4/25. Indoor practice today at LRMS gym, 4:15-5:15. See you then!

04/22/2014 @ 02:16:13 PM:

Today's varsity match with Putnam HS has officially been canceled, as has the JV's match with Lake Oswego HS. The varsity match is rescheduled for tomorrow (Wed., 4/23). Varsity and JV teams will have an indoor practice at LRMS gym from 4:15-5:15 pm.

04/17/2014 @ 01:59:52 PM:

Today's Practice (Thursday) for JV and Varsity is at EDY Ridge gym from 4-5:15 or so. See you then.

04/15/2014 @ 12:47:50 PM:

Varsity parents: BBQ Duties doc is posted (on left) so you'll know what to do when it's your turn. If you have any questions please ask Josie or Connie. Thanks!

04/15/2014 @ 11:33:23 AM:

The Match Schedule (link on left) has been updated to include some additional JV matches with Lake Oswego and Tigard, and a JV Invitational Tourney on May 3 while Varsity is at the Bend Tourney.

~Connie Rooney

04/12/2014 @ 08:40:02 PM:

Hi Ladies!

There will be an optional practice tomorrow at 11am to 12:30ish at laurel ridge if you wanna come out. I'm willing to help you work on whatever you need help with. :D

Coach Penny

04/06/2014 @ 12:11:14 PM:

New Gazette article: Take a look

http://www.pamplinmedia.com/sg/80-sports/216110-75065-sherwood-girls-to-have-a-new-look

04/06/2014 @ 11:47:59 AM:

Today (Sunday): Optional practice at LRMS courts at 4:00-5:30 pm for anyone who would like to join me. It's not supposed to rain this afternoon, but if it does, then it's canceled.

This week:

Monday: JV & Varsity travel to play Liberty HS. Excused at 2:30, leave at 2:45. Should be good weather! Might even need sunscreen. :)

Tuesday: Varsity: Late practice (5:15-7 pm) at LRMS. JV (4:00-5:30) at SMS courts. Encourage Allie S as she will go back to Milwaukie with the boys to play her singles match.

Wednesday: JV & Varsity at home against Parkrose HS. Try to be at the courts no later than 3:30 pm.

Thursday: Varsity: Late practice (5:15-7 pm) at LRMS. JV (4:00-5:30) at SMS.

Friday: JV & Varsity at home against WILSONVILLE HS! Try to be at the courts no later than 3:30 pm

04/04/2014 @ 12:09:42 PM:

JV Girls- Match has been rescheduled for TODAY! Please be outside and ready to go by 3:00pm(Make sure you have all your belongings). We will head over there as a team! :) I will meet you there GO LADY BOWMEN!

Coach Penny

04/02/2014 @ 11:32:04 AM:

Today's practices:

JV at Snyder Park courts, 4:00 - 5:30 pm

Varsity at Charbonneau outdoor courts. 3:30-5 pm Text Cambria if you need a ride.

Varsity: Milwaukie has said they only have 6 players for tomorrow, just so you know.

Wet practice (JV & Varsity): LRMS gym 3:15-4:15 pm

04/01/2014 @ 08:27:28 AM:

Tues, 4/1/14

If we don't get rained out, you are excused from class at 2:30 pm. Get dressed quickly; bus leaves at 2:45 pm. They try to let us know if we are rained out by 1 pm and I'll post here.

03/30/2014 @ 01:11:38 PM:

This week: Monday, 3/31 through Friday, April 4 Matches begin!!

Varsity practice, early 3:15- 5 pm at LRMS courts

JV practice, 4 - 5:30 pm at SMS

If wet, JV and Varsity practice at LRMS gym from 3:15- 4:15 except on 4/3 (I'll find another gym, if needed and post)

Tuesday, 4/1 JV and Varsity matches at Putnam, Remember to bring goodies for your secret sister!

Thursday, 4/3 Varsity match at Milwaukie (NO secret sister)

JV match at Newberg (NO secret sister)

03/20/2014 @ 07:18:18 AM:

Thursday Practice 3/20/14

Please meet at Laurel Ridge at 3:30pm to complete the team run. Boys match starts at 4pm. Coaches would like to see you support the boys as well as complete a mini activity while they play. We ask that you stay for at least a set, or 1 match.

Unfortunately, there is no actual tennis practice today due to lack of court space.

03/18/2014 @ 12:07:47 PM:

This will be for all week-

If dry:

JV - 4pm-5:30pm @ SMS.

Varsity - 5:15pm - 7:00pm @ LRMS. (Late Start all week)

If wet, all girls at Laurel Ridge inside practice 4:15pm-5:30pm.

03/17/2014 @ 07:58:12 AM:

Hello Ladies!

If dry:

Varsity - 5:15pm - 7:00pm @ LRMS. (Late Start all week)

JV - 4pm-5:30pm @ SMS.

If wet today, all girls at Laurel Ridge inside practice 4:15pm-5:30pm.

03/14/2014 @ 10:26:43 AM:

Pictures are scheduled for 2:30pm today. Please be early so we can use our time effectively.

If it continues to rain, we will have practice inside at Laurel Ridge (probably stay only until 4 or 4:30). Please make sure you bring spare clothes to change so you do not have to wear your uniform during practice.

Thanks!

03/12/2014 @ 09:06:24 AM:

Varsity - 3:15-5 @ Laurel Ridge

JV - 4:00-5:30 @ SMS

Please make sure you are early so we can start on time! :)

Please make sure to bring any checks for Josie Adams/Connie Rooney as well as the apparel order forms TODAY. The sooner all the forms are in, the sooner we can order! :) Thanks!

03/11/2014 @ 11:42:51 AM:

Hoping we stay dry today!

Varsity - 3:15-5 @ Laurel Ridge

JV - 4:00-5:30 @ SMS

Please make sure you are early so we can start on time! :)

03/10/2014 @ 02:38:54 PM:

We are on a wet schedule - ALL girls in the gym at LRMS from 3:15-4:15. If you need a ride, contact one of the older girls.

03/10/2014 @ 01:28:29 PM:

Today's Practice 3/10/14

Dry Schedule

Varsity 3:15-5 LRMS

JV- 4-5:30 @ SMS

Wet Schedule - ALL girls in the gym at LRMS from 3:15-4:15. If you need a ride, contact one of the older girls.

Apparel Order Form is up! Buying this apparel is completely optional - it is different from the uniform. Also, to the parents, please order if you want something. Making multiple orders makes it harder on Adam's Screenprint and more costly the second time around so we plan on placing just one order. Please turn the forms in to Coach Penny and make your check payable to SHS Girls Tennis.

03/09/2014 @ 12:28:06 PM:

Dry Schedule for the week

Varsity 3:15-5 LRMS

JV- 4-5:30 @ SMS

Wet Schedule for the week

ALL girls in the gym at LRMS from 3:15-4:15. If you need a ride, contact one of the older girls.

Hoping for a dry week! 🎾

03/08/2014 @ 09:49:34 AM:

Welcome and congratulations to the 2014 VARSITY Lady Bowmen Tennis Team!

1) Amy Marks

2) Cambria Rooney

3) Allison Schwarm

4) Megan Kittel

5) Sabrina Adams

6) Emily Price

7) Tiffani Williams

8) Erica Lee

9) Marisa Whitley

10) Allison Marti

11) Anna Fechter

12) Meghan Howard

13) Allison Clark

14) Danyel Meserve

For those of you who made JV, there will opportunities to get pulled up to varsity for practices or matches if you are working hard and improving throughout the season.

Congratulations! Welcome to the 2014 Lady Bowmen Tennis Team!

03/07/2014 @ 04:19:55 PM:

Tonight's practice (Thurs, March 6) if it's wet is at Archer Glen Elementary from 5:15-6:15. If dry it will be at LRMS courts.

Tennis Order Form has been posted. If you would like to purchase something, please print out form. However, do not turn in until teams have been decided (that way if you are on Varsity and you want that to be on the sweatshirt, you will know). Thanks! (Buying this stuff is completely optional).

Also, to the parents, please order if you want something. Making multiple orders makes it confusing and harder on Adam's Screenprinting as well as more costly the second time around. Thanks, Coach Penny. If you have any questions, please feel free to ask!

02/27/2014 @ 08:39:30 AM:

It’s time for the official start of the tennis season! Practices start Monday, March 3rd. You will only be able to attend practice if you have registered for tennis at school and have gotten your physical form turned in if it’s your year for a physical (if you’re new to sports or freshman or junior). You must register now so you can practice on Monday. Tryouts last only one week so you don’t want to miss a practice because of a missing form!

Practice time March 3rd-7th: all players 5:15 PM – 7:00 PM at LRMS. Be ready to BEGIN practice at 5:15 so arrive early and be ready

Rain schedule updates will be posted here. Rainy day practices will be the same start time as regular practices with all players in the gym at LRMS. Players will also receive text updates from Cambria Rooney and Amy Marks (your team captains) or from your coaches.

Upcoming dates:

March 7 - varsity and JV teams will be announced

March 10 – uniforms distributed, fees due

March 14 – team pictures

We will plan on distributing uniforms on MONDAY, MARCH 10th during practice. We will need to collect a check for $50 payable to SHS Girls Tennis. This deposit check will be held (not cashed) until the end of the season when the uniform is returned in the same condition it was checked out. Care instructions will be given to your daughter when she gets her uniform.

In addition to the uniform deposit, we will also need to collect a Tennis fee of $60 per player payable to Josie Adams (this fee was adjusted somewhat from the tennis meeting based on the number of girls who signed up for tennis). This fee will cover the cost of the Tennis Booster Club Auction basket in the Fall, gifts for coaches and seniors, and the home match BBQs. As we mentioned at the Tennis Meeting, it has been a tradition for the girls tennis team to host BBQs for all home matches. The BBQs are held at Laurel Ridge courts and are for all JV and Varsity players, their families, and the visiting team and their families. These BBQs are staffed by Varsity team parents, and we will have a schedule out soon. As with most sports at SHS, we have found that it is easier to collect all fees at the beginning of the season instead of continuing to ask families for money throughout. Your help in getting this accomplished on Monday March 10th is greatly appreciated.

In order for your daughter to get her uniform on Monday, March 10th, we will need BOTH checks.

If you have any questions please feel free to email:

Connie Rooney at Connie@RooneyFamily.com, or text 503.330.9771

Josie Adams at AdamsInOregon@aol.com, or text 971.404.6911

Looking forward to a great 2014 Season! Go Lady Bowmen!

02/26/2014 @ 04:46:03 PM:

Welcome to the 2014 tennis season!!

Practice schedule for the week of March 3-7:

5:15 PM – 7:00 PM at LRMS

02/18/2014 @ 10:54:20 AM:

Linfield Women's Tennis Roster: http://www.linfield.edu/sports/roster.php?sport=wt

07/01/2013 @ 08:09:21 AM:

Due to July 4th Holiday, there will not be a youth tennis clinic this week.

We may try to do some make-up days later on in the summer so we will be efforting to obtain email addresses from all parents.

06/13/2013 @ 05:44:57 PM:

June 13 Update: courts have lots of puddles so we are cancelled for tonight.

06/13/2013 @ 04:26:30 PM:

Unless the courts miraculously dry out in the next two hours, tonight's youth clinic is cancelled. We won't ever go if courts are wet.

06/05/2013 @ 01:59:52 PM:

Youth tennis clinics will begin June 13th and held on Thursday's from 6:30-8:00 pm at Laurel Ridge.

05/28/2013 @ 05:59:44 PM:

Family banquet is Wednesday, May 29th at 6:30 at Edy Ridge.

05/14/2013 @ 05:00:53 PM:

State Info Below:

We have a one-way bus on Thursday for all SHS tennis players that want to attend and support your team. If you're not participating you need a pre-arranged absence. We would love to have as many people as possible cheering on YOUR TEAM.

The brackets are linked below but we will have players playing at 11:00 am and, hopefully, again at 3:30 and at 5:00. It will be a long day but it is very fun with tons of great tennis.

The bus will depart from SHS at 9:30 on Thurday. We will have lots of parents out there so there should be plenty of vehicles headed back to Sherwood after the 5:00 pm matches if you need a ride.

Again, this is a one-way only bus to Tualatin Hills in Beaverton. We want as many folks as possible on it but you need to find your own way home. And, if you're not playing, you need a pre-arranged absence.

http://osaa.org/tennis/2013/6a5agthtcschedule.pdf

http://osaa.org/tennis/2013/brackets.aspx/gtn/5a-doubles

http://osaa.org/tennis/2013/brackets.aspx/gtn/5a-singles

05/07/2013 @ 09:41:54 AM:

TUESDAY: DISTRICT PLAYERS AT LR 5:30-6:30

WEDNESDAY: GET PRE-ARRANGED ABSENCES. ATHLETES ARE DISMISSED AT 9:15, AND BUS WILL DEPART FROM SHS AT 9:30. PACK LIGHT CUZ WE'RE SHARING BUS WITH THE FELLAS.

05/05/2013 @ 08:39:02 PM:

Bus will leave Safeway parking lot at 7:30 Monday morning for Tualatin Hills. Girls need sunscreen, water, money for food and snacks. Blankets are also a good idea for spectators.

05/03/2013 @ 08:30:25 AM:

Friday: Varsity - Off. Hydrate this weekend !! Start now, but don't oever-do it.

Saturday: JV District Tourney at Parkrose. JV'ers, your goal is to...........DOMINATE !

05/02/2013 @ 05:13:01 PM:

For those that want to go to districts, we are leaving the Safeway parking lot at 7:30 a.m. on Monday. Varsity team members do not need a pre-arranged absence on Monday, but JV players do. We will be in Beaverton all day at Tualatin Hills Rec Center. For Wednesday, all players need to talk to Shari Ramp about a pre-arranged absence.

Recaps from Sunriver Tourney and our last 3 league matches are now posted below.

05/02/2013 @ 05:04:19 PM:

Sandy Recap:

Completed our 3rd consecutive unbeaten season with a very nice 7-2 win at Sandy High School. It was a fun trip with a great bus ride and a perfect way to cap off our 2013 conference season. We have now won 42 straight league matches and 54 of our last 55.

In singles, we got wins at the # 1 and # 2 spot from Courtney Mostul and Nancy Nguyen. Mostul fed off of the huge crowd support and defeated Haily Fisher 6-3, 6-2. Fisher is an excellent player who will be seeded # 2 for singles in next week’s district tournament so this was a very solid win for us. Meanwhile, Nguyen obliterated Sandy’s Christian Schlaht 6-1, 6-1. This was a great win for Nancy as she had previously struggled with this same opponent.

At # 3, Savanna Davis dropped a 5-7, 1-6 decision to Sandy’s Lindsey Shields. Both players were happy that they didn’t have to re-live their 3 hour marathon from their previous meeting which Davis won in dramatic fashion.

At # 4, Taylor Mathews lost 3-6, 3-6 in a match that was closer than the score indicates.

In Dubs, we won all five while extending our conference wining streak to 121. Oregon sports historians are frantically searching the record books to see if our feat is an all-time state record.

At # 1, Carley Mills and Kelsey Niebergall completed another perfect conference season with a 6-0, 6-2 win. This victory will secure the # 2 overall seed for the district tournament for this deserving and dynamic duo.

At # 2 Amy Otis and Hannah Huntington played a perfectly brilliant match, almost. They were playing tremendous tennis and leading 6-1, 5-0 and had two match points. They failed to convert on either, lost that game, and subsequently, the next two, before finally closing out the match. Final score: 6-1,6-3. It was still a very nice performance and a good win over a team that had given them fits earlier in the year. Their dominance shows just how far these two have come over the past six weeks.

At # 3, the recently formed tandem of Lydia Ng and Bryce Keicher won 6-3,6-1. This is a team that has a ton of upside if they can combine Ng’s wonderful groundies with Keicher’s stellar net play.

At # 4, Taylor Wochnick and Amy Marks completed a perfect season with a 6-4, 6-1 victory. Again, this team will be a force to be reckoned with in 2014.

At # 5, Keatley Pihl and Sabrina Adams formed a great team and they recorded a Double-Breadstick win. According to Coach Pihl, Keatley was pounding winners left and right while “Beans” was running all over the place catching up with balls that evaded her partner.

Performers of the day were Nguyen for singles and Otis/Huntington for Dubs.

Summit Recap:

Playing for the 5A State Dual Championship in beautiful Sunriver, the LadyBow’s lost for the first time in a very long time, as we fell 5-3 to the defending state champs. It was a thrilling match which came down to the wire with three 3rd-Set Super Tiebreakers.

They led 3-2, and had us beat in a tiebreaking scenario so we needed to win each of the tiebreakers. With the three matches taking place simultaneously it was crunch time for the Sherwood Netters. Alas, we lost two of the three to come up just short. Overall, just a tremendously gutty performance by our athletes as the Summit roster is littered with private-club players, and we pleased to know that we stood toe to toe with them. Oh, and we were playing in their environment, and right after a very emotional and hard-fought win against Crescent Valley.

At # 1 singles, we threw Courtney Mostul in against the girl that was 3 games away from winning the state singles championship last year. (She wound up second) Her name is Lindsey Brodeck and prior to last year’s near-miss she was the state doubles champion in 2011. She is a beast and a year-round player. Our Moose wasn’t phased however, and battled gamely before falling 3-6, 2-6.

At # 2, Nancy Nguyen earned us our first win of the match with an eye-popping 6-1, 6-2 triumph over Morgan DeMeyer. Nguyen is playing very well of late as she gears up for the final post-season of her illustrious career.

At # 3 singles, Lydia Ng could not prevail against a very seasoned player and lost 2-6, 6-4, 4-10. Ng gave a heroic effort in winning the second set but simply ran out of gas.

At # 4, Savanna Davis lost 1-6, 2-6 but she displayed great toughness in playing through a bothersome elbow injury.

In dubs we lost at the # 1 and # 2 spots and won at # 3 and # 4.

At # 1, Kelsey Niebergall and Carley Mills were coming off an emotionally draining and physically exhausting win against Crescent Valley, and they didn’t have much left in the tank. They fell 0-6, 1-6 to the team of Haley Younger and Kelsey Collis. Younger is an incredible player who won a state dubs championship in 2011 while playing with Brodeck.

At # 2, Hannah Huntington and Amy Otis lost a heartbreaker 6-1, 1-6, 6-10. These two superstars rolled through the first set with ease and then took their foot off the pedal just long enough to allow Summit back into the match. Once lost, the momentum was hard to regain and we came up just short. Nonetheless, this was a remarkable effort by our two Corvallis-Bound studs.

At # 3, Bryce Keicher and Megan Kittel teamed up for the first time ever and their superior athleticism won the day as they posted a 3-6, 7-5, 10-7 win in an electrifying match.

At # 4, Cambia Rooney and Sabrina Adams did a great job of shrugging off a bad case of jitters early on and once they established themselves they confidently cruised to a 6-4, 6-4 win.

Again, this was just an outstanding performance by our girls. Summit’s semi-final match earlier in the day was a cake-walk against a depleted Ridgeview team while we had just won a riveting and emotionally charged match against a very good Crescent Valley team. How good is Crescent Valley ? Earlier in the tourney they had beaten Pendleton 8-0 and Redmond 8-0, and coming into the tourney they hadn’t lost a match all season.

Prior to the tournament, the director, Kevin Collier, had declared that this was the true state championship because he is a huge proponent of getting the OSAA to change the way they view high school tennis in our state. Since all of the top teams from 2012 were on hand, Kevin had purchased a big, official trophy for the winner and he will present it to Summit at the OSAA awards ceremony on May 18th. If a few points had gone the other way, our proud program would be the recipient of that hardware.

On top of our brilliant performance on the courts, we repeatedly heard what a great and classy program we have. We heard this from other parents, other players and other coaches. These sentiments are so great to hear because it lets everyone in our program know that their hard work is, indeed, noticed.

Performers of the day were Mostul for singles and Keicher and Kittel for dubs.

Crescent Valley Recap:

Beat the Raiders 5-3 to earn the right to play for the 5A dual championship in a thrilling, and well-played match. Crescent Valley is very, very good. Last year in this tourney, they beat Tualatin which owns the 6A league that they are in; and this year’s Crescent Valley team is even better than the previous one. Their coach is a great player and the head-pro at their local club in Corvallis, while some members of their team are club-players. Needless to say, they are very-well coached and they enjoy the benefit of having access to indoor courts. Frankly, when we beat them 7-1 last year, we were a tad-bit surprised and our expectations this year were tempered because we knew that most of that team was still in tact.

M.I.T. bound Jin Kwon plays # 1 for them and she is a viable contender for this year’s state singles championship. Our own Whitworth-bound Lydia Ng wasn’t worried about any of that and came out on fire to hang with Kwon in the first set. From being down 4-3, Ng then lost the next eight games to lose 3-6, 0-6 but, at the time, we were loving the fact Ng had won 3 games.

At # 2, Savanna Davis also ran into a buzz saw by the name of Jessica Chen. While we were happy with the 3 games that Ng managed to win we were overjoyed with Davis’ ability to compete with Chen. Davis lost 1-6, 6-7 but showed tremendous heart. The Lebanon coach was watching closely as her daughter is competing with Chen for the opportunity to be seeded in their district tournament, and she pulled me aside and said, “What is your player doing to win so many points?” I said, simply, “She is gritty.”

At # 3, we received a huge performance from Megan Kittel who pulled off a spectacular win for the LadyBow’s. Kittel wrestled her way to a 6-1, 2-6, 10-5 win against a player who has far more experience than she does. She showed an amazing level of will and fortitude and we’re very proud of her ability to compete.

At # 4, we put Taylor Wochnick in at singles for the first time ever because we were looking for a counter-puncher who could play out long, slow, and methodical points. Wochnick did everything we expected, and more. Liking our chances at doubles, we were just hoping to win a set or two at singles and as many games as possible. Just like Ng, Davis and Kittel, Wochnick provided us with an all-star effort. In sports, as in life, effort, determination and the will to succeed frequently trumps mere talent. Coaches, and hiring executives, notice things like this and they place a very high value on it. Wochnick lost her match, and was emotionally spent afterwards, but we could not be prouder of the effort she gave us. And, at the time, the set she won and the number of games she accumulated, appeared to be the difference between us winning and losing. Her final score: 7-5, 5-7, 7-10.

In dubs we decided to go with our power line-up in hopes of winning more games in dubs than they would in singles.

At # 1 Nancy Nguyen and Courtney Mostul ran into the Meunier sisters who are both very accomplished players. This was a dog-fight from the get-go. After winning the first set 6-4, we lost the second by the same score. Our girls were rattled as they haven’t dropped a set since last year’s state semi-finals. We gave ‘em a good talking to, and then vacated the scene because we were too afraid to watch.. The Moose and Winnie the Pooh proved that they can be mentally tough when pressed as they prevailed in the tiebreaker by a 10-6 count. From afar, we heard Nguyen yell out her patented “Come On” and we knew we had won the match.

At # 2, we ran into another team that will be participating in the state tournament later this month in Carrie Huang and Ann Santich. These two are excellent players and they gave Team NieberMills a punch in the mouth in the first set, winning 7-5. If what we received in the first was a punch in the mouth, what they received in the second was an enormous, over-the-top Haymaker. Carley and Kelsey flat-out dominated the 2nd set 6-1 to set up the pivotal 3rd. Once again, the coaches could not watch. For one, they were afraid of jinxing them, and for two, they really just wanted to minimize distractions. At 11-10 in the Superbreaker, Mills whipped a genius forehand past Santich and the Sherwood fans erupted. As Todd and I glanced through the trees I said, “Are they shaking hands, are they shaking hands?” When Wilcox replied with, “Yes, I think so,” we made a beeline to the court as we wept with joy. This match was similar to last year’s win at state when they willed their way to a win over Summit. Ah, the beauty of sports.. These two will always remember this match and the way in which they overcame adversity will serve them well in other facets of their respective lives.

At # 3, Hannah Huntington and Amy Otis gave us a calm, efficient win 6-3, 6-2 which was much-needed amidst all the chaos of the other matches.

At # 4, Bryce Keicher and Amy Marks did the same as they provided a sturdy effort in a 6-2, 6-3 win.

So, our plan worked to perfection: Try to win all the dubs matches and then accumulate enough games to win a tiebreaker. If Kittel had lost, we would’ve won the match 76-72 in games won.

Performers of the match were all 17 of our warriors, because, on this day, it literally took a complete team effort to win this match. We got fabulous support from the kids who weren’t playing, and the ones that were participating played their hearts out.

Bend Recap:

Defeated the host Lava Bears 7-1 in dominating fashion in round two. Bend is a good team, having lost to Tualatin 3-5 the week prior in a match in which they lost 3 tiebreakers. For us to go over to there, in the mountain air that they are used to playing in, and gain a decisive victory is a sign of just how good we are.

In singles we won all four matches without losing a set. At # 1 Courtney Mostul beat Sarah Perkins 6-2, 6-4. Perkins, who is the cousin of Sherwood tennis star Grant McLoughlin, put up a valiant effort but Mostul was just too much for her.

At # 2, Nancy “The Bakery Chef ” Nguyen posted a Double-Bagel win against Logan Kadbaik.

At # 3, Lydia Ng, also did some work in the kitchen as she rolled her way to a 6-0. 6-1 victory over Tristan Combs.

At # 4, Savanna Davis battled a very sore elbow and gutted out a 6-2, 6-3 win against Ella Felderon.

In dubs, Bend put their two best players in at # 1 against our team of Carley Mills and Kelsey Niebergall. Sierra Winch and Kaylee Tornay are great tennis players and, for the first set, our girls hung with them. In fact, at 4-2 we had a point to go up 5-2 but could not convert on a playable volley. After that, Bend assumed control of the match and wound up winning 7-5. 6-0.

At # 2, the Bend coach thought he’d get a “W” but was surprised when he realized how good our Otis/Huntington team is. It was a terrific match and our athletes did a tremendous job of staying focused under a pressure situation. Amy and Hannah showed great resolve in winning by a score of 7-5, 7-6.

At # 3, we put Bryce Keicher with Sabrina Adams and they cruised to an easy 6-1, 6-3 win.

At # 4, Amy Marks and Taylor Wochnick were way too much for what Bend had to offer and they barely broke a sweat in winning 6-0, 6-2.

Performers of the match were Nguyen for singles and Otis/Huntington for dubs.

Lebanon Recap:

In round one of the 5A dual match championship we drew the Lebanon Warriors from the Mid-Willamette league and wound up with a yummy room full of scintillating pastries.

In singles, we got wins at the 1, 3 and 4 spots and in doubles we swept them in epic fashion.

At # 1 singles, Courtney Mostul dominated with a 6-2, 6-3 win.

At # 2, Nancy Nguyen lost a tough one to their coach’s daughter by a score of 7-5, 5-7, 8-10. This was a doozy of a match and was tight throughout. This is surely one that Nancy will remember for a long, long time…

At # 3, Lydia Ng won 6-3, 6-3 in fairly easy fashion.

At # 4, Megan Kittel showed why we have such high hopes for her future as she rocked her way to a 6-1, 6-1 win.

According to Food & Wine magazine, the world’s best bakery is Meyer’s Bakery in Copenhagen, Denmark. Well, let’s just say that the folks at Food & Wine sure as heck weren’t in Sunriver to witness our doubles teams doing work in the kitchen on Friday. We won all four matches and every match featured nothing but Bagels and Breadsticks.

At # 1, Kelsey Niebergall and Carley Mills won with a Breadstick and a Bagel. Easy Peasey Lemon-Squeezey.

At # 2, Hannah Huntington and Amy Otis won in “Pristine” fashion as they provided a Bagel and a Breadstick.

At # 3, Bryce Keicher and Taylor Mathews also came through with a Bagel and a Breadstick.

And, not to be outdone, Keatley Pihl and Cambria Rooney also won with a Bagel and a Breadstick at # 4.

Performers of the day were Kittel for singles and all 8 of our doubles players !

St Helens Recap:

Beat the much-improved Lions 8-1 at their house, but it was not without a few hard battles.

At # 1 singles, Courtney Mostul dominated Haley Mann-Miller who is one of the top players in our league. Court’s score was 6-2, 6-0.

At # 2, Nancy “Winnie” Nguyen put on a clinic in dropping a Double-Bagel win on Madison Kaplan. This was especially impressive due to the fact that earlier in the year Nancy had struggled mightily against her, at home, on our own courts. The previous score was 6-2, 5-7, 6-4. Wow. It would appear that Nguyen has been receiving some incredibly stellar coaching.

At # 3, Savanna Davis smoothed her way to a 6-3, 6-3 win over JoCee Giroski. This one was also rewarding because Davis had lost to Giroski by the same score, only in reverse, in their previous meeting.

At # 4, Taylor Mathews never got comfortable and lost 0-6, 1-6.

In Dubs, we kept our phenomenal streak in tact by winning all five.

At # 1, Mills and Niebs faced a very stiff test and came through with a 6-2, 4-6, 6-4 win. This one was a donnybrook however as we had to fight for every point against a quality opponent.

At # 2, Amy “Acrobat” Otis and Hannah “Kayak” Huntington came out in a funk and lost the first set 4-6. After being told that they were sucking, they picked up the pace and steamrolled their way to a 4-6, 6-0, 6-2 win. In the process, they learned a valuable lesson about how to not take any opponent lightly.

At # 3, Lydia Ng and Bryce Keicher continued to hone their dubs skills as they gave us a workmanlike performance in a 6-0, 6-2 win.

At # 4, Sabrina Adams and Megan Kittel struggled briefly before establishing their dominance in a 6-3, 6-3 win.

At # 5, Amy Marks and Taylor Wochnick won by the same 6-3, 6-3 margin.

Performers of the day were Nguyen for singles and Ng and Keicher for dubs.

Wilsonville (Senior Night) Recap :

Won the match 7-2 to secure a sixth straight win over our rivals on a beautiful evening while we were able to pay tribute to our sensational senior class. And when we say sensational, we mean sensational. All twelve of these kids are going to great universities next year ranging from Cal Poly in San Luis Obispo, California to Washington University in St. Louis, Missouri. Nearly half of the SHS valedictorian candidates for 2013 are members of this team. That is not a misprint. We’ve got five candidates among our senior class of athletes. Wowza..

And, a HUGE shout out to the underclassmen parents for making the BBQ a wonderful affair. The food and atmosphere were amazing. At least one of the Wilsonville parents was blown away. "I never knew you could have an atmosphere like this for a tennis match," the awe-stricken father said to Coach Wilcox.

It was also great that we were able to make room for all 12 seniors to be part of our line up on this day.

In singles, we got wins at the # 1 and # 2 slots and tough losses at 3 and 4.

At # 1, Courney Mostul prevailed in her final-ever appearance on the hallowed courts of Laurel Ridge. She defeated Carolina Ramirez 7-6, 6-2 in a hotly contested match.

At # 2, Nancy Nguyen capped off her remarkable home career with a 6-2, 6-1 victory over Daniel Rugg.

At # 3, Savanna Davis lost an absolute heartbreaker. She fell 6-4, 4-6, 6-7 but she gave it everything she had.

At # 4, Shea "Stadium" Menzel played a feisty first set before succumbing 4-6, 1-6.

In dubs, you know we had to keep our streak alive, and we did just that rolling in all five matches.

Carley Mills and Kelsey Niebergall gave the Sherwood faithful a beautiful parting gift with a 6-1, 6-2 win at the # 1 spot.

At # 2, future college-mates Amy Otis & Hannah Huntington administered a whippin' of gigantic proportions against a good Wilsonville team. The final score was 6-0, 6-3 for this pair of Valedictorian candidates.

At # 3, Lydia Ng and Bryce Keicher studied their way to a Breadstick/Bagel victory. Oh, and this team is also chock-full of Valedictorian candidates.

At # 4, Amy Marks & Taylor Wochnick did what they always do, they won. Their score today was 6-2, 6-1.

At # 5, Taylor Mathews and Keatley Pihl played their final home match and delivered a 6-1, 6-2 decision. With the Washington University bound Pihl and the U. of P. bound Mathews paired up, this was also a very strong team of brainiacs. Pihl joins Huntington, Otis, Ng and Keicher as the Valedictorian candidates that represent our proud and storied program.

It couldn't have been a greater day for The LadyBow's, and we are all proud to be associated with such a fine group of young ladies.

Performers of the day were Nguyen for singles and Pihl & Mathews for dubs.

05/02/2013 @ 03:24:34 PM:

Thursday and Friday: For JV-

No scheduled practice, but after last night's challenge matches 2 conflicts came up.

1) The team 3 & team 8 match needs to happen either today or tomorrow. Please play a longer set- either to 6, or to 8 if it's a really close score- still have to win by two. Report scores to BOTH Penny and V.

2) We had a three-way tie between teams 2, 4 and 6. Please set up longer matches (to 6 or to 8) for each of these [ 2 vs. 4, 2 vs. 6, & 4 vs. 6 ] If there is a tie again, we will resort to counting the number of games won in each match to determine ranking. Please report actual game scores to BOTH coaches (not just "we won"... we'll need numbers).

Text one of us if you need phone numbers, but they are on your phone tree too.

Team 2: Clark/Price

Team 3: Clifford/Heath

Team 4: Rembe/Meserve/Foley (decide which two will "represent" team 4)

Team 6: Fechter/Smith

Team 8: Held/Swanson

05/01/2013 @ 02:28:30 PM:

Wed: Varsity at LR 5:30-7:30

JV (only those playing in Districts on Saturday) at SMS 4:30-6:00

04/29/2013 @ 08:56:22 PM:

Tuesday: At Sandy, dismiss at 2:00, depart at 2:15

04/29/2013 @ 12:52:54 PM:

Monday: Varsity at LR 5:30-7:30

All JV at SMS from 4:30-5:15;Lee, Howard, Whitley, Williams, Smith, Fechter, Clark, Meserve, Foley, Miller, Price, & Rembe stay from 5:15 until 6:00 (or whenever your match from this weekend is finished.) Clark/Meserve & Whitley/Williams have two matches to play.

04/24/2013 @ 11:41:46 AM:

Wednesday: Dismiss at 2:30, depart at 2:45 for St Helens. We will be stop for dinner on way home and will be home late.

04/21/2013 @ 08:56:08 PM:

Congrats to our Mixed-Dubs Champions Nancy & Don Nguyen in the Crimson Bracket, and Taylor & Brian Wochnick in the Black Bracket. They each earned the respect of their peers, and a fine piece of hardware for their respective mantles. Consolation bracket winners were Amy & Dirk Otis in the Crimson and Shea & Scott Menzel in the Black. The final brackets are posted on left side of this page.

A huge shout out to all of moms and dads that took part, especially the fathers that participated even though they aren't necessarily tennis players. It was a fabulous tournament with lots of great matches, a ton of great camaraderie and very few injuries.

Monday: JV at SMS 4:30-6:30, Varsity at LR 5:30-7:30

Tuesday: Hosting Wilsonville

Wed: At St. Helens

04/20/2013 @ 07:16:48 PM:

2013 Mixed Doubles Tournament has been spectacular and it will conclude Sunday afternoon at 1:00 p.m. at Laurel Ridge.

We will have the final four matches all starting at the same time. Afterwards, we'll conduct the raffle drawing and we'll close the silent auction. We'll also announce the winner of the best outfit contest.

The updated bracket, with results, is now up on the left side of this page

04/19/2013 @ 03:25:33 PM:

Dry as a bone is Lake Oswego, and according to our sources in The Wood, it is also dry there.

So, WE ARE ON.

Aime Davis, i need you to take photos of all folks in costumes ! Panel for voting for cutest costumes is: Aime Davis, Leslie Pihl, Bobbi Otis. If you are an SHS athlete you should go start drying out the courts now.

04/19/2013 @ 10:50:29 AM:

Mixed-Dubs Info: Only 40% chance of rain at 5:00 pm today so we are looking Golden for round one matches tonight. We will need helpers to squeegee and dry the courts and we may need some of you to bring old, crusty towels to augment what we have in the shed. We will post an update later this afternoon. We hope to get round one matches in today but if not we’ll do em tomorrow beginning at 9:00 a.m. If we fall behind schedule we may move the semi-finals and finals to Sunday. If we do that we’ll have matches at 11:45 and then again at 2:45. If you need special accommodations with times on Sunday, please let us know.

04/19/2013 @ 10:49:48 AM:

Parkrose Recap:

Defeated the Broncos 9-0 on a lovely evening in The Wood to extend our Northwest Conference winning streak to 39. We have now won 63 or our last 67 matches which is a far cry from where we were a decade ago.

The girls displayed such great energy and enthusiasm during warm-ups and introductions that we knew it was gonna be a great match for us and a long night for Parkrose.

In all, we played 18 sets of tennis and won each of them.

In singles, we received great performances across the board, highlighted by a remarkable performance from senior Courtney Mostul at the # 1 spot. Mostul played the cleanest and purest tennis that we've seen all season in winning 6-1, 6-1.

At # 2, senior Nancy Nguyen won by the same exact Double-Breadstick score as her partner. Like Mostul, Nguyen has done a great job of stepping up and playing in whatever spot we ask her to play from. Both of these senior leaders always come ready to play, and both always give 100% of themselves.

At # 3, senior Savanna Davis won another hard-fought match by a 7-5, 6-4 score. While the easy wins are nice, the close, competitive matches that we pull out are the ones that inspire the rest of the team, and nobody does a better job of personifying perseverance than Davis. She knows how to compete which is a character trait that some athletes simply do not have.

At # 4, we welcomed senior Taylor Mathews back into the fold and she responded by dropping a Double-Bagel on Parkrose despite being a little under the weather physically.

In dubs, we rested Team NieberMills and moved Hannah Huntington and Amy Otis into the # 1 slot. They did not let us down as they somersaulted their way to a 6-3, 6-0 win. Otis and Huntington are still learning how good they can be and as they embrace their potential they will continue to push our other top teams.

At # 2, we slid Bryce Keicher and Allison Schwarm up and they managed just fine in winning 6-1, 6-2. With Keicher dominating at the net and Schwam blasting groundies from the baseline these two continue to present huge problems for their opponents, and tonight was no different.

At # 3, Sabrina Adams and Megan Kittel frolicked their way to a 6-2, 6-2 win in comfortable fashion.

At # 4, Amy Marks and Taylor Wochnick did more work in the pastry kitchen as they notched a Double-Breadstick victory.

At # 5, Lydia Ng took a break from singles and greatly enjoyed the camaraderie that only Cambria Rooney can provide. With Ng only double-faulting once, these two rolled to a 6-1, 6-0 triumph.

Performers of the day were The Moose and Tay-Tay for singles and Ng and Rooney for dubs.

04/18/2013 @ 11:38:33 AM:

Mixed-Dubs Tourney Update: Weather forecast has changed so here we go: We will be ready to Squeegee and Towel Dry on Friday night but if matches get rained out, first-round matches will be at 9:00 and 10:30 Saturday morning. So, if you were slated to play at L.R. at 5:30 on Friday night, you will now be playing at L.R. at 9:00 a.m. You should arrive at 8:30 for warm-ups. If you were previously scheduled to play at 7:00 on Friday night, your new match time would be 10:30 Saturday morning.

Liberty Recap:

Won match 7-2, and in the process, extended our league doubles-match winning streak to a ridiculous 102.

In singles, we won two of four matches. At # 1, Senior Sensation, and tumbler-extraordinaire, Amy Otis was given her first chance to play # 1 singles and she did not disappoint. Otis dominated throughout and won 6-1, 6-2.

At # 2, Lydia Ng lost a heartbreaker 6-3,2-6,6-7. Lydia battled back from down 2-4 in the 3rd and had a match point at 6-5, but could not convert. She wound up losing the tiebreaker. Lydia’s serve betrayed her last night, but she showed a great spirit of competitiveness, which the coaches loved to see.

At # 3, Savanna “It’s Good” Davis sparkled in giving us a 6-0, 6-3 win. With the victory, Davis ran her record to 6-1 on the season.

At # 4, Shea Menzel fell behind early in the first set, rallied to tie it up, and wound up losing 5-7, 2-6.

In Dubs, we won all five matches. Going into the Liberty match we were sitting on 97 straight victories. Liberty has 3 courts that they use for doubles so we knew that one of those 3 matches would wind up being our 100th consecutive league doubles win. The Liberty coach placed a fly in the ointment when he asked to have his # 1 dubs team play first. So, the three matches that went on were # 1, # 4, and # 5. At # 4, Hannah Huntington and Cambria Rooney lost just enough points to insure that they would be the lucky team to win # 100.

At # 1, the dominant Nguyen/Mostul team won 6-0,6-0 in a staggering beat down that lasted all of 32 minutes. On this day, these two showed why they are one of the favorites to win a state doubles championship.

At # 2, Carley Mills and Kelsey Niebergall had a tough time early on in both sets, but pulled out a 6-3,6-3 win. They were especially impressive in the last four games of the match. After falling behind 2-3 in the second, they won 16 of the last 20 points and were just pounding winners everywhere.

At # 3, Bryce “Webfoot” Keicher and Allison Schwarm continued to excel as they cruised to a breezy 6-1, 6-0 win.

Just like Wilt Chamberlain will always be remembered for his magical 100 point game, Huntington and Rooney will for go down in history as the team that recorded our monumental win. Nguyen and Mostul finished up at 4:59 p.m. for consecutive win # 98, Wochnick and Marks finished 4 minutes later, and 8 minutes after that, Huntington and Rooney closed up the bakery with a 6-0, 6-1 win at # 4.

At # 5, Taylor Wochnick and Amy Marks won 6-0,6-1 for their 5th win of the year. In those five wins, 9 of the 10 sets have been of the baked goods variety. With all of the departing seniors, this duo could very well be our # 1 dubs team in 2014.

Performers of the day were Otis for singles and Nguyen/Mostul for dubs.

04/16/2013 @ 09:20:22 PM:

See Mixed Dubs tourney info below.

Tuesday: JV at SMS 4:30-6:30, Varsity challenge matches at LR at 4:30: (best of 3 sets) Niebs/Mills vs. Otis/Hunt, Keicher/Schwarm vs. Kittel/Adams, Ng vs. Davis, Mathews vs. Menzel. The rest of varsity at LR from 6:00-7:30

Milwaukie Recap: Coach Villalobos has done such a stellar job over the past few years that we sent her out on her own today and she came thru with flying colors in guiding the LadyBows to a win over the Mustangs.

We only sent six players since Milwaukie has a fractured team and all of our athletes got to play. At # 1 singles, Megan "Spunky" Kittel was locked in a furuious battle when the match was called due to rain. Kittel lost thre first set 5-7 and rebounded to win the 2nd 6-2 and trailed 2-4 in the 3rd before the rains came. At # 2, Sabrina "Beans" Adams delivered a superlative performance in posting a 6-0, 6-1 win. At # 3, freshman phenom Erica Lee showcased the skills that have coaches so excited about her future and breezed to a Double-Bagel victory. Milwaukie didn't have a 4th singles player but they had someone play again and we countered with freshman Meghan Howard, and Howard came up huge with an 8-0 win in a pro-set.

In dubs, we only played one match and Cambria Rooney & Nancy Nguyen stepped up and also provided a Double-Bagel win.

04/15/2013 @ 10:32:07 AM:

Monday: JV at SMS 4:45-6:45, Varsity at LR 5:45-7:45, unless your traveling to Milwaukie

The Mixed Dubs brackets are now posted on the left side of this page. Carefully look at your name and find out when and where you play. If you are slated to play at 7:00 at SMS on court 2, try to arrive a little early in case the previous match finishes sooner than expected. For example, Menzel/Menzel plays Fechter/Ng at 7:00 pm on court two at SMS. If the 5:30 match ends at 6:45, and all four of you are there, we will go ahead and start your match. For each match, there will be a 10 minute warm-up period.

If you lose your first round match, you are still in the tournament as we will have a consolation bracket for Crimson and Black.

We won’t post the times for Saturday matches until Friday night, but know that we’ll have matches starting from 9:30 a.m. up until 6:30 p.m. If you win on Friday the chances are that you’ll play early on Saturday, but it won’t apply in all cases. (We’re doing our best to work around everyone’s busy schedules) We will have donuts for everyone at L.Ridge on Saturday morning at 9:00.

Finals and consolation finals will be played at 1:30 at L.Ridge on Sunday. This is when we’ll wrap up the silent auction and the raffle.

Matches will be best 2 out of 3 sets. There will be no-ad scoring. On deuce points, if the girl is serving, she shall serve to the opposing girl and if the dude is serving he shall serve to the opposing dude. If the first two sets are split, the 3rd set will be a Super-Tiebreaker. A Super-Tiebreaker is a tiebreaker that is played until one team wins 10 points with a winning margin of at least two. If you win the first set and your opponent wins the 2nd set we will have someone on hand that can assist with the tiebreaker scenario.

Don’t forget to try to come up with a themed outfit for you and your partner.

Please direct any questions to Coach Krauel, Coach Penland or Coach Villalobos.

Best of Luck !!!

04/14/2013 @ 03:02:40 PM:

Monday: JV at SMS 4:45-6:45, Varsity at LR 5:45-7:45, unless you're traveling to Milwaukie

04/13/2013 @ 10:43:18 PM:

JV Tourney tomorrow at LR, Hopefully. We will assess the courts at 8:30 a.m. and make a decision.

Great job by our JV Team today as they spent a very successful afternoon in Lake Oswego.

Putam Recap:

Defeated Putnam 7-0 on a rainy Friday in Milwaukie. Putnam did not have a 4th singles player so they forfeited that match, and we did not complete the # 1 dubs match.

On a night when coaching legend Frosty Westering passed away, we did a fairly decent job of Making the Big Time Where We Are.

At # 1 singles, Lydia “The Pirate” Ng overcame some early nerves and came away with a 6-2, 6-2 win.

At # 2, Taylor Mathews had to work, but persevered and pulled out a 6-2, 4-6, 6-2 victory.

At # 3, Megan Kittel was called upon for her first-ever singles opportunity and she responded with a Double-Bagel triumph. Coach Wilcox was chagrined when he learned that Kittel had garnered a Double-Bagel so early on in her career. As previously mentioned, Putnam’s # 4 singles player was sick so they forfeited that match.

At # 4 dubs, Keatley “Oh so Neatly” Pihl & Cambria Rooney steamrolled their way to a 6-2, 6-0 victory.

At # 3, Hannah Huntington & Sabrina Adams were paired together for the first time and they were very efficient in posting a Double-Breadstick win in a 40-minute match.

At # 2, Kelsey Niebergall & Allison Schwarm started slowly, but eventually found their rhythm and won 6-3, 6-3. They trailed 2-3 in both sets before rallying to win each of them.

At # 1, Carley Mills & Courtney Mostul delivered a Bagel in the first set but then the rains came and the match was postponed.

This wasn’t the most inspired effort of the season, but we did have another great post-match dinner in Wilsonville, which is becoming a new tradition.

04/12/2013 @ 10:26:57 PM:

Friday: Varsity at Putnam, JV at LO

St. Helens Recap:

Defeated the St Helens Lions 7-2 on a crisp and cool evening in The Wood. And, our JV’ers defeated their JV team to keep their winning ways intact.

In singles we won two and lost two against the vastly improved Lions who were fresh off a stunning defeat of Wilsonville. At # 1, Courtney Mostul continued her winning ways and cruised to a 6-1, 6-3 victory. Mostul played well and with the win now has 58 career victories.

At # 2, Nancy Nguyen notched her 56th career win in dramatic fashion with a 6-2, 5-7, 6-4 win over Madison Kaplan who played an inspired match against Nguyen. This match was great theater and will get some consideration for match of the year.

At # 3, Savanna Davis who was still sore from her epic, marathon match from two nights prior and she did not have the same giddy-up in her step and lost 3-6, 3-6.

At # 4 Shea Menzel got off to a great start, jumping out to a 4-1 lead but wound up losing 6-7, 1-6. She still made Grandma proud as she did a better job of moving her feet and tracking down balls.

In dubs, our streak is still alive as we swept all five matches once again. At # 1, Carley “General” Mills and Kelsey Niebergall fell behind 2-4 in the first, but then won 12 of the next 13 games to record a 6-4, 6-1. The team of Lexi Opdahl and Lexi Normine from St Helens hadn’t yet lost a set this season so this was a nice win for us.

At # 2, Amy Otis and Hannah “RaceCar” Huntington started very strong and then held on for a 6-0, 6-4 win. Afterwards, they were interviewed by a local newspaper so somebody besides The Moose may be getting a media appearance in the near future.

At # 3, Super-Soph’s Megan “Souvenir Provider” Kittel & Sabrina “Beans” Adams played extremely well in posting a 6-0, 6-3 win.

At # 4, junior Cambria Rooney was paired with freshman Allison Schwarm for the first time and they overpowered their opponents 6-3, 6-1.

At # 5, Taylor Wochnick and Amy “Chico” Marks recorded yet another beatdown with a 6-3, 6-0 win. In all, we only lost 19 doubles games while winning 60.

Big ups to the St Helens players and coaches as they really competed well and gave us a good match. Performers of the day were Nguyen for singles and Adams and Kittel for dubs.

04/11/2013 @ 09:02:50 PM:

Thursday: hosting St Helens

04/10/2013 @ 10:59:48 PM:

Wednesday: If dry, Varsity at LR 5:30-7:15, JV at SMS 4:30-6:15.

Sandy Recap:

Defeated Sandy 8-1 for our 34th straight conference win, but it did not come easy. We had some very competitive matches and the Sandy players are to be applauded for their effort tonight.

They are a very difficult team to play because of the unorthodox style that all of their players rely on. They slice and dice, they hustle for balls and they get everything back.

In singles, we won 3 of 4 matches, but they were all hard-fought.

At # 1, our resident bulldog Courtney Mostul fought through some adversity and prevailed by 1 6-1, 6-4 margin. Courtney’s match didn’t conclude until 8:30 so it was a very long day for all of us. Courtney is such a fierce competitor that it’s gonna take someone with major talent to ever beat her.

At # 2, Nancy Nguyen beat Sandy’s Christian Schlabt 6-4, 6-2. Nguyen did a nice job of slicing the slicer and displayed great effort.

At # 3, Savanna Davis was the reason why we were at the courts so late. She played A 3 HOUR AND 25 MINUTE marathon that was one of the greatest duels in the history of athletic competition. ESPN has called, and the match has been deemed to be an “Instant Classic” and will air on Friday night at 9:00 p.m. on channel 735 on Comcast. Savanna’s match score was 6-4, 6-7, 7-6 but that doesn’t tell the whole story. In order to win points in this match, Sav had to scratch and claw and fight for everything. And she did just that, time and time again. She dove for balls, skinned her knees more than once, and her competitive desire created a very emotional post-match celebration.

At # 4, Taylor Mathews also did a great job of getting after it. Taylor, like all of our singles players, struggled with their style of play and came up on the short end of a 6-3, 1-6, 3-6 score.

In dubs, we won all five matches and managed to keep our doubles streak alive, but it was not without a scare. Poor Coach Wilcox was in Richmond, Virginia and was receiving text updates throughout the day. He was very concerned about our precious win-streak coming to an end as we updated him with scores from matches that we trailed in. We fell behind at #2, # 3, and # 5 before prevailing in each.

At # 1, we had no such worries as Team NieberMills cake-walked their way to a 6-0, 6-2 win.

At # 2, Amy Otis and Hannah Huntington staved off a hungry Sandy team by a score of 2-6, 6-2, 6-4. After falling behind 0-5 in the first set, our girls did a great job of hanging in and gradually gained control of the match.

At # 3, neighbors Cambria Rooney and Sabrina “No Souvenir” Adams fell behind 0-3 but then won twelve of the next fourteen games to win the match 6-4, 6-1.

At # 4, the rapidly improving duo of Taylor Wochnick and Amy Marks came through with another strong performance and won 6-3, 6-0. These two just keep getting better and better with each practice and promise to be a very formidable team next season.

At # 5, Keatley Pihl and Bryce “Webfoot” Keicher survived some ups and downs and managed to prevail 6-3, 6-3. Keatley’s father was in charge of the match for a few brief moments and thus gets partial credit for this victory. Andy now has the highest winning percentage of any coach in the history of SHS Athletics.

In all it was a long and successful and it was a great test for the LadyBow’s.

04/09/2013 @ 09:31:13 AM:

Nice article on our team: http://portlandtribune.com/ttt/92-sports/135476-lady-bowmen-take-aim-at-the-big-time

04/08/2013 @ 04:15:26 PM:

It's sunny and dry in LO, but we just received word that it's wet in The Wood. So, Varsity will be in the gym at L.Ridge from 5:30-6:30. JV players will be contacted by V and Penny.

04/08/2013 @ 03:23:33 PM:

Sherwood and St. Helen's Athletic Directors just decided to change our match from Wednesday to Thursday of this week. So, here is our match schedule for the week of April 8th: Tuesday: Hosting Sandy. Wednesday: Practice. Thursday: Hosting St. Helen's. Friday: Varsity at Putnam, JV at Lake Oswego. Saturday: Sherwood Invitational JV Tourney

04/07/2013 @ 08:44:12 PM:

St. Helen's match has been re-scheduled for this Wednesday.

Monday, if dry: JV at SMS 4:30-6:30, Varsity at LR 5:30-7:30. If wet, all players in LR gym from 6:00-7:00

04/05/2013 @ 07:28:57 PM:

Article for my Prom-Going Players:

http://www.usatoday.com/story/news/nation/2013/04/04/prom-graduation-drunken-driving/2051655/

04/05/2013 @ 03:21:20 PM:

Surprise, Surprise, Surprise !!! Today's match versus St. Helens has just been cancelled.

04/05/2013 @ 02:58:50 PM:

spoke with school Admin's at 2:55 pm and we are still on for St. Helen's. Their bus is on the way. Those folks are much more optimistic than I am...

04/05/2013 @ 09:17:55 AM:

Friday: Hosting St. Helen's if dry. If wet, everyone is off.

Mixed Dubs reminder: If you're playing in the mixed dubs tourney make sure that you're available the evening of April 19th, all day on the 20th, and in the afternoon on the 21st. The event is a family affair with a Saturday afternoon BBQ, a contest for cutest/funniest costumes, trophy's for winners of both brackets, a silent auction and a raffle.

04/04/2013 @ 10:41:43 PM:

McMinnville Recap: Big Shout-Out to our JV squad which had a great day in McMinnville and won 14 of 16 matches.

Liberty Recap:

Defeated the Falcons 9-0 on Wednesday night for our 33rd consecutive conference victory and we did it without losing a set. In all, 128 games were played and The LadyBow’s won 108 of them. Many felt that the great performance was the result of Coach Wilcox’s tremendous leadership during the early stages of the match and they are probably right. As always, we greatly appreciate all that he does for our program.

In singles, we got solid performances across the board. At #1, senior Courtney Mostul showed that she is still a dominant solo performer as she cruised to a 6-0, 6-2 victory.

At # 2, Nancy Nguyen put on a fine show for her Pops and played some beautiful tennis. Her score was a doughy 6-1, 6-0 count.

At # 3, Savanna Davis remained unbeaten on the year with a 6-0, 6-3 triumph. Even more impressive however, was the 25 yard field goal that she converted on the football field after her match. Her kick split the uprights and earned her a crisp prize.

At # 4, Lydia Ng rebounded from a tough night against Wilsonville and earned a 6-3, 6-3 win. We may have unlocked a key in Lydia’s game by implementing the two-toss rule for her.

In Dubs, we replicated our success from last night by recording either a Bagel or a Breadstick in nine of the ten sets that were played.

At # 1, Carley “Simon Says” Mills teamed up with longtime partner Kelsey Niebergall and they put together a complete performance in coasting to a 6-1, 6-0 victory. These two have been playing together since Day-One of their freshman year, and it’s always a joy to watch them when they are rolling in unison.

At # 2, Amy “Café” Otis and Hannah Huntington recorded our only Double-Bagel win of the night and they did it in exquisite fashion. They were praised after the match for making great decisions and for using their noodles and the praise was definitely warranted.

At # 3, Bryce Keicher & Ally Schwarm continued their dominating ways with a 6-1, 6-0 win. It was their 3rd win in three tries and they now have the highest “Bakery Rate” in the history of our illustrious program. All six of their sets this season have been either Bagels or Breadsticks which means that they are performing at rate of 100%.

At # 4, Keatley “I’m a Bear” Pihl and Cambria Rooney recorded a 6-1, 6-4 win and showed glimpses of why the coaching staff likes them so much as a team. Rooney is definitely stronger from the backhand side while Pihl can be flat-out dominant from the forehand side. Tonight, they both made plays from their respective strengths and the power they were able to produce was overpowering at times.

At # 5, sophomore sun-worshipers Sabrina Adams and Megan Kittel returned from their extended vacations and they showed no signs of rust as they surfed their way to a 6-1, 6-0 win. They have now played three matches this year and have posted four Bagels and one Breadstick in the six sets that they have played.

Performers of the day were Mostul and Nguyen for singles and Mills/Niebergall and Otis/ Huntington for Dubs.

04/03/2013 @ 10:46:19 AM:

Wednesday: JV at McMinnville, Varsity hosting Liberty at 4:30

Wilsonville Recap: Extended our winning streak over Wilsonville to five with a decisive 7-2 victory. Our athletes did a tremendous job of responding to our pre-match edict about controlling their attitude and effort and it really showed in the results.

In singles we won two of four matches. At #1, senior Lydia Ng ran into a buzz saw that goes by the name of Haley Moss. Moss is one of the best players in the state and she beat Lydia 6-0, 6-0. Lydia battled gamely and put forth a great effort against an incredibly talented player. At # 2, senior Savanna Davis probably played the best match of her life in recording a 6-3, 6-0 win over Alex Cutler. Davis executed brilliantly in all facets of her game and provided a huge lift to her teammates with her effort. Not to be outdone, senior Taylor Mathews earned the biggest win of her career with a 6-1, 2-6, 6-2 win over Wilsonville’s Claire Mallon at the # 3 spot. Mathews beat a very good player by staying focused on what she could control and by trusting the game plan. Her singles win over Wilsonville avenged many losses that were suffered by her big sis at the hand of the Wildcats. At # 4, we lost a tough 3-set match. Senior, Shea Menzel won the first set 7-5 but then lost the final two sets in a match that lasted 2+hours. It was Shea’s first loss of the season.

In Dubs, we busted out the brooms and swept all five matches. As a team, we’ve now won 76 consecutive league doubles matches. That is not a typo. 76 straight ! Joe Dimaggio, Byron Nelson, Cael Sanderson and John Wooden each called me this evening to congratulate us on our incredible streak. At # 1 we received a powerhouse display of tennis from seniors Nancy Nguyen and Courtney “Moose” Mostul. The dynamic duo rolled to a Double-Bagel victory. At # 2, SPU-bound Kelsey Niebergall & the well-tanned Carley Mills were a little slow coming out of the gate, but they quickly righted the ship and trounced the Wildcats # 2 team 6-3, 6-0. At # 3, seniors Hannah Huntington & Amy Otis dropped a Bagel and a Breadstick on the Kehoe/Press team from Wilsonville. These two played very well and, if they continue to push one another to improve, they could find themselves playing in the state tournament in May. At # 4, senior Bryce Keicher and freshman Allison Schwarm also posted a Double-Bagel win as they continue to gel as a team. At # 5, Super-Soph Taylor Wochnick and junior Amy “Groucho” Marks were very impressive in rocking their way to a Double-Breadstick triumph. In all, we played Ten sets of doubles against the league’s second best team, and while winning all Ten, we produced NINE bakery items. Old, SHS veteran Melinda Widows would’ve been proud of tonight’s performance because we all had flour on our faces.

Performers of the day were Davis and Mathews for singles and Keicher/Schwarm, Mostul/Nguyen for Dubs.

03/31/2013 @ 08:32:16 PM:

Happy Easter Everyone.

Monday, we host Liberty which will be the best team we've played thus far. They should be bringing 10-12 JV players. Unless you hear otherwise, Varsity should convene at LR at 3:15 and JV should meet at SMS at 3:30. Some, or all, Varsity players will be asked to stay after our match tomorrow night for a practice session.

Tuesday we travel to Wilsonville. Dismissal at 2:30. Be prepared to play with tremendous passion and poise.

03/26/2013 @ 04:54:52 PM:

According to Erica Lee, the courts are only slightly wet so we are still on for tonight. We'll dry up just like we did last night..

03/24/2013 @ 07:54:29 PM:

Spring Break Week:

Monday: 5:45-7:15 at L.Ridge for anyone who wants to attend. Focus: Backhands

Tuesday: 5:45-7:15 at LR for all comers. Focus:Serves and Volleys

Wed. Off

Thur: 5:45-7:15 at LR for all comers. Focus: Doubles

Fr: Off

03/23/2013 @ 09:09:38 PM:

Parkrose Recap:

Survived two rain delays and limited courts, yet wound up with playing opportunities for all of our athletes. In all, we played 20 contests and won all 20. JV went 10 for 10 and Varsity won 9 official matches and one unofficial match. The victory was our 31st consecutive conference win.

In Varsity single we received a truly stellar performance from senior, Singin' Savanna Davis at the # 1 slot. Davis beat Parkrose's best player Ashley Phothirath 6-0, 6-2, a score that is sure to send reverberations throughout the league. Phothirath was expected to be one of the top singles players in the league this year and Davis completely dominated the match. At # 2, Amy Otis rolled once again by the same exact 6-0, 6-2 score. Otis is one of the most coachable athletes we've ever had she continues to do whatever is asked of her. At # 3, Taylor Mathews survived a scare and did a great job of persevering in pulling off a 6-3, 3-6, 6-3 win. Mathews displayed great determination in winning the pivotal 3rd set. At # 4, Shea "Butter" Menzel might have her nickname changed to "Steady" if she isn't careful. Relying on a blistering serve, Menzel rolled to an impressive 6-2, 6-2 victory.

In Dubs we were not challenged in any of the 5 matches. At # 1, Courtney Mostul & Nancy Nguyen recorded a Breadstick/Bagel victory in match where they lost a total of 10 points. At # 2, Carley "No Frills" Mils and Kelsey Niebergall didn't wanna stand "Pat" and so they smoothed their way to a Breadstick/Bagel victory of their own. At # 3, freshman phenom Allison Schwarm made her varsity debut and teamed up with Bryce Keicher to register a Breadstick/Breadstick triumph. These two played very well together and should become a formidable team with a little seasoning. At # 4, sophomores Megan Kittel & Sabrina managed to stay focused in spite of their upcoming vacations and were able to prevail 6-0, 6-2. At # 5, Keatley Pihl and Cambria Rooney shrugged off a slow start and then steamrolled their way to a 6-3, 6-0 win. In all, it was a great day for the LadyBow's as we head into spring break.

03/21/2013 @ 03:11:16 PM:

Thursday Update: Varsity and JV is Off. All of our players are encouraged to go support the boys team at Laurel Ridge if possible.

Again, Parkrose match is now slated for Friday with departure time of 2:30

03/21/2013 @ 02:35:01 PM:

Thursday Update: Varsity is Off. Coach V and Coach Penny will be contacting JV athletes with info on JV practice. All of our players are encouraged to go support the boys team if possible.

Again, Parkrose match is now slated for Friday with departure time of 2:30

03/21/2013 @ 02:01:33 PM:

Parkrose match postponed until tomorrow. However, the boys match against Parkrose is still on at L.Ridge. So, we're trying to figure out a practice plan, check back in a while.

03/21/2013 @ 11:20:21 PM:

1st road trip of the year tomorrow as we head east to Parkrose. Girls will be dismissed at 2:15 and bus will depart the high school at 2:30. We will be home after 8:30 pm. Send snacks and a few dollars for dinner because we will stop on the way home. Bring secret sister stuff and homework.

03/20/2013 @ 01:26:50 PM:

Liberty match postponed until Monday, April 1st.

Tonight: All players in Edy Ridge gym from 6-7. (Edy Ridge)

03/19/2013 @ 01:53:42 PM:

today's match has been rained out and rescheduled for tomorrow. if we have rain tomorrow it will be made up after spring break.

tonight: all players in LR gym from 6:00-7:15

the following players still have not been completely cleared thru the athletic office:

Pfarr, Price, Rembe, Foley, Whitley, Terjeson, Foote

03/18/2013 @ 11:17:16 AM:

JV still at SMS at 4:30 and Varsity still at LR at 5:30. (Coach Wilcox running Varsity practice)

Liberty bringing 25-30 athletes tomorrow so good chance for lots of matches.

03/17/2013 @ 08:22:06 PM:

Monday: JV at SMS 4:30-6:30, Varsity 5:30-7:30 at LR. Coach Krauel is ill so varsity should check back tomorrow to see if schedule changes.

Tuesday: Hosting Liberty

03/15/2013 @ 08:28:18 PM:

Saturday: No practice

Milwaukie recap: Won match 9-0 with the Mustangs forfeiting 7 matches and us winning the other two. In singles, senior Nancy Nguyen won 6-2, 6-3 in what some referred to as a "snoozer." In dubs, fast-rising sophomore Taylor Wochnick and steady junior Amy Marks recorded a double bagel in their first-ever varsity contest. By far, the highlight of the evening was the compelling mixed-dubs action that took place after Milwaukie left. Our kids and the boys team paired up for some great matches, so we did manage to get a little competition.

03/13/2013 @ 08:57:33 PM:

Everyone did a great job with challenge matches tonight with regard to being on time, playing with great effort and showing respect for the game. I was a proud Papa tonight.

Thursday: Boys have the courts so we are off. If possible, stop by Laurel Ridge for a while to support them. Or, use the time to study.

Friday: Hosting Milwaukie. They might only bring four players, and if that is the case we will have intersquad matches.

03/13/2013 @ 08:52:41 PM:

Putnam Recap: Beautiful beginning to the 2013 campaign as we were blessed with great weather, a great BBQ and a friendly opponent. Putnam was kind enough to stick around and have all their kids play twice which enabled us to get match opportunities for most of our athletes.

We won the match 9-0 to extend our Northwest Conference match win streak to 29. In winning all 9 Varsity matches we did not lose a single set.

In singles, Senior Superstar Savanna Davis played her first-ever match at the #1 spot and made her coaches extremely proud with a rock-solid 6-2, 6-2 victory. At # 2, Senior Amy Otis ventured into the singles game for the first time and rolled her way to a Breadstick/Breadstick win. Otis displayed great versatility and showed why coaches have faith in her in singles or Dubs. At # 3, Senior Taylor Mathews got off to a very shaky start, but managed to right the ship late in the first set which propelled her to a 7-5, 6-2 win. At # 4, yet another Senior Star, Shea "All Day" Menzel played extremely well in posting a Double-Bagel victory. Shea is joined by Savanna Davis as singles performers of the day.

New league bylaws call for us to play 5 doubles matches when possible, and this development is good news for the LadyBow's as we are very deep. Tonight at # 1 dubs, seniors Nancy Nguyen and Courtney Mostul played their first match since last year's thrilling 3rd place contest at state and they prevailed 6-0, 6-2. Even with the convincing win, these two competitors were not satisfied because they knew they weren't at the top of their game. At # 2, seniors Kelsey Niebergall and Carley Mills won by the same 6-0, 6-2 score. Like Mostul and Nguyen they showed a little rust but their effort and attitude was excellent. At # 3, seniors Bryce Keicher and Hannah Huntington won 6-2, 7-6 in a fairly competitive match. Tip of the cap to the Putnam duo who made us work for this one. At # 4, senior Keatley Pihl and junior Cambria Rooney crushed their way to a 6-0, 6-1 triumph. Rooney winning points with her wonderful backhand and Pihl blasting bombs from the forehand side is a sight to behold. At #5, sophomore sensations Sabrina Adams and Megan Kittel won their first-ever varsity match in stunning fashion as they posted a Double-Bagel victory in a match that only lasted 35 minutes. For their effort, they are awarded as our Dubs performers of the day.

03/10/2013 @ 08:19:28 PM:

Monday: Pictures at 2:30 at L.R. - If wet, we'll do pics inside the gym at L.R. -

Dry practice Schedule: Monday:Varsity practice at LR 5:30-7:30, JV at SMS 4:30-6:30

Tuesday: Hosting Putnam

Wednesday/Thursday : TBA

Friday: Hosting Milwaukie

03/08/2013 @ 02:08:12 PM:

Friday JV practice:

4:30- 5:30- includes stretching, running and match-play.

You will need to report to LRMS after practice to get your uniform from Mrs. Angie Huntington. If you have not given your 2 checks to any of the coaches, you will not be able to get your uniform unless you bring Angie those checks tonight.

03/07/2013 @ 03:11:18 PM:

Thursday schedule: JV only

Please be on time; if early, go run your 2 laps.

4:30- 5:15

Lee

Whitley

Foote

Price

Howard

Williams

Clark

Meserve

5:05- 5:50

Rembe

Held

Esaki

Foley

Pfarr

Miller

5:40-6:25

Heath

Clifford

Demming

Terjeson

Fechter

Swanson

03/06/2013 @ 02:19:03 PM:

Instructional Videos Here: http://www.playerdevelopment.usta.com/players/

Select the player you want to emulate. Choose the stroke you want to study from the dropdown menu. Scroll the Six key positions one by one. Then, click arrow to start the video to watch it in real speed.

Wednesday Update: All players in Gym at L. Ridge from 6-7. Use your extra time at home to study for finals!!

Note: We still have several folks on varsity and JV who have not paid. You cannot compete in a match until your fee has been paid to the school.

03/06/2013 @ 01:45:51 PM:

Wednesday Update: All players in Gym at L. Ridge from 6-7. Use your extra time at home to study for finals!!

Note: We still have several folks on varsity and JV who have not paid. You cannot compete in a match until your fee has been paid to the school.

03/05/2013 @ 04:31:00 PM:

3:30 Update: Courts are wet. All players in gym at L. Ridge from 6-7. Don't be late.

03/05/2013 @ 11:30:01 AM:

Tuesday Update: If courts are wet, all players will be in gym at L.Ridge from 6-7

03/03/2013 @ 06:14:07 PM:

Dry Weather Schedule:

Varsity Practice at LR: M-Thur 5:30-7:30, Friday 5:30-7:00

JV at SMS: Monday 4:30-6:30, Tue-Thur 4:30-6:15 , Fri 4:30-6:00

Saturday: Optional Sessions for all players at LR: 10:30-11:45 and 12:00-1:15

Varsity: All Seniors, Rooney, Bowen, Marks, Adams, Kittel, Wochnick, Schwarm

Props to freshmen phenoms Allison Clark & Erika Lee for winning the first match of the season for our team. Today, they paired up to beat Darren Clark & Asher Krauel 6-4,4-3 in a hard-fought tussle at Laurel Ridge.

02/28/2013 @ 05:25:59 PM:

Thursday Update: Courts are wet, all players in SHS gym from 6:15-7:15

02/28/2013 @ 01:59:53 PM:

If courts are wet tonight, we'll all be in the gym at the high school from 6:15-7:15. Check back later for updated info and be on the lookout for texts from your teammates.

02/26/2013 @ 10:41:06 AM:

Great 1st practice last night, we are really pleased with the group we have. The apparel order form is now available on the left side of this page. Orders need to be turned in by Saturday, March 2nd. Orders should be given to Coach Penland. epenland02@gmail.com

02/19/2013 @ 02:21:37 PM:

If you wish to practice on Monday, make sure that all of your registration stuff is completed by Friday.

Here is week one practice schedule if dry:

Monday: All players at L. Ridge 5:30-7:30. We will have a timed 1.5 mile run.

Tueday: All players at L. Ridge 5:30-7:30.

Wed: Soph’s and Juniors at SMS 4:45-6:30. Frosh and Seniors at L.Ridge 5:30-7:15

Thurs: Frosh/Soph’s at SMS 4:45-6:30. Juniors and Seniors at L. Ridge 5:30-7:15

Friday: Soph’s and Seniors at SMS 4:45-6:30. Frosh and Juniors at L. Ridge 5:30-7:15

Saturday: 2 Optional Sessions at L. Ridge: 10:45-Noon and Noon to 1:15 (lots of conditioning – Only seniors can attend both sessions)

Note: This schedule is subject to change. For instance, if Monday and Tuesday get messed up due to weather we may have all players together on Wednesday/Thursday.

01/15/2013 @ 10:44:36 AM:

Event Title: Girls Tennis Parent Meeting

Event Time: 7:00PM

Event Date: 2/12/2013

Event Setup Time: 7:00PM

Event Breakdown Time: 8:00PM

Status: Approved

Schedule State: Activated

Organization: Tennis - SHS

Location: Sherwood High School

Building:

Commons Classroom 3

09/27/2012 @ 05:40:57 PM:

Youth Clinic is over for the Summer. Thanks and see you again next year!

09/19/2012 @ 08:03:21 PM:

Youth clinic this week will start at 6:45 with my assistant JV coach Kathy V. if you are interested.

08/16/2012 @ 11:57:43 AM:

Youth Clinic for tonight, Aug. 16th, is cancelled due to extreme heat.

Also, we will try to continue the clinics through the month of September but they will only run from 7:15-8:15 pm on Thursdays. So, starting next Thursday, Aug. 23rd, the youth tennis clinics will be from 7:15-8:15.

Any changes to that schedule will be posted here.

06/28/2012 @ 05:52:53 PM:

Due to wet courts tonights youth clinic is cancelled

05/30/2012 @ 09:03:17 AM:

Free Summer Youth Tennis Clinics begin on Thursday June 14th. They will be held each Thursday throughout the summer at Laurel Ridge from 6:30-8:00 pm. If there is ever questionable weather, cancellation info will be posted here.

05/16/2012 @ 09:20:45 AM:

State Tourney Info is here: http://osaa.org/tennis/2012/6a5agptcschedule.pdf

Tourney is at Portland Tennis Center on Thursday and Friday then at Tualatin Hillls on Saturday. All SHS players are encouraged to come out and suppor their team. On Thursday, Jess Creger will play at approximately 11:00 a.m. and our three dubs teams will play at approximately 5:00 pm. If you come out to show support, Coach Krauel will buy you a Voodoo Donut.

05/14/2012 @ 11:50:13 AM:

monday practice for state qualifiers: 6:30-8:15 at LR

05/09/2012 @ 09:44:29 PM:

Huge day today for the Lady Bow's on day 1 of the district tournament !! We clinched our first ever district tourney title while receiving meaningful points from each of our 12 players. Yes, all 12 of our representatives win at least one match which is an incredible feat. We qualified 7 players for state which is an outrageous number. We had 4 other players make it to the quarterfinals who just barely missed out on earning a state tourney appearance. Tomorrow we'll have some great tennis with Jess Creger playing Haley Moss, Syd Blomquist and Amy Otis playing Kelsey Niebergall and Carley Mills and Nancy Nguyen and Courtney Mostul playing a team from Parkrose. All of those matches will start at 11:00 at Tualatin Hills. If you'd like to join us the bus will leave SHS at 9:00 a.m. Much respect to the athletes who weren't playing who came and supported their teammates today. Oh, and there is a new Bakery that just opened in Beaverton and their baked goods are real yummy. The name is NieberMills MooseWin Baked Goods and Sundries Shoppe and it is located on Walker road. In 12 sets today our top two dubs teams combined for 9 bagels and 3 breadsticks. What?!?!? You read that correctly folks. 9 bagels and 3 breadsticks in 12 sets. Holy Moly Macaroni that's dominant..

05/07/2012 @ 09:45:57 AM:

Monday: District participants practice at LR at 5:45-7:45. HYDRATE TODAY. I SAID HYDRATE TODAY. some of u will play 3 matches tomorrow and if one of those happens to be in the bubble you will be hating life. today is the day to hydrate.

Tuesday: New departure time: Bus will leave Safeway parking lot at 7:30. If you wanna buy coach a latte, arrive at starbucks by 7:10. Again, bus will leave at 7:30. All SHS tennis players are encouraged to come join us on Tuesday at Tual. Hills. Just get pre-arranged absence taken care of and meet us at Safeway in the morning and u can spend a great day at Tual Hills. If you've never been there before it's pretty cool and one of the top public tennis facilities in America. Tuesday will be a long, sunny day so bring sunscreen. We will bring a cooler with snacks, ice and water for our players.

05/03/2012 @ 01:32:23 PM:

District Tourney is next week.

If you’re not playing but would still like to go we would LOVE to have you come and support your team. If you wish to do this, you need to have your absence pre-arranged with the school. If you are playing, you should also check in with the attendance office to make sure they know you’ll be gone.

Here is our lineup:

Singles: Fellers, Creger, Ng, Curtiss or Mathews

Dubs: Nguyen/Mostul, Niebs/Mills, Otis/Blomquist, Huntington/Keicher

We will be at Tualatin Hills all day on Tuesday. On Tuesday, matches will begin at 9:00 am and singles matches will be played first. We will depart Sherwood at 7:45 am on Tuesday. For those that advance, we will be at Tual. Hills on Wednesday with matches starting at 11:00 am. Bus info for that will be provided later. If you’re playing districts you must be available for practice on Saturday and Monday. (weather permitting)

If you make it to the semi-finals of the district tournament you will have qualified for the state tournament which begins May 17th at Tualatin Hills. Please make arrangements at school for any and all dates that you may miss.

Wilsonville Recap:

With such dignitaries as Megan Wade and Dr. Carlos Sequeira looking on, The Lady Bow’s rose up and routed the Wilsonville Wildcats by a 6-1 score. It was the worst loss ever for Wilsonville and one of our greatest team victories of all time. We did a great job of recognizing our seniors, we hosted a great BBQ and our athletes competed to the utmost of their abilities. In short, we couldn’t ask for anything more.

In singles we won 2 of 3 matches with one getting rained out. At # 2, Jess “no mess” Creger became our winningest singles player of ALL TIME with a double-bagel victory over Hannah Anderson. Creger capped off her incredible career in stunning fashion by dominating a very good player. Creger also extended her all-time record of recorded bagels and wound up her career undefeated in NW Conference play. She wound up only losing one set in conference play during her career which is a tremendous accomplishment. At # 3, we decided to send Super Soph, Sydney Blomquist, out for her first-ever singles match and she camp up HUGE for us. She lost her match 6-7, 4-6, but not before battling like a big dog. The player she lost to hadn’t lost all year and Syd the Kid gave her everything she could handle. We even had 3 set points in the first set. With the performance, Blomquist appears to be poised to take over one of our top singles spots next season. At # 4, Lydia Ng pulled off a miraculous comeback and won her match in dramatic fashion, 2-6, 7-5, 6-1. After being down 4-1 in the 2nd, the feisty junior won 12 of the next 14 games to claim the victory. This match will definitely be one of the finalists for our match of the year award. Sadly, we did not get to play the # 1 singles match due to weather. Sav Fellers had a great aura about her yesterday and looked fantastic in warm ups. After a lengthy delay we decided to play the match and on the very first point Fellers ripped a backhand return that caused Wilsonville’s Haley Moss to stumble and we decided to halt the contest. Fellers winds up a stellar career with 36 dual match victories which is good enough for 3rd on our all time list.

In dubs, we once again swept all four contests. Incredibly, the sweep pushed our season dubs record to 55-0. As Foghorn Leghorn would say, “I say, I say, I say What ?” Yup, 55 wins and ZERO losses in dubs this season! I’ve contacted the fine folks at Guinness to see if we can make our way into the 2013 edition.

At # 1, we got a huge effort from Courtney Mostul and Nancy Nguyen as they prevailed 6-3, 6-3 over a very good Wilsonville team. The win pushed their season record to 15-0 and they beaten some great teams along the way. Mostul has now won 45 career matches with Nguyen right behind her with 42 wins. We will probably credit Nancy with wins from the Mixed Dubs tourney so that these two stalwarts can be tied for the career lead. (Cue Courtney frowning in 3,2,1) It wasn’t previously mentioned, but Nguyen now has 40 doubles victories which is a new school record by a wide margin. Along the way she’s been fortunate enough to play with such SHS heroes as Theresa Stanley, Melinda Widows and the fiery Mostul. At # 2, Carley Mills and Kelsey “I Like Ike” Niebergall looked terrific in dispatching a good Wilsonville team by a 6-2, 6-0 count. These two juniors now stand a very good chance to be seeded for the district tournament. At # 3, Bryce Keicher and Hannah Huntington rolled their way to a methodical 6-3, 6-1 triumph. SHS Coaches were pleased with the way they kept their feet on the accelerator during the 2nd set. Complacency was an issue for Keicher in 2011, but that has not been the case this season as the junior is really starting to understand what varsity competition is all about. At # 4, Amy Otis and Ezzie Chan dominated a 2nd set tiebreaker and won their match 6-2, 7-6. For Chan it was an emotional victory as she wrapped up her illustrious LadyBow career. She wound up with a perfect 13-0 record in conference play and she will always be remembered for being a sensational teammate.

In all, it was a great, great day for our entire tennis family. We are especially grateful for all the support from the parents whose kids were not playing, and we are grateful to all the former players who came by to cheer us on.

05/03/2012 @ 09:26:52 PM:

Flower Basket Fundraiser Update from Tammy Mathews

Hi Girls -

I just wanted to thank each of you for helping in whatever way you could with the FBF!!! At this time we have sold 160 baskets, however I need to let Al's know the final count by this Friday!! If you could please drop any orders you might have outstanding to the school office no later than this Friday, I would really appreciate it!! Below is a list of the girls that have met the requirement of 6 baskets or more!

Sabrina Adams

Alyssa Coulter

Megan Kittel

Abbie Rembie

Rachel Robelli

Cambria Rooney

Taylor Wochnick

Jessica Creger

Elizabeth Curtis

Hannah Huntington

Taylor Mathews

Shea Menzel

Carley Mills

Courtney Mostul

Kelsey Niebergall

Amy Otis

Thanks again for being such a great group of girls and to another amazing season of tennis!!!

Tammy :)

05/02/2012 @ 11:16:54 AM:

Wilsonville Match is on for TODAY as Sandy has agreed to play Wilsonville on Friday. Bring your "A" game and your "A" attitude. Also, all JV players should report to Laurel Ridge by 3:50. The JV team will meet there and then head over to SMS together.

04/30/2012 @ 02:09:10 PM:

Monday Update: If wet, no practice. If dry, we'll have optional practice for varsity members at LR immediately following the boys match. Their match should only take about 90 minutes so we would be on target for about a 5:45 start. So, you'll be safe if you show up at 5:45 and plan on staying until 7:45.

Tuesday Note: If we can't get the Wilsonville match in on Tuesday we're gonna try again on Wednesday even if the boys don't get to finish Milwaukie today. The reason: Our Wilsonville match carries more weight than the boys match vs. Milwaukie.

04/30/2012 @ 10:10:02 PM:

Mixed Dubs Wrap: Don and Nancy Nguyen finally claimed the trophy they've long coveted with a win over Dirk and Amy Otis in the crimson bracket. Prior to that, they knocked off Troy and Savanna Davis in the semi-final match. In the black bracket, John and Kelsey Niebergall took home the hardware with a hard-fought victory over Alec Olsen and Savannah Fellers. In the black consolation final Todd and Cambria Rooney knocked off Joe and Megan Kittel. Even though he was thwarted in his attempt to 3Peat, Jim Krauel did team up with Melinda Widows to claim the prize for best costume with the Ol' bakery chef bit. Thanks to all that contributed, the tournament was a huge success.

Monday: Boys are hosting Milwaukie and we will hope to practice afterwrds, weather permitting.

04/29/2012 @ 09:24:27 PM:

Quick note: I have two racquets that were left at LRMS. Stop by tomorrow to claim.

04/29/2012 @ 09:03:20 PM:

Wow, what a great day of tennis. Too many great matches to even mention, but here's where we stand heading in to Sunday:

Crimson Bracket Semi's at LR at 10:30: Nguyen/Nguyen vs. Davis/Davis. Winner of that match plays Otis/Otis for the championship at 1:00. Crimson consolation final has already been played and Blomquist/Blomquist are the winners with a 7-6, 2-6, 14-12 win over Widows/Krauel. Big props to the Blomquist siblings.

Black bracket final is at 1:00 pm at LR with Fellers/Olsen facing Niebergall/Niebergall. Fellers/Olsen reached the final with an epic 3 set win over the Rooney's while the Niebergall's advanced with an equally thrilling win over the Creger's. Black bracket consolation championship will feature the very entertaining team of Joe & Megan Kittel vs. The Rooney's who played their back thru the draw to reach the final by knocking off off the Pihl's.

We'll also present the award for best costumes tomorrow as well as settling up the silent auction and the raffle. So, even if you're not playing plan on stopping by.

Okay, I can't stand it, check out some of these matches: Nguyen/Nguyen def. Blomquist/Blomquist 6-3, 1-6, 10-8. Fellers/Fellers def. Rooney/Rooney 5-7, 7-6, 10-8. Rooney/Rooney def. Pihl/Pihl 6-2, 1-6, 10-7. Huntington/Christensen def Widows Krauel 2-6, 6-3,10-8, Curtiss/Lefarge def Esaki/Gray 3-6, 6-3, 10-5, Pihl/Pihl def Wochnick/Wochnick 7-6, 6-3 with Mr. Wochnick getting his nose bloodied. And the capper, Davis/Davis defeated Huntington/Christensen 5-7, 7-6, 10-8.

Big thanks to all the parents who came out to squeegie the courts this morning and to all the parents who assisted with the BBQ.

04/28/2012 @ 08:26:16 AM:

UPDATE: Courts are still wet, so 9:00 matches will not begin until approximately 9:45. If you can help squeegie the courts, please come and bring towels!

04/28/2012 @ 08:16:52 AM:

Dear parents and participants, please remember that families with last names A-L are asked to bring beverages and M-Z are asked to bring a dessert. Thank you!!

04/28/2012 @ 10:43:54 PM:

Bracket is on left side of this page.

Saturday 9:00 a.m. matches: (check in at 8:45 at LR)

SMS: Fellers/Olsen vs. Rooney/Rooney, Creger/Creger vs. Coulter/Coulter, Esaki/Esaki vs. Menzel/Menzel

LR matches at 9:00. (check in at 8:45) Krauel/Widows vs. Huntington/Christensen, Blomquist/Blomquist vs. Nguyen/Nguyen, Mills/Mills vs. Curtiss/LeFarge, Otis/Otis ns. Adams/Scott

Notes: If Fellers wins, they will play again at 10:30. Blomquist will play at 10:30 win or lose in 1st round match. Huntington will play at 10:30 win or lose in first round.

Known 10:30 matches: Niebs/Niebs vs. Penland/Penland at LR. Wochnick/Wochnick vs. Pihl/Pihl at LR

Sesame donuts will be served at LR at 8:45 for all participants

04/26/2012 @ 04:25:28 PM:

Mixed Dubs Info: We will do at least 7 first round matches tomorrow night immediately following our match against Liberty. Don't forget, a $50.00 bill to the team that has the cutest outfits. Judges: Pihl, Mills, Villalobos. Outfits can be unveiled on Friday or Saturday.

Here is a list of those playing for sure on Friday: Esaki/Gray, Otis/Otis, Huntington/Christensen, Krauel/Sharapova, Blomquist/Blomquist, Nguyen/Nguyen, Rembe/Rembe, Coulter/Coulter, Penland/Penland, Kittel/Kittel, Rooney/Rooney, Wochnick/Wochnick, Pihl/Pihl, Fellers/Olsen.

SMS Matches: Esaki/Gray vs. Otis/Otis, Rembe/Rembe vs. Coulter/Coulter, Rooney/Rooney vs. Wochnick/Wochnick.

LR Matches: Huntington/Christensen vs. Krauel/Sharapova, Blomquist/Blomquist vs. Nguyen/Nguyen, Penland/Penland vs. Kittel/Kittel, Pihl/Pihl vs. Fellers/Olsen

If we have time and if teams are available we may try to do a few more matchs Friday night.

We will have the BBQ fired up Friday night at LR so feel free to hang out after the Liberty match and throw whatever you want on the grill.

On Saturday we'll be playing matches at LR, SMS and Snyder. Times will be posted Friday night but you need to be available all day. We're trying to accomodate many different scheduling requests so please be like Rich's horse Flexible.

Please note that we'll have two brackets with two champions. And, two consolation brackets with two champions. So, on Sunday we'll play those four matches at 1:00 pm. (Every team is guaranteed at least two matches)

04/26/2012 @ 02:13:07 PM:

Hey parents: Does anyone have a pop-up tent and/or ice cooler that we can borrow for Saturday during the Mixed Dubs tourney? Please contact any coach to let us know. Thanks!!

04/26/2012 @ 10:42:41 AM:

Thursday: Everyone is off. Check back later for mixed dubs tourney info.

Recaps, Recaps and More Recaps :

Parkrose Recap:

Defeated Parkrose 8-0 in a match that was closer than the score might indicate. In singles, Jess Creger played # 1 in her last-ever road match and shined brilliantly with a 6-0, 6-1 win. At # 2, Lydia Ng played # 2 for the first time and delivered the goods with a 6-2, 6-3 victory. The number 3 spot was filled by "Late Night" Savanna Davis and she fought her way to a 6-4, 6-3 victory. At # 4, Shea "Butter" Menzel provided quite a few thrills for the Sherwood fans in attendance with a rousing 2-6, 6-4, 7-5 triumph. At 6-5 in the 3rd, Shea was up 40-15 only to see two match points slip away. Coach Krauel resorted to frantically scribbling Menzel's name on her teammates shoes and then on the crucial deuce point he said, "Shea needs to get in one of those low, slicing first serves right now." Booya ! Shea did it, and the match was over..

At # 1 dubs, Courtney Mostul and Nancy Nguyen won a hotly contested match against a very formidable Parkrose team that featured two girls who were playing together for the first time. After winning the first set 6-2 they fell behind 1-5 in the 2nd. We reminded them that they had come back from significant deficits against Wilsonville, Summit and Oregon Episcopal, and lo & behold, The Dynamic Duo did it again. They reeled off five straight games to lead 6-5 but then missed a sitter at the net at deuce which brought us to a tiebreaker. The missed sitter on match point was a blessing in disguise because it allowed them to showcase their mental toughness, which they did by winning 7 of the 9 points in the tiebreaker. With the win they remain undefeated on the year and are considered by many to be the top doubles team in the state. At # 2, we made peace by pairing a couple of talented juniors together in Amy Otis and Bryce Keicher. The move worked and they did a great job together and dismantled a pretty good Parkrose team 6-2, 6-2. At # 3, we got Keatley "Banana" Pihl back in the line-up after her stint as a thespian, and she teamed up with senior superstar Elizabee Curtiss and they eeked out a 2-6, 6-4, 6-4 win. Our girls did a very nice job of competing in this match and showed great determination in winning the final two sets. At # 4, senior Ezzie Chan played with Tay-Tay Mathews once again, and after dominating the first set they became a little complacent before recovering for a 6-0, 7-5 win. In winning the final stet, they won the final five games after trailing 2-5.

Performers of the day were Pihl and Curtiss for dubs and Creger for singles.

Milwaukie Recap:

Won match 8-0. Survived a rain delay thanks, partially, to the fact that I had some Sherwood towels in the back of my truck. (God bless the LadyBow parents) At # 1 singles, Savannah Fellers followed in her papa's footsteps and rode her way to a 6-1, 6-1 victory. At # 2, Jess Creger cruised to a 6-0, 6-0 win and is now the most proficient baker in SHS singles history. At # 3, fellow senior, Elizabee Curtiss overcame a poor start to record a 6-4, 6-1 win. Curtiss trailed 1-4 in the first before winning 11 of the next 12 games. Milwaukie was forced to forfeit # 4 singles which cost Tay-Tay Mathews an opportunity to play.

In dubs, we benched our # 1 team to see how Team Niebermills would do against Milwaukie's #1 team, which is one of the best in the league. Our girls rose to the occasion beautifully and won 6-4, 6-3. We're hopeful that this win will earn them a seed in the district tournament. At # 2, Syd "The Kid" Blomquist and Amy "Elevator" Otis played a very sound match and won 6-3, 6-0. At # 3, Hannah Huntington & Bryce "Mostly Nice" Keicher rolled to victory by the exact same score of 6-3, 6-0. At # 4, Cambria Rooney and Esmerelda "Villalobos" Chan dominated in true Ladybow fashion with a 6-1, 6-0 win. Overall, we were mostly hot during the match although there was some Coldplay early on. Performers of the day were Fellers for singles and Niebermills for dubs.

Bend Recaps: In Bend we went 2-2 with two great wins, a tough loss and a loss to the best team in the state. We came into the tourney as the #1 rated team and left as the #2 rated team in the state. The one thing about the trip that really stood out to me was the outstanding camaraderie that existed among our athletes. The kids truly had fun together as a team and it made us very proud. And, the mom’s that supervised did a wonderful job of keeping them happy, healthy and safe. We are really, really grateful for the incredible cast of parents that have lifted us to where we are today. I’ve said it before and I’ll say it again, this is the best group of parents we’ve ever had.

OES: (Saturday)

Beat OES 5-3 in epic fashion. Oh wait, we missed a line call on match point on one of our matches and wound up losing that match. So we tied 4-4 and then lost the set tiebreaker 10-9. A very important lesson was learned in this match. If you play balls that are out you wind up cheating yourself, your teammates and your program. It’s almost as bad as calling balls out that are in and cheating your opponent. The lesson: BE DILLIGENT in hustling to balls so that you can clearly make an accurate line call. Play the ball and as you’re playing it call it out if it’s out.

In singles, we got wins out of the 2 & 3 spots and in dubs we got wins out of the 1 & 3 spots. At # 1 singles Savannah Fellers did a nice job of battling before falling 2-6, 3-6 to Oregon Episcopal’s Rachel Nedrow. At # 2, Jessica Creger played a great match in dominating a good OES player in Isabel Robertson. Creger’s score was 6-3, 6-1. At # 3, Lydia Ng had a thrilling comeback victory over Maya Lusk 3-6, 6-1, 10-2. Ng continues to impress with her on court demeanor and her shot making decisions and this was a big win for her. At # 4 singles, junior Savanna Davis lost to Sophie Lee 6-3, 6-2. At # 1 dubs, Courtney Mostul and Nancy Nguyen dropped the first set of the match which was the first set they’ve lost this season. And it wasn’t really close. They lost 2-6 in a very quick set. The amazing this was that the 2nd set was even quicker as the LadyBow’s dominated it by a 6-1 count. The OES coach and I said to one another, “This might be the shortest 3 set match of all time.” In the 3rd set Superbreaker we fell behind early but then busted out the Sherwood Steamroller and prevailed 10-7. On match point Nguyen hit a beautiful slice lob that left the OES players and fans shaking their heads. At # 2, Carley Mills and Kelsey Niebergall lost a tough match against a good OES team by a 4-6, 3-6 score. It was a great test for these two as they continue to push themselves to get better. AT # 3, juniors Hannah Huntington and Bryce Keicher scratched and clawed their way to a 6-4, 6-2 win. They displayed excellent competitive spirit in this match which is always pleasing to any coach. At # 4 Cambria Rooney and Ezzie Chan lost a heartbreaker 3-6, 6-4, 12-14. After a shaky first set they did a tremendous job of righting the ship and winning the 2nd. In the Superbreaker they battled their hearts out before losing. We had match points at 10-9, 11-10, and 12-11. To our girls credit they didn’t choke and hit some great shots during those points, but OES was able to do the same and came out on top. Performers of the day were Creger for singles and Mostul and Nguyen for dubs.

Mt View: (Saturday)

Beat Mt. View of Bend 7-1. In dubs we swept all four matches handily. At # 1 Courtney Mostul and Nancy Nguyen continued to roll and they breezed thru this match by a 6-2, 6-0 count. At # Carley Mills and Kelsey Niebergall gutted their way to a 6-3, 6-4 victory. At # 3, Cambria Rooney and Amy Otis tiptoed thru the tulips with a nice, swift 6-1, 6-2 win. AT # 4, Elizabee Curtiss and Bryce Keicher served up a bagel and breadstick to their opponents.

In singles we got wins at 2,3, and 4. At # 1, Savannah Fellers fell 2-6, 3-6 to a very steady pusher that gave us fits. At # 2, Jess Creger walloped the Mt. View player 6-1, 6-2. At # 3, Lydia “Big Swing” Ng won 6-2, 6-1. At # 4 we received a stellar performance from Shea “Butter” Menzel as she posted a bagel/breadskick victory of her own. After the match I got a call from Coach Lawrence thanking us for getting revenge on the Cougars who had beaten Sherwood in the state championship football game this year. Not really, but in my own warped mind that’s what I was thinking. Performers of the match were Menzel for singles and Curtiss and Keicher for dubs.

Summit: (Friday)

Lost to Summit 2-6. Summit wound up beating Jesuit by the same 6-2 score in the championship match so we’ve got nothing to feel bad about as they are very, very good. Their top 3 players are all USTA tournament players and it showed. At # 1 singles, Haley Younger beat Savannah Fellers 6-0, 6-2. With the George Fox coaches looking on, Fellers played some really nice points and did us proud. At # 2, Lindsey Brodeck “Cregered” Jessica Creger 6-0, 6-0. This is the same treatment that Jess has been giving her foes all year long so it was a strange thing to see. Brodeck and Younger won the state dubs championship as freshmen last year and they are both very seasoned players. At # 3, Lydia Ng lost to Hannah Sheppard 2-6, 1-6. Sheppard was a state qualifier last year, plays lots of USTA tournaments and still is only 3rd best on her team. At # 4 Tay-Tay Mathews gave a very nice performance, but lost 2-6, 3-6 to Ariel Steele.

AT # 1 dubs we received a very nice effort from Nancy Nguyen and Moose Mostul. They won 6-1, 7-5. In the 2nd set, they trailed 2-5 before rallying to win the final five games. These types of comebacks are huge for their confidence because they know that no matter what happens they’re never out of it. At # 2, Team NieberMills lost a very tough match 3 & 5. The hustle and work ethic that Kelsey and Carley bring to all of their matches is noteworthy and is very much appreciated by the SHS coaching staff. At # 3, Bryce Keicher and Hannah Huntington lost 3 & 4 in a tight match and at # Amy Otis and Sydney Blomquist battled valiantly in claiming a 6-3, 7-5 victory. Summit’s top two players had quit the team but agreed to rejoin after a new coach was hired and with that move they clearly became the best team in the state. Their 6-2 win over Jesuit in the finals was a very nice boost for all of 5A tennis. The Summit coach doesn’t get much competition over there, and he was very impressed by the match we gave him, so last week he reached out to us to try to set up a dual match for next season. My response was, “Yes, we need a rubber match since we got you last year and you got us this year.” So, we’ll see what happens. Performers of the match for Summit were Mathews for singles and Mostul and Nguyen for dubs.

Crescent Valley: (Friday)

Beat a very good Crescent Valley team 7-1. This was one of the best wins in the history of our program. Crescent Valley is always tough and they are very talented this year as evidenced by their victory over 6A Tualatin later on in the day. We received huge performances across the board with our only loss coming at # 4 singles. At # 1, Savannah Fellers showed a nice competitive spark and fought her way to a 7-5, 6-3 win. At # 2, Jess Creger beat a very tough opponent 6-2, 6-2. At # 3, Lydia Ng won a fantastic match by the score of 4-6, 6-2, 13-11 over Julie Meunier. This was an unbelievable effort by Ng because Meunier is a much more experienced tennis player. At # 4, Savanna Davis lost 1-6, 2-6. Davis is a great athlete and our goal for her is to learn to hit with topspin so that she can use her natural power while still keeping the ball in play. She is a huge part of our plans next season so these matches are great learning experiences for her. In dubs, we swept all four matches which was a giant feat. At # 1, Nancy “Loves to Win” Nguyen and Courtney Mostul claimed an enormous victory over a great Crescent Valley team by a 6-3, 6-2 score. The Crescent Valley team of Danielle Hite and Claire Meunier will probably win their league championship so this was a great win for us. At # 2, NieberMills showed tremendous heart by holding on for a 6-4, 7-6 win over a steady # 2 team from CV. At # 3, juniors Bryce Keicher and Hannah Huntington pulled off one of the greatest comebacks in SHS history in winning 4-6, 7-5, 10-1. They were down a set and down 4-1 in the 2nd before the furious rally commenced. Wow ! It was truly a thing of beauty once they pulled the SHS Steamroller from the storage shed. At # 4, we got another great performance and another 3 set win from Amy Otis and Syd “The Kid” Blomquist. They prevailed 6-2, 4-6, 10-4. Over the years we’ve struggled with 3rd set tiebreakers, especially in Bend. This year was a different story altogether and this speaks volumes about how mentally tough our players have become. Performers of the match were Ng for singles and Keicher and Huntington for dubs

04/25/2012 @ 02:00:06 PM:

We are on for today. bus will leave shs at 2:30.

04/25/2012 @ 10:03:39 AM:

Wednesday: Weather may be tricky today cuz they may wait as long as they can before cancelling our match. If we get rained out today, and if the courts are wet, we will be off. If we get rained out, and the courts are dry, varsity will practice at LR at 5:30 and you will be free to leave whenever you want.

04/23/2012 @ 09:42:32 AM:

Busy, busy week. Here we go:

Monday. Resumption of Sandy match at 4:30. Players still playing: Fellers, Creger, Mostul, Nguyen, Mills, Niebergall, Chan, Curtiss. We will practice 6:00-7:30 afterwards. So, go home from school, do homework and if you're not playing try to show up at LR by 5:00 to support your team.

Tuesday: Traveling to Milwaukie. Dismissed at 2:30, departing at 2:45.

Wednesday: Traveling to Parkrose: Dismissed at 2:15, departing at 2:30. This is the last road trip ever for Curtiss, Chan, Creger and Fellers so let's make it a good one.

Thursday: Varsity Singles players will practice at SMS 5:45-7:30 and dubs players will practice at LR the same time.

Friday: Hosting Liberty, followed by Mixed Dubs tourney first round matches. It's gonna be a festive atmosphere at L.Ridge I tell ya.. If u have any time restrictions this weekend be sure to let us know today so we can schedule your matches accordingly. Every team is guaranteed of playing at least two matches. More mixed dubs info to be published soon.

04/19/2012 @ 12:48:48 PM:

/2012 @ 12:46:43 PM:

Mixed Dubs Info: The field for the 2012 mixed dubs tourney is full. Below is a list of competitors. If you're not playing we'd still very much like to have you around on Friday night and Saturday. Remember, we have a raffle with great prizes and a silent auction.

Competitors: Don't forget that there is a $50.00 prize for the best team outfit. Voting Panel: Leslie Pihl, Claudia Mills, Kathy Villalobos.

Also, if your partner has a history of flakiness, tell him that everyone pays for this tournament and you cannot miss or be late to a match because you are impacting others.

Here are the entrants:

Otis/Otis

Krauel/Mystery

Huntington/Huntington

Rembe/Rembe

Pihl/Pihl

Esaki/Esaki

Wilcox/Wilcox

Penland/Penland

Valenzuela/Koster

Mills/Mills

Niebegall/Niebergall

Mostul/McLaughlin

Nguyen/Nguyen

Creger/Creger

Fellers/Fellers

Davis/Davis

Menzel/Menzel

Blomquist/Blomquist

Rooney/Rooney

Curtiss/LeFarge

Adams/Scott

Coulter/Coulter

Wochnick/Wochnick

Esaki/Losson

Kittel/Kittel

04/19/2012 @ 12:09:06 PM:

Parkrose Match for today has been postponed to next Wednesday.

Resumption of Sandy match is slated for next Monday at 4:30

Cool ranking list here:

http://www.oregonprepsports.net/girls-tennis/2012-ratings/Oregon/5A/colley\_desc

04/18/2012 @ 12:16:42 PM:

Hosting Putnam today. Let’s try to finish this match quickly so that we can get as many people as possible to go to the high school to support Keatley. In other words, quick warm-ups, hustle to pick up balls between points, etc.

Thursday: Traveling to Parkrose, and then Varsity is going straight from there to Bend. JV will stay behind and play there. On Thursday athletes are dismissed at 2:15 and the bus will leave at 2:30. Do not be late for the bus.

Sandy Match Update: Sandy match will be resumed on Monday. Varsity will practice afterwards.

04/17/2012 @ 10:20:22 AM:

Tuesday: Varsity practice at LR 5:30-7:30. JV: 4:30-6:30 at SMS

Reminder: If you’re traveling to Bend on Thursday you must turn in your pre-arranged absence form today or tomorrow.

St. Helens Recap:

Well, we arrived to St. Helens a little late but we were still able to enjoy their grass courts to the tune of an 8-0 victory. This was nice because the last time we played them we surrendered two matches.

In singles, we had two fairly easy wins and two hard fought victories. At # 1, senior superstar Savannah Fellers started out brilliantly winning the 1st set 6-0, but then found her way into a little trouble before claiming the second 6-4. At # 2, Jess Creger laid down a pair of breadsticks in a match that some might describe as a snoozer. In fact, if it weren’t for the U.S. Air Force band practicing nearby, spectators may have nodded off during this cakewalk. At # 3, Lydia “Big Swing” Ng scrapped and clawed her way to a 6-1, 7-5 win in a match that lasted nearly two hours. Ng won the first set 6-1 but it was much closer than the score would indicate as she frequently had to hit 8-10 shots on each point. In the 2nd, she jumped out to a 4-1 lead and then dropped four straight games to trail 4-5. She was winded and fatigued. She knew that she was blessed to be in the arena and to be competing. She knew that a high level of focus would be required in order to avoid a 3rd set. She delivered. Final score: 6-1, 7-5. At # 4, “Late Night” Savanna Davis survived an epic match by the score of 7-6, 5-7, 6-2 in what proved to be a battle of wills. As Ng had done, Davis thought her way through the final set and can now feel very good about herself in terms of her mental toughness, focus and perseverance. It was really nice to see these two both bounce from tough losses at Wilsonville in such gritty fashion.

In dubs, we swept all four matches without losing a set. At # 1, the Mostul-Nguyen team won 6-1, 6-1 in a match that wasn’t filled with a lot of excitement. Mostul did get in a nice post-match workout however, while Nguyen was busy firming up Prom Plans. At # 2, Carley Mills and Kelsey Niebergall made quick work of their opponents in a 6-0, 6-1 beatdown. It was a very workmanlike effort from NieberMills which was very much appreciated by the SHS coaching staff. At # 3, junior Amy Otis and super-soph Cambria Rooney teamed up for the first time and they prevailed by a 6-2, 6-4 count. Rooney was very impressive with her movement and net play, and Otis avoided all “Weird”-Ness in all aspects of her game. At # 4, Tay-Tay Mathews was paired with Ezzie Chan to form one of the friendliest doubles teams in the history of the NW Conference. These two played a very nice first set together and won 6-1. In the 2nd, they struggled before winning 6-4.

It was a solid win, but Renee~ and Pierre’s French Bakery only served two bagels on the day. However, it was our 22nd consecutive victory and we’ve now won 31 of our last 32 matches against teams not named Jesuit. And, has been the pattern, our athletes behaved in a manner that makes all of us proud to be part of the LadyBow family.

Oh, and JV completely dominated. Again..

04/16/2012 @ 11:48:49 AM:

Today: All matches at St. Helens H.S. Dismissal at 2:00, depart time is 2:15.

Wilsonville Recap:

What began last Tuesday was finally completed on Saturday and it was an epic conclusion to a fabulous match. Our path to victory wound up taking a circuitous route but we found our way home nonetheless.

On Tuesday we were able to finish # 3 & # 4 singles matches and the #4 dubs match, while the rest of the matches either never began or were halted when the rains arrived. Wilsonville was surprisingly strong at 3 and 4 singles and won both matches in straight sets. At # 3, junior Lydia Ng performed admirably and did her very best against a human backboard. She battled gamely before losing 2-6, 2-6. At # 4, Savanna Davis started out poorly losing the first set 0-6. To her credit, she came out on fire in the 2nd set and quickly opened up a 4-1 lead. She then lost four straight games to fall behind 4-5. She refused to give up and won the next game to tie the score at 5-all. Davis then lost the final two games of the set, and fell by a 0-6, 5-7 score. At the time, we believed that the entire match might come down to games won so Davis' second set effort was important and much appreciated.

In the #4 dubs match, our leading dominators to date, Bryce Keicher & Hannah Huntington, did a tremendous job of following instructions by keeping the pedal to the metal and steamrolling their way to a 6-0, 6-0 victory. They are improving match by match and will be a major force in this league if they continue to progress. In the # 3 dubs match, sophomore Sydney Blomquist and junior Amy Otis dominated the first set by a 6-1 count and the led 1-0 in the 2nd before the wheels came off. They failed to do what Keicher and Huntington did as they took their collective feet off of the proverbial accelerator. By doing this they allowed Wilsonville to win the 2nd set 6-4. We lost deuce points at 4-all and 4-5 which was painful. To their credit, they recovered nicely in the 3rd and led 4-1 before we were interrupted. At # 2 dubs, Team NieberMills had just won the first set 6-2 when the matches were halted.

# 1 and 2 singles had just begun and # 1 dubs players hadn't yet taken the court. The varsity coaches went out to dinner afterwards and we were flummoxed by what had just transpired. We were very concerned about how we were going to carve out a victory after being stymied at 3 and 4 singles.

Two Days Later: We rolled back into Wilsonville hoping to finish the match under very ominous skies. Blomquist and Otis quickly finished their decisive 3rd set by a 6-3 count and the overall match was tied 2-2. Mills and Niebergall saved a set point in their match and were able to finish off their opponents with a 6-2, 7-5 score. At the time, the saved set point was huge and the play that Niebergall made to save the set was outstanding. By the time that they had finished we led 3-2 with the 1 and 2 singles matches well underway and the # 1 dubs just starting.

At # 1 singles, Savannah Fellers slugged it out with Wilsonville phenom Haley Moss. Moss, who recently trounced Liberty's highly regarded Ayaka Terakawa, came into the match undefeated on the season and comes from a huge tennis family. Fellers hung in and traded blows with her in the 1st set before succumbing 2-6. In the second, Moss' extremely precise groundies and picture-perfect footwork, were too much for Fellers and we lost that set at love. At # 2 singles, Jess Creger was pitted against Wilsonville's Hannah Anderson who has been a thorn in our sides for quite some time. Anderson is very steady and had knocked Creger out of last year's district tournament. This match went back and forth in the first set with neither player being able to establish control. However, it was Creger that was displaying a level of determination that was sending a powerful message to her opponent that she would not be a pushover on this particular day. Creger's mental toughness prevailed and she won the first set 6-4. The set was enormous for us as we contemplated the tiebreaker scenarios that were looming. In the second set, the two combatants went back and forth again with neither player pulling away. At 3-all, Anderson took an injury timeout as she battled dizzy spells. While waiting, we summoned out resident topspin specialist, Todd Wilcox, who helped Creger stay loose. Anderson came back strong and won the next game before Creger came back and 4 of the next 5 games to take the set 7-5. It was truly one of the best wins in the history of our program.

With Creger's win we led the match 4-3 and were feeling good about ourselves because of how formidable our # 1 dubs team has been so far this season. We got more than we bargained for from the very solid Wilsonville team of Claire Mallon and Haley Burns.. After jumping out to a 3-0 lead our team of Nancy "Loves to Win" Nguyen and Courtney "Moose" Mostul had their collective will challenged as they struggled to finish off the set. They finally won 7-5 and we were one set away from an amazing team victory. Unfortunately, the Wilsonville duo had other plans as they jumped out to a 5-2 lead in the 2nd set. At 3-5 in the 2nd, Nguyen made a great play to save a set point and get us to 4-5. Then, with Mostul serving at 15-all, the rains returned and the final match of the overall match was postponed yet again..

Two Days later: We agreed to travel back to the home of the Wildcats for a 3rd time on Saturday. After analyzing the math we came to the conclusion that we needed to win # 1 Dubs in order to avoid tying or possibly losing the match. We arrived at WHS and were greeted by Dan Brood from the Tualatin Times who had caught wind of the epic struggle. Being the outstanding journalist that he is, Brood realized he had a story on his hands and he wanted to be courtside as a scene from one of Oregon's best sports rivalries played out before his eyes.

After a lengthy warm-up Mostul stepped to the baseline and ripped a serve to resume the match. The girls from The Wood won the first 3 points and the match was tied at 5-all. After Wilsonville won the 11th game of the set, Nguyen overcame some jitters and held serve to force a tiebreaker. Trailing 5-6 in the tiebreaker both Mostul and Nguyen each delivered clutch shots to stave off another set point. At 6-7, they again displayed extraordinary mental toughness by saving yet another set point. After that we won the next two points to win the tiebreaker 9-7 and claim victory in the match.

Their victory set off a frenzied celebration among the SHS players and parents who were on hand. Even former Sherwood superstar Melinda Widows was in attendance to show support for her former teammates, and we were especially moved by the sight of Mr. John Niebergall sitting alone, on a bench, up above the Wilsonville courts.

With the triumph, we extended our consecutive league match winning streak to 21, and with her 35th career win, Courtney Jean Mostul became the winningest player in the history of our program.

Performers of the day(s) were Creger for singles and Huntingon and Keicher for dubs.

04/14/2012 @ 04:49:54 PM:

An important announcement, pay attention:

http://www.youtube.com/watch?v=Sv6dMFF\_yts

04/14/2012 @ 09:46:39 PM:

JV update: To those participating in the LaSalle Tourney tomorrow- If you need a ride, please arrive at SHS no later than 7:25 AM. Carpools will leave at 7:30 sharp! Plan to get picked up or catch a ride home approximately by 2:30 or 3:00 pm from LaSalle. Parents, feel free to text Coach V at 503 481-5136 with questions :)

04/13/2012 @ 10:22:24 AM:

Lotsa stuff here pay close attention and try to take care of the items mentioned:

Wilsonville Update: Went back to Wilsonville yesterday and almost completed the match. It's one of the greatest matches in SHS history with us leading 4-3 with one match still going. Mostul/Nguyen lead 7-5, 4-5 at # 1 dubs. Tiebreaker scenarios are crazy so it would be nice to just complete the 2nd set comeback that we've started. We were down 2-5 and had just won the last two games when the weather forced us to stop. They will resume at WHS at 2:00 on Saturday for those that are interested.

Sandy: Host Sandy today and we'll have a nice BBQ for all SHS players and their families. JV parents, please try to come over to LR at some point and join us. You may bring your daughter's siblings as well.

Mixed Dubs: We must get Mixed Dubs tourney forms turned in. You can pay your entry fee later but we need to order the tee shirts in advance. Thus we need your form which indicates sizes. Please try to understand this: We can't just roll into Adams Screenprint and order shirts off the wall. FYI, it takes approximately 40 seconds to fill out the form.

Players traveling to Bend: If you haven't yet turned in your pre-arranged absence form you need to speak with Coach Krauel today. If I don't hear from you I'll assume you've taken care of it.

Saturday Practice for Varstity: LR at 10:45. Not sure how long we'll go, it depends on how many times we double fault in our serve drill. Bring your running shoes and your tennis shoes.

Flower Basket Forms: If you have forms and checks turn 'em in to Mrs. Mathews or Mrs. Kittel today.

"Pressure is what you feel when you're not prepared." Coach Krauel (Stolen from Chip Kelly)

I truly love everyone affiliated with this program, but on this day I especially love Jess Creger..

04/12/2012 @ 06:26:34 PM:

Varsity that didn't go to Wilsonville update: Practice canceled.

04/12/2012 @ 03:06:34 PM:

JV update: 4:30-6:30 meet at LRMS, but that is subject to change to SMS if the boys are playing a match there.

04/12/2012 @ 11:26:18 AM:

Resumption of Wilsonville match is set for 4:30 today. We won't have a bus so our athletes that are playing will need to make transportation arrangements. Try to arrive no later than 4:10 for warm up.

If you are not playing, and if the courts at LR are dry, try to show up for a 6:30-7:30 practice. We'll forcus on serves, return of serve and volleys/overheads. If we get Ng, Davis, Mathews and Menzel there we'll do singles challenge matches.

04/12/2012 @ 10:43:56 AM:

It now appears that we'll resume the Wilsonville match today. As of this very moment still not sure about time or bus situation. My guess is 4:00 or 4:30 with us driving ourselves to Wilsvonville. If you're not playing you won't need to go.

04/12/2012 @ 08:44:10 AM:

Flower Basket reminder from Tammy Mathews

Hey girls,

I just wanted to take a minute to remind you that we have just 3 short weeks left until all flowere basket orders are due!! Many of you have turned in your orders and I thank you, however, many have not and I need to get an idea of how many baskerts we're going to need, so I can let Al's know! Mrs. Kittle and I will be collecting orders this Friday at the match, so even if you have not sold all six yet, please bring what you do have!! I thank each and everyone one of you for the effort you have put forward, you truly are a great group of girls! :)

Tammy

04/11/2012 @ 01:24:46 PM:

Email from Randy Ramp to Jim Krauel: "Your players need to understand that Saturday's are valid make up dates in our league and you will forfeit matches if kids are not available."

Memo from Jim Krauel to Varsity athletes: If you have any Saturday conflicts between now and State please give them to me immediately.

04/11/2012 @ 01:14:02 PM:

Wednesday Update:

All players in LR gym from 5:30-7:30

04/11/2012 @ 11:36:21 AM:

Wilsonville Update: We will not complete match today and now are looking at finishing on Saturday afternoon. If you still had a match to play make sure that you're available.

Varsity Today: If courts are dry we'll be at LR from 5:30-7:30. If wet we'll be in a gym from 5:30-6:45 but we don't know which gym yet.

04/10/2012 @ 11:45:59 AM:

Tuesday: All players heading to Wilsonville for match. JV matches will take place at Memorial Park, Varsity matches at the high school. Bus will leave SHS at 3:05

04/09/2012 @ 02:20:38 PM:

Monday: Varsity at LR 5:30-8:00, JV at SMS 4:30-6:30. Recent match recaps below:

JV Tourney Recap:

Saturday was the best day of the year so far and our JV kids had a great day of tennis while basking in the sunshine. For the 7th straight year we hosted the tourney between ourselves, Westside Christian and Wilsonville. Westside brought 3 doubles teams, we had 5 and Wilsonville had 9. We split the kids into four groups and those kids played other schools in their pods throughout the day. In Pod # 1 we had two teams with Cambria Rooney teaming up with her bud Sabrina Adams and Sullivan Dunlap playing with Megan Kittel. Playing mini-sets throughout the day, Rooney and Adams didn’t lose at all while Dunlap and Kittel’s only loss was to their Sherwood teammates. In the playoff round they wound up playing each other in the finals and Dunlap and Kittel got revenge by winning the final match 3-0. In Pod 2, the Sherwood team of Rachel Robelli and Amy Marks played very consistent tennis all day long and as they dominated their pod. In pod 3 we had the freshman team of Taylor Wochnick and Kersten Bishoff who started off slowly but steadily improved and wound up winning the group and thus they earned a prize from the big prize table. Another pair of freshmen played together in pod 4, with Erika Esaki and Abbie Rembe teaming up. They showed great improvement and Rembe’s performance even earned her a tweet from the venerable Head Coach. We know Esaki had great tennis genes and we are hopeful that she can follow in her big sister’s footsteps at SHS. A Wilsonville team wound up winning Pod 4, but hey, we can’t win em all.

Overall it was a great day for tennis, the players and coaches from the two other schools were terrific guests and our parents were great hosts. Some of our varsity players even managed to come by and help clean up.

Liberty Recap:

Won match 7-1 with our only loss coming at # 1 singles.

At # 1, Singin’ Savannah Fellers battled gamely before falling to Liberty’s Ayaka Terakawa 7-5, 6-1. Terakawa has been labeled as the favorite to win the 5A singles championship this year so this was a good test for Fellers to see where she stands. She came out on fire and played brilliantly in taking a 5-4 first set lead before Terakawa found rhythm and gained control of the match. It was great for Fellers however because she now knows that she can hold her own against the state’s best. At # 2, Jessica Creger recorded her 2nd straight Double Bagel to move her overall record to 6-0 on the year. In her six matches, Creger has outscored her opponents 72-8. That’s right, in six matches Jess has lost a total of eight games. One word for that: Dominance. At # 3, Lydia Ng won 6-1, 6-2 while displaying an uncommon wizardry that continues to amaze her coaches. Lydia has a natural gift for this game that is awe-inspiring and we just love watching her play At # 4, Shea Menzel notched her 2nd straight victory with a 6-2, 6-4 decision. As her footwork improves, so do her results. Not sure, but I think that maybe Shea took some time to watch this video: http://www.youtube.com/watch?v=4pFMiSZ1rDY&feature=related. And if not that one, perhaps this is the one that inspired her: http://www.youtube.com/watch?v=3jwh0GfA\_eo&feature=related Regardless, we are pleased with the results.

In Dubs, Renee` & Pierre’s French Bakery was holding a half-price sale that had patrons lined up around the block. Dubs teams 1 thru 3 all recorded double bagels. At # 1, Courtney Mostul successfully made the transition to the backhand side and teamed up with Nancy Nguyen to win 6-0, 6-0. Mostul is still learning the doubles game but she continues to show great promise while Nguyen is simply a beast. At # 2, Team NieberMills was back in action and they barely broke a sweat while winning 0 & 0. Kels and Car had looked very good the previous night in a workout session so it appears that they’ve fully regained their MoJo. At # 3, the tandem of Amy Otis and Syd “The Kid” Blomquist continued their winning ways with a 6-0, 6-0 beatdown of their own. This dynamic duo has now notched bagels in each of the last five sets they’ve played together. At # 4, Keatley Pihl and Cambria Rooney did not get to attend the half price bakery sale, but they did visit the London Bistro next door and chewed on Crumpets while jollying their way to a 6-1, 6-4 win.

Milwaukie Recap:

Lead in the match 6-0, with two matches to be resumed on April 24th. The rains came at 3:00, we squeegied and towel-dried like Big Dogs and we were finally able to begin the match at 5:00 pm. And then we played for two hours before Mother Nature again revealed her dominance. A huge shout out to the parents that assisted and to Coach Wilcox who has earned the new moniker, “The Squeegie Machine.”

In the Liberty match we flirted with a clean sweep of bagels in Dubs and in this match we almost did it in Singles. At # 1, Savannah Fellers won 6-0, 6-0 in quick fashion. Sometimes it’s difficult to tell how well someone played when they are vastly superior to their opponent, but on this day, Fellers did some very nice things. At # 2, Jess Creger also went double-bagel as she continues to merrily roll along, and at # 3 Taylor Mathews earned her first singles win of the year with a 6-2, 6-0 victory. Milwaukie forfeited the 4th singles match so that means that of the 6 sets played, we lost a grand total of 2 games. Wowza.

In dubs we completed two matches while two were still in progress when the rain returned. At # 4, Ezzie Chan and Elizabee Curtiss dropped a pair of Breadsticks on Allen and Scento from Milwaukie. At # 3, Carley Mills was paired with Keatley Pihl and they trounced Milwaukie 6-1, 6-0. At # 2, we decided to slide juniors Bryce Keicher and Hannah Huntington into the spot to see if they could ride the wave of dominance that they’ve been on. With lots of boys looking on, they pair struggled mightily in the first set losing 3-6. In the second set they were beginning to restore order and led 5-2 before play was halted. We are very confident that they’ll continue the comeback and come out victorious in this match once it is resumed. At # 1, the Nguyen/Mostul team was rolling 6-3, 5-1 before we called it. If it weren’t for a 10 minute leg cramp by Nguyen this match would’ve been completed and history would’ve been made during the Liberty match. But, alas, the record books will have to wait..

Mixed Dubs Info: Amy and Dirk Otis were the first team to submit their entry so they have earned a $10.00 rebate. So far we have 11 entrants which means that there are only 21 sports available. And remember, we prefer if it is a family member you are playing with but it can also be a member of the boys team or a friend.

Here’s the list of teams thus far:

Savannah Fellers / Rich Fellers

Jessica Creger/Andy Creger

Amy Otis/ Dirk Otis

Carley Mills/ Craig Mills

Taylor Wochnick /Brian Wochnick

Megan Kittel / Joe Kittel

Shea Menzel / Scott Menzel

Sydney Blomquist / Alec Blomquist

Cambria Rooney / Todd Rooney

Emily Penland/Brad Penland

Jim Krauel/Mystery Partner

04/09/2012 @ 10:27:44 AM:

Monday: Varsity at LR 5:30-8:00, JV at SMS 4:30-6:30

04/06/2012 @ 08:55:06 AM:

Friday: Bus leaves SHS at 2:40, athletes are dismissed at 2:25. JV and Varsity will play at same venue at Liberty HS.

Saturday: JV Tourney at L.R., players need to arrive at 8:45, we'll go until about 2:30. Need Varsity players and JV Parents to volunteer to help with the BBQ. Varsity will practice at the conclusion of the JV tourney.

Bend Tourney: All players traveling to the Bend tournament will need a pre-excused absence form turned in to the school by April 16th.

Mixed Dubs Info: We need forms turned in so that we know the name of your partner and your shirt sizes. You can pay later but we need the forms turned in now !

Flower Basket Sales: If you're struggling with your sales we will have a team get-together on April 15th to go door to door in town. Let your coach know if you'd like to take part in this.

04/05/2012 @ 02:36:12 PM:

As of 2:30 we are still on. Try to arrive early and assist in squeegieing the courts..

04/05/2012 @ 02:32:54 PM:

Varsity Players: Even if you don't play today against Milwaukie there is a very good chance you'll be playing a match against another Sherwood player. Be ready to go.

JV players: If the courts dry out, we will have practice from 4:30-5:30, with the option afterwards to stay and hit or go watch Varsity play Milwaukee. Just going home at 5:30 is NOT an option... If wet, stay tuned/check your phone for a text update.

04/05/2012 @ 01:07:01 PM:

Varsity Players: Even if you don't play today against Milwaukie there is a very good chance you'll be playing a match against another Sherwood player. Be ready to go.

04/04/2012 @ 03:44:45 PM:

VARSITY AT LR AT 5:30 RAIN OR SHINE. BRING RUNNING SHOES AND TENNIS SHOES.

JV OFF.

04/04/2012 @ 03:40:40 PM:

JV update: Unfortunately, there are no gyms available. JV is off for the night.

04/04/2012 @ 01:11:46 PM:

Today's match has been cancelled and rescheduled for tomorrow.

Varsity will practice tonight at 5:30 at LR. We are assuming the courts will be dry. If they are not we would like to get the entire team together in the gym at LR. Check back for updated info.

04/04/2012 @ 09:30:21 AM:

Soccer helping tennis ?? No way. Yes way. Hey, soccer players, watch this video and then bring some soccer socks to our next practice.

http://www.youtube.com/watch?v=oVh7tsa2R6I&feature=relmfu

04/03/2012 @ 02:59:12 PM:

JV Update: Meet at SMS at 4:30. If courts are dry, we'll play outside, normal practice. If wet, we'll be inside SMS gym and go for about an hour- hard cardio.

04/03/2012 @ 02:11:03 PM:

Just rec'd word from the Athletic Director's office that today's match has been cancelled and rescheduled for tomorrow.

Varsity Practice: LR at 5:45. if courts are dry we'll practice til 7:30. If they are wet we'll head into the gym and go for about an hour.

JV coaches will post JV plan later on today.

04/03/2012 @ 12:21:26 PM:

As of 12:20 pm we are still on for today. We may need some parent helpers to get the courts squeegied if we get the green light to play. Stay tuned.

04/03/2012 @ 10:10:55 PM:

Tuesday: Hosting Milwaukie, JV hosing LaSalle. If wet we will get a gym.

Putnam Recap:

Won match 8-0 while only losing one set. In singles we swept all four matches with the highlight being the singles debut of Elizabee Curtiss who is one of the sweetest athletes we've ever had in this program. Curtiss battled nerves for the entire match, but overcame them to record a solid 6-2, 6-2 win. She made all of us very proud. Playing out of the #3 spot, junior Shea Menzel notched her first singles win of the season. Menzel's footwork was improved and it paid off in a 7-5, 6-4 victory. At # 2, senior Jess Creger was her usual dominant self and dropped a double bagel on Putnam's Lorraine Hamburger. At # 1, Singin' Savannah Fellers continued her amazing season with a 6-0, 6-1 victory. Fellers is now 4-0 and has only lost 8 total games.

In dubs we gave the Nguyen/Mostul team the night off and bumped the Mills/Niebergall team up to the # 1 spot. Following a shaky first set, they showed great mental toughness and gutted their way to a tough 3-set victory over a competitive Putnam team. Their final score was 3-6, 6-1, 6-4 and it came against the best # 1 dubs team we've seen so far this year. At # 2, Amy "The Elevator" Otis teamed with Syd "The Kid" Blomquist to win in dominant fashion. They didn't quite have full bakery service but they were close with a 6-2, 6-0 triumph. At # 3 we had the performance of the day from the junior duo of Bryce Keicher and Hannah Huntington. They busted out cream cheese and lox to compliment the Double Bagel they presented to Hannah Holman and Helena Fruehwald of Putnam. Huntington played the best match of her young career and showed us why we've had such high hopes for her ever since she joined us last season. At # 4, senior Ezzie Chan and super-soph Cambria Rooney won 6-1,6-4. They cruising along at 6-1 and 4-0 but then they forgot that they were from The Wood. Suddenly, it was 4-3, they were losing focus, and they had to be reminded of the tradition they've inherited. They responded nicely and finished off the match.

With the win we moved to 4-0 and extended our league match winning streak to 18. Again, our kids were classy in victory and they continue to make us coaches proud.

04/02/2012 @ 09:27:09 AM:

Monday Update: varsity hitting session at LR at noon. be there or be square. see info below re: departure time.

04/02/2012 @ 09:13:47 AM:

Monday: Bus will leave SHS at 2:45 for Putnam. If wet we will get together somewhere so check back.

JV- If the weather stays dry, we will be leaving with Varsity at 2:45pm and will be playing La Salle! :) Keep checking the website for updates.

04/02/2012 @ 09:47:40 PM:

A little pub for The Lady Bow's:

http://www.sherwoodgazette.com/sports/story.php?story\_id=133297395992268900

Monday: Bus will leave SHS at 2:45 for Putnam. If wet we will get together somewhere so chck back.

03/31/2012 @ 11:27:43 AM:

Cool story from today's Oregonian one of our family members:

http://www.oregonlive.com/wilsonville/index.ssf/2012/03/wilsonville.html

03/29/2012 @ 12:23:27 PM:

Thursday Practice: We have booked two courts at Tual. Hills for 8 pm tonight. The first 8 people who indicate that they want to participate get to go. We are working on carpools. As of now, we have 4 spots filled.

Tentatively, we will meet at LR parking lot at 7:20 and figure out rides.

03/25/2012 @ 09:00:20 PM:

Sandy Recap:

Coaches were very worried about this match but the players weren't phased and many were so confident that they stayed up 'til 3:00 a.m. the night before. The kids were right as we wound up routing the Pioneers 8-0. The Lady-Bow Bakery was quite busy as we served up 6 bagels and 3 breadsticks.

In Dubs, we swept all four matches while only losing one set. At #1, The Moose teamed up with Nancy Nguyen, and after another slow start they rolled to a 6-2, 6-0 win. At # 2, Super Soph, Sydney Blomquist and Junior Amy Otis had a great comeback victory in winning 2-6, 6-2, 7-5. They trailed 3-5 in the 3rd set and staved off three match points before winning. They did a great job of showing poise under pressure. At # 3, Bryce Keicher and Hannah Huntington also overcame a shaky start before getting it in gear and dominating their opponents. Exaclty as our # 1 dubs team had done, they won ten straight games after being tied 2-2 in the first set. At # 4, we paired senior Ezzie Chan with junior Kelsey Niebergall and they complimented each other very well and posted a Breadstick/Bagel triumph.

In singles, we won all 8 sets with only match being competitive. At #1, Savannah Fellers crushed a fairly decent opponent by a 6-2, 6-0 score. AT # 2, Jessica Creger manhandled the # 2 from Sandy by a 6-2, 6-0 margin. At # 3, Lydia Ng was on the court for two hours and earned a hard-fought win 7-5, 6-4. It was a tremendous effort by Ng who really did a nice job of staying focused against a player who was able to get several balls back on each and every point. At # 4, "Late Night" Savanna Davis once again played a stellar match and won 6-2, 6-0. It was the second display of excellence that we've seen from Davis in the past two days.

Performers of the day were Chan & Niebergall for dubs and Fellers for singles.

One aspect of the match that was particilarly pleasing was the classy way in which our athletes conducted themselves during the match. I congratulated the kids on the bus afterwards, and then one of our players shared a comment that she had previousy received from one of the Sandy players who had labeled us as "classy."

03/23/2012 @ 09:46:37 AM:

Sandy match is today, bring you’re A+ Focus. Bus will leave the high school at 2:15. We will stop for dinner on our way home so bring some money.

Parkrose Recap:

The JV won all of their matches and the Varsity did the same. Really don’t think we had one match on either side that was even close.

For Varsity we recorded 7 bagels and 3 breadsticks.. Overall, we only lost 17 games which is only 4 shy of our all-time record.

At # 1 singles, Super Savannah Fellers played a very nice match and won 6-2, 6-0. At # 2, senior Jessica “Creguh” Creger overcame some distractions to record a 6-1, 6-2 win. Jessica’s slight lack of focus can be attributed to her unbridled excitement for the world premiere of The Hunger Games. Hopefully, the movie was all that she hoped it would be. At # 3, Lydia Ng came through with a 6-1, 6-4 victory as she continues to improve as a singles player. At # 4, Savanna Davis played brilliantly in posting a 6-1, 6-2 win. For her efforts, Davis is awarded with singles performance of the day.

In dubs, 6 of the 8 sets were bagelized. At # 1, juniors Courtney Mostul & Nancy Nguyen struggled mightily in the first set before coming together in the second. Their final score was 6-3, 6-0. This pair needs to remember to bring it on every single point of every single match regardless of their opponent. At # 2, sophomore Sydney Blomquist and junior Amy Otis recorded their first-ever varsity wins. Not only did they get the win in their debut, but they did it with great flair in dropping a double-bagel victory on Parkrose. At # 3, junior Kelsey Niebergall teamed up with fellow junior Taylor Mathews and they rolled to a 6-0, 6-2 win. At # 4, junior hooper Hannah Huntington made her varsity debut and teamed with junior Bryce Keicher for a 6-0, 6-0 triumph. As is the case, a double bagel means an automatic win for performer of the day so Blomquist, Otis, Huntington and Keicher are the recipients for dubs.

03/22/2012 @ 11:53:29 AM:

Thursday: As of Noon we are still on for today with JV and Varsity matches in Sherwood. All players to meet at LR by 3:30

03/21/2012 @ 11:52:31 AM:

See match schedule below. Wednesday Update: Gyms are scarce, thus no practice tonight.

03/21/2012 @ 09:45:14 AM:

Match Day Updates:

Wednesday: Sandy match is cancelled.

Thursday: Hosting Parkrose

Friday: Traveling to Sandy

Putnam match that was cancelled yesterday has been moved to Monday, April 2nd.

03/20/2012 @ 01:33:27 PM:

Despite a very sketchy forecast, today's match is still on as of 2:30 pm. Keep your fingers crossed that we don't drive across town only to have to turn around and come home..

03/20/2012 @ 10:19:27 AM:

still waiting to hear status of today's match but as of now we're on. athletes are dismissed at 2:30 with a departure time of 2:45. assuming we get cancelled, we are exploring options for tonight. only time we can get courts at tualatin hills is 9 pm. if u are a junior or senior and interested in hitting there at that time please text coach krauel.

03/19/2012 @ 01:47:33 PM:

Monday Update:

Girls are encouraged to go support the boys team this afternoon at LR. We will have an optional conditioning session at LR Gym from 6-7 for all players. Afterwards, if the boys are finished, and if the courts are dry, we will hit until 7:45.

03/19/2012 @ 01:13:54 PM:

Today's match just got cancelled. Waiting to hear back on gym time.

03/19/2012 @ 11:13:19 AM:

As of now, we are still on for today.. Stay tuned.

03/17/2012 @ 02:33:30 PM:

Monday Schedule: If dry, we are heading to Sandy. Athletes are dismissed at 2:00 and bus will leave SHS at 2:15 sharp.

Kicked off our 2012 season yesterday with a nice 6-2 win over St. Helens. As expected, our 4 dubs teams dominated, losing only 10 games combined.

At # 4 dubs, sophomore Cambria Rooney notched her first-ever varsity win, teaming with junior Keatley Pihl for a Breadtick/Breadstick win over St. Helens. At # 3 dubs, the senior duo of Elizabee Curtiss and Ezzie Chan recorded a convincing 6-3, 6-0 win. At # 2, juniors Kelsey Niebergall & Carley Mills kicked of their 3rd season together with a nice 6-1, 6-2 victory. At # 1 dubs, fellow juniors Nancy Nguyen & Courtney Mostul were paired together for the first time and they cruised to a 6-2, 6-0 win.

In singles, we split the four matches. At # 1, senior Savannah Fellers won 6-2, 6-2 despite not playing her best tennis. Fellers' ability to win handily even when not at the top of her game illustrates how far she has come over the past two years. At # 2, Boise State bound senior Jess Creger continued her dominant ways by posting double breadsticks. At # 3, junior Shea Menzel lost 6-7, 0-6. She lost a tough first set in a tiebreaker and then struggled with fatigue in the 2nd set. At # 4, junior Taylor Mathews lost a 3-set marathon 7-5, 4-6, 3-6. Menzel and Mathews both have beautiful groundies and will be stars for us if we can continue to emphasize the importance of footspeed and preparation.

On the JV side we won 4 of 6 matches as our JV program continues to roll along.

Overall, it was a nice way to kick off the season and we are very, very excited to find out exactly how good the 2012 version of the Lady Bow's can be.

03/16/2012 @ 12:16:52 PM:

Match is on. Be at LR no later than 2:30 for pictures. Match will begin immediately after pictures. NO BBQ tonight.

03/16/2012 @ 09:23:32 AM:

Friday at 10:20 A.M. : Match vs. St. Helens is still on which means that pictures are at the courts at LR at 2:30. Any and all changes that occur will come from the Athletic Director and those details will be posted here as soon as we are made aware of them.

03/15/2012 @ 08:52:11 AM:

Thursday: All Players at LR Gym, 5:00-6:15.

Friday is Picture Day rain or shine. Check back tomorrow, but as of now it appears that we'll be getting our pictures taken in the High School Gym.

03/14/2012 @ 03:25:51 PM:

Sandy Match: Since it's highly unlikely that we'll be traveling to Sandy tomorrow, the Athletic Directors were trying to gauge our willingness to travel there on Saturday. We decided that it wasn't good timing and asked that the match not be played this Saturday.

However, we've been informed that Saturday's, in general, are valid make up dates for matches that get postponed. Thus, going forward, everyone needs to keep that in mind when making weekend plans. The only Saturdays that are exempt from make-up matches are Prom Saturday and over Spring Break.

03/14/2012 @ 01:37:26 PM:

Wednesday update:

It's pouring in Sherwood. Everyone has tonight off. Study for your finals!

03/14/2012 @ 06:41:38 AM:

Wednesday: Varsity is off.

JV schedule: If wet, no practice. 80% chance of rain...

If dry, we will have short, pro-set (First to score 8) no-ad challenge matches @ 4:45.

Court 1: Kittel/Dunlap vs. Adams/Bowen;

Court 2: Marks/Girtz vs. Robelli/Wochnick;

Court 3: Coulter/Bishoff vs. Rembe/Esaki.

03/13/2012 @ 11:24:49 AM:

Sandy match moved to Thursday. Tonight's varsity practice is 7:00-8:15 in the high school gym.

JV practice info will be posted later by Coach Villalobos or Coach Penland.

03/13/2012 @ 10:40:16 AM:

Sandy match cancelled, moved to this Thursday. Still waiting to hear back re: gym situation for tonight.

03/13/2012 @ 08:21:11 AM:

Don't forget to bring your picture packet order form this Friday. Pictures will be taken at 2:30, either on the LRMS courts or inside the gym. Wear your uniform. Ordering photos is optional. Being in the group pic is not. If the weather holds out, we will have a home match versus St. Helen's @ 4 pm.

03/12/2012 @ 08:46:51 AM:

Monday Gym: All players at L.Ridge 6:00-7:15.

03/11/2012 @ 05:24:00 PM:

We have two matches this week but it appears that Mother Nature could wreak havoc on our hopes of kicking off the season. On Monday we will distribute uniforms so be sure to bring your $50.00 deposit check made out to Sherwood Tennis.

Monday dry weather schedule is JV at SMS from 4:45-6:45 and Varsity at LR from 5:30-7:30. If wet, all players will be in a gym together. Not sure yet but, t will probably be LR from 6:00-7:15. Check back later for actual time.

03/10/2012 @ 10:38:35 AM:

Courts are dry as of right now, so Varsity optional practice is still on. Coach Krauel is there and will stay as long as it stays dry.

03/10/2012 @ 09:17:48 AM:

Saturday JV session at 9:30 is cancelled due to wet courts. JV players may come to the 10:45 varsity practice if they wish. that practice will also be cancelled if it continues to rain, check back for an update

03/09/2012 @ 09:30:50 AM:

Friday Varsity Update: We will go 5:30-6:45 tonite.

03/07/2012 @ 09:06:08 AM:

You are never really playing an opponent. You are playing yourself... and when you reach your limits, that is real joy. -Arthur Ashe

03/07/2012 @ 09:49:24 PM:

Apparel Form/Money due tomorrow! Please turn into Coach Penland! :)

03/06/2012 @ 09:53:44 AM:

Lots of stuff here, pay attention. Uniforms won't be passed out until next Monday. Please work with Coach Penland regarding your uniform deposit which is now due by March 10th. Also, one person from last season turned in a black skirt that was not part of the uniform. Please search your wardrobes to see if u have a black nike tennis skirt.

Dry weather schedule for the remainder of the week:

Tuesday: JV at SMS 4:45-6:45, Varsity at LR 5:30-7:30

Wednesday: JV at SMS 4:45-6:45, Varsity at LR 5:30-7:15

Thurs: JV at SMS 4:45-6:45, Varsity at LR 5:25-8:00 (100% mandatory)

Friday: JV at SMS 4:30-6:00, Varsity at LR 5:30-7:00

Saturday: JV (optional) at LR 9:30-11:00, Varsity (optional) at LR 10:45-12:15

Sunday: Optional for anyone and everyone at LR from Noon to 1:30

03/06/2012 @ 09:33:02 PM:

Please make sure to bring your $50 check tomorrow for your tennis uniform. The check will not be cashed, it is a deposit and will be given back at the end of the season once your uniform is handed in.

03/05/2012 @ 02:15:21 PM:

SHS Tennis Parents: A buddy of mine needs to sell an old Volkswagon Jetta for $1,000.00. Might be a good car for a high schooler. Gimme a shout if interested.

03/05/2012 @ 11:17:12 AM:

Monday Gym Update: if courts remain wet, ALL players in L.Ridge gym from 5:30-6:45.

03/05/2012 @ 08:30:11 AM:

Monday: If dry, JV at SMS from 4:45-6:30, Varsity at LR from 5:30-7:30. If wet, Gym schedule will be posted once we know availability.

Varsity: Returning varsity members from last year + Rooney, Blomquist, Huntington, Otis.

03/05/2012 @ 08:29:39 AM:

APPAREL ORDERS- If you are ordering apparel, please have order in no later than Wednesday, March 7th. Turn order form/money into Coach Penland! THANKS! :)

03/02/2012 @ 02:24:43 PM:

Friday Gym Update: If courts are wet, all players will be at L.Ridge gym from 5:45-6:45.

Saturday, if dry: Returning varsity players at LR from 9:45-11:15. Everyone else at LR from 11:00 -12:30. If wet, no action.

03/02/2012 @ 10:20:45 AM:

Field Trip: If you're interested in watching the Willamette Universtity Men's tennis team compete against Lewis & Clark tomorrow, text coach Krauel. Match is in the bubble at Lewis & Clark at 4:00.

Friday practice info below.

03/02/2012 @ 09:50:24 AM:

Friday:

If dry, Freshman and Soph's at SMS from 4:45-6:30. Jr's and Sr's at LR from 5:45-7:30.

Waiting to hear on gym availability so check back later for wet-weather schedule.

03/01/2012 @ 01:54:45 PM:

Thursday Update:

If courts remain dry, and if anyone wants to hit between 5:45-7:00 please text Coach Krauel.

(see below for regular schedule)

03/01/2012 @ 08:06:03 AM:

Thursday: All players at SMS (Sherwood Middle School) from 4:45-5:45. Wear your running shoes and be on time.

Afterward, all players are encouraged to attend the Mr. Bowman Pageant at SHS. Futhermore, all players are encouraged to support my homey, Alec Blomquist, at the pageant.

02/29/2012 @ 04:03:56 PM:

Tennis apparel form is now up! :) If you want anything, just print it off! When you are done, please give order form to Coach Penland. If you have any questions, please see Coach Penland. Thanks!

02/29/2012 @ 10:33:40 AM:

Wednesday: If dry, all players at LR from 5:30-7:30. If courts are wet, all players at Godfather's Pizza from 6:00-7:15. Bring $3.00 dollars for dinner if u plan on eating.

02/29/2012 @ 10:33:39 AM:

Wednesday: If dry, all players at LR from 5:30-7:30. If courts are wet, all players at Godfather's Pizza from 6:00-7:15. Bring $3.00 dollars for dinner if u plan on eating.

02/28/2012 @ 11:25:40 AM:

Tuesday Practice Update: All players at LR from 5:30-7:30. If courts are wet, we will be in the L.Ridge gym from 5:30-7:00. Players that did not run last night may run the 1.5 miles tonight.

02/23/2012 @ 10:35:36 AM:

Tryout schedule for Feb 27 and Feb 28: All players at L.Rige from 5:30-7:30. Weather looks poor for Wednesday and beyond so we'll wait and see what time we can get a gym for the rest of the week. Be prepared to do something tennis related each night. All players will be timed in a 1.5 mile run on one of the first two nights.

02/20/2012 @ 11:51:25 AM:

Get your forms turned in to the athletic office THIS WEEK.

First practice is one week from today. If dry, all players will be at L.Ridge from 5:30-7:30.

Also, we will have a shed cleaning party at L.Ridge this Saturday. Time has not yet been determined.

02/08/2012 @ 08:11:11 PM:

Follow up to tonight's meeting: Please have physical and participation forms turned into the athletic office by Feb. 24th so that u can practice on the 27th.

01/27/2012 @ 11:27:14 AM:

NEWS & NOTES:

1ST DAY OF PRACTICE IS FEB. 27.

PARENT MEETING IS FEB. 8TH AT 7 PM IN COMMONS CLASSROOM.

VARSITY PLAYERS SHOULD STRONGLY CONSDIER PLAYING IN THIS TOURNAMENT AS IT WOULD BE A GREAT PRE-SEASON TUNE UP.

http://tennislink.usta.com/TOURNAMENTS/TournamentHome\_New/Tournament.aspx?T=121586

09/29/2011 @ 11:37:00 AM:

Final youth clinic of the year is tonight at L.Ridge from 6:30-8:00

09/22/2011 @ 11:52:17 AM:

Youth tennis clinic is ON for tonight. Hope to see ya at 6:30

09/15/2011 @ 04:39:15 PM:

Tennis has been rained out tonight (Thursday 9/15). We will see you all back out there on September 22nd and 29th!

09/15/2011 @ 09:32:24 AM:

Youth clinic is on for this evening from 6:30-8:00

08/30/2011 @ 03:33:21 PM:

no youth tennis in sept 1st but we will resume on sept 8th.

05/27/2011 @ 07:52:51 AM:

Free Summer Tennis Clinics for all Sherwood Youth will begin on June 16th and run until Sept. 29th. They will be held on Thursday's from 6:30-8:00 at L.Ridge.

Also, Sherwood Youth Camp Form is now available on the left side of this page.

05/12/2011 @ 11:43:55 AM:

“If you don’t invest very much, then defeat doesn’t hurt very much and winning is not very exciting.” Dick Vermeil

Former College and Professional Football Coach

05/06/2011 @ 07:57:02 PM:

Saturday at 5 pm at LR will be the dedication ceremony for the new benches that the Stanley family has donated in Theresa's memory. All current and former SHS players invited to attend.

05/04/2011 @ 10:54:18 AM:

http://www.sherwoodgazette.com/sports/story.php?story\_id=130435329402870600

05/04/2011 @ 09:31:12 PM:

Liberty Recap:

Finished match that was rained out from last week and wound up winning 6-2 under the brilliant guidance of Coach Arnell who nearly got us to 8-0 and may have taken over the program had she done so.

When we left off last week we led 3-0 with 5 matches still in doubt and the overall match still in doubt. Today, I couldn't be there, Todd was planning on going but came down with a horrible stomach bug so Emily went it alone.

in singles, we wound up winning 3 of 4 matches with the only loss coming at # 1, and that match wound up being a doozy between Courtney Mostul and Liberty phenom Ayaka Terakawa. Mostul nearly won the 2nd set which would've been a huge breakthrough moment for her. She led 5-4 and 6-5 but wound up losing in a tiebreaker. Final score was 3-6,6-7. In the other singles matches we breezed to victories. At # 2, Savannah Fellers steamrolled her way to a 6-0,6-2 win. At # 3, Jess Creger had a rough first set, but then dominated and posted a 6-4, 6-0 win. At #4, Maddie Kirby cruised to an easy 6-0, 6-3 victory.

In dubs, we also won 3 of 4 matches. At # 1, Nancy Nguyen and Melinda Widows didn't let the week off slow them down as they picked up right where they left off in winning 6-1, 6-1. At #2, Kelsey Niebergall and Carley Mills played their hearts out before losing 5-7, 6-4, 5-7. They had a set point in the first set and couldn't convert and that wound up costing them. The score was a huge improvement from the first time they played the undefeated # 2 team from Liberty. At # 3, Lydia Ng and Gizelle Polanco recovered from a poor first set and then crushed thei opponents 2-6, 6-3, 6-1. Following suit, Leah Parent-Korsness and Bryce Keicher also were able to shake off a first set loss and get the comeback win. Their score was 5-7,6-4, 6-3. Liberty has some good doubles teams and they gave us three 3-set matches and we prevailed in two of them. With this win, we can officially declare a 14-0 season in the NW Conference.

Performers of the day were Fellers for singles and Widows and Nguyen for dubs.

For the Wilsonville match top performers were Jess Creger for singles and Kelsey Niebergall and Carley Mills for dubs.

05/03/2011 @ 08:27:55 AM:

Schedule for the week for varsity: (JV'ers look down below)

Tuesday: 9 players to Liberty w/parents driving, be ready to go and at SHS at 3:15 with a 3:30 departure. You will arrive at Liberty, administer a quick beatdown, and then return to The Wood. Everyone else is off.

Wednesday: Players who are participating in district tournament at L.R. from 5:30-7:30. Everyone else is done for the season unless you're going to N. Marion with JV team.

Thursday: District players at L.R. 5:30-7:30

Friday: Pictures at 4:15 at LR followed by mixed dubs matches/opening ceremony. Check back for match times on bracket.

05/02/2011 @ 09:06:08 PM:

Monday: 6:30-8:00 at LR for Varsity.

05/02/2011 @ 08:58:01 PM:

Wilsonville Recap:

Wow, what match it was. We had former players show up, we had lots of parents, nice weather, and a great atmosphere for a tennis match. We've never before been in a match that was tied at 4 matches a piece, and this one wound up tied at 4, and then also tied of 10 sets a piece. So, we had to count up the games... We wound up winning 81 games to their 78 games which means we won the Northwest Conference outright instead of having to share the title with the Wildcats. It also means that in some way, shape or form, all of our players contributed to the win because each game mattered !

In singles, we got wins from Maddie Kirby and Jessica Creger who both overcame 2nd set losses and responded brilliantly in the pivotal 3rd set. Creger dropped a 3rd set bagel on Wilsonville which proved to be huge. Jess' final score: 6-2, 3-6, 6-0. Kirby played a ridiculously efficient first set, but lost her groove in the 2nd and got bageled herself. Wilsonville definitely had the mo' at that juncture so we used all of Maddie's 10 minute break to try and get her re-focused. We reminded her of who she was, that she was from The Wood, and that she was "Big Time." It worked. She got the groundies going and dominated the final set. Final score: 6-2, 0-6, 6-2. It was, perhaps, the finest display of mental toughness that we've ever seen from Maddie. We also received contributions from Savannah Fellers and Courtney Mostul who both helped us get the victory. Fellers lost, but if she doesn't win the 1st set, we lose 10-9 in sets and don't get to count games. Mostul managed to get three games off of Wilsonville's top player and those three games gave us our margin of victory.

In dubs, we won two matches and lost two to the defending state champs. We lost at # 1 & # 4, but once again, received instrumental contributions. Melinda Widows and Nancy Nguyen lost the 1st set, but then pulled the Steamroller from the shed, plugged it in, and rolled their way to a 6-0 2nd set win. If they don't dominate that set, we don't win. In the 3rd, they were down 4-1 and could've become deflated, but they battled back to 4-all before losing. If they don't show grit and toughness, we don't win. At # 4, the Leah Parent-Korsness and Bryce Keicher lost 3-6, 4-6 but they competed very well and the 7 games that they did win turned out to be huge. We got dominating wins at # 2 and # 3 in straight-set fashion. At 2, Carley Mills and Kelsey Niebergall established their dominance early and did a great job of not letting up, and finishing the task at hand. Their score was 6-1, 6-2 as they continue to improve with each passing match. At 3, Gizelle Polanco & Lydia Ng won a competitive 1st set 6-4 and then gathered momentum and simply owned the 2nd set, winning 6-0. If they win the 2nd set 6-4 they still win their match, but our team loses the overall match. All of our players need to think back on the deuce points that they won and realize how enormous that those points were for us.

The win capped a perfect season in the NW Conference and ended Wilsonville's lengthy run as league champs. To their credit, they were graceful in defeat and our kids did a nice job of showing class as the scores were tallied. 14-0 is sweet, and the 17 wins this year shatters our old record of 14 wins in a season. We couldn't be prouder of our student athletes and want to congratulate each and every one of them.

05/01/2011 @ 10:17:41 AM:

VARSITY practice at 2pm today @ Laurel Ridge

04/30/2011 @ 05:55:37 AM:

JV Canby tourney: meet at SHS for an 8:00am bus departure. Make sure you have a ride home lined up...

04/30/2011 @ 10:16:54 PM:

saturday at LR at 9;30: Pihl/Menzel vs. Keicher/LPK, and Davis vs. Mathews, and Mostul vs. Fellers. No other matches as too many of u have conflicts. We go undefeated and suddenly nobody is available :o)

04/28/2011 @ 11:04:15 AM:

Well, it's now undeniable, WE ARE BIG TIME !

In addition to being 16-1, with our only loss coming against Jesuit, we finished 3rd in the state for average varsity GPA. And, for the record, we have a much larger varsity team than anyone else in the state.

Congrats and Much Love to all of our varsity athletes:

http://osaa.org/awards/allstate/1011/spring/default.asp#btn

04/28/2011 @ 10:22:38 AM:

Varsity Thursday (dry) : Laurel Ridge 5:30-7:30

If wet, we'll send the 4 dubs teams that were playing yesterday to Topspin and all others will be in LR Gym. Times to be announced.

Liberty match resumption will be next Tuesday, do we have a couple parents who can drive ? If so, we can save the district $250.00 bucks.

04/27/2011 @ 07:15:10 AM:

http://www.tualatintimes.com/sports/story.php?story\_id=130375160402163200

04/26/2011 @ 03:48:30 PM:

Wilsonville Recap Part II : (editing error on previous submission)

Wilsonville Recap:

With several former players and former parents in attendance, we finally broke through the invisible barrier that is Wilsonville and slayed the Wildcat Dragon. The atmosphere was electric as we had many folks from around town that just decided to stop by and take in some good tennis. Our host parents did a great job with the bbq and our kids who weren’t playing did a wonderful job of staying engaged as to what was going on, and rooting for their teammates. We won the varsity match 6-2 and won the JV match 10-0. One of the varsity matches that we lost was very winnable, and the other lost varsity match was against a girl that has been playing club tennis for years and is a favorite to win the state singles title. So, overall, it was just a spectacular effort by all of our athletes and our parents. We, simply, couldn’t have been any prouder.

In Singles, we won 3 of the 4 matches. At # 4, Maddie Kirby scratched and clawed her way to a 7-5,4-6,6-3 win. She displayed some great mental toughness to win the match in spite of not hitting it as well as she has been of late. For Kirby, it was her 29th career singles win and she is now closing in on becoming the winningest overall player in SHS history. At # 3, Jess Creger played yet another brilliant match beating a very good Wilsonville player 6-4,6-2. Creger showed great poise and was in control of the match throughout. At # 2, Courtney Mostul played sturdy and smart tennis and overwhelmed a very good Wildcat player. Bulldog is the image that comes to mind when watching Courney play and she was every bit a bulldog friday in winnning by a 6-2,6-3 score. Mostul was very emotional afterwards as her win was our 5th of the day and clinched the team victory. At # 1, Savannah Fellers went up against Abby Farrell who is a favorite to win the 5A singles title. Fellers played beautifully in the first set and at one point it was 3-4. She wound up losing 3-6,0-6, but her effort epitomized the level of focus and effort that our entire team brought on this day.

In dubs, we also won 3 of 4 matches. At # 4, our ace in the hole, GG Polanco, was paired with Lydia Ng and they pulled out an exciting 3-6,6-1,6-2 victory. Ng, who was rattled early, finally calmed down and when she did she started playing some great tennis. With her on the baseline, and Polanco patrolling the net, they have become a very tough team for our opponents to deal with. Polanco’s net play has probably been the biggest surprise of the season for our entire team and we’re hopeful that her willingness and ability to play the net becomes contagious. At # 3, we lost a match that we probably should’ve won. Leah Parent-Korsness and Bryce Keicher have played some great tennis this season, but we need to teach them to develop the killer instinct when they are ahead as they tend to let up when things are going smoothly. In this match we led 5-2 in the first set before losing five straight games and then we led 5-4 in the 2nd set but could not close it out. We lost the match 5-7,6-7. At # 2, we received a supreme performance from our soph duo of Kelsey Niebergall and Carley Mills. This was a match that Wilsonville thought they'd win, but they had yet to see the Mills/Niebs show up close and in person. And what a show they saw on Friday. Our athletes dictated the tempo and pace of the match from the very get-go as they were scrambling all over the courts chasing down balls that shouldn't have been caught. Niebergall had the shot of the day with an incredible angle-winner that drew Oooh's and Aaah's from the spectators. Final score was 6-3, 6-3, and since we played out of order on this one, it gave us some great early momentum. At # 1, Melinda Widows and Nancy Nguyen played incredibly inspired tennis and throttled a very good Wilsonville team 6-3, 6-3. The other coaches in the league were very curious as to how this one would wind up and we were asked by several people to let them know the final score of this match. Nguyen played the match of her life as she perfectly demonstrated joy, passion, hustle and focus which are the attributes that we are always looking for from our athletes. Widows was steady as a rock, and the way they were going they could’ve played 5 or 6 sets against Wilsonville and the set scores would’ve all been pretty much the same. It’s what we like to call the “Steamroller Effect,” and we had it going Big-Time in this match. Performers of the day were all varsity players, including the ones that didn’t play.

04/26/2011 @ 12:38:51 PM:

Sorry, previous post had a typo...

Revised Tuesday JV schedule at SMS:

Dry schedule: 4:45-6:15

Wet schedule: 4:45- 5:45

04/26/2011 @ 10:45:27 AM:

Tuesday Varsity Dry Weather Schedule: Varsity LR 6:00-8:00. Wet weather: Varsity at LR gym 6:15:-7:15. (We may also have a topspin session tonight if possible)

JV Practice to be communicated via text or website posting later on.

Milwaukie Recap:

Miserable weather and playing conditions, but we were able to pay respects to our three amazing seniors. Our seniors have won a ton of tennis matches, they have all excelled in the classroom and we are very thankful for all of the contributions that they’ve made to the program. Madison Kirby, Melinda Widows and Gizelle Polanco all played the last home match of the their lives on Monday and it was a bittersweet occasion for their old and weary coach.

We won the match 5-0 with three matches incomplete. When the rains came at 5:45 pm we were up 5-0 in the match with # 1 singles, # 1 doubles and #2 doubles having just started. We probably should’ve just called it, but we decided to wait it out and see if we could finish. 90 minutes later we resumed the matches. Then, 75 minutes later, it went dark with all three matches still on. We waited to see if they would come back on, but they did not.

In singles, we gave Jessica Creger the day off and moved sophomore Taylor Mathews into the starting line up for her first chance at playing alone. She won 6-2, 6-2 and reminded a few folks of her big sis Caitlyn who was one of our greatest players of all time. Playing at # 3, Maddie Kirby said farewell to the Laurel Ridge Courts with a rapid beatdown that lasted about 40 minutes. Kirby’s score was 6-1, 6-0 and it was the 30th singles win of her illustrious career. At # 2, Courtney Mostul won by the same 6-1, 6-0 score in just about the same amount of time. At # 1 we were hoping for Savannah Fellers to get a chance to play Ashley Miller, but the Milwaukie coach threw us a curveball and had Miller play dubs. Miller, who made it to state last year in the very tough Three Rivers League, is one of the top players in our league and we wanted to see how Fellers would do against her. Alas, Fellers wound up playing a different player and led 6-2, 4-0 before the lights went out.

In dubs we decided that we wanted to reward Ezzie Chan-Tuyub for all of her hard work and leadership, so we got her a 2nd varsity match. (Two varsity matches are required to earn a letter) She played with Keatley Pihl again, and once again, they responded. The first time out they won 6-1,6-2 and on Monday they won 6-2, 6-2. It was great to be able to see both of these stellar young ladies earn varsity letters this year as we originally had them penciled in for the JV squad. At # 3, we paired Gizelle Polanco with super-soph Carley Mills and they cruised to a 6-2, 6-2 win. Mills was ripping cross-court returns, which had become her trademark, and Polanco was hitting winners from the net. At # 2, Savanna Davis teamed up with Kelsey Niebergall and they won the first set 6-4 before darkness prevailed. At #1, Milwaukie put together a great dubs team with their top singles player and half of the # 1 dubs team to face our superstar team of Widows & Nguyen. We led 4-2 when the rains came and then after resumption we won the first set 6-4. During the lengthy rain delay, our girls were squeegieing and drying in the frigid air while the Milwaukie kids were sitting on a warm bus and this was not a good situation for us. We lost the second set and trailed in the 3rd set before the match was called due to darkness. Despite the winds, rains, and delay, this was definitely not the same Widows/Nguyen team that had dismantled Wilsonville on Friday.

Special shout-out to the parents who helped get the courts dry. The Milwaukie coach and his wife were amazed that we had parents that would do that. I told him, “We’ve got wonderful parents and this is how we roll.” Performers of the day were Kirby for singles and Polanco and Mills for dubs.

Wilsonville Recap:

With several former players and former parents in attendance, we finally broke through the invisible barrier that is Wilsonville and slayed the Wildcat Dragon. The atmosphere was electric as we had many folks from around town that just decided to stop by and take in some good tennis. Our host parents did a great job with the bbq and our kids who weren’t playing did a wonderful job of staying engaged as to what was going on, and rooting for their teammates. We won the varsity match 6-2 and won the JV match 10-0. One of the varsity matches that we lost was very winnable, and the other lost varsity match was against a girl that has been playing club tennis for years and is a favorite to win the state singles title. So, overall, it was just a spectacular effort by all of our athletes and our parents. We, simply, couldn’t have been any prouder.

In Singles, we won 3 of the 4 matches. At # 4, Maddie Kirby scratched and clawed her way to a 7-5,4-6,6-3 win. She displayed some great mental toughness to win the match in spite of not hitting it as well as she has been of late. For Kirby, it was her 29th career singles win and she is now closing in on becoming the winningest overall player in SHS history. At # 3, Jess Creger played yet another brilliant match beating a very good Wilsonville player 6-4,6-2. Creger showed great poise and was in control of the match throughout. At # 2, Courtney Mostul played sturdy and smart tennis and overwhelmed a very good Wildcat player. Bulldog is the image that comes to mind when watching Courney play and she was every bit a bulldog friday in winnning by a 6-2,6-3 score. Mostul was very emotional afterwards as her win was our 5th of the day and clinched the team victory. At # 1, Savannah Fellers went up against Abby Farrell who is a favorite to win the 5A singles title. Fellers played beautifully in the first set and at one point it was 3-4. She wound up losing 3-6,0-6, but her effort epitomized the level of focus and effort that our entire team brought on this day.

In dubs, we also won 3 of 4 matches. At # 4, our ace in the hole, GG Polanco, was paired with Lydia Ng and they pulled out an exciting 3-6,6-1,6-2 victory. Ng, who was rattled early, finally calmed down and when she did she started playing some great tennis. With her on the baseline, and Polanco patrolling the net, they have become a very tough team for our opponents to deal with. Polanco’s net play has probably been the biggest surprise of the season for our entire team and we’re hopeful that her willingness and ability to play the net becomes contagious. At # 3, we lost a match that we probably should’ve won. Leah Parent-Korsness and Bryce Keicher have played some great tennis this season, but we need to teach them to develop the killer instinct when they are ahead as they tend to let up when things are going smoothly. In this match we led 5-2 in the first set before losing five straight games and then we led 5-4 in the 2nd set but could not close it out. We lost the match 5-7,6-7. At # 1, Melinda Widows and Nancy Nguyen played incredibly inspired tennis and throttled a very good Wilsonville team 6-3, 6-3. The other coaches in the league were very curious as to how this one would wind up and we were asked by several people to let them know the final score of this match. Nguyen played the match of her life as she perfectly demonstrated joy, passion, hustle and focus which are the attributes that we are always looking for from our athletes. Widows was steady as a rock, and the way they were going they could’ve played 5 or 6 sets against Wilsonville and the set scores would’ve all been pretty much the same. It’s what we like to call the “Steamroller Effect,” and we had it going Big-Time in this match. Performers of the day were all varsity players, including the ones that didn’t play.

04/23/2011 @ 11:19:37 PM:

Optional varsity practice- Saturday 4/23 at Laurel Ridge (10am-noon)

04/22/2011 @ 10:06:54 AM:

Got a nice note from the Lincoln High coach who said, "thanks for softening them up for us." (Lincoln beat Jesuit on Tuesday to end their 18 year winning streak) See the link:

http://highschoolsports.oregonlive.com/news/article/-5837206872783947927/girls-tennis-lincoln-ends-jesuits-18-year-metro-win-streak/

04/22/2011 @ 07:24:27 AM:

District Tournament is May 9,10 at Tualatin Hills. If you are taking A/P tests, please let us know so that we can work out the conflicts.

04/22/2011 @ 09:03:01 PM:

Friday: Hosting Wilsonville. Arrive at courts between 3:00-3:10

Parkrose Recap: Ran our season record to 12-1 with a 6-2 win over Parkrose. After losing to Liberty yesterday, Parkrose came ready to play and they did a great job of giving us some challenging matches.

In singles we swept all four matches, but only one of them was a pushover. For the 2nd day in a row, Junior Juggernaut Jess Creger dropped a double bagel on her opponent. Playing in the # 3 spot, senior superstar Maddie Kirby wasn't quite as crisp as she has been, but she played well enough to record a 6-3, 6-4 win. Perhaps she was a little bit distracted by having the Tualatin Times on hand to take photos and to conduct an interview with her. Playing at # 2 was junior Savannah Fellers she battled through some adversity for a hard-fought 6-4, 4-6, 7-5 victory. At # 1, Courtney Mostul survived a slow start to win 7-5, 6-1.

In dubs, we split, winning two while losing two. We got wins at # 1 and # 3. At # 1, Melinda Widows & Nancy Nguyen lost their first set of the year in a league match, but displayed great resiliency in coming back to win 4-6, 6-o, 6-3. At # 3, LPK and Bryce Keicher played a brilliant first set but then lost a little bit of focus. They held on to win 6-0, 6-4. We lost matches at # 2 and # 4. At # 2, Kelsey Niebergall and Carley Mills had a 5-4 lead in the 1st set but couldn't close the deal and wound up losing the set and the momentum. The loss of Big Mo' cost them in the 2nd set and they wound up on the wrong end of a 5-7, 2-6 score. At # 4, sophomores Savanna Davis & Keatley Pihl played a long and tough match and came up just short losing 6-3, 4-6, 3-6.

Overall, The winds were really tough and I think that Parkrose did a better job of dealing with them than we did. This is to be expected from a school that is always practicing in very windy conditions.

Performer of the day for singles was Jess Creger and for dubs it was LPK and Keicher. From the Putnam match, performance of the day awards go to Creger and Kirby for singles and LPK and Keicher for dubs.

04/21/2011 @ 09:58:18 AM:

mixed dubs update: (6 spots left)

Wafai/Senn, Wade/Dowdle, Rooney/Rooney, LPK/Korsness, Polanco/Polanco, Mostul/Mostul, Nguyen/Nguyen, Penland/Penland, Curtiss/Anderson, Menzel/Menzel, Pihl/Pihl, Widows/Widows, Fellers/Fellers, Krauel/Martin, Creger/Creger, Niebergall/Valenzuela, Mills/Mills, Wilcox/Wilcox, Huntington/Huntington, Otis/Otis, Wunnicke/Wunnicke, Davis/Davis, Lushenko/Johansen, Keicher/McLaughlin, Chan-Tuyub/Bennet, Baker/Baker

04/21/2011 @ 08:46:39 PM:

Thursday: Hosting Parkrose. Be good hosts, play with passion and dominate.

Putnam Recap:

Won match 8-0 without losing a set and swept straight thru all of the JV matches without losing.

In singles, Pierre's French Bakery was open for business. In addition to serving fine espresso drinks, Bagels & Breadsticks were being discounted at ridiculously low prices. At # 1, Super Sav Fellers recorded a Breadstick/Bagel victory and played with a nice level of poise. At the 2 spot, senior Maddie Kirby went Bagel/Bagel, losing only 2 points against her serve. Not to be outdone, Jumpin' Jess Creger folowed suit by also going Bagel/Bagel at number 3. At # 4, rising sophomore Lydia Ng won in her singles debut 6-2, 6-1. She did a beautiful job of contolling the match from the outset and showed why she is a contender to earn a spot in our regular singles rotation next season.

In dubs we played 8 sets of tennis and 7 of them were of the Bagel/Breadstick variety. At # 1, our big hitting team of Melinda Widows and Nancy Nguyen steamrolled their way to a 6-1, 6-0 victory. Playing at # 2 for the first time, Leah Parent-Korness and Bryce Keicher dropped a pair of bagels on their opponents winning 6-0, 6-0. It was a homecoming of sorts for LPK as many of her family members attended Putnam and darn-near all of them were in attendance to root her on. At last check we counted 8 Korsness' and a couple Parents in Leah's cheering section. At # 3 Gizelle Polanco and Valerie Holfeld went Breadstick/Bagel with GG dominating at the net and Holfeld ripping winners from the baseline. At # 4, Elizabee Curtiss and Savanna Davis got the Breadstick in the first set, but struggled in the 2nd set before winning 7-6. In the tiebreaker we were very proud of two things. One was Curtiss winning four of the seven points with superb net play, and the other was Davis doing a tremendous job of knowing how to administer the tiebreak. For Curtiss, it was her first-ever varsity win so we all were proud and happy for her.

04/20/2011 @ 08:40:49 PM:

mixed dubs entrants so far:

Rooney/Rooney, LPK/Korsness, Polanco/Polanco, Mostul/Mostul, Nguyen/Nguyen, Penland/Penland, Curtiss/Anderson, Menzel/Menzel, Pihl/Pihl, Widows/Widows, Fellers/Fellers, Krauel/Martin, Creger/Creger, Niebs/Niebs, Mills/Mills, Wilcox/Wilcox, Huntington/Huntington, Otis/Otis, Wunnicke/Wunnicke, Davis/Davis, Lushenko/Johansen, Keicher/McLaughlin, Chan-Tuyub/Bennet, Baker/Baker.

With the addition of the Baker/Baker team there are only 8 slots left.

Congrats to JV team for another sweet performance today.

We are at Putnam tomorrow.

04/19/2011 @ 07:59:43 AM:

Tuesday: JV hosting Newberg at SMS at 4:00, Varsity to stop by and check it out.

4:00 pm practice at LR: Davis, Holfeld, Mathews, Menzel, Mills, Niebs, LPK, Ng, Polanco

6:00 pm practice at LR: Pihl, Ezzie, Curtiss, Fellers, Keicher, Kirby, Mostul, Nguyen, Widows, Ovalle, Hashimoto

04/18/2011 @ 09:48:33 PM:

St. Helens Recap:

Knocked off St. Helens 7-1. Our kids were a little bit lacksidasical following our superstar performance in Bend. Thus, we had to bring in our strength and conditioning coach for some post-match ladder work in order to remind our athlete to stay humble and hungry.

In singles, we won 3 of 4 matches. At # 1, Courrtney Mostul got the nod since she is taking the day off on Wednesday. She lost the first game and then won the next 12 to record a Breadstick/Bagel triumph. At # 2, Savannah Fellers also notched a Breadstick/Bagel win that she should feel good about. At # 3, senior captain Maddie Kirby continued to roll merrily along with a nice, swift beatdown that resulted in double bagels. Amazingly, Kirby only lost 3 points in the first set, and two of those came on double faults. At # 4, sophomore Shea Menzel got her first singles opportunity and came up just short. After winning the first set with relative ease she lost the second to set up the third and deciding set. At 4-5 and deuce, Menzel was one point away from tying the match at 5 all, but she lost the point and the match. The match provided great experience for Menzel as she continues to improve.

In dubs, we busted out the brooms to sweep away our competition. At # 1, Jessica Creger subbed in for an ailing Melinda Widows to team with Nancy Nguyen, and the pair sleepwalked their way to a 6-1, 6-2 victory. At # 2, the Mills/Niebergall tandem stepped their game up and recorded a nice 6-1, 6-2 win. They both did a great job of flowing with the action and not watching the action, which is a tricky concept to teach. At # 3, Bryce Keicher teamed up with Taylor Mathews and they rolled their way to a 6-2, 6-2 win. Mathews "confirmed" what the coaches have long-suspected, and that is that she is a really fine tennis player. At # 4, Ezzie Chan-Tuyub got her first taste of varsity action and reponded very well. Keatley Pihl partnered with Ezzie and Pihl did not play like a bum, but rather, she played like a star. The pair won their match 6-2, 6-1.

Perfomers of the day were Kirby for singles and Mills & Niebergall for dubs.

04/18/2011 @ 07:26:42 PM:

JV match @ SMS vs. Newberg tomorrow. Please arrive by 3:40 so we can warm-up before they arrive.

Also, hardly any JVers have turned in any flower basket sales. Deadline is April 22nd, so don't wait any longer! Thanks-

5 matches this week, 4 at home. (one is JV, one is make-up)

Bend Tourney Recap: Finished 2nd place in prestigious 16 team tournament, losing to 6A powerhouse Jesuit in the finals. Incredible performances from our athletes, and our play was the talk of the tournament. Funny story: The semifinals were Sherwood vs. Summit and Jesuit vs. Redmond. Redmond had prom on Saturday night and the Redmond coach knew they'd get smoked by Jesuit. He asked around and was informed that Summit would beat Sherwood so he tracked down my number and called to make arrangements for us to come to Redmond so that his kids could play and still try to have a little time to get ready for Prom Night. I said we'd try to accommodate them if we lost. He texted and called throughout our match with Summit to make sure I was still willing to drive 30 minutes out of our way for the 3rd/4th place match. The last time I spoke with we trailed 3-2 with 3 matches still on. We were up a set in each match and I knew we'd win a tiebreaker at 4-all so I said, "You really oughta be speaking with the Summit coach cuz I think we might win this thing." A little while later after Kirby, Creger and the dubs team of LPK and Polanco ALL closed out their matches, I approached to the Summit coach to shake his hand. Much to my delight, the Redmond coach was there frantically pleading for the Summit coach to take his players from Bend to Redmond. I don't think the Summit coach was quite as agreeable as I had been earlier... Meanwhile, The Wood was taking their time before making the 2 block trip over to Juniper Park for the Championship match.

OES Recap:

Beat perennial power Oregon Episcopal 5-3 in thrilling fashion. After a 7 hour rain delay, we finally got to hit some tennis balls but wound up at Bend Country club instead of Summit High. Because of the weather delays, 1st and 2nd round matches were shortened to pro-sets. That left little room for error, especially for our slow starters. In singles we won all four matches getting dominant performances from Savannah Fellers, Courtney Mostul and Maddie Kirby. In the other, Jessica Creger was playing outside in howling winds.. She trailed 6-1 before making a heart-stopping comeback. She led 8-7 but could not close the deal so off we went to an 8-all tiebreaker. Some of the coaches and spectators were so caught up in the moment that they literally had to walk away from the venue and simply listen to the groans and applause to decipher what was happening. When a huge cheer went up we knew that Creger had pulled it out.

In dubs, all of the matches were played indoors. Melinda Widows & Nancy Nguyen got off to another slow start and it cost them dearly in a 9-7 loss at # 1. At # 2, Carley Mills and Kelsey Niebergall also came out with a case of the nerves and they lost 8-2. At # 3, Leah Parent-Korsness and Bryce Keicher blew a lead and wound up losing 9-8. We needed our # 4 dubs team of Lydia Ng and GG Polanco to step up, but just like Creger they were down 6-1 at one point. Just as Creger had done, they remembered that the school they were representing is BIG TIME and they began to respond the way big-time people do. They got it to 8-all to force a tiebreaker. With all of the Sherwood faithful going nuts inside the little viewing room, Ng and Polanco played a poised and intelligent tiebreaker and delivered us a 5-3 win over the defending 4A state champs. Because they could not hear all of the applause and excitement, the duo had no idea that they were playing for the team victory. After match point, our players stormed the court to congratulate the winners. Truly, one of the highlights of my coaching career..

Crook County Recap: In singles, we got wins at 3 of the four spots as our singles players continue to sparkle. We got great wins from Courtney Mostul, Maddie Kirby and Jessica Creger while Savannah Fellers fell to a tremendous player from named Barbara Furuie. Furuie is a legitimate contender for the 5A state singles title.

In dubs we lost at # 1 but got a nice win at # 2 from the Niebergall/Mills team. Crook County coach saw our # 3 and # 4 teams warming up and decided to forfeit those two matches cuz he knew he'd get steamrolled. So, we got the 6-2 win.

Summit Recap: After we beat Crook County we figured that we had a date with Wilsonville in the semi's, but after the Wildcats rolled into the Bend high school parking lot we quickly learned that they had just been beaten by a very good Summit Storm team. So as we watched Wilsonville play Crook County we set our sights on how to beat Summit. And, once again we pulled out a very dramatic win.

In singles we again won 3 of 4 matches and darn near had a sweep. Savannah Fellers lost 6-4, 3-6, 8-10 in a very emotional and entertaining match. In the tiebreaker Fellers lead nearly the whole way and at 7-5 he had a chance to go up by 3, but her opponent hit an amazing second serve to keep it close. At 8-all we knew that the next point was pivotal and we wound up losing it and the next point to lose the match. At # 2, Courtney Mostul played one of the best matches of her young career in beating a very good Summit player 6-3, 6-3. Mostul was thrilled afterwards because she fully understood what a fine player she had just beaten. At number # 3, Jess Creger continued her perfect season with another straight set victory. Her 6-3, 6-1 win was her 10th of the season and she has yet to lose a set. At # 4, we had one of the most exciting wins of the day. Senior Maddie Kirby was gunning for her 25th career singles win and this one would prove to be a doozy. Kirby, who served incredibly well all weekend long, won the first set 6-4 and then lost the second set 2-6. So, it was time for another Super Tiebreaker which tournament officials used in lieu of a 3rd set. Kirby got up early and controlled the tiebreaker with patience on her groundsrokes and phenomenal serving. She won it 10-6 to give us our 5th win of the match.

Just moments earlier we had clinched at least a 4-all tie in the match as our # 4 dubs team had just won another thrilling tiebreaker. GG Polanco and Leah Parent-Korsness teamed up to provide Sherwood fans with a highly entertaining show. After winning the first set 6-4 they lost the second by the same score. Just as Kirby did, they got up early in the breaker and were in charge throughout. If not for two missed volleys, they would've been up 7-0. As it was, they won the tiebreak 10-5 and set off another mad celebration. This match, and the one the night before, were fantastic experiences for our athletes as they are starting to completely embrace the team concept of dual match tennis. And smack-dab in the center of both of the clinching matches was our senior captain Gizelle Polanco. She barely made varsity last year, and spent two weeks on injured reserve this season, yet she has shown tremendous perseverance to get herself back playing and she's playing very well. At # 3, scintillating sophomores Kelsey Niebergall and Carley Mills put together two sets of good tennis and won 6-2, 6-4. At # 2, future singles stars Lydia Ng and Savanna Davis teamed up and played very well together before losing 3-6, 3-6. At # 1 Melinda Widows and Nancy Nguyen played one of their bet matches ever, and lost. The tram they played was comprised of two Summit stars that are both Champs Level tournament players. Playing singles, they had each beaten Wilsonville's top two singles player earlier in the day. However, Nguyen and Widows would not be intimidated and they went toe to toe with the more seasoned players before losing 3-6, 2-6. In fact, I was as proud of their effort in this match as I was of any other match of the weekend.

Summit is probably the leading contender for the 5A state championship this year, so this was a huge win for our program. After gathering our gear, and our thoughts, we left Bend High School and headed to Juniper Park to play for the Championship. Against Jesuit. The team that has never lost a dual match in the history of the school. Jesuit began accepting girls into the school in 1993. That's 18 years and no losses. We were not going to end their streak but it was a pleasure playing them.

Jesuit Recap:

Jesuit's # 1 player is a freshman and also happens to be the best player in the Pacific Northwest and is ranked # 5 in America for her age. Who better to take her on than our own bulldog, Courtney Mostul. What makes Mostul so good is that she loves these big time challenges. She played her heart out and lost 0 & 0. Larner hits the ball exactly where she wants to on each and every shot, but Mostul loved every minute of it. At # 2, Fellers lost 1 & 1 to another phenom, Meagan Rao. Creger battled at # 3 before losing 3-6, 1-6, and at # 4, Maddie Kirby fell 2-6, 1-6. She played some great points and did a nice job of making her opponent earn her points.

In dubs, we had some great efforts. At # 1, Widows & Nguyen again did themselves proud before losing 1 & 1. They were trading blows and hitting winners with the big dogs and they made their coach proud. Another really fine effort came at # 2, with Mills and Niebergall attacking short balls and rushing the net to jump out to the early lead. They did a wonderful job of following instructions and did not lose passively which was the plan.. Their score was 2-6, 2-6. At # 3, LPK and Keicher almost shocked the world by taking the first set. They led 6-5 and had a chance to win the set. They wound up losing the set 6-7 and lost the second set 0-6. They were amazing with their aggression and as with the rest of our kids they did not get intimidated. At # 4, Elizabee Curtiss and Shea Menzel stepped into the bright lights and did not panic. It was only Menzel's 3rd varsity match and Curtiss' second, but they also took the "grip it and rip it" approach. They lost 1-6, 0-6.

Overall, we were extremely proud of how our players competed. In less than 24 hours we faced the likely 4A, 5A and 6A 2011 state champions, and we beat two of them. And, after the Jesuit Motorcoach headed out of Juniper park, there was only one team left in the entire tourney, and it was us..

04/15/2011 @ 02:17:36 PM:

Sad to say that it's still raining... Day off today; please use it to catch up on homework or to study.

Check the website for tomorrow's optional practice. I hope the weather will cooperate with us :)

04/14/2011 @ 02:09:13 PM:

Wet schedule for Thursday in effect.

04/14/2011 @ 07:43:07 AM:

JV and any remaining Varsity:

Dry schedule for Thursday- SMS courts practice from 4:30- 6:30.

Wet schedule for Thursday- practice in SMS gym from 4:30-5:30 (bring jump rope).

Dry schedule for Friday- Challenge matches TBA possibly starting at 3:45 at both locations.

Wet schedule for Friday- day off for everyone.

Saturday dry schedule: optional practice from 11:00- 1:00.

Saturday wet schedule = day off.

Wet or dry schedule will not be determined until approximately 30 minutes beforehand. A text will be sent out to announce which schedule we're on if we can't post it here in time.

04/13/2011 @ 05:00:16 PM:

Topspin Cancelled; We will be at LR courts until 7:15. Varsity players come if you can.

04/13/2011 @ 02:52:04 PM:

JV: Conditioning practice from 4:30 to 5:30 in SMS gym 1. Bring jump rope if you have one.

04/13/2011 @ 01:33:25 PM:

Varsity Practice: Pay attention. If Dry, all players at LR from 5:30-7:00. If wet, top 4 singles players in LR gym from 5:30-6:30. Dubs players will have a choice. They can either do the gym session at 5:30 or go to Topspin from 7:45-8:45. If you choose topspin, please text your coach asap. If you can't comprehend this then you will struggle on your SAT's.

JV: Coaches will send out a note re; your situation.

Bend Roster: (get pre-arranged absence forms turned in)

Mostul, Fellers, Kirby, Creger, Widows, Nguyen, Mills, Niebergall, LPK, Keicher, Davis, Ng, Polanco, Curtiss, Menzel

04/13/2011 @ 12:53:51 PM:

Wilsonville cancelled. Check back for practice plans.

Parkrose Recap: Won match 7-1 at their place on a downright balmy evening. They are a strong team, who was riding a 4 match winning streak, so this was a good won for us.

In singles, we continued to dominate as we won all four matches without losing a set. At # 1, Savannah Fellers got her first ever singles win at the #1 spot with a 7-5, 6-2 triumph. Coach Krauel was awarded Coach of the day honors for guiding Fellers through rough terrain in the early going and once she got dialed in, she rolled to a nice win. At # 2, Courtney Mostul also shook off a slow start and earned a 6-4, 6-1 win. With the exception of a challenge match loss to Fellers, Mostul is undefeated on the season and hasn't lost a set in a league match. At # 3, Jessica Creger remained unbeaten with a 6-3, 6-1 win. Creger has played 100 games of tennis in her first varsity season, and has now won 84 of those games. This is an incredible number and illustrates her great consistency. At # 4, Maddie Kirby unleashed another brilliant performance to notch her 22nd career win. She won 6-0, 6-2 today, and just like yesterday, she displayed some tenacity with her shot-making.

In dubs, our only comfortable match was at the #1 slot. In that one, the Widows/Nguyen team continued their perfect season with their finest performance of the year. They were down 3-2 in the first and proceeded to reel off 10 straight games to win 6-3, 6-0. The Parkrose team that they dismantled is regarded as one of the top teams in our conference. Widows added to her great day by winning Baskin-Robbins for getting caught tilting her body to volley into the large part of the court. At #2, Mills & Niebs recorded the best win of their young careers. After a disappointing loss last night, they showcased great resiliency in a hard-fought 5-7, 6-3, 6-4 win. After losing the first set it was gut-check time for the sophomores and they responded in a big way. At #3, Parent-Korsness & Keicher once again found themselves in a 3-set thriller, but this time they came up short losing 3-6, 6-2, 4-6. They continue to do many nice things and are improving daily, but when you keep getting involved 3-setters you will eventually lose. At # 4, GG Polano and Savanna Davis teamed up fot the first time, and nearly forced Coach Krauel into retirement. After barely surviving the other two 3-setters on the adjacent courts, Krauel's emotional gas gauge was on "E" as he watched Polanco and Davis fail on 5 match points in the 2nd set. In the 3rd, they trailed 5-3 before rallying for a riveting 6-2, 6-7, 7-5 decision. To their credit, the duo hit three alley-shot winners in the final game as they finally made Parkrose pay for over-playing the middle of the court. Their effort and will to win was tremendous and much appreciated. (Match time: 2 hours, 40 minutes...)

Performer of the day for singles was Kirby and performers of the day for dubs were Widows and Nguyen.

Liberty Recap: Won 6-2 in a match that was pretty competitive.

In singles we won matches in convincing fashion at the 2,3, and 4 spots. At # 2, Coutney Mostul posted her 2nd Double-Bagel of the season. At # 3, Jessica Creger almost matched Mostul by winning by a 6-0, 6-1 margin. At # 4, Maddie Kirby played her very best match of the year and won 6-2, 6-3. To the delight of the coaching staff, Kirby was pounding the ball with a newly acquired ferocity that was a beautiful sight to see. At #1, Savannah Fellers played her first-ever match at the top spot and ran into a buzz-saw known as Ayaka Terakawa. Terakawa is one of the state's top players having benefitted from playing a ton of tennis as a youngster, and her experience showed in a 6-0, 6-1 win. Fellers actually did a good job with her nerves and hit several great shots, but at that level great shot combinations, not great shots, are required.

In dubs, we won at the 1,3 and 4. At #1, Melinda Widows and Nancy Nguyen overcame a medicore start to remain undefeated with a 6-4, 6-2 win. At #3, LPK and Bryce Keicher flirted with danger before pulling out a 6-4, 5-7, 6-3 win. The match provided great entertainment for uncles and parents, but these two athletes need to learn that the coaches always prefer bagels & breadsticks. At 4, Savanna Davis and Tay Mathews won 7-5, 6-0 in a match that was very rewarding for the coaches. The team they played was good, and they did a great job of not letting an early deficit rattle them. They were chasing down balls the entire match and really hustled the way we like our players to hustle. Our lone dubs loss came at # 2, where Carley Mills and Kelsey Niebergall fell 2-6, 5-7 to a very fine team. As of now, this is the best # 2 team in the league and our girls came up just short of a comeback that would've forced a 3rd set. Always disappointing to lose, but they did themselves proud with their desire and effort. As with all of our dubs teams, they need to improve at keeping the ball away from effective net players.

Performers of the day were Mostul for singles and Davis and Mathews for dubs.

04/13/2011 @ 12:16:48 PM:

Wilsonville match cancelled. Re-scheduled for April 22nd. Today's practice info will be posted once we get gym schedule.

04/12/2011 @ 10:56:50 AM:

Girls tennis to Parkrose....excuse 2:15 depart SHS 2:30

Go Lady Bowmen!

Frayne Ballard

Athletic/Attendance Secretary

Sherwood High School

Monday: Beat Liberty 6-2, recap coming later..

Tuesday: At Parkrose, departure time at 2:30 I think, will post actual time tomorrow.

Wednesday: hosting Wilsonville

04/12/2011 @ 10:55:28 AM:

04/12/2011 @ 10:55:28 AM:

Girls tennis to Parkrose....excuse 2:15 depart SHS 2:30

Go Lady Bowmen!

Frayne Ballard

Athletic/Attendance Secretary

Sherwood High School

04/09/2011 @ 06:50:04 PM:

Mixed Dubs Tourney Updated Entrants : (we will accept the first 32 entries received)

Mills/Mills - Niebergall/Niebergall - Creger/Creger - Widows/Widows - Pihl/Pihl - Krauel/Martin - Fellers/Fellers, Rooney/Rooney, LPK/Korsness, Polanco/Polanco, Mostul/Mostul, Nguyen/Nguyen, Arnell/Penland, Curtiss/Anderson, Krauel/Krauel, Wilcox/Wilcox. If you're going to participate please get your entry forms turned so that we can properly order the tee shirts. (need to know how many of each size)

04/06/2011 @ 12:40:22 PM:

Varsity Update: LR Gym 5:30-6:30. We may also have an optional topspin session. You will get a text regarding that.

04/06/2011 @ 12:15:08 PM:

Match Cancelled. JV at SMS gym 4:45-6:00.

Varsity on standby, check back later.

04/06/2011 @ 11:02:34 AM:

Today: Dismissed at 2:15, bus leaves at 2:30 for Parkrose. Weather is iffy so check back later for gym schedule.

04/06/2011 @ 07:18:20 AM:

Mixed Dubs Entries Received: (we will accept the first 32 entries)

Mills/Mills - Niebergall/Niebergall - Creger/Creger - Widows/Widows - Pihl/Pihl - Krauel/Martin - Fellers/Fellers. If you're going to participate please get your entry forms turned so that we can properly order the tee shirts. (need to know how many of each size)

04/05/2011 @ 10:17:31 AM:

As of now, we're on for today. Dismissed from school at 1:45, bus leaving at 2:00.

Side Note: My niece just received a Division I scholarship offer to play tennis at Seattle University !!! She will be one of a very few number of American girls to get such an offer. Why ? Because Americans are obsessed with youth soccer while folks in Europe and South America are having their girls learn the beautiful sport of tennis. Check out any college tennis roster and see how many American sounding names you find... Oh, and there are just as many scholarship opportunites for girls in tennis as there are in soccer. Do the math. In Sherwood we've got 100 little girls playing soccer for every girl that plays tennis. We are seeking to change that equation..

04/04/2011 @ 07:52:32 PM:

"I'm not out there sweating for three hours everyday just to find out what it feels like to sweat." - Michael Jordan

04/04/2011 @ 12:27:59 PM:

“There are only two options regarding commitment. You’re either IN or you’re OUT. There is no such thing as life in-between.

Pat Riley, former NBA coach with the Los Angeles Lakers and Miami Heat

04/04/2011 @ 11:42:52 AM:

Monday Update: Match cancelled. All players at LR Gym from 5:30-7:00

04/04/2011 @ 09:15:52 AM:

Monday: (if dry) Hosting Rex Putnam at LR, all players to convene there. Check back later for wet schedule.

JV Tourney Recap:

Dominated the day with our JV athletes doing a tremendous job on the courts and our JV parents doing a great job of helping to dry the courts and manage the BBQ. When we went to check the courts at 7:00 am on Saturday morning they were soaked. However, there was a hint of light blue leaking down from the heavens, and that was all the hope we needed to make the decision to go ahead and play the tournament. After a lengthy squeegieing session we were able to get started. We fielded 9 dubs teams, Wilsonville brought 8 teams and Westside Christian brought 6 teams. In addition to the 9 teams, The Wood also brought The NOISE! For the tourney we awarded prizes for the top two finishers in each bracket (pod) and Sherwood wound up winning all but two of those prizes.

In pod 1 we got to see some great future potential from freshman Sydney Blomquist who teamed with GG Polanco to win that bracket. In that bracket, we also saw some very fine tennis from juniors Taylor Poissant and Ezzie Chan-Tuyub and from sophomore newcomers Amy Otis and Hannah Huntington.

In Pod 2 we had two dynamic freshman teams representing us with the "CC" Team of Cailyn Bowen and Cambria Rooney playing alongside the team of Arunima Vijay & Sullivan Dunlap. The Vijay/Dunlap team wound up winning the bracket even though they lost to Rooney & Bowen, who finished tied for second.

In pod 3, we received a huge performance from the team of Junior Yara Wafai and freshman Rachel Robelli. They went undefeated and won the grouping. Finishing second was another promising pair of freshmen in Amy Marks and Courtney Wunnicke. Their only blemish was a 3-2 loss to Wafai & Robelli.

We also won pod 4, with the team of Stephanie Bedortha and Crystal Girtz who went undefeated, winning all five of their matches. In that group we also featured the team of junior Courtney Bauman and freshman Mariah Marshall. They won 3 of 5 matches with one of their losses coming to their Sherwood teammates.

Overall, it was a glorious day of tennis and camaraderie. We were extremely proud of our athletes and very appreciative of the efforts and support of the parents who spent the day with us. We received several compliments from our guests from Wilsonville and Westside as they were made to feel very welcome.

St. Helens Recap:

Once again won all 8 matches and this time we did so without dropping a set.

In singles, it was a veritable Delicatessen with Bagels & Breadsticks straight across the board. And, it was the first time we have accomplished this in the rich history of the program.

At # 1, Courtney Mostul won her second consecutive 6-0, 6-1 match in dominating fashion. At # 2, junior superstar Savannah Fellers won by a similar 6-1, 6-0 score. That same score was also replicated by fellow Junior Jessica Creger. While these three phenoms each flirted with the highly coveted double bagel, none of them could accomplish the feat. It was left to sophomore Nancy Nguyen to see if she could do it in the same place where she played the first singles match last season. Nguyen would not disappoint as she managed to mix her power with improved control to beat Lexi Normine 6-0, 6-0. For her effort, Nancy wins the singles performer of the day award.

In dubs, we paired senior pals Maddie Kirby & Melinda Widows at # 1 and they won by the score of – wait for it - 6-1, 6-0. So, in our top 5 matches we won 60 games while losing only 5. Pretty impressive indeed.. At # 2 dubs, Kelsey Niebergall and Carly Mills overcame an uncharacteristically slow start to record a 6-3, 6-0 victory. After receiving some helpful words of encouragement at 3-2 in the 1st, they responded beautifully by winning 9 of the next 10 games to close out the match. At # 3, foreign exchange student Valerie Holfeld teamed up with senior captain Gizelle Polanco to win 6-3, 6-4. It was Polanco’s first return to action after sustaining an ankle sprain during tryouts. As for Holfeld, it was the second most impressive thing that she would wind up doing on the day. Although she played fairly well, her singing performance on the bus ride home was superior to her tennis as she regaled the team with a riveting rendition of the German National Anthem. Her teammates and coaches were so impressed that it may become a staple of our trips. At # 4, sophomore Shea Menzel sophomore got her first varsity match experience, and teamed up with Leah Parent-Korsness to win 6-4, 6-0. They also benefited from an inspirational speech during a changeover in the first set. From that point at 5-4, they managed to win the final 7 games of the match. Doubles performers of the day were Kirby and Widows.

04/03/2011 @ 07:56:47 PM:

Al's Fower Basket Fundraiser

One thing I forgot to mention is that the deadline for selling the flowers is the 22nd of April, which means you have 19 more days to sell those flowers!!! I Can't wait to see who gets the top prize for selling the most baskets!!! :)

04/03/2011 @ 07:50:10 PM:

Al's Flower Basket Fundraiser

Hey Lady Bowmen -

Just wanted to give you some info regarding the Al's fundraiser!! Every player needs to sell at least 6 baskets, however if you want to win a PRIZE (and Coach Jim gives good prizes) you can sell as many as you want, depending on how many you sell, will depend on the prize you win!!! I will post the prizes when I am sure of what they are going to be!!!

This is a great fundraiser and loved by the community, as they would be buying fowers anyway!!! It's also a wonderful gift to give mom for Mothers Day!!

I will be collecting any and all money/order forms every Friday at either a practice or a match. If it helps you to remember, think Friday & Flowers!!! I will try to text or email a reminder to everyone on Thursday night. Please collect all money up front, it makes things a lot easier for everyone involved!

The flowers will be delivered to the HS on the 6th of May at 9:00 am. They will be available for pickup from 10:00 A.M to 4:00 P.M. Please let the people know this is where they will need to come to pick up their flowers. Also let them know that the earlier they come the more variety there is to choose from!!!

If you have any questions please don't hesitate to call, my Home # is 503-825-1260 and my Cell is 971-226-2149. Good luck girls and happy selling!! Tammy Mathews :)

04/02/2011 @ 06:06:07 PM:

Sunday: Varsity at LR 12:45-3:00. come whenever u can within that time frame and stay as long as you'd like.

St. Helens and JV Invitational recaps forthcoming..

04/02/2011 @ 06:24:37 AM:

Tourney is on. Arrive early and if u have any old, raggedy towels, bring them. we need to dry courts.

04/01/2011 @ 10:13:13 AM:

See letter below. If you were part of this group you just earned a "Get Out of Jail Free" card that entitles you to skip out on a conditioning session whenever you want. Please let your coach know if you were part of this:

Good morning Michelle,

I hope you are having a fantastic week. Wanted to share with you that your Girls Tennis Team did an outstanding job while at our school recently. There were some weather issues, as there are frequently with Spring sports, and they came into the main building to camp out. They were seated right outside of my office and demonstrated the respect and responsibility that I know you would have expected of them. They made the very best of an otherwise soggy situation. I spoke with them and shared my appreciation for their behavior and let them know I would be contacting you to share my gratitude. Their behavior is a grand tribute to the girls individually, the team, coaching staff, and yourself for providing an exemplary model. It is obvious that these young ladies understand what and who they represent and are proud to do so. Keep up the great work. The girls did tell me a congratulations may be in order as you have accepted a district level position. I know you will do an outstanding job and look forward to seeing the continued growth of the Sherwood School District. Have a wonderful day! Aaron C BayerSandy High School503 668-8011 ext213

04/01/2011 @ 10:11:02 AM:

Oregonian Cup Standings for OSAA Sanctioned Sports:

http://www.osaa.org/awards/oregoniancup/10-11/Winter/5a.asp

03/31/2011 @ 09:30:01 PM:

Thursday: JV at Snyder Park courts 4:15-5:45. Varsity at Snyder Park 5:45-7:15. (our athletes are encouraged to watch the boys match at LR prior to or after our practices) Note: due to road work detours to Snyder are in effect. Use Sunset from the “Y” to get there.

Sandy Recap:

Won the match 8-0, but the match was closer than the score might indicate. At one point early on we were looking as if we'd be down 3-1, but our kids battled and turned those matches around. Overall we were thrilled to be playing and pleased with the heart and effort that our athletes displayed.

In singles we won 8 of 9 sets with two players winning their first ever singles match while another won her 18th. Juniors Savannah Fellers and Jessica Creger both prevailed in their singles debuts by similar scores. Fellers won 6-4, 6-1 while Creger won 6-1, 6-4. While those two were launching their singles careers, senior Maddie Kirby nailed down her 18th career win with a gutty 5-7, 6-3, 7-5 win over Sandy's Hailey Fischer. With the victory, Kirby ties the school record for most career singles wins. She will go for her record-breaking win on Friday at St. Helens. At # 1 singles, steady and sturdy sophomore Courtney Mostul was one point away from a double bagel when her coached jinxed her. As it was, she posted a bagel/breadstick victory as she got her 2011 season off to a rousing start. Singles performer of the day was Kirby for her stellar effort and her great display of mental toughness.

In dubs, we won two matches in comfortable fashion while prevailing in two nail biters. At # 1, Melinda Widows and Nancy Nguyen survived some sloppy play to post a 6-3, 6-2 win. It was an easy win, but they definitely left themselves some room for improvement. At # 2, super-sophs Carly Mills and Kelsey Niebergall notched their first varsity win with a steady 6-4, 6-3 victory. They showcased the athleticism that the coaching staff is so excited about and they did a nice job of harnessing their nerves, At #3, Leah Parent-Korsness and Bryce Keicher did a terrific job of hanging tough in a 7-5, 2-6, 6-3 3-set thriller. They had some rough patches but really did themselves proud by staying focused and willing themselves to victory. At # 4, another duo of super-sophs got it done in 3 sets. Taylor Mathews and Savanna Davis shook off some early jitters to rally for a 6-7, 6-2, 6-1 win in their first foray into big-time varsity tennis. After losing the first set tiebreaker, they busted out the steamrollers and reeled off 12 of the next 15 games. Doubles performance of the day goes to Parent-Korsness & Keicher for the "won't lose" mentality they displayed.

At SMS, the JV team kicked of their season by winning 10 of 12 matches against Sandy. They showed a glimpse of the future with some great performances from our freshmen and Coach Arnell and Coach V were very pleased with the overall effort and attitude of all of our athletes. It was very nice to finally get them in a competitive environment to see how they would respond and they did a very fine job.

The BBQ wa a booming success and we greatly appreciate the efforts of our parents. I know that the Sandy team was also grateful.

03/29/2011 @ 01:31:02 PM:

2011 Season Preview:

Well, here we are with another season upon us and since we’ve had measurable precipitation 28 of 29 days in March we don’t know as much about this team as we’d like. What we do know is that we’ll be very good. And youthful.

With only a handful of seniors in our rotation this year, the Lady Bowmen team is very young. Our day 1 line up featured 10 underclassmen filling the top 12 spots which bodes very well for our future. Having said that, we are also very optimistic about what the 2011 season has to offer.

Our Varsity team will be led by captains Madison Kirby, Gizelle Polanco, Melinda Widows and Savannah Fellers. They are a great group of young ladies and will provide outstanding leadership for our youngsters. Rounding out the varsity roster will be Seniors Valerie Holfeld and Brenda Ovalle, Juniors Jessica Creger, Elizabee Curtiss, Leah Parent-Korsness and Esmerelda Chan-Tuyub and a sensational group of sophomores. That group includes, Courtney Mostul, Nancy Nguyen, Keatley Pihl, Lydia Ng, Shea Menzel, Kelsey Niebergall, Savanna Davis, Bryce Keicher, Carly Mills, and Taylor Mathews. Without doubt, this sophomore group will wind up winning more varsity team and individual matches than any other class in the history of the school.

We’ll start off the season with Courtney Mostul playing # 1 singles but she will be pressed by the rapidly improving Savannah Fellers. Both of these young stalwarts worked extremely hard during the off season and it is very apparent in their play. Senior Madison Kirby will start out at # 3 singles and she has just been informed that she is on the verge of becoming our winningest singles player of all time. Kirby needs just two more wins to earn that distinction. At # 4 will be junior Jessica Creger. Creger is the type of athlete that would be looking at going to college for free had she spent her youth playing tennis instead of soccer. She carries herself with tremendous poise on the court and is very effective despite having not played a great deal of tennis. Other options that we’re considering for singles play include Ovalle, Curtiss, Ng, Menzel, Davis and Mathews.

In dubs, we figure on having one of the top two teams in the league with Melinda Widows and Nancy Nguyen. Both are big hitters and good athletes. If they can improve their consistency they have a great chance to do some real damage at the state tournament. After those two, we have 5-6 other dubs team that are pretty even. For starters, Carly Mills and Kelsey Niebergall will play at the # 2 spot. Both are great athletes and they appear to have a little of the Baker/Lushenko mojo working for them. At # 3, we’ll start with junior Leah Parent-Korsness and sophomore Bryce Keicher. Leah has shown great improvement since last year and Keicher is our most intimidating net player. Our # 4 slot is wide open and we will try to let it shake out via challenge matches once we get some dry days. Vying for the spot will be Polanco, Holfeld, and the remaining Juniors and Sophs. As of now, we’ve got Keatley Pihl teamed up with Shea Menzel and that appears to be a good fit. Likewise, we’ve got fellow sophomores Savanna Davis and Taylor Mathews paired up. We will continue to mix and match with the remaining players to try to find tandems that work. As in past years, many of our dubs players will play with a variety of teammates throughout the season. Our dubs winning percentage has been incredible over the past four seasons and we do not expect that to change this year despite the fact that most of our players will be facing varsity competition for the first time.

Our JV team will be made up of a group of 17 freshmen, sophomores and juniors. The group will be led by juniors Yara Wafai, Taylor Poissant, and Courtney Bauman. They will be joined by sophomore newcomers Stephanie Bedortha, Mariah Marshall, Amy Otis and Hannah Huntington. This group has flashed potential and we’re hoping that they can catch up with our other sophomores. The freshman group is a very nice bunch of kids who all seem eager to improve. The group is comprised of Arunima Vijay, Rachel Robelli, Sydney Blomquist, Cailyn Bowen, Sullivan “Sully” Dunlap, Courtney Wunnicke, Crystal Girtz, Cambria Rooney, Amy Marks and Cami Hashimoto. Hashimoto is an outstanding two-sport spring athlete who will spend the season trying to decide if her future lies in tennis or lacrosse. Overall, a great group who all appear to be outstanding students.

This year we begin a four year stint in a new league. We’ve lost Glencoe, Hillsboro and Century and added Rex Putnam, Milwaukie, and Sandy High School. In the four previous years we went 24-0 against the Hillsboro schools so it’s going to be tough to improve upon that. We don’t know much about Putnam and Milwaukie and we got a brief look at Sandy in yesterday’s match that was postponed. Sandy appears to have a formidable team as one might expect as they’ve dropped from 6A to 5A this season. The team to beat in the Northwest Conference is, once again, Wilsonville. The defending state champs return the best 5A singles player in the state and they are a deep and balanced squad. Liberty’s Ayaka Terakawa will be a force to be reckoned with in singles and we expect Parkrose to have several good players in both singles and dubs.

As always, we expect that our kids will have fun, create tremendous memories for themselves and improve at tennis. One of our annually stated goals is to achieve recognition from the Dairy Farmers of Oregon for academic excellence, and we fully expect to do that again this year.

If we can just get some dry weather, this will be a great season for the Lady Bowmen Tennis Team.

03/29/2011 @ 12:24:51 PM:

Tuesday Practice: All players at LR gym 5:15-7:00

Sandy match has now been moved to Tuesday April 5th.

03/28/2011 @ 10:33:55 AM:

Sandy Trip Update: Bus will be at SHS at 2:00 and we will depart at approximately 2:15. We will stop for dinner on the way home so bring a few bucks. We will not get back to the high school until approx 9:00 pm.

They have 12 JV players so we are hopeful that some JV's will get to play today.

Varsity: Be hydrated and well-fed prior to departure. Be focused. Bring an attitude of gratitude !

03/27/2011 @ 10:53:10 AM:

if courts remain wet today, the 3:30 varsity practice will move to topspin. we are still on for 5:00 pm meeting at LR and will have it under black top if wet. if we go to topspin we will need a few drivers. text me and let me know if u can drive and let's all plan on meeting at LR at 3:10.

03/26/2011 @ 05:07:46 PM:

saturday practice rained out.

Sunday: Varsity practice 3:30-5:00, everyone else is invited to come at 5:00 for team meeting and uniform distribution. if u want to pick up your uni bring a $50.00 deposit check made out to SHS Tennis.

Monday: Bus leaves SHS at roughly 2:15 pm, check back for official departure time.

03/25/2011 @ 03:57:13 PM:

Friday Update II : Raining at LR as of 4:55 pm. No practice tonight.

03/25/2011 @ 02:36:27 PM:

Friday Update: if courts are dry, all players 5:30-7:30. If wet, nothing.

03/25/2011 @ 10:04:51 AM:

Friday: Looks gloomy so unless we get a big burst of sunshine we will not practice tonight.

Saturday: If you want to go on the Field Trip to Lewis & Clark College, be in the LR parking lot no later than 12:15. We will back at LR no later than 6:00 pm.

Sunday: Varsity practice at LR from 3:30-5:00

03/24/2011 @ 09:39:45 AM:

Thursday: no practice

Friday: If dry, all players at laurel ridge 5:30 - 7:30

03/23/2011 @ 04:09:31 PM:

Practice tonight is CANCELLED due to rain.

03/23/2011 @ 02:58:18 PM:

Field Trip this Saturday. We are going to Lewis & Clark College to watch the Willamette University Men's team tennis team play Lewis & Clark. Please let me know if you want to join us and we can work on carpooling. We might even go out for pizza afterwards. We will leave Sherwood at Noon.

03/23/2011 @ 02:38:56 PM:

Radar doesn't look so great but as of 3:30 we are still on. If it starts pouring in Sherwood perhaps someone can text me with the news. I'll be at the courts at 5:30 with a smiling face and a chipper attitude.

03/23/2011 @ 09:42:56 AM:

couple prep tennis articles from today's paper:

http://highschoolsports.oregonlive.com/news/article/-1362482497782491196/girls-tennis-hybrid-plan-stacks-deck-in-metro-league/ http://highschoolsports.oregonlive.com/news/article/-307960254002628007/tennis-preview-glencoes-stuart-tierney-has-sights-on-first-title/

03/23/2011 @ 09:40:23 AM:

4 great practices over the past 4 days with another one on tap for tonight. LR 5:30-7:15.

If you haven't paid your participation fee you need to do so Monday. We are having a team meeting on Sunday to pass out uniforms. You need to bring a check for $50.00 made out to SHS Tennis. Time for meeting has not yet been determined.

03/22/2011 @ 10:19:41 AM:

3 great practices over the past 3 days ! If you're in town you really should do your best to attend. Other sports teams at SHS are actually playing games over spring break..

Tuesday: If dry, all players at LR from 5:30-7:15.

Wednesday: If dry, all players at LR from 5:30-7:15

03/19/2011 @ 03:05:28 PM:

Sunday: Optional at LR from 1-3 for all players.

03/19/2011 @ 09:23:40 AM:

courts are wet and first session is being pushed back to 11:30. there will still be two sessions. i'll be over there at 11:15 if u wanna show up early.

03/18/2011 @ 03:39:51 PM:

it appears likely that we'll be on the dry weather schedule for today.

03/18/2011 @ 07:55:10 AM:

Friday Dry Schedule: All players at LR 5:15-7:15. Still working on wet weather schedule as now.

Spring Break: We will have optional practices throughout Spring Break and info will be posted here.

03/17/2011 @ 12:43:22 PM:

Updated!

Thursday: JV at Newberg (\*@ Jaquith Park, between College and Main), bus leaves at 3:15 sharp! You need to get your own ride home.

4:00 pm challenge matches at SMS:

Ng vs. Ovalle

Creger/Nguyen vs. Niebergall/FELLERS (to sub for Mills)

LPK/Keicher vs. Davis/Mathews

All others to attend the boys match at LR or our match at Newberg.

Wet Weather Schedule: Everyone is off.

Secret Sister form is up on the side. Please fill it out asap and have it sent to me at school or email it to me at mwidows23@hotmail.com before friday! Thanks :) - Melinda

And make sure you tell Coach Arnell if you still have more clothing orders.

03/16/2011 @ 02:57:28 PM:

Wet schedule. If the courts dry while we're here, we'll definitely go outside.

03/16/2011 @ 10:57:05 AM:

News and Notes:

If you haven't yet paid your school fee you need to do so today. If you are going to travel in a car with another player or another player's parent you need to turn in a transportation form to the athletic office.

Wednesday: If dry, JV and JVII at SMS 4:45-6:30, Varsity at LR 5:30-7:15. If wet, all players at SMS gym from 4:45-6:00.

Thursday: Boys have a match at LR and we have a JV match at Newberg. Varsity players who aren't playing challenge matches at SMS should either attend the boys match or our JV match.

03/15/2011 @ 10:34:16 AM:

Tuesday: All players at SMS gym from 4:30-5:30. If we get a miracle break in the weather I encourage our players to go watch the boys play at LR after our practice. FYI, no other gym times are available to us today.

03/14/2011 @ 09:00:01 AM:

Monday Dry Weather schedule:

4:00 Matches at SMS: Blomquist/Dunlap vs. Curtiss/Chan-Tuyub, Girtz/Vijay vs. Robelli/Wunnicke, Rooney/Bowen vs. Marks/Otis

4:00 Matches at L.Ridge: Menzel/Pihl vs. Davis/Mathews, Widows/Kirby vs. Fellers/Creger, Mostul vs. Nguyen, Keicher/LPK vs. Holfeld/Ng.

Everyone else at LR from 5:30-7:15. Everyone else means everyone that signed up for tennis. (All 41)

Wet weather schedule: All 41 players at SMS 5;15-6:45.

Note: Several folks still need to pay their participation fee. JV has a match on Thursday and you cannot participate unless you've paid your fee. See Debi Bear if any questions.

03/12/2011 @ 02:02:23 PM:

2011 Lady Bowmen Tennis, Underclassmen that made Varsity:

Mostul, Fellers, Nguyen, Creger, Ng, Davis, Parent-Korsness, Niebergall, Mills, Keicher, Mathews, Pihl, Menzel. Curtiss and Chan-Tuyub to swing between Varsity and JV. Congrats to all..

03/12/2011 @ 11:44:15 AM:

Good Woznizcki article from Tennis Magazine:

http://www.tennis.com/articles/templates/features.aspx?articleid=10977&zoneid=9

03/11/2011 @ 09:56:23 AM:

SMS Challenge matches at 4:45

Creger vs. Ng

Widows/Nguyen vs. Holfeld/Hashimoto

LPK/Keicher vs. Mills/Niebs

SMS Challenge matches at 6:15

Kirby vs. Ovalle

Menzel vs. Mathews

Mostul vs. Fellers

All other players at L.Ridge from 5:30-7:30

03/10/2011 @ 09:46:23 AM:

Thursday Wet Weather Plan: All Players at LR gym 5:15-6:45.

Thursday Dry Weather Plan:

Freshman and New Seniors at SMS:4:30-6:15, Soph's & Jr's at LR 5:30-7:00, Old Seniors at LR 7:00-8:00 (GG, Maddie, Melinda)

Also, We have rec'd the bibs and shirts for the Shamrock Run. If you are participating please pick up your gear this evening.

03/10/2011 @ 08:36:21 AM:

Thursday Dry Weather Plan:

Freshman and New Seniors at SMS:4:30-6:15, Soph's & Jr's at LR 5:30-7:00, Old Seniors at LR 7:00-8:00 (GG, Maddie, Melinda)

Wet weather plan will be posted as soon as we get gym information. check back in a little while.

Also, We have rec'd the bibs and shirts for the Shamrock Run. If you are participating please pick up your gear this evening.

03/09/2011 @ 01:07:34 PM:

\*\*\* Alert - Alert - Alert \*\*\*

We've just been advised that the LR gym is being used for a concert tonight. Therefore, if courts are wet we'll be in the gym at SMS from 5:15-6:45. Pass it on...

03/09/2011 @ 09:45:42 AM:

Wednesday Wet Weather Schedule: All players at LR gym from 5:15-6:45

Wednesday Dry weather schedule: Freshmen & Juniors at SMS 4:30-6:30, Soph's & Seniors at LR 5:30-7:30.

03/07/2011 @ 09:06:43 PM:

"most important, don't get caught up in thinking about winning or losing this game, if you put your effort and concentration into playing to your potential, and being the best that you can be, i don't care what the scoreboard says at the end of the game in my book we're gonna be winners."

Kels this is for u: http://www.youtube.com/watch?v=CDJS9rFGCHE

03/06/2011 @ 08:46:38 PM:

Tryouts resume this week, and it appears that our only decent weather day will be Monday.

Monday Dry Weather: New players at Sh. Middle School 4:30-6:30, Returnees at LR 5:30-7:30.

Monday Wet Weather: All players at LR 5:30-7:00

03/05/2011 @ 03:51:44 PM:

we are on 4:30-6:30 (optional)

03/05/2011 @ 09:28:43 AM:

Courts are soaked. We will try again at 4:30 this afternoon. (I have to take Asher fishing until then-I promised) So, check back at 4:00 pm for update as to the condition of the courts.

03/04/2011 @ 11:51:24 AM:

Friday: Rain or shine, we will be at LR from 5:30-7:00. If the courts are dry we may send some folks over to SMS for challenge matches. And, if the courts are dry we'll make it optional for athletes to stay and practice until 7:45 at LR. So, everyone needs to be at LR at 5:30.

Saturday: If dry, optional practice at LR from 10:00-Noon

Sunday: If dry, optional practice at LR from 11:30-1:30

03/03/2011 @ 03:59:23 PM:

Well, this is maddening.. We were all set for the dry weather schedule until it dumped 30 minutes ago. So now we are on the wet weather schedule. Everyone at LR from 5:15-6:45.

03/03/2011 @ 10:39:40 AM:

Thursday Update: If courts are wet, all players at LR gym from 5:15-6:45

If the courts are dry: Freshman & Juniors at Sherwood Middle School from 4:30-6:30. Soph's and Seniors at LR from 5:30-7:30.

03/02/2011 @ 08:24:29 PM:

As of Wednesday night at 8:00 we are unsure of gym status for Thursday but hope to find out in the morning. Check back tomorrow.

If the courts are dry Thursday, here's the plan: Freshman & Juniors at Sherwood Middle School from 4:30-6:30. Soph's and Seniors at LR from 5:30-7:30.

03/02/2011 @ 12:10:42 PM:

How to hit a forehand volley:

http://www.youtube.com/watch?v=pW5UWqJaPY8&feature=related

Again, tonight at LR from 4:30-6:00

03/01/2011 @ 09:42:35 PM:

Tuesday Wet weather plan: L.Ridge gym 5:15-7:00. Also, everyone will need a jump rope, please bring it to all practices. Any variety will do.

02/28/2011 @ 04:36:37 PM:

Monday Update: We got a gym at Laurel Ridge so we will be indoors. We will not run the 1.5 miles tonight. 5:15-6:45

02/28/2011 @ 08:50:45 AM:

fyi, tonight's session at LR will be under the blacktop. Welcome to spring sports in Oregon..

02/27/2011 @ 06:55:52 PM:

due to the mr. bowman pageant being moved to Monday night, we will cut practice short tomorrow. we will go 5:15-6:45 at L.Ridge. Please note earlier start time. FYI, if courts are dry you will have the option to stay at practice until 7:30.

02/26/2011 @ 09:19:46 AM:

PRIDE = Personal Responsibility in Daily Effort

02/24/2011 @ 12:06:20 PM:

Attitude of Gratitude, a cornerstone of Lady Bowman Tennis:http://zenhabits.net/8-tremendously-important-ways-that-gratitude-can-change-your-life/

02/20/2011 @ 07:01:17 PM:

Week One Dry Weather Schedule:

Monday: All Players at L.Ridge 5:30-7:30

Tuesday: Freshman & Juniors at SMS from 4:30-6:30 / Soph's & Seniors at LR from 5:30-7:30

Wednesday: Juniors & Seniors at SMS from 4:30-6:30 / Freshmen & Sophs at LR from 5:30-7:30

Thursday: Soph's & Juniors at SMS from 4:30-6:30 / Freshmen & Seniors at LR from 5:30-7:30.

Friday: All Players at LR 5:15-7:00

Saturday: Optional practice for all players at LR from 10:00-Noon

02/09/2011 @ 11:32:58 AM:

If you've ever thought of texting while driving or if you do text while driving please watch this video.

http://www.facebook.com/home.php#!/video/video.php?v=1834379662196&oid=155360057819436&comments

02/06/2011 @ 08:48:45 PM:

Congrats to our players who repped SHS Tennis very well in this weekend's CGM Tournament in Vancouver. Savannah Fellers, Jessica Creger, Nancy Nguyen and Courtney Mostul all deserve major kudos for taking part !

http://tennislink.usta.com/TOURNAMENTS/TournamentHome/Results.aspx?T=96125&E=2

01/29/2011 @ 09:30:48 PM:

The Sherwood Tennis team and all of their family members are invited to take part in this year's Shamrock run. Kids, adults, walkers and runners will all be be part of the same team This will be a great team-bonding experience for our extended tennis family. The entry fee is reduced by being part of a team so please be sure to use our team i.d # 2600 when registering. Below is an email that they sent me with instructions on how to register. Bonus: This is a fundraiser for Doernbecher's Children's Hospital !

Hi Jim -

Your team number is 2600. Below are some instructions to help you assist your teammates in registering. Please let me know if you have any questions.

Kim

Go to:

http://www.shamrockrunportland.com/

Select category:

Team Option - 15 or more $27.00

Donâ€™t forget to check this box:

I understand and agree to the waiver and release\*

01/24/2011 @ 12:24:43 PM:

Todd Wilcox wins Australian Open !! Big ups to our very own Todd Wilcox for winning the recently completed men's 4.0 Australian Open.

http://tennislink.usta.com/TOURNAMENTS/TournamentHome/Results.aspx?T=104076&E=6

01/21/2011 @ 03:35:47 PM:

News & Notes:

You should really try to watch some of the women playing in the Australian Open. If you have Direct TV tune to channel 700 and you’ll have your choice of 6 different matches. Otherwise you can catch it on ESPN. When you do watch, watch singles points and look at nothing other than their feet. Watch the split steps. Watch how many baby (adjusting) steps they take between shots. Watch the quick racquet preparation. Watch the follow thru (wrap-around) they use on their ground strokes. Watch how high their service tosses are. Watch the contact point on their serves. And remember, that the winner of this tournament is going to win more than 1 million dollars.. Check around and see how much other professional female athletes make.

Physicals: Freshmen and Juniors need to have physical forms turned in to the athletic office prior to Feb. 24th.

Participation Forms: If you are for sure playing this year, please get all of your paperwork turned in to the athletic office prior to Feb. 24th.

Everyone should be doing their level best to get in shape for the season. Not anyone else’s best, but YOUR best. On the first day of tryouts everyone is going to run 6 laps. From those results we’re going to decide who needs to spend more time conditioning. Also, there will be an increased emphasis on fitness, nutrition, strength and overall health this year.

Grades: If you aspire to be on varsity, make darn sure that your grades are solid. Our goal for varsity GPA this year is 3.65. If you are struggling with school perhaps you shouldn’t be playing a sport. If you are struggling and really want to play please visit with one of the coaches and we’ll do everything we can to assist you.

Parent Meeting: Reminder that parent/player meeting is Feb. 10th in the commons. Bring a pen.

01/14/2011 @ 11:55:25 AM:

Important Dates:

Jan. 19: Uniform try-on's for sizing. 6:00-7:00 in high school commons.

Feb. 10th - 7:00 pm: Pre-season parent and player meeting in the high school commons.

Feb. 28th: First day of practice/tryouts. All players at L.Ridge from 5:15-7:30.

09/23/2010 @ 01:15:26 PM:

Tennis Nite is rained out for today, Sept. 23. Weather looks good for next week so we hope to get two more sessions in. (Oct 7, Oct 14)

08/17/2010 @ 12:13:16 PM:

Free youth clinics will continue on Thursday evenings up until October 14th. This week (Aug. 19) I will not be there but we will have a fine substitute on hand that will manage the session.

07/08/2010 @ 03:20:08 PM:

4th Best Team GPA in the state !!!

http://osaa.org/awards/allstate/0910/spring/girltennis.asp

07/07/2010 @ 10:38:34 AM:

Youth Tennis camp starts on July 8th at 6:00 pm which means that there will not be a free youth clinic this week.

07/01/2010 @ 02:02:42 PM:

It's raining at 3:00 today but we're still planning on conducting Thursday Nite Tennis Clinic tonight. We will be there at 6:30 and if the courts are dry we'll have the clinic. If courts are wet we'll cancel.

06/23/2010 @ 07:33:16 AM:

I will not be at Thursday Nite Tennis this week but we will have tennis coaches there and the session will take place from 6:30-8:00.

06/22/2010 @ 10:43:08 AM:

Much Respect to all the the SHS players who signed up to play in the Wilsonville Tourney. They are: Esmerelda Chan-Tuyub, Elizabee Curtiss, Savanna Davis, Taylor Mathews, Brenda Ovalle, Nancy Nguyen, Courtney Mostul, Maddie Kirby, Melinda Widows, and Savannah Fellers.

We have players playing at 8:00 am on Thursday so try and get out and support them.

Times and draws are here: http://tennislink.usta.com/Tournaments/Draws/EventDraw.aspx?T=93118&E=3

06/17/2010 @ 10:08:49 AM:

Free Tennis Clinics being tonight at L.Ridge at 6:30. Open for all Sherwood youth.

Big ups to Savannah Fellers and Jessica Creger for registering to play in a USTA tournament in Sunriver this weekend. They are both playing singles and doubles in a very challenging tournament and we all wish them well !

Deadline for registering for the Wilsonville Tournament is tomorrow !!!

06/08/2010 @ 10:44:23 AM:

Free youth tennis clinics will begin on June 17th and will run each Thursday night throughout the summer. Sessions will be at Laurel Ridge from 6:30-8:00. For cancelled or postponed sessions due to weather or holidays please check this site regularly for updates.

05/28/2010 @ 03:23:46 PM:

Returning Varsity players should play in these two tournaments:

http://tennislink.usta.com/tournaments/TournamentHome/Tournament.aspx?T=89791

http://tennislink.usta.com/tournaments/TournamentHome/Tournament.aspx?T=93118

Returning Varsity and JV players should play in this tournament:

http://tennislink.usta.com/tournaments/TournamentHome/Tournament.aspx?T=92443

Let us know if you need help becoming a member of the USTA.

05/24/2010 @ 11:30:40 AM:

Hayley and Morgan won the state consolation doubles championship Saturday at Tual. Hills. It was a very rewarding moment for everyone invested in this program. In the final, they beat a very good team from Ashland 7-5, 6-4. They wound up winning 4 of the final 5 matches in their careers. The only loss was a close 6-4, 6-4 loss to the tournament's # 1 seed. The wins included the win over Ashland, Wilsonville's # 1, Marshfield's # 1 and Cleveland's # 1 team. Overall, it was a great way for them to conclude their SHS careers.. For their efforts, they rec'd medals from the OSAA and were the first team recognized at the award cermony at the end of the tournament.Their photo is on the left side of this page.

As for the state tourney, Wilsonville won the state championship. One of their keys to victory was the fact that Taylor Farrell and Kim Birtsch managed to win two matches for them. This is the team that almost didn't even make it to state. Savannah and Melinda had them 5-all in the 3rd set at districts. If we prevail, we go to state instead of them and they don't wind up winnning the state championship! Yes, the margin they won by was because of the fact that Farrell and Birtsch qualified by state by beating Fellers and Widows !

Congrats to them though, they deserved to win because they have an excellent program and are the best dual team in the state.

05/13/2010 @ 10:45:52 AM:

Props, Props, and more Props:

First to our outstanding JV team for DOMINATING the JV district tournament. Complete recap coming but we had 3 of 4 semi-finalist teams with an all Sherwood final.

Second, congrats to Madison Kirby for winning the consolation bracket at the district tournament that was completed yesterday. She beat fellow SHS player Michelle Szydlowski in the final. And, to Morgan Lushenko and Hayley Baker who realized their long sought after goal of qualifying for the state tournament. They finished 3rd by beating Wilsonville's # 1 team yesterday afternoon. They will be competing at the state tournament next Thursday at the Portland Tennis Center.

Finally, and most importantly, congrats to our Varsity team for finishing 4th in the state in the Dairy Farmer's of Oregon Academic Awards. Our varsity GPA was 3.77 and this performance marks the 4th straight year that we've been honored by the OSAA and the Dairy Farmer's of Oregon.

Simple message for players hoping to be on varsity next season: Make sure your grades are in order !

05/11/2010 @ 08:19:40 PM:

St. Helen's recap:

Defeated St. Helen's 7-1, but overall match was closer than that. In singles we won all four matches. At #1, we welcomed back a healthy Caitlin Mathews and she played well in posting a 6-2, 7-5 win. At # 2, junior Maddie Kirby stepped up and turned in a memorable performance with a 7-6, 3-6, 6-3 win. Kirby was down 5-2 in the first set before rallying to win the set. At # 3, freshman sensation Nancy Nguyen got her first taste of singles action and, after a slow start, she turned in a very fine performance in winning 5-7, 6-3,6-1. At # 4, senior Michelle Szydlowski recorded the 3rd double bagel of her career which is the most ever for a SHS singles player.

In Dubs, we won 3 of 4 matches but the one loss was a surprising one. At #1, seniors Morgan Lushenko and Hayley Baker won the first and were cruising at 3-0 in the 2nd before the wheels came off the wagon. They wound up losing the 2nd set and then the 3rd. It was a good wake-up call for the team that is the # 2 team in the league. And, we've got to give the St. Helen's girls credit for a well played match. It reminded us of the year when Katie Patterson and Melanie Boulton earned a # 1 seed at the district seeding meeting then lost in a make up match the next day. As we reminded Morgan & Hayley, Patterson & Boulton wound up crushing that same team in the district semi's on their way to a district championship and a 2nd place finish at state. At # 2, Theresa Stanley and Megan Wade shook off a slow start before cake-walking their way to a 5-7, 6-1, 6-3 win. At #3, Melinda Widows and Savannah Fellers won 6-3, 6-3 as they continue to play well together. At # 4, senior Jessie Kittel wound up her career in fine fashion by teaming up with G.G. Polanco to earn a 6-0, 6-4 victory. For Polanco, it was her 2nd varsity match of the year which qualifies her for a varsity letter.

Performers of the day were Szydlowski and Kirby for singles and Kittel and Polanco for dubs.

05/10/2010 @ 09:41:41 PM:

here is where u can follow tournament results:

http://tennislink.usta.com/tournaments/TournamentHome/Players.aspx?L=S&T=94235

congrats to courtney mostul, morgan lushenko and hayley baker who all earned seeds for the district tourney.

bus will leave at exactly 9:00 am on monday so be at starbucks near quizno's at 8:30-8:45.

huge props to all of the jv'ers who rpped shs tennis at the jv district tourney on saturday. full recap coiming soon.

05/06/2010 @ 02:50:50 PM:

Flower Basket Update: Congrats to super soph Jessica Creger who sold the most baskets and will receive multiple prizes at our post-season banquet. Freshman Keatly Phil finished second and will also receive a much-deserved prize. 3rd place is still undetermined..

Please let your buyers know that baskets are to be picked up Friday at the High School. Tammy Mullen is spearheading this effort but she may need some help. If you are available to assist on Friday please let me know.

05/06/2010 @ 10:19:40 AM:

JV Dist. Tourney Info: Tourney is at Parkrose HS. We have a one-way bus that will leave from Safeway parking lot at 8:00 on Saturday. Meet at Starbucks next to Quizono's at 7:45. If someone from Sherwood wins I will buy you a trophy..

05/06/2010 @ 09:42:32 AM:

Thursday:

Varsity: 5:30-7:30 at L.R.

Court one, Wilcox with Kirby, Szyd, Lush, Baker, Mathews. Court two: Esaki/Hardesty vs. Curtiss/Kittel. Court Three: Wade/Stanley vs Fellers/Widows. Court Four: Mostul vs. Nguyen

Hillsboro Recap:

Another miracle break from the weather as storms raged all throughout the 99 corridor while we remained dry at Laurel Ridge. Somebody invested in this program is livin’ right cuz we’ve been really blessed with the weather breaks we’ve gotten.

Won the final home match of the season 6-2 while honoring our incredible senior class by having them all play. In singles we won two of four matches. At # 1, senior superstar Caitlin Mathews returned from a lengthy absence and lost 6-4, 6-2. We were happy to have her back and hope that her health continues to improve. At # 2, Courtney Mostul treated her grandparents to an exciting come from behind win with a 4-6, 6-0, 6-2 victory. At # 3, Melinda Widows put on another great display of tennis in steamrolling her way to a 6-2, 6-0 win. At # 4, senior Michelle Szydlowski lost an absolute heartbreaker. After winning the first set, Michelle had a match point at 5-4 in the second. She couldn’t convert, wound up losing that game, and then the next two games which sent her into a 3rd set. She battled gallantly in the 3rd but lost it. Final score was 2-6, 7-5, 6-4 in favor of Hil-Hi.

In Dubs we swept all four matches while featuring a line-up composed exclusively of seniors. At # 1, seniors Morgan Lushenko and Hayley Baker gained a very important win with a 6-3, 7-5 conquest of Hil-Hi’s top two singles players. The Hillsboro team of Mosley and Flaker were hoping to earn a # 2 seed at districts by knocking off Lush/Baker but they were thwarted by our steady play. With the win, they assured themselves of a # 2 seed at districts. At # 2, senior captains Megan Wade and Theresa Stanley teamed up to record a 6-3, 6-4 win. It was great to see these two go out on a winning note while playing in front of family and friends. AT # 3, the senior team of Emily Esaki and Natasha Hardesty posted a double breadstick victory as they continue their steak of impressive play. If you look at the match results spreadsheet you’ll only see one blemish on their record and that was a very close, and sickening, loss. At # 4, seniors Lauren Curtiss and Jessie Kittel did some great things in posting a 6-4, 6-4 win. Kittel did a great job of keeping the ball away from their net players while Curtiss converted a ton of finishing shots from the net for us. With the win, Curtiss ran her league record to 8-0 this year and in the process she has yet to lose a single set !

Big thank you to the parents who manned the BBQ yesterday as it was very well managed. All in all it was a great day for us and a very good way for our seniors to close out their home careers.

Oh, and about our JV team: They’re not playaz they just Crush-A-Lot. Another impressive beatdown from our youngsters as the excitement builds for the 2011 season..

05/04/2010 @ 01:57:23 PM:

Mixed Dubs Tourney Photos:

http://share.shutterfly.com/share/received/album.sfly?sid=8AZuWjNs0ZOXsg&startIndex=0&fid=7dff64cdfd991942

couple of good ones of Maverick in there..

05/03/2010 @ 11:26:06 AM:

In addition to Varsity hosting Glencoe today we've got the mighty JV team hosting Newberg at Hopkins. If we get rained out we'll get a gym tonight.

05/03/2010 @ 10:14:17 AM:

Monday: Hosting Glencoe. Tuesday: At St. Helens. Wednesday: Hosting Hillsboro. We need a miracle high pressure air mass to move into Oregon this week!

If we get rain outs it’s gonna be a messy week.

Flower Basket Order Form is back on this page. If you have not sold at least six baskets you will be hitting neighborhoods this week.

JV Tourney Recap:

Hosted Wilsonville and Westside Christian on Saturday and the JV’ers did what they usually do which is to DOMINATE. We had four pods of matches with two teams from each school playing in each pod. We had prizes for the top two finishers in each pod and our girls would up claiming 7 of the 8 prizes!

In Pod 1, junior Brenda Ovalle and freshman Savannah Davis beat the frosh team of Carly Mills and Kelsey Niebergall in the championship match. Mills and Niebs had to win two matches to get to the final which they did and that resulted in them finishing second in pod 1. In pod two, Westside Christian won it with freshman phenom Lydia Ng and super soph Jessica Creger claming second place. We swept pod 3 with Elizabee Curtiss and Keatley Pihl winning it and Shea Menzel and Bryce Keicher finishing second. In pod 4, we again finished first and second. Sophomores Taylor Poissant and McKenzie Reimer won it with Esmerelda Chan-Tuyub, Unsol Choi and Yara Wafai rotating together to finish second. It was a great day for us and all of the winners took home a prize for their effort. As I told Todd Wilcox, the future of SHS tennis is very, very bright.

Century Recap:

Won match 6-2 despite playing without our #1 player Caitlin Mathews who was out sick. In singles we lost at #1 and # 2, but won all the other matches. At # 1, freshman Courtney Mostul stepped up to the plate and boldly volunteered to take on Katie Edwards. Mostul showed why she is the best freshman in the league and had Edwards muttering to herself in the second set. She lost 6-0, 6-2 but had some stellar moments. At # 2, we moved junior Maddie Kirby up and she lost 6-3, 6-3. Kirby was not feeling well either and couldn’t get over the hump. At # 3, junior Melinda Widows returned to singles and posted a very solid 6-3, 6-3 win for us. At # 4, senior Michelle Szydlowski overcame a bad ankle and pulled out a 6-4, 6-4 win.

In dubs, we won all four matches. At # 1 seniors Morgan Lushenko and Hayley Baker rolled to a 6-4, 6-2 win over a team that took a set from them 3 weeks earlier. At # 2, Theresa Stanley and Nancy Nguyen struggled early before winning 6-4, 6-0. The second set Bagel was a very nice thing to see. At # 3, Savannah Fellers and Sherlock Wade won 6-4, 6-1 and at # 4 seniors Natasha Hardesty and Lauren Curtiss won 6-0, 6-4. Curtiss and Hardesty have both finally figured out how to volley effectively which is very rewarding to witness.

04/29/2010 @ 09:09:48 PM:

Mixed Dubs Tourney Recap:

Wowza, what an incredible weekend it was for our players, our coaches and all of our families. All of our prayers for good weather partially came true and we were able to finish the tournament on schedule. The tournament really couldn’t have turned out any better in any aspect, and we are very proud to be associated with all of the SHS players and their parents and siblings.

On Friday night after opening ceremonies we got matches started at Hopkins and L.Ridge and picked up the pizzas from Godfather’s. Then the rains came and we had to scramble to protect the prize table, pull the players from the courts and suspend the matches. We managed to do this in a very orderly fashion and we simply were forced to move the start times up on Saturday morning. We got up to check the courts at 7:30 and were pleasantly surprised by their dryness so without too much squeegieing (special word for some of the kids) we were able to resume the matches from the night before. We had players on the courts at L.Ridge playing by 9:00 a.m. Saturday. Matches at Snyder and Hopkins started a little bit later but we eventually were able to use all three locations.

Even though it covered two days, the highlight match of the first round was the play-in match that pitted Lydia and Joey Ng vs. Theresa Stanley and her grandpa Felix Ganio. Ganio, who was one of two incredibly spry grandpa’s participating in the tournament, was brilliant. His poise and effort was something that we’d like to instill in all of our athletes. As for the match itself, well, it was a thing of pure beauty. Ng and Ng won the first set 6-4 behind the amazing play of Lydia Ng. Young Lydia appears to be a star in the making for the Lady Bowmen and her flair for shot making was on display during the first set. The second set was electrifying with the two teams trading blows like two heavyweight prize fighters. Back and forth they went until they reached 6-all which forced a tiebreaker. Stanley desperately wanted to avoid disappointing her grandpa who had traveled all the way from California for the big event. She took it upon herself to force a 3rd set as she made several key shots during the tiebreaker. After a short Advil break, the 3rd set commenced. While Ganio and Stanley were playing with extreme confidence and focus, Joey Ng had his mind on other matters as he was looking forward to an afternoon of paint balling. Even with Lydia playing great tennis the distraction was too much to overcome as Ganio and Stanley prevailed 6-2 in the pivotal third set. While the match was phenomenal, it wasn’t the only barnburner of the first round as we had a number of incredible matches in both brackets.

In the Crimson, former SHS player Ashley Scruggs teamed up with Coach Valenzuela and went against SHS superstars Melinda Widows and Jordan Dowdle. When the brackets first came out this is the one match that everyone was clamoring to see. The four players didn’t disappoint. Widows and Dowdle are both great young people and both are great tennis players. They were hoping that their youth could outlast the trickeration and “old man” tricks that they knew Valenzuela would throw their way. In the end, their youthful legs did indeed prove to be the difference as they escaped with a 6-4, 5-7, 7-5 victory. Afterward, Valenzuela was gracious in defeat. “Those two young whippersnappers took everything I had and you’ve just got to tip your cap when you lose a match like that.” As for Scruggs, she played extraordinarily well and made her old coach mighty proud.

In the Black bracket, we had two tremendously entertaining first round matches. One of them forced friends and partners Ellie Drain and Megan Foote to play against one another while the other featured a local girl going against a girl from a faraway land. For the tourney, Ellie Drain teamed up with her cousin Tyler Tuck to create a very formidable team and when they discovered that they might play the team of Megan and Bob Foote they were very excited. “We wanna play The Feet so bad”, exclaimed Drain after she saw the bracket. To his credit, the elder Foote showcased a surprising level of athleticism for a man of his age and “Team Feet” battled gamely before falling 6-4, 2-6, 6-4. The other super match that we saw in the first round was the team of Blake and McKenzie Reimer going toe to toe against the team of Unsol Choi and her Host-Dad Kelly Johns. This one was a doozy with team Reimer prevailing 2-6, 7-6, 7-5. This is how tennis goes sometimes. After winning the first set easily, Choi and Johns would’ve won the match in straight sets had they won the 2nd set tiebreaker. Instead, they lose the tiebreaker and wind up losing the match even though they won more total games. Choi, who is a foreign exchange student from Korea, played very well as she continues to push for the post season award given to our most improved player.

There were several intriguing match ups as we moved to the second round of the tournament. In the Crimson Bracket we had the team of Megan Wade and Coach Wilcox going up against the Widows/Dowdle team. Being the only player in the match without a last name beginning with a “W,” Dowdle did all he could to make sure his team didn’t end up with an “L.” Dowdle was lights out, and his performance was evidence of how far the boys program has come over the past few seasons. The match was close throughout with Dowdle and Widows prevailing 7-5, 7-5. The win earned them the nickname “Coach Killers” which was bestowed upon them by previously vanquished Coach Valenzuela.

Another feature match in the Crimson was the team of Nguyen and Nguyen going up against the team of Khor and Krauel. Jay Khor, who was visiting from Arizona, proved to be quite a ringer, while Sharon Krauel’s performance throughout the weekend was dubbed “The story of the tournament” by tournament director Todd Wilcox. Most observers, including Natasha Hardesty, thought that Nguyen/Nguyen would “nguyen” the match easily but Khor and Krauel stunned the prognosticators with a 6-3, 6-4 victory. Krauel, who is not a tennis player, had previously only played one match in her life. Despite this, she played brilliantly in all of her matches and found a great partner in Khor. In other quarterfinal matches, Courtney and Curtis Mostul defeated Savannah and Troy Davis 6-3, 6-2 and the wily veteran team of Cathy Martin and Jim Krauel beat Coach Arnell and her partner Brad Penland 6-1,6-2.

In the Black Bracket quarterfinals, the Villalobos/Dotson team knocked off the team of Esaki and Shamburg 6-1, 6-1 and Drain and Tuck continued to play well in a 6-2, 6-2 win over the Pihl siblings. Elsewhere, Nathalie Thomas and her uncle Kevin Jordan knocked off the Reimers 6-3, 6-1 and LPK and SK defeated high-schoolers Taylor "Goat" Poissant and Alec Blomquist 6-3, 6-3.

The highly anticipated semi-final matches were played Saturday evening during the BBQ, and while some of us were on the courts playing we paused, looked around and realized that we had achieved perfection. We had good weather, a huge turnout from players and their families, a great spread of food, and tremendous tennis matches taking place on all four courts. It was an extremely rewarding moment.

In one of the Crimson semifinal matches the Mostul/Mostul team knocked off Khor and Krauel 6-7, 6-2, 6-1. It was a tremendous match which ended a great run by Khor and Krauel. The Mostul's looked unbeatable over the last two sets and appeared to be the favorites heading into Sunday’s finals. On the other side of the bracket, the Coach Killers were hoping to take out yet another coach, but came up on the wrong end of a 6-2, 4-6, 6-4 score. Widows and Dowdle played tremendous tennis, but they couldn't overcome the experience that Martin and Krauel possessed. Their combined age of somewhere between 70 and 95 years provided Martin and Krauel with a huge edge in savvy and wisdom which proved to be the difference.

In the Black Bracket semi's the Thomas/Jordan team overcame a pulled Hammy to down LPK and SK 6-3, 6-4 in a very well-played match while Drain and Tuck advanced with a 6-2, 7-5 win over Villalobos and Dotson. In the Crimson consolation semi's Rich and Savannah Fellers defeated MoMo Lushenko and Maverick "The Charmer" Johansen 6-0, 7-6. It was an amazing performance by Mr. Fellers who had just returned from Switzerland where he had captured a World Cup Championship in a Grand Prix Equestrian event.

(Check out this link of Fellers: http://www.usef.org/\_IFrames/newsdisplay/viewPR.aspx?id=5621)

In the other consolation match, Valenzuela and Scruggs beat the Ovalle siblings 2-6, 6-2, 7-6. This was an epic late-night battle with both teams having match points before Valenzuela and Scruggs finally won the 3rd set tiebreaker 12-10.

In the black consolation semifinals, Mike and Natasha Hardesty beat "Team Feet" 6-2, 2-6, 6-1 in a thrilling 3-setter while the Choi/Johns team eliminated Kelsey and John Niebergall 3-6, 6-4, 6-2. This was another great display of Saturday night tennis that had the spectators glued to their sets.

So, with the Saturday matches complete we were set for Sunday's finals. In the Crimson bracket we had Martin/Krauel vs. Mostul/Mostul and Fellers/Fellers vs. Valenzuela/Scruggs. In the Black Bracket we had Drain/Tuck vs. Thomas/Jordan and Hardesty/Hardesty vs. Choi/Johns.

The 8 teams were set to convene at L.Ridge at Noon on Sunday, but only 7 showed up. The Thomas/Jordan team had to withdraw because of injury which meant that Drain and Tuck were the champions of the Black bracket. It worked out well though because it afforded the Mills/Mills team an opportunity to play in another match which meant that all tourney entrants got to play in at least two matches.

In the Crimson final, the Martin/Krauel team sliced and diced their way to the championship with a 6-1, 6-3 win over Mostul & Mostul. Martin and Krauel were thrilled to win and have already retained a team of physical therapists who hope to have them back in playing condition by next year’s tournament. They'll need all the therapy they can get because, as of now, Mostul/Mostul appears to be one of the teams to beat next year. In the Crimson consolation final, Fellers and Fellers upset Valenzuela and Scruggs 6-4, 3-6, 6-2. The last match of the tournament was the Black consolation final. As is always the case with the last match of any tournament, it had to go 3 sets and the last set had to go to a tiebreaker. The Tennis Gods love doing this and they were overjoyed as they witnessed Hardesty and Hardesty defeat Choi and Johns 1-6, 6-3, 7-6.

All in all it was an exceptional event that proved to be a successful fundraiser for a very worthy cause. We could not have done this without the super support from our sponsors. They include: Godfather's Pizza, Adams Screenprint, Topspin Tennis, Players Racquet Shop, Cooperstown Grill, Abba Day Spa, Massage Envy, Red Robin, Bullwinkle's, Wilsonville Lanes, Golfsmith, Rose's, Advanced American Construction, Fat Milo's, Captain Ron's, Keicher Massage, Sleighbells, Sesame Donuts and Outback Steakhouse.

Additionally, we'd like to thank the planning committee which included Todd Wilcox, Anthony Valenzuela, Claudia Mills, Renee Niebergall, Vic & Aleida Polanco, Tammy Mullen and Kathy Villalobos. And, a huge debt of gratitude to all of the parents who helped with photographs, food prep, clean up, trash removal, court readiness, etc.

Finally, and most importantly, we'd like to thank the dads, grandfathers, mentors, boyfriends, uncles, cousins and brothers who came out of their comfort zone to take part in this event. You made this a truly memorable experience for our girls and for that we are extremely grateful.

04/28/2010 @ 10:55:44 AM:

St. Helens can not get transportation for their match here today and they can not host a match today at their place.

We have pictures on Friday so I didn't want to mess that up so we moved St. Helens matches to next Tuesday.

Keep your fingers crossed on getting tomorrow's matches with Century in.

Randy Ramp, CAA

04/28/2010 @ 10:37:16 AM:

Parkrose Recap:

Won match 7-1, but it was much closer than the score indicates as we had four matches that went to three sets. In singles we won all four matches highlighted by a tremendous win from Caitlin Mathews at # 1. Caitlin got smoked by Parkrose’s Hannah Brent in the first set only to come back and dominate the second set. The third set went back and forth before Caitlin won it 6-4 on a huge deuce point. The match was full of excitement and controversy and was extremely entertaining. At # 2, Courtney Mostul posted a double breadstick win over Hannah’s sister Emma. At # 3, junior Maddie Kirby steamrolled her way to a 6-1, 6-3 win and at # 4 senior Michelle Szydlowski won 6-1, 6-0. The breadstick/bagel victory was Szyd’s 7th of the year as she ran her season record to 7-1.

In dubs, we won 3 of 4 matches. At # 1, senior superstar Morgan Lushenko was paired with junior Melinda Widows as Hayley Baker was given the day off. The Parkrose coach was disappointed because he had paired his top two singles players together in hopes that they could upset Baker and Lushenko and gain a seed for the district tourney. Before they played I told him, “Well don’t be too quick to think that you’ll win this match because Widows is a very good player in her own right.” He soon realized that I was right as we rolled 6-3, 7-5. Lushenko played out of her mind and was just dominating with her booming backhand. At # 2, Theresa Stanley and Nancy Nguyen lost yet another 3-setter. This time the score was 4-6, 6-4, 6-3. Before districts we must learn to put the hammer down once we win the first set of a match. At # 3, senior captain Megan Wade teamed up with super soph Savannah Fellers and recorded a 5-7, 6-3, 6-2 victory. While the coaches were somewhat perturbed at the first set performance, they couldn’t stay mad for long after witnessing the greatest tennis point in the history of SHS Tennis.

Early in the third set Wade, Fellers and Parkrose’s Susan Pham and Carina Tucker took part in a point that would go viral on Youtube if anyone had recorded it. During the point, each team hit 15-20 shots with both teams failing on opportunities to finish the point at the net. After a great approach shot, Fellers came to the net to join Wade but Tucker sent up an excellent lob that appeared to win the point. Wade was determined not to lose the point however and used her improved footspeed to track down the lob on the baseline and hit a backwards lob shot of her own to keep the point alive. Then, after we got out of position, Pham hit a slicing forehand deep into the deuce court and we all let out a sigh as we thought we had lost the point. But wait, Fellers came flying out of nowhere to punch the ball back across the net to keep the rally going. After a few more shots were traded, Tucker hit a ball into the net and history was made. Oh how we wish this had been capture on video because it was truly the greatest point that any of us have ever seen. At # 4, seniors Lauren Curtiss and Emily Esaki struggled early before taking control of the match. They won the first set 6-4 but once they settled in they were able to post a bagel in the second set. Esaki is really playing very well at the net for us and Curtiss’ net game is also vastly improved.

Performers of the day were Mathews for singles and Lushenko for Dubs.

Wilsonville Recap: Well, we almost slayed the dragon. Almost. At one point early on I looked across all four courts and we had leads in all four matches. It was a thing of beauty and something the Wildcats were very unaccustomed to. The matches that were on were 3 and 4 singles and 3 and 4 doubles. We somehow wound up losing all four of those matches… At # 3 singles, Maddie Kirby won the first set but wound up losing the 2nd and 3rd sets. At # 4, senior Michelle Szydlowski lost 6-4, 6-2. At # 3 dubs Melinda Widows and Savannah Fellers lost an absolute heartbreaker. This one will sting until the end of time. We won the first set 7-6 and then led 5-1 in the second. I was watching their body language and was concerned about how giddy they were acting. They thought they had already won the match.. Soon, it was 5-3, then 5-4 and so on. We wound up losing 6 straight games to lose the set 7-5. They appeared to have righted the ship and jumped out to a 5-3 lead in the 3rd and decisive set. It was not to be however as Wilsonville’s # 3 team did a great job of competing and reeled off four straight games to win the match 6-7, 7-5, 7-5. If we had won this might’ve been the match of the year, but since we lost it cannot be considered. At # 4 dubs, seniors Emily Esaki and Natasha Hardesty also won the first set and held a lead in the second. In high school tennis these type of leads usually hold up and you can pretty much put ‘em in the “W” column, but we’ve struggled mightily this year in closing out close matches. Hardesty and Esaki’s wound up losing 5-7, 6-4, 6-4. At # 1 singles Caitlin Mathews managed to win a game against Wilsonville’s #1 which was a good thing. At # 2, freshman Courtney Mostul won the first set 7-6 before losing the second and third sets. At #1 dubs we got a sub par performance from seniors Morgan Lushenko and Hayley Baker. They lost 6-3, 6-2 to a team that they are fully capable of beating. At # 2 dubs we lost another total heartbreaker. Freshman Nancy Nguyen and senior Theresa Stanley won the first set 6-4 and led 4-1 in the second with a deuce point coming. If we win the deuce point we’re up a set and up 5-1 in the 2nd. Instead, we lose that point, then another deuce point in the next game and wind up losing the set 7-5. We then got crushed 6-1 in the 3rd. Wilsonville coaches were freaking out early on as they were trailing in a league match for the first time ever, but in the end their team found ways to come from behind and win and we need to give them credit for that. Their players seem to do a better job of winning the key points and a better job of finishing off their volleys at the net which means that our coaching staff needs to do a better job of preparing our athletes for big time competition, especially our doubles teams. Performers of the day were Kirby and Mostul for singles and Esaki and Widows for doubles.

04/28/2010 @ 10:04:22 AM:

Wednesday: At St. Helens, bus leaves at 2:40. If we get rained out we'll hope that our courts stay dry enough for practice. If they don't we'll scramble to do something and if we can get a court at Tual. Hills some of you will be invited to that. Check back later.

04/27/2010 @ 12:32:12 PM:

St. Helens match rained out, postponed until to tomorrow.

Tuesday practice: All players at SMS Gym from 4:45-5:45

04/27/2010 @ 09:27:13 AM:

Tuesday:

If dry, at St. Helen's. Bus leaves at 2:40. If wet, we'll try to get a gym.

04/26/2010 @ 09:16:06 AM:

Flower Basket Update: We have committed to buying 350 baskets from Al's Garden Center. As of today, we are woefully short of that number. If you don't have your 8 baskets sold by next week you will be excused from practices to join our door to door sales campaign.

Monday (dry weather) : JV at Hopkins 4:30-6:00, Varsity at LR 5:30-7:00. If wet, check back later for possible gym location.

Mixed dubs tourney, parkrose and wilsonville recaps coming soon.

Two road matches this week and JV tourney on Saturday.

04/25/2010 @ 10:12:08 PM:

Updated bracket posted on left side of page. 4 finals tomorrow at noon, silent auction and raffle wrap-up, along with closing ceremonies Sunday at 2:00.

We couldn't be happier with the turnout today and all of the quality tennis that was on display.

04/25/2010 @ 09:22:17 PM:

\* Please stop by from 12-2 to add your bid to the Silent Auction. You can still buy raffle tickets for the bucket prizes as well.

Tennis Drawstring Bags, Stickers and Clings are being sold as well.

Items up for bid at the Silent Auction:

Bidding closes at 1:55pm on Sunday; need not be present to win

1 Captain Ron’s $25 gift card

1 30-minute massage from Licensed Masseuse Michele Sprauer-Keicher (Tennis mom) ($30 value)

1 tennis racquet stringing from Player’s Racquet Shop ($20 value)

1 One-on-One Personal Tennis Lesson from Coach Todd Wilcox ($40 value)

1 Regal Cinema $25 gift card

2 Topspin Sports $15 gift certificates for any services ($30 value)

1 Prom Corsage and Boutonniere combo from It’s All Arranged ($30 Value)

4 Small Buckets of Balls and 4 Rounds on the Putting Course at Tualatin Island Greens ($35 Value)

1 McMenamin’s $25 gift card

1 Full Service 19-point Oil Change and Car Wash from Alto’s Lube Xpress ($35 Value)

1 One-on-One Personal Tennis Lesson from Coach Jim Krauel ($40 Value)

4 Rounds of Mini-Golf & a Large 1-topping pizza from Bullwinkle’s Family Fun Center ($50 Value)

1 Sleighbells $25 Gift Card

Dinner for 2 at Outback Steakhouse ($45 Value)

5 games of bowling at Wilsonville Lanes ($20 Value)

1 Lil’ Cooperstown $25 Gift Card

1 Red Robin $20 Gift Card

1 hour massage at Massage Envy ($50 Value)

2 Fat Milo’s gift certificates ($50 Value)

2 Bottles of Argyle Wine ($40 value)

1 Rolling Cooler Bag & 2 Beers

Raffle buckets: $2 a ticket

Winner pulled 2:00pm on Sunday; need not be present to win

One Ball Hopper from Player’s Racquet Shop

$25 Gift Card from Captain Ron’s

2 Half off the price of a Cake Coupons from Rose’s Deli (Up to $30 Value each- two winner s)

See’s Candy Lollipops

1 $10 Peet’s Coffee Gift Card & $15 Gift Certificate from Topspin Sports

Divine Spa Pedicure from Abba Day Spa ($40 Value)

04/24/2010 @ 09:55:01 AM:

Alert: All players at LR now for court drying. bring rags.

04/24/2010 @ 09:53:30 AM:

Sky is blue. Need towels (rags) and lots of feet. meet at LR and we'll send some to other venues. Schedule pushed back approx. 90 minutes. God bless you all..

04/24/2010 @ 06:56:56 AM:

for sure 8:30 matches: Pihl/Bishop, Nguyen/Baker, Stanley/Ng, Scruggs/Widows

04/24/2010 @ 06:45:15 AM:

Courts are dry at LR and it's a beautiful day for tennis! A couple people who were slated to play at 8:30 cannot do it, so if you are supposed to play at 9:30 or 10:00 we may put you on earler. We'll have donuts and coffee.

updated bracket on side of page. see ya at 8:30

04/24/2010 @ 06:42:55 AM:

Courts are dry at LR and it's a beautiful day for tennis! A couple people who were slated to play at 8:30 cannot do it, so if you are supposed to play at 9:30 or 10:00 we may put you on earler. We'll have donuts and coffee.

04/23/2010 @ 12:23:47 PM:

Opening Ceremonies at 5:45 tonight at LR. Pizza’s to come at 6:00 and 7:30. Bracket and Information Flier posted on left side of page.

Friday 6:00 pm matches:

Chan-Tuyub/Figueroa vs. Choi/Johns

Esaki/Lossan vs. Curtiss/Imbrie

Hardesty/Hardesty vs. Villalobos/Dotson

Poissant/Blomquist vs. Niebergall/Niebergall

Ng/Ng vs. Stanley/Ganio

Mostul/Mostul vs. Mills/Mills

Davis/Davis vs. Lushenko/Johansen

Friday 7:30 Matches:

Nguyen/Nguyen vs. Baker/Baker

Martin/Krauel vs. Szyd/Duckering

Ovalle/Ovalle vs. Arnell/Penland

Valenzuela/Scruggs vs. Dowdle/Widows (This is gonna be a dandy ! we should charge admission for this one)

Pihl/Pihl vs. Bishop/Lowery

Menzel/Menzel vs. Thomas/Jordan

Polanco/Polanco vs. LPK/Korsness

04/22/2010 @ 02:10:37 PM:

The tournament bracket is now posted on left side of page.

Note that for all matches you will need to check in with the tournament

director at LR prior to your match. From there, you will be sent to your site. Match # 1 is Chan-Tuyub/Figueroa vs. Choi/Johns.

Match #2 is Esaki/Lossan vs. Curtiss/Imbrie and so on.

Check your times because you might be playing at 6:00 on Friday even though you're match # 13 or 14. Opening ceremonies are Friday at 5:45 at LR.

04/22/2010 @ 12:50:06 PM:

Today: Hosting Parkrose, the should have plenty of JV's and we will have BBQ's at both locations.

The tournament bracket is now posted on left side of page. Note that for all matches you will need to check in with the tournament director at LR prior to your match. From there, you will be sent to your site. Match # 1 is Chan-Tuyub/Figueroa vs. Choi/Johns. Match #2 is Esaki/Lossan vs. Curtiss/Imbrie and so on. Check your times because you might be playing at 6:00 on Friday even though you're match # 13 or 14. Opening ceremonies are Friday at 5:45 at LR.

04/21/2010 @ 12:20:44 PM:

Mixed Dubs tourney informational flyer is now posted on the left side of this page. Please note that SHS tennis players are bringing desserts on Saturday. The bracket with match times will be posted tomorrow.

04/21/2010 @ 11:19:01 AM:

“The real measure of me is not what I can do compared to others, but what I can do compared to my best self.” Frosty Westering

04/20/2010 @ 09:08:05 AM:

Flower Basket Standings Listed Below. Some of you need to get on the ball. Again, our fundraising requirements are more leniant than any other program at SHS.

Freshman Player Name

Savanna Davis 3

Bryce Keicher 7

Taylor Mathews 0

Shea Menzel 4

Carly Mills 8

Courtney Mostul 2

Lydia Ng 0

Namcy Nguyen 0

Kelsey Niebergall 11

Keatley Pihl 16

Natalie Thomas 0

Sophmore Player Name

Alyssa Bishop 0

Esmeralda Chan Tuyub 3

Unsoil Choi 3

Jessica Creger 5

Elizabeth Curtiss 0

Ellie Drain 0

Savannah Fellers 9

Megan Foote 0

Leah Korsness 8

Taylor Poissant 0

Mckenzie Reimer 8

Yara Wafai 0

Junior Player Name

Madson Kirby 0

Brenda Ovale 0

Gizelle polanco 1

Melinda Widows 2

Senior Player Name

Hayley Baker 0

Lauren Curtiss 0

Emily Esalk 0

Natasha Hardesty 3

Jessie Kittel 10

Morgon Lushenko 3

Caitlin Mathews 0

Theresa Stanley 0

Michelle Szydowski 8

Megan Wade 5

04/19/2010 @ 12:01:12 PM:

Email from School Office:

Thursday, April 22 is "Take your child to work day".

Please make sure that all your athletes know that this is not an excused absence and if they choose to "go to work" they will have to sit out of practice or contests for the day.

This is per the administration. Please see Mr. Boring if you have any questions.

04/19/2010 @ 08:33:31 AM:

See note below from the sports dept. at the Oregonian and let me know if you're interested in doing this.

Monday: JV at Hopkins 4:30-6:15, Varsity at L.R. 5:30-7:15. If wet, we will get a gym check back later for time and location.

04/19/2010 @ 08:22:40 AM:

Dear Sherwood High School staff member:

The Oregonian is enhancing its high school sports and community news coverage, and we’re hopeful you can help us. We’re seeking motivated, dependable students to write short accounts of sports events at your high school for use in The Oregonian and on OregonLive.com.

We’re also seeking individuals interested in taking photographs. We will pay a nominal fee for game accounts and photos that meet our guidelines and deadlines.

Our target is to have these student reporters in full stride for the start of the 2010-11 school year, so we’re particularly interested in non-senior students.

We can provide further details, but if you can let students know of this opportunity and provide them with my contact information, we’ll get things started. These individuals don’t have to be journalism or newspaper/yearbook students. If you or your colleagues know of other students who fit the profile of what we’re seeking, we’d love to consider them, too.

We appreciate your cooperation. Please don’t hesitate to contact us with questions or suggestions.

Sincerely,

James Yu

04/17/2010 @ 08:41:06 PM:

Saturday: Optional practice at LR for all players 10:30-12:00 if you are not playing in La Salle tourney. Recommended for varsity.

LaSalle Tourney info: One-way bus leaves SHS @7:45. Be on time. Bring water, food/snacks, sunscreen, sunglasses, a blanket/pillow, homework, an ipod, etc... Matches start at 9:00 and run until 3:00.

Each doubles team will be playing only twice, not 3 times like I thought might happen.

In this order: Round One: Teams 2,3,5,6 Round Two: Teams 3,4,6,1 Round Three: 4,5,1,2

Approximately 1.5-2 hours for each round. Plan accordingly if family is coming to watch. FYI, last time, a few match adjustments had to be made because some of their players hadn't shown up yet...

For the tourney: Team 1: T. Mathews/LPK 2: Niebs/Menzel 3: Creger/Curtiss 4: Ng/Pihl 5: Poissant/Choi 6: Chan-Tuyub/Reimer

Bring sweats and skirt because the weather might be iffy...

04/16/2010 @ 10:11:23 PM:

Saturday: Optional practice at LR for all players 10:30-12:00 if you are not playing in La Salle tourney. Recommended for varsity.

Friday: Challenge matches, if you aren't listed you're off. (Use the free time to study, heal your wrist or attend rock concerts..)

Hopkins at 4:15: Szyd vs. Ovalle, Davis/Thomas vs. Wade/Curtiss, Stanley/Nguyen vs. Lushenko/Baker

Hopkins at 5:30: Widows/Fellers vs. Hardesty/Esaki, Kittel vs. Ng, Mills/Niebs vs. Keicher/Menzel

L.Ridge at 5:30: Crager/Curtiss vs. T.Mathews/LPK, Pihl vs. Reimer (singles)

04/15/2010 @ 02:48:51 PM:

Recent League Match Recaps Below: (been a busy 10 days)

Liberty Recap: Won varsity match 7-1 and won JV match 11-0. Our JV team is clearly the best in the league and it bodes very well for our future.

Our league record is now 7-1 as we head towards a big match at Wilsonville next week.

At varsity singles we won 3 of 4 matches. At # 1, Caitlin Mathews ran into a buzzsaw in Liberty’s Ayaka Terakwa and lost 6-1, 6-1. Mathews was not feeling well which didn’t help her cause. At # 2, Courtney Mostul won her 6th match of the season with a breezy 6-1, 6-1 victory. At # 3, Maddie Kirby won her 9th match of the year by a 7-6, 6-1 count. Kirby played an exceptional second set with very few unforced errors. At #4, senior Jessie Kittel improved her singles record to 2-0 with a 6-4, 6-4 win. Kittel served extremely well and made some nice adjustments during the match.

In dubs, we swept all four matches. At # 1, Morgan Lushenko and Hayley Baker mavericked their way to a 6-1, 6-3 victory. They nearly posted double breaksticks but let a match point slip away at 5-1 in the second. At # 2, Savannah Fellers teamed up with Melinda Widows and after a rocky start they busted out the steamroller en route to a 7-5, 6-1 win. Fellers seemed to be quite pleased with the new slice that Coach Wilcox has taught her and used it to perfection a couple times during the match. At # 3, Michelle Szydlowski got a surprise doubles start and was paired with Theresa Stanley. The two brainiacs out-smarted their opponents and managed to rack up a Double-Bagel victory. At # 4, senior Megan Wade returned from sick bay and recorded a nice 6-4, 6-1 win while playing with Natasha Hardesty.

Performer of the day for singles was Jessie Kittel and performers of the day for dubs were “Szyd" and Stan.”

The JV team was unstoppable in winning all 11 matches. We are hopeful that we’ll get some better competition for them in the very near future.

Hil-Hi Recap:

Won 6-2 in Hillsboro. Lost # 1 and # 2 singles and won all other matches without losing a set. At # 1, Caitlin Mathews lost to Carmen Mosely 6-3, 6-3 and at # 2 Courtney Mostul lost to Sam Flaker 7-6, 6-3. Mostul led 4-1 in the first set but couldn’t pull it out. Flaker and Mosely will team up to play doubles at districts and will combine to create a very formidable doubles team. At # 3, Maddie Kirby played brilliantly in winning 7-5,6-1. She trailed 4-1 in the first and then went on tear winning 12 of the last 14 games. At # 4, Michelle Szydlowski kept her perfect season alive with an impressive Double Bagel win. Szyd is now 6-0 on the season.

In dubs, we won all 8 sets. At # 1, Melinda Widows subbed in for an ailing Mo-Mo Lushenko and teamed up with Hayley Baker to record a 6-2, 6-1 win. At # 2, Theresa Stanley and Nancy Nguyen joined forces once again and cruised to a 6-1, 6-2 victory. At # 3, Emily Esaki and Natasha Hardesty played their best match of the season and won 6-3, 6-2. At # 4, Savannah Fellers and Lauren Curtiss won easily by a 6-3, 6-2 score. Curtiss was particularly effective at the net throughout this match and it was very nice to see.

Performer of the day for singles Maddie Kirby and for Dubs it was Esaki, Hardesty and Curtiss.

JV team played at an adjacent park and dominated under the fine leadership of Emily Arnell.

Century Recap:

Won match 7-1, losing only at # 1 singles. Century’s Katie Edwards proved why she is the best player in the state in beating our very own Caitlin Mathews by a 6-1, 6-0 score. We were proud of Caitlin winning a game and for the way in which she competed. At # 2, Courtney Mostul won 6-2, 7-6 in a very well played match. At # 3, Maddie Kirby groundied her way to a solid 6-2, 6-2 victory. At # 4, Melinda Widows subbed in for Michelle and Szydlowski and won 6-0, 6-2. It was a nice preparation match for Widows who’ll be playing singles all weekend long in Bend.

In dubs we won all four matches while winning 8 of 9 sets. Surprisingly, the one set we lost was at # 1 singles, but the Lushenko-Baker team came back to dominate the 3rd set and won it 6-1. At 3 2, Savannah Fellers and Nancy Nguyen played beautifully in winning 6-0, 6-3. At # 3 senior stalwarts Emily Esaki and Natasha Hardesty dominated their way to a 6-2, 6-1 beatdown and at # 4, seniors Megan Wade and Lauren Curtiss won 6-3, 6-4.

Performer of the day for singles was Melinda Widows and for Dubs it was Nancy Nguyen and Savannah Fellers.

JV match was funky but we dominated as usual. Sorry for the crummy schedule and the abrupt end to the match.

Parkrose Recap:

Won match 7-1.

Singles: At # 1, senior Caitlin Mathews played two gorgeous sets of tennis and won by a very convincing 6-0, 6-2 score. At # 2, freshman Courtney Mostul played a terrific match before falling 6-4,2-6,6-2 to Anthithu Tran who is a very good tennis player. At # 3, junior Madison Kirby fought off the feisty Hannah Brent 7-6,6-4 in a very hard fought match. At # 4, senior Michelle Szydlowski cruised to a 6-1, 6-3 win.

In Dubs we won all 8 sets. At # 1, seniors Morgan Lushenko and Hayley Baker recorded their 25th career win together in a 6-1, 6-3 win. The pair is well on the their way to becoming the winningest team in the history of our storied program. At # 2, Melinda Widows and Savannah Fellers posted a pair of Breadsticks. At # 3, Nancy Nguyen and Theresa Stanley dropped a 6-3, 6-1 shellacking on Parkrose and at # 4 the senior team of Megan Wade and Natasha Hardesty won 6-3, 7-6. At one point in the match Wade blew 4 straight monster serves at the hapless Parkrose players which prompted Coach Evan McFadden to label her as “An Amazon.” This is high praise from Coach McFadden who is a great high school tennis coach.

Performer of the day for singles was Caitlin Mathews and performers of the day for Dubs were Widows and Fellers.

JV Team all got to play and although they’re ‘not players’ they “Crush’d A-lot.”

Glencoe Recap:

Squeggied our way to a 7-0 victory with one match incomplete. Was exciting to show up and see puddles all over the tennis courts. Prior to the match their coach had warned us that they didn’t have any squeegies so we brought our own. What we didn’t know was that we’d be the ones doing all the manual labor. We worked our tails off to dry the courts and then another rain fell. As our kids were over watching the track meet I was trying to keep up with the rain. I was literally about 90 seconds from pulling the plug when the clouds parted. We called the kids back, and went back to work at drying out the Glencoe courts. Once we got ‘em dry we dominated.

# 1 singles barely got started before it got dark, but we cruised in the other 7 matches. At # 2, Melinda Widows won 6-2, 6-3 and at # 3, Michelle Szydlowski won by the same exact score. At # 4, senior Jessie Kittel got her first taste of singles action and provided us with a spellbinding tennis match. She was very unpolished in the first set and fell 6-1. In the second set she trailed 4-1 and her fate appeared to be sealed. That’s when senior leader Emily Esaki stepped in and offered up a stern lecture. From there on out it Kittel was a different player as she reeled off 12 of the next 14 games. Final score: 1-6, 7-5, 6-2 in what is sure to be a “Match of the Year” contender. For you newbies, the person who wins match of the year honors receives a prize at our season ending banquet.

In dubs it was Bagels & Breadsticks all around. At # 1, Baker and Lushenko posted double bagels. At # 2 Esaki and Fellers posted double breadsticks. At # 3 Curtiss and Wade won 6-2, 6-1. At # 4, GiGi Polanco made her first varsity appearance and wound up on the right side of a 6-1, 6-1 score while playing with Theresa Stanley.

Glencoe does not have a JV team so our youngsters practiced instead.

Performers of the day were: Singles: Jessie Kittel. Doubles: Esaki and Fellers

04/15/2010 @ 09:11:49 AM:

Bend Tourney: The kids had a fabulous time in Bend and got to play a ton of tennis in some very interesting conditions. Aside from Megan getting very sick, some lost keys, a player forgetting her shoes, me breaking and entering into someone’s home and almost getting shot, and a few heartbreaking losses, it was a perfect trip.

The tournament was a big deal over there with daily newspaper coverage that labeled it as the biggest tennis tournament in the state. We will certainly plan to go back every year now that we’ve established ourselves as one of Oregon’s elite programs.

Friday Morning: Beat Mt. View 6-2.

This is a great win because it sends us to the winner’s side of the bracket. Temperature at 8:00 a.m. when we arrived at Mt. View High School was a balmy 19 degrees..

The frigid air didn’t hinder the Ladybowmen as we on 3 of 4 singles matches and 3 of 4 doubles matches while playing under crisp and clear conditions.

At # 1, senior Caitlin Mathews played like a champion in winning 3-6, 6-2, 10-8 against a very fine opponent. The stressful tiebreaker had some of the coaches and some of the mom's hiding their eyes and doodling because the tension was so intense. It was one of the finest wins of Mathews' career especially when you consider the fact she showed up for the match sans tennis shoes. Ya, you heard me. One of the team leaders left a tennis match in Sherwood on a Thursday night and then showed up for a tennis match on a Friday morning and somehow lost her tennis shoes in the process. Fortunately her mom was along for the trip and was able to bail her out.

At # 2, freshman Courtney Mostul played beautifully in posting a 6-0, 6-1 beatdown. At # 3, junior Melinda Widows lost 6-3,3-6,6-4 in a riveting match. It was the first of four singles matches that Widows wound up playing on the weekend. At # 4, junior Maddie Kirby dominated her opponent 6-0, 6-3.

In Dubs we got wins at # 1, #2, and # 4. At #1 the Lushenko/Baker team won 7-6, 3-6, 6-1. It was their second consecutive match where a 3rd set was required and both times they were able to post a Breadstick in the decisive 3rd set. At # 2, Savannah Fellers and Nancy “Squeaky” Nguyen steamrolled their way to a 6-2, 6-2 victory. At # 3, the senior team of Hardesty/Esaki lost a disappointing match by a 3-6, 6-4, 6-4 score. They won the first set and were leading in the second before losing. It’s always painful to be up a set and up in the 2nd set and still find a way to lose. Our athletes must learn to ALWAYS close out these types of leads. At # 4, we had an absolute barnburner as seniors Lauren Curtiss and Megan Wade rallied to overcome a shaky start by winning 2-6, 6-2, 10-8. The match tiebreaker was a thrilling affair for everyone that was watching.

Performers of the match were Mathews for singles and Curtiss and Wade for dubs.

Friday Afternoon: Lost 5-3 to Hermiston.

Hermiston has won the state championship the past 3 years and is a very good program. This is a match we should’ve won and nearly did. It would’ve been a great win for our program but the fact that we nearly won despite not having two of our best players available is very encouraging. In singles we won two and lost two. At # 1, Caitlin Mathews lost 7-5,6-4 in a very competitive match. She led 5-4 in the first set with a chance to win the set. At # 2, Courtney Mostul lost 6-4, 6-2 to an outstanding opponent. At # 3, Maddie Kirby rolled to a 6-1, 6-2 win while Melinda Widows dominated at # 4, winning 6-2, 6-2.

While our singles performances were gutty, our doubles play was spotty at best. At # 1 we allowed a few bad lines calls to distract us, and the Lushenko/Baker team lost 6-3, 6-4. At # 2, we lost a match that we had absolutely no business losing. This one really stung because if we had won it we would’ve advanced to the semifinals of the whole tournament. Savannah Fellers and Nancy Nguyen lost the first set 6-4 but then dominated the second set 6-2. We had momentum in our favor as we headed to the 10 point match tiebreaker. We jumped to a 5-3 lead in the tiebreaker before losing 10-8. It was painful but a great learning experience for what will probably be our # 1 doubles team in 2011. At # 3 we lost another close one. After losing the first set 6-3, seniors Megan Wade and Jessie Kittel led 5-0 in the 2nd set. We were all set for another match tiebreaker. But, we lost a game at 5-0, then another, then another, then another. At 5-4 we had a 40-30 lead with Wade serving. All we needed was one point but we could not convert and Hermiston tied the match at 5-all. We got to 6-all before losing the tiebreaker. At # 4, seniors Natasha Hardesty and Emily Esaki cruised to a 6-1, 6-1 win. They looked very impressive in this match and it’s always nice to watch them together when they both are hustling and focused. The loss hurts because we will now actually have a more difficult match tomorrow morning than we would’ve had if had we won this match.

Performers of the day are Maddie Kirby for singles and Eskai and Hardesty for dubs.

Saturday Morning: Lost 5-3 to Crescent Valley.

Another gut-wrencher for the LadyBowmen. Again had a chance to win the overall match but just couldn’t get over the hump. At # 1 singles, Catilin Mathews ran in to powerhouse Charlotte Fischer and lost 6-0, 6-3. Fischer is one of the best players in the state and Mathews did a nice job to capture 3 games in the 2nd set. At # 2, Courtney Mostul lost a close match to Jane Fortner 6-4, 6-2. Fortner is a good player and Mostul continues to prove that she is one of the best freshman in the entire state. At # 3, Maddie Kirby lost 6-3, 6-1 and at # 4, Melinda Widows pulled off a great win by the score of 4-6, 6-1, 10-7. Widows continues to showcase her flexibility this year while flashing brilliance at both singles and doubles for us.

In dubs we won two of four matches. At # 1 we got a tremendous win from the senior team of Hayley Baker and Morgan Lushenko. The Dynamic Duo beat the very talented Niu/Wang team from Crescent Valley 6-4, 6-4. This is the type of win we’ve been waiting for and it was not only a good win for us, but for our entire league as we start to consider seedings at the state tournament. At # 2, Fellers and Nguyen lost another heartbreaker 3-6, 6-1, 10-5. In losing these close matches this team is gaining valuable experience even if they are causing their coach to go grey. At # 3, Natasha Hardesty and Emily Esaki played very well in winning 6-3, 6-4. Again, they are fun to watch when they are in a groove both mentally and physically. With Megan Wade puking her guts out, we paired seniors Lauren Curtiss and Jessie Kittel at the # 4 slot. They were defeated 6-2, 6-3.

Performers of the day were Melinda Widows for singles and Lushenko/Baker for Dubs.

Saturday Afternoon: Lost to Summit 5-3 in heartbreaking fashion.

In singles we won 2 and lost 2. In the two we lost, we had match points in both. If we would’ve won either of those points we would’ve won the overall match. Ouchie !!

At # 1, senior Caitlin Mathews played her heart out in losing 6-2, 3-6, 12-10. During the tourney we played match tiebreakers in lieu of a 3rd set. A match tiebreaker is the first person to win 10 points while winning by 2. In Caitlin’s match tiebreaker she fell behind early and then battled back to take a 10-9 lead. So, at 10-9 we need just one single point to win her match and thus the overall match. Unfortunately we didn’t get it and then she lost the next two points to lose the tiebreak 12-10. Despite the loss, we were very, very impressed with the way Mathews played and the way she competed. In fact, she played like an absolute superstar all weekend long. At # 2, freshman Courtney Mostul won 6-4, 5-7, 10-2 over a very good Summit player. Mostul showed her fierce competitive streak once again and showcased it in dominating the tiebreaker. Mostul played with such sturdiness that she had the poor Summit player screaming and yelling at herself by the end of the match. At # 3 Steady Eddie, aka Maddie Kirby, rolled to a 6-3, 6-2 win. This was Kirby’s 3rd win of the weekend as she continues to prove that she is the most consistent player on our team. At # 4, Melinda Widows lost the first set 6-2 and then bounced back to win the 2nd set 6-0 to set up the pivotal match tiebreaker. She fell behind early as we were all holding our breath to see if we were going to win the match. (We knew that if she won we would tie 4-4 and we would’ve won the tiebreaker) Widows battled back to take the lead and had a match point at 9-8. Again, win one point and the LadyBowmen win the match. It was not to be however as Widows wound up losing by the same 12-10 that haunted Mathews. Widows ended the weekend with a 2-2 record, but displayed tremendous poise and hustle throughout.

In dubs, we won one match and lost three. At # 1, we got an enormous win by seniors Morgan Lushenko and Hayley Baker. The beat a very good Summit team 6-4, 6-4. The Summit team they beat had beaten Wilsonville’s # 1 team the day before so this was a great indicator of how good they are becoming. It appears that Lushenko and Baker are finally starting to realize how good they can be and are learning how to impose their will on their opponents. It is very satisfying to watch them develop the killer instinct that is required to win at this level. At # 2 we lost 6-4, 6-3 in disappointing fashion to an inferior team. We used freshman Nancy Nguyen and Sophomore Savannah Fellers at # 2 all weekend due to the fact that we were without seniors Michelle Szydlowski and Theresa Stanley. Nguyen and Fellers are very good tennis players but they lack the experience needed to win the close matches. Once they get that experience they will be a nightmare for opponents, so watch out in 2011. At # 3, seniors Emily Esaki and Natasha Hardesty also lost a heartbreaker. They led 5-2 in the first but wound up losing that set 7-6. They then lost the 2nd set 6-4. At # 4, we again paired Lauren Curtiss and Jessie Kittel and they lost 6-3, 6-2. In the #2, #3, and # 4 dubs matches we just committed way too many unforced errors. We must learn to stay in points longer and force our opponents to hit good shots to win points rather than just giving them away. Overall, the Summit match was a great barometer for us because even though we were without Szydlowski, Stanley and Wade we were twice just one point away from winning the overall match. Summit has a very good program and nearly beat Wilsonville on Friday.

Performers of the day were Mathews, Kirby and Mostul for singles and Lushenko and Baker for dubs.

04/15/2010 @ 07:19:45 AM:

Two great wins for varsity and JV last night. Full recaps of all recent matches forthcoming.

Thursday: Varsity at Hopkins 4:30-6:15, JV at L.Ridge: 5:45-7:30. Note: this is opposite of normal.

04/14/2010 @ 11:44:29 AM:

Wednesday: Hosting Liberty today. BBQ's at Hopkins and L.Ridge. Bring a sunny attitude and your "A" game.

04/13/2010 @ 02:40:34 PM:

Sherwood High School Athletics: Spring Sports Picture Schedule for April 30th, 2010

For Girls' Tennis: Meet at 5:00 at Laurel Ridge Tennis Courts. Wear your uniform top and black skirt.

Picture packet order forms will be distributed this week.

04/06/2010 @ 11:28:32 AM:

Tuesday: At Parkrose, dismissed at 2:30, depart at 2:45. If we get rained out you will have the night off.

Today's match is still on as of now. If we get cancelled we will post the info here and send out text messages.

04/05/2010 @ 12:28:57 PM:

Update: Today's match cancelled, postponed until Thursday. Today's schedule is posted below. We are traveling to Parkrose tomorrow.

04/05/2010 @ 09:39:37 AM:

Monday:

Home vs. Century. All players convene at L.Ridge at 3:30. If rained out, JV at SMS from 4:30-6:00 and Varsity at Tual. Hills from 8-9. Varsity, share rides like last time and get there on time. We will be in the bubble again.

As for now, our match at Parkrose is scheduled for Tuesday but this may change if we get rained out today. As soon as I have info I will share it.

If you're going to Bend turn in your forms to athletic office TODAY.

04/03/2010 @ 05:42:48 PM:

PARENTS AND PLAYERS---

I will be placing one more order with Adam's to get the tennis apparel. Please text me or email me your order if you want something as soon as possible.

Since we will are likely to have a smaller order(from the previous order), the prices have changed.

The current prices are:

Match Day Long Sleeve- $17.50

Match Day Short Sleeve- $14.50

Sweatshirt- $28.00 (add $5.00 for each name)

Coach Arnell

04/02/2010 @ 07:34:20 PM:

JV LaSalle Tournament postponed due to rain. Future date to be announced.

04/02/2010 @ 09:27:10 AM:

News & Notes:

Today’s schedule is posted below. JV Tourney tomorrow at La Salle is looking very sketchy and probably won’t happen.

Players that are going to Bend Tourney next Thursday must turn in their transportation forms and excused absences forms by Monday of next week !

Mixed Dubs Tourney: Below are the entries that we currently have. If you’re not on the list please turn in your registration form next week so that we can get our shirts ordered. You can pay later, but we need the registration forms turned in. Let us know if you need a male partner because there are guys from the boys team that are willing to play.

Widows/Dowdle, Fellers/Fellers, Baker/Baker, Ng/Ng, Hardesty/Hardesty, Valenzuela/Scruggs, Choi/Johns, Mostul/Mostul, Mills/Mills, Niebergall/Niebergall, Davis/Davis, Pihl/Pihl, Bishop/Lowery, Reimer/ Reimer, Arnell/Penland, Villalobos/Dotson, Krauel/Krauel, Wilcox/Wilcox

St. Helens Recap: Pre-Match huddle shout of "Dominate" proved to be prophetic as we busted out the steamrollers en route to an 8-0 win. In doing so we won all 16 sets highlighted by Caitlin Mathews' first-ever win while playing at #1, and Lauren Curtiss' first ever varsity appearance. Curtiss played very well and earned a Bagel & Breadstick win while partnering with fellow senior Megan Wade.

In other dubs matches we got a 6-2, 6-1 win at # 1 from Morgan Lushenko and Hayley "Trickster" Baker, a 6-4, 6-4 win at # 2 from Emily Esaki and Natasha Hardesty, and a 6-4, 6-0 win at # 3 from Theresa Stanley and Nancy Nguyen.

In addition to Mathews' big singles win we earned victories from Courtney Mostul, Maddie Kirby and Michelle Szydlowski. Mostul treated her grandparents to a fine show with a 6-1,6-2 victory at # 2. At #3, junior Maddie Kirby sailed to a Breadstick & Bagel win while playing her best match of the season. At # 4, senior Michelle Szydlowski continued her perfect season as she won 6-3, 6-2. Perfomers of the day were Mathews and Kirby for singles and Curtiss and Wade for doubles.

JV match got rained out and our BBQ was a tad dysfunctional, but other than that it was a great day for the LadyBowmen. Much appreciation to all of the parents who helped us with the grill and all of those who helped us scramble to get our gear out of the rain.

Weather permitting, we have a limited JV tourney at La Salle on Saturday and you will be notified with details if you are one of the participants.

Friday: Dry weather: JV at Hopkins 4:30-6:00, Varsity at L.R. 5:15-6:45. Wet weather: All players at SMS 4:45-6:00. Afterward, all tennis players are encouraged to attend the SHS talent show to support Megan Wade.

04/01/2010 @ 10:40:21 AM:

Thursday: At home vs. St. Helens. All players to convene at L.Ridge at 3:30. We will BBQ at L. Ridge only. Please feel free to invite friends and family.

03/31/2010 @ 07:21:41 AM:

Wednesday: At Parkrose. You are dismissed at 2:30, bus leaves at 2:45. If we get rained out it is "Cinema Night" at Regal in Sherwood.

03/30/2010 @ 11:56:11 AM:

Parkrose match cancelled, make up tomorrow.

JV will be in SMS gym from 4:30-6:00.

Varsity will be at Tualatin Hills from 8:00-9:00. Work to share rides. Don't be late.

03/30/2010 @ 11:00:05 AM:

Tuesday:

Bus for Parkrose leaves at 2:45, you will be dismissed at 2:30.

If rained out, JV will be in SMS gym from 4:30-6:00 and Varsity will be at Tualatin Hills from 8:00-9:00

03/29/2010 @ 10:25:45 AM:

Monday Practice:

JV: 4:30-6:00 at Sherwood Middle School Gym

Varsity: 5:30-7:00 at Sher. Middle School Gym

03/26/2010 @ 06:09:42 PM:

Saturday Schedule: Optional practice for all players from 10:30-12:30 at Laurel Ridge

03/24/2010 @ 08:41:48 AM:

Wednesday Practice: 5:45-7:15 at L. Ridge

03/22/2010 @ 04:49:22 PM:

Courts aren't dry. Practice is canceled for tonight.

03/21/2010 @ 04:58:21 PM:

Wilsonville Recap:

The Good:

Our JV team was very impressive in winning 9 of 10 matches. Both BBQ's were wonderfully managed and greatly enjoyed by our guests.

The Bad: Wilsonville celebrated by taking pictures of themselves on our new courts. Some of our varsity players still seem to be in awe of the Wilsonville mystique.

We lost the match 6-2 but the days of them blowing us out are over. At one point late in the match we trailed 3-2 with three matches still undecided. At that point we led all three matches and were in position to beat Wilsonville for the first time in our history. In two of those matches we were up a set and in the other we had a first set lead. We wound up losing all three.

In singles we got another great performance from senior Michelle Szydlowski who posted another straight set victory while playing at #4. At # 3, junior Maddie Kirby played very well early before falling 6-3, 6-2. At # 2, we received an incredible performance from freshman Courtney Mostul who battled valiantly before winding up on the wrong end of a 4-6, 6-4, 6-2 score. The girl she lost to is a very accomplished player who has been playing for a very long time so this was a very encouraging effort by Mostul. At # 1, senior Caitlyn Mathews stood tall and proud for us in going against of the 5 A's top players. Mathews lost 6-0, 6-0.

In dubs, we got a tremendous effort from the senior team of Emily Esaki and Jessie Kittel at the # 4 slot. We won that match 6-4, 6-1 and both of our players did themselves proud. At # 3 dubs, seniors Megan Wade and Theresa Stanley struggled to keep the ball out of the net and lost 6-3, 7-5. Their effort was good but we just lost way too many of the big points. At # 2, sophomore Savannah Fellers joined junior Melinda Widows to form what could prove to be a very potent tandem. They looked great in winning the first set but then lost their way. They wound up losing 4-6, 6-2, 6-0. At # 1, seniors Hayley Baker and Morgan Lushenko could not hold on to their early lead and lost 7-5, 6-4.

Overall, we were pleased with the effort but disappointed that we lost some matches we felt we could've won. We will continue to work and will get our kids believing that we really are one of the state's top 5A programs.

Performers of the day were Kittel and Esaki for doubles and Mostul and Szydlowski for singles.

03/17/2010 @ 12:51:48 PM:

Liberty Recap:

The 2010 season got off to a rousing start yesterday with a convincing 7-1 victory over Liberty High. Our first piece of good fortune was Mother Nature’s willingness to keep one little corner of Washington County dry which enabled us to be one of the few teams in the metro area that actually completed a match on Tuesday. The match was great because all of our athletes got to play, the trip home was fantastic and the on court results were purely positive. En route to winning 7 of 8 matches we also won 14 of the 16 sets.

In varsity singles we earned wins from the #2, # 3, and # 4 slots while losing at the # 1 position. At # 1, senior Caitlin Mathews ran into a buzz saw in Liberty’s Ayaka Terakawa who is a very accomplished player who has been playing she was 7 years old. Mathews lost 6-0, 6-1 but was very gracious in defeat. At # 2, freshman Courtney Mostul shook off some early jitters to record a 6-1, 6-3 win in her maiden voyage into varsity athletics. At # 3, junior Madison Kirby pulled a “Madison Kirby” and recorded a 3 set victory over Dania Chavez 1-6, 6-3, 6-1. Kirby seems to take great pride in spotting her opponent a set before turning the ignition switch to the “on” position. At one point early in the 2nd set Liberty Coach Norm Harris came to me and said, “What’s up with your # 3 singles player, I remembered her as being a really good player.” My retort was, “Yeah, that’s what I remembered too.” To Kirby’s credit, once she snapped out of her funk she dominated the second and third sets and played some really nice tennis along the way. At # 4, our “Steady Eddie” performer Michelle Szydlowski walloped Liberty’s Amanda Beesley 6-1, 6-3. For her performance, “Szyd” wins the singles performer of the day award.

At dubs, we did what Sherwood usually does, as we busted out the brooms and swept all four matches. At # 1, the Lushenko/Baker team looked a little rusty but still rolled to an easy 6-3, 6-3 win. It was a nice tune-up for them as they prepare for Wilsonville tomorrow. At # 2, Senior Theresa Stanley teamed with freshman Nancy Nguyen to post a 7-6, 6-1 victory. After falling behind 5-2 in the first set, they drew a stern lecture and responded by winning 11 of the next 13 games. Proof positive that “motivational” speeches from coaches really do work. At # 3, senior Jessie Kittel was paired with junior Melinda Widows and they cruised to a convincing 6-1, 6-3 win. At # 4, senior Natasha Hardesty teamed up with sophomore Savannah Fellers and they delivered a nice, swift whoopin’ over the Liberty team of Minji Ha and Savannah Tran. Final score was 6-1, 6-3 and for her efforts, Hardesty has been awarded as the doubles performer of the day. Hardesty had her patented short-armed forehand working to perfection all day long and it kept Ha and Tran wondering why Coach Harris hasn’t taught them this lethal shot.

Once the varsity match was finished we were able to get all of our JV athletes some match experience. In all, we played 12 JV matches and we won 10 of them. We still need to work on some protocol issues, but overall we were very pleased with the performance and effort of our JV players. Junior Brenda Ovalle got to play a singles match and looked very good in winning 8-4. At dubs, freshmen Nathalie Thomas and Savannah Davis got to play twice and recorded a win and a loss. The win was nice because it was over a Liberty team that included their # 2 varsity singles player. The Davis/Thomas team continues to impress with their rapid understanding of how strategies and situations work. JV captain Gigi Polanco teamed with Alyssa Bishop and they posted a 6-0 win. The very promising team of Elizabee Curtiss and Jessica Creger rolled to a 6-0 win as Creger continues to wallop the ball with authority. Taylor Mathews and LPK lost 7-5 but they had the misfortune of playing Liberty’s best JV team. LPK was valiant in defeat and was very proud of her and her partner’s performance. Elsewhere, Lydia Ng garnered two wins while playing with Keatley Pihl and with Taylor Poissant. The potentially brilliant freshman team of Kelsey Niebergall and Carly Mills looked very impressive in an easy win as did fellow freshmen Shea Menzel and Brice Keicher. Volleyball starts Megan Foote and Ellie Drain served, dug and spiked their way to a 6-3 win in their first-ever match while fellow soph’s Yara Wafai and Esmerelda Chan-Tuyub celebrated Wafai’s birthday with a nice win of their own. Perhaps the most memorable single shot of the day was delivered by our very own foreign exchange student Unsol Choi as she delivered a gorgeous volley winner while playing with McKenzie Reimer. Choi and Reimer wound up winning their match 6-2 behind Reimer’s serves and Choi’s net play.

Even though our athletes preformed brilliantly, the highlight of the entire day occurred on the bus trip home. Melinda Widows and Madison Kirby hatched a secret plan whereby the coaches would get up in front of all the players on the bus and pretend to have something extremely serious to announce. Then, in the midst of all the silence and anticipation, Kirby would begin to perform her amazing "Clucking" sound. The ploy was perfectly carried out. When Kirby began clucking we had quite a few wide-eyed freshmen wondering how someone could be so completely disrespectful. It was epic. What was even better was when sophomore Taylor Poissant alerted us to the fact that she can emulate a goat just as well as Kirby can emulate a chicken. When called upon, Poissant delivered in grand fashion. She literally had all of us in hysterics. When we added in Savannah Fellers’ birdie tweet we had a veritable symphony of god’s creatures performing sounds that only animals should be able to produce. As I told coach “V” after we got home, it was one of the greatest bus rides in my 10 year career.

Wednesday: All players at L.Ridge from 4:30-6:30 to do some cardio and then support the boys team who were rained out yesterday. For Thursday, we need help planning, cooking and setting up for the BBQ during the varsity match at L.Ridge.

03/16/2010 @ 09:52:46 AM:

2010 Season Preview:

2010 Season starts today as we travel to Hillsboro to take on Liberty High School. This year’s version of the LadyBowmen tennis team is, in a word, spectacular. We have a team with so much depth and versatility that some kids who are talented enough to have contributed on varsity in previous years will be relegated to our JV team.

As for the JV team itself, we have 22 kids that are all hungry and eager to get better. With several seniors departing, we’ll have plenty of varsity spots open for 2011 and it will be very interesting to see which players emerge. Their development as a group will be expedited by virtue of the fact that they will have far more playing opportunities than what our previous JV teams have received. This is primarily due to the new facilities we have in town, but also because of the tremendous staff of coaches and volunteers that we've assembled. Coach Arnell and Coach "V" have been tremendous with the JV kids and have really gone out of their way to make sure the kids are having fun while learning the game. We've also worked very hard to create participation opportunities for the JV and are thrilled with the tournaments that we've been able to schedule. I should clarify that when I say “Coach V” I am referring to Coach Villalobos. This could be confusing for some since two of our most gifted volunteers have also been blessed with a last name beginning with “V.” Jenny Verkamp is a remarkable tennis player and Anthony Valenzuela has been tremendous in working with the girls. We are extremely grateful for their help. In addition to those two, former SHS superstar Ashley Scruggs has been able to find time in her busy schedule to assist and former OSAA Tennis Coach of the Year Todd Wilcox is going to help whenever he can escape the bruising demands of Corporate America.

While our Varsity team will be very good, so will many others in the league. Wilsonville hasn't lost a league match since the inception of the Northwest Conference and they will, once again, be the team to beat. Century returns Katie Edwards who will probably be favored to win the state singles championship, and they have several other key players returning as well. The overall number of athletes playing tennis is up at Glencoe, Liberty and Hilhi which means we can expect them to be much improved. So, while we are very good this year we’d better be ready to compete each and every time we take the court.

Our varsity team will be led by the senior doubles team of Morgan Lushenko and Hayley Baker. The dynamic duo has a good chance to become our winningest doubles team of all-time and they are viewed by other conference coaches as one of the top two teams in our league. (We think they are clearly #1) We expect great things from them and they expect great things from themselves. This duo is the only team that is set in stone as we will continue to try to find other pairings that are effective. As of right now, we’ve got senior Theresa Stanley matched up with freshman phenom Nancy Nguyen and this team appears to be quite cohesive and very formidable. We’ve asked junior Melinda Widows to swing between doubles and singles this year and she has gracefully accepted the challenge. She is very versatile and is more than capable of handling this role. We’re currently considering pairing her with sophomore sensation Savannah Fellers or senior captain Megan “Sherlock” Wade. We will need some more time to iron this out, but Widows has been very consistent in practice and can play with either of these two players. Over the past three years, seniors Emily Esaki and Natasha Hardesty have played together and we’re in the process of deciding whether to keep them together or split them up. This has been a difficult process and we still haven’t reached a conclusion. Either way, they both figure to get quite a bit of playing time as long as they can manage to bring positive energy and attitudes to practice. ;o) Seriously, Esaki and Hardesty are fixtures of our program and they will be greatly missed once they move on. The other three players that are battling for playing time will be seniors Jessie Kittel and Lauren Curtiss and junior transfer Brenda Ovalle. Kittel has displayed enough versatility that she'll probably wind up playing singles and doubles for us while Curtiss will be a solid doubles contributor. Ovalle is on JV for now, but she is a promising player who played # 2 varsity singles at North Marion last year.

Our singles line up will be the best we’ve ever had. At # 1 will be senior Caitlin Mathews. Mathews has looked incredible thus far and it’s always a pleasure to watch her swing a tennis racket. I keep telling her that if she had taken up the sport as a child she'd have a very lucrative career right now. Right behind Mathews is freshman superstar Courtney Mostul. Mostul and Mathews have played two challenge matches and both were epic 3-setters with each player winning once. Mostul and Nguyen are arguably the two best freshmen we’ve ever had and both have the potential to play collegiate tennis if they are willing to put in the time during the off-season. Playing # 3 will be junior Madison Kirby. Kirby is a winner. She knows how to win matches against players of similar ability which is a very important trait and something that we will continue to emphasize for our younger players. We expect Kirby to be one of the top # 3’s in our league. Playing at # 4 will be senior Michelle Szydlowski, or “Szyd” as some of the coaches affectionately refer to her. Michelle will also slide into the doubles rotation on occasion. She possesses exceptional goundstrokes and will be a troublesome # 4 for most of our opponents. To manage illnesses and absences we will look to Szydlowski, Widows, Kittel and Nguyen to swing back and forth between singles and doubles.

With two facilities now available for match play, we will be conducting varsity and junior varsity matches simultaneously. This will provide more competition opportunities for our youngsters than what we’ve ever experienced in the past. The increased competition will serve to make our JV athletes even that much better next year as we continue to mold this program into a powerhouse. It wasn’t that long ago when some JV players never played in a real match or tournament the entire season, so we are very grateful the for the new tennis courts.

While the new courts are very good for the program there are a couple of drawbacks. One will be the fact that the JV players won’t be able to watch and learn from the varsity players as much and the other will be the fact that the family atmosphere that we try to provide for our home matches will be splintered. We have a tradition of hosting BBQ's during our matches whereby we provide dinner for our players, their families and for our opponents. This year, we will attempt to pull off two of these extravaganzas for each home match. (one at L.R., one at Hopkins) This will require parental help from both teams, but it is a very worthwhile endeavor. If you can assist with this please let us know.

We are very appreciative of the support of all the tennis families and hope that our players exhibit an "Attitude of Gratitude" towards the parents that have allowed them to be part of our program.

03/10/2010 @ 09:25:53 AM:

Wednesday Dry Schedule:JV at Hopkins 4:30-6:30, Varsity at L.Ridge 5:15-7:15 (Davis, Thomas, Polanco, Ovalle to practice with Varsity)

Wednesday Wet Schedule:

JV at Sher. Middle School Gym, 4:45-6:15, Varsity at SMS gym 5:15-6:45

03/09/2010 @ 04:34:34 PM:

http://www.sherwoodgazette.com/news/index.php

03/09/2010 @ 12:21:31 PM:

Tuesday Practice: If Dry, JV at Hopkins 4:30-6:00, Varsity at LR 5:30-7:00. If wet, check back later for Gym time. Practice is a little shorter so that you can study for finals.

We have a match in one week. Make sure you know how to keep score, change sides, and how to conduct yourself on a tennis court.

Here a couple helpful links for you:

http://www.ushsta.org/PLAYERS/PUBLICAREA/HSTMAG/2002/802hstetiquette.htm

http://www.fitsugar.com/Etiquette-Rules-Tennis-4524302

Make sure your parents know how to keep score as it will make their viewing experience much more enjoyable. Here is a link:

http://www.wikihow.com/Keep-Score-for-Tennis

03/09/2010 @ 08:41:51 AM:

Tuesday Practice: If Dry, JV at Hopkins 4:30-6:00, Varsity at LR 5:30-7:00. If wet, check back later for Gym time. Practice is a little shorter so that you can study for finals.

We have a match in one week. Make sure you know how to keep score, change sides, and how to conduct yourself on a tennis court.

Here a couple helpful links for you:

http://www.ushsta.org/PLAYERS/PUBLICAREA/HSTMAG/2002/802hstetiquette.htm

http://www.fitsugar.com/Etiquette-Rules-Tennis-4524302

Make sure your parents know how to keep score as it will make their viewing experience much more enjoyable. Here is a link:

http://www.wikihow.com/Keep-Score-for-Tennis

03/08/2010 @ 09:05:38 PM:

News & Notes:

Special thanks to Mr.Niebergall, Mr. Pihl, and Mr. Davis for helping lay the shed pad and to Mr. Stanley for supervising the project.

The Friday challenge matches were fantastic, highlighted by an epic 3-setter between Courtney Mostul & Caitlin Mathews and a riveting 3 set dubs match between the Savannah Fellers/Kelsey Niebergal duo and the team of Savannah Davis and Nathalie Thomas. We were thrilled with the effort shown by all of our athletes and the potential shown by our youngsters. We will have another round of matches this week.

Please update your particular coach via text msg with regard to how many flower basket orders you've taken thus far. We need this info because we have to turn our order into Al's this week and we hope to submit an accurate projection.

Dry Weather schedule for Monday: JV at Hopkins, 4:30-6:30, Varsity at LR, 5:30-7:30.

If wet, we will get a gym at the high school but time is not yet determined.

03/05/2010 @ 09:19:17 AM:

Fantastic first practice for varsity last night. Girls were motivated and focused. Also rec'd good reports from the JV practice.

News & Notes: We have RSVP'd for the Bend Invitational on Apr. 9,10. We will be gathering and distributing information as we obtain it.

Please note that there is a registration flyer on the left side of this page for our Mixed Doubles Tourney in April. We really want to make this a fun family weekend and hope that all players will participate. If you need help finding a partner let me know and I will assist.

We are close to solving our storage dilema as the shed is complete and will be installed soon. Once we pick the day, we will need a few parent helpers to help spread and compact gravel. Let us know if you can do this.

Friday Match Schedule: (Be on Time and bring your "A" game)

Snyder at 4:15 (Four Fifteen)

Szydlowski vs.Kirby - Mostul vs. C. Mathews

L.Ridge at 5:15

Thomas/Davis vs. Fellers/Niebergall

Pihl/Ng vs. Menzel/Keicher

Mathews/LPK vs. Foote/Drain

Widows/Wade vs. Esaki/Kittel

Hopkins at 5:15

Stanley/Nguyen vs. Lushenko/Baker

Bishop/Poissant vs. Creger/Curtiss

Hardesty/Curtiss vs. Polanco/Ovalle

L. Ridge at 6:15

Wafai/Reimer vs. Choi/Chan-Tuyub

03/03/2010 @ 12:45:21 PM:

Note today's backward schedule:

Wed: Juniors/Seniors at Hopkins 4:30-6:30, Fr/Soph at L.Ridge 5:30-7:30.

If courts are wet all players will be at L.Ridge under the blacktop from 5:30-7:00

10 Things all SHS Tennis Players need to learn and embrace:

1) Always conduct yourself with integrity. Never, ever cheat your opponent or yourself. If a ball is in, it is in and if it is out it is out.

2) Always know the score and announce it with confidence when you are serving.

3) Never walk behind a match when a point is being played. Wait for a dead ball and then proceed.

4) Never volley from the baseline. If the ball is headed out, let it go.

5) Win 70% of deuce points because of your Calm Confidence. “I am calm because I am confident and I am confident because I am calm.”

6) Have an “Attitude of Gratitude” toward school, family, life and your own abilty to play a sport.

7) Always Hustle. Never let the other team win because they out-worked you.

8) Listen to instruction.

9) Be light on your feet.

10) Be gracious in victory and in defeat.

03/02/2010 @ 12:59:11 PM:

Tuesday Rain Schedule: If the court are wet, ALL PLAYERS will be in the aux. gym at the high school from 5:45-7:15. Bring rackets and jump ropes.

Had a great time at the Grand Opening of the new Snyder Park courts last night. It is a beautiful facility and we are very thankful to the city leaders for getting this project done. It was quite a scene with all the movers and shakers of Sherwood in attendance. Photo of our kids is on posted on the left side of this page.

02/26/2010 @ 02:21:59 PM:

News & Notes:

Friday practices have been cancelled. Please note that there is an optional practice tomorrow at 10:00 at L. Ridge if the courts are dry.

If you haven't already turned in your clothing order form you please contact Coach Arnell.

You should all have dampeners on your racquets. They are $4.00 dollars at players, golfsmith's or dick's. You should all have jump ropes. Remind me to look at your strings to see if they are decent.

Quote of the Day: "Give thanks for what you are now, and keep fighting for what you want to be tomorrow." ~ Fernanda Miramontes-Landeros

Enjoy the pageant !

02/24/2010 @ 07:33:52 PM:

Hi Girls!

This is Coach Arnell. Please turn in uniform sheets tomorrow or Friday! We need them as soon as possible in order to get our uniforms in time for our matches. The sooner we get the sheets, the sooner we will be able to order them.

Please turn them into me or Theresa Stanley.

NO MONEY IS NEEDED RIGHT NOW.

02/24/2010 @ 01:27:11 PM:

Wednesday Dry weather schedule: Soph’s and Juniors: Hopkins: 4:30-6:30. Freshman & Seniors: L.Ridge, 5:30-7:00

Wednesday Wet weather schedule: Soph's and Jr's at Hopkins Track from 4:30-5:45. Frosh and Seniors at L.Ridge covered area 5:30-6:45

02/24/2010 @ 08:48:10 AM:

Great place to learn how to hit a forehand:

http://www.playerdevelopment.usta.com/pdmediabooks/players.asp

click the player you want to study. From the drop down menu select the stroke you want to view. Then from 1-6 you can watch the position change from “preparation” to “follow thru.” Then, click the play button on the video to see the actual stroke in real time.

02/23/2010 @ 12:34:05 PM:

Tuesday Scheduling Change:

All players at Laurel Ridge from 5:15-6:30. Dress warmly, meet under at covered basketball courts at L. Ridge. We will do some conditioning on the track and we will hit some balls under the blacktop. (FYI, there are no gyms available)

02/16/2010 @ 12:32:25 PM:

First practice will be Monday 5:30-7:30 at Laurel Ridge and will be for all players. If weather is iffy please check back for updates as I will be scrambling to get us a gym. Do not forget to bring your jump rope and make sure your paperwork has been completed and turned in.

Dry Weather Schedule for remainder of the week:

Tuesday: Freshman and Soph’s: Hopkins from 4:30-6:30. Juniors and Seniors 5:30-7:30 at L. Ridge

Wednesday: Soph’s and Juniors: Hopkins, 4:30-6:30. Freshman & Seniors: L.Ridge, 5:30-7:30

Thursday: Freshman and Juniors: Hopkins, 4:30-6:30. Sophomores & Seniors at L. Ridge, 5:30-7:30

Friday: Freshman and Soph’s: Hopkins, 4:30-6:00. Juniors & Seniors: L. Ridge: 5:30-7:00

Saturday: Optional practice for all players at L. Ridge: 10:00-11:30

Remember, it is your responsibility to check the website regularly for updates and info. If it is wet next week we’ll be in scramble mode from day to day.

02/15/2010 @ 08:40:23 AM:

New Tennis Club opening in Tualatin, all SHS Players will be required to join ! (not really, but it is gonna be very cool) Read below.

Dear Friends,

Jim & Marla Zupancic are very pleased to announce that

Stafford Hills Racquet & Fitness Club is Now Taking Membership Reservations!

Act quickly to save 50%

on your membership!

Visit us at StaffordHills.com<http://www.staffordhills.com/> to learn

about club programs and take a virtual club tour.

The Number of Total Available Memberships Will Be Limited.

Go Online<http://www.staffordhills.com/> to Reserve Your Membership Today!

Or call (503) 953-4404

Please feel free to forward this message on to friends.

AMY HALL|Zupancic Group

5335 Meadows Road, Suite 161

Lake Oswego, Oregon 97035

tel: 503.968.8200

02/08/2010 @ 12:00:26 PM:

Reminder: Player and Parent meeting is this Wednesday at 7:00 pm in the high school commons. Bring a pen and paper.

Also, freshmen and juniors must have physicals completed by Feb. 19th. Participation forms need to be turned in to the athletic office.

All SHS Tennis players must be familiar with the Athlete handbook and the code of conduct. See Randy Ramp if you have any questions on this.

01/29/2010 @ 04:28:15 PM:

Tennis Swing Analysis: http://www.tennisswinganalysis.com/

We are going to have a very, very good team this year. Where do you think you fit on the depth chart? How much have you been playing?

01/26/2010 @ 03:22:03 PM:

http://www.playerdevelopment.usta.com/pdmediabooks/players.asp

click the player you want to study. From the drop down menu select the stroke you want to view. Then from 1-6 you can watch the position change from “preparation” to “follow thru.” Then, click the play button on the video to see the actual stroke in real time.

"To give anything less than your best is to sacrifice the gift" Steve Prefontaine

01/18/2010 @ 09:48:20 AM:

News & Notes: Some of you are have signed up to play in the Rookie Tournament for this upcoming weekend. If you are interested in signing up, today is the deadline. This tournament is a great way to gear up for the season. Here is the link:http://tennislink.usta.com/tournaments/TournamentHome/Tournament.aspx?T=90288 Our pre-season parent meeting will be Feb. 10th at 7:00 in the commons at the high school. First practice is Feb. 22nd. Freshmen and Juniors must pass a physical prior to participating. Get yours done prior to Feb. 18th and get the proof to Debi Bear. If you haven’t already started running, jumping rope and thinking about tennis you’d better get going !! And, when we get a dry day get down to the courts… Lesson Opportunities: Topspin Tennis in Newberg. Tualatin Hills Park and Rec. LO Tennis Center. Mt. Park Racquet Club. Gundars Tilmanis at Sherwood Tennis Complex. I know that some of you are already utilizing these resources so maybe you can encourage others to join and share transportation expenses.

01/05/2010 @ 07:25:02 PM:

Seniors, let me know if you interested in applying for college scholarships that are being awarded by the USTA.

Tournament info below. One's that you should strongly consider playing in are the Green Meadows Challenger Tourney on Jan. 22nd, the Cascade Rookies Tourney on Jan. 22nd and the Cascade Challenger Tourney on Jan. 29th. Let me know if you need additional info on any of these..

http://tennislink.usta.com/tournaments/schedule/SearchResults.aspx?typeofsubmit=&Action=2&Keywords=&TournamentID=&SectionDistrict=60&City=&State=&Zip=&Month=1&Day=&Year=2010&Division=D1017&Category=&Surface=&OnlineEntry=&DrawsSheets=&UserTime=Tue+Jan+5+2010

11/12/2009 @ 08:14:44 AM:

whether it's tennis, hoops, soccer or whatever, your kids need to be getting much more exercise than what they are currently getting.

http://www.cnn.com/2009/HEALTH/11/12/moh.kids.cardiac.problems.obesity/index.html

10/14/2009 @ 11:58:11 AM:

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

http://www.latimes.com/sports/college/basketball/la-sp-john-wooden14-2009oct14,0,7609241.story?page=1

Happy Birthday Coach Wooden !!!

09/15/2009 @ 08:15:42 AM:

Tennis legend, Jack Kramer, dead at 88. He was a tremendous ambassador for the game. Read about him here: http://www.latimes.com/news/obituaries/la-me-jack-kramer14-2009sep14,0,2060439.column

Props to Kim Clijsters for a triumphant retrun to tennis after recenlty becoming a mother ! http://www.womenstennisblog.com/category/players/kim-clijsters/

09/09/2009 @ 10:26:08 AM:

Melanie Oudin started playing tennis at age 7. She is now 17 and is about to earn Millions playing the game she loves. Today, she is playing in the quarterfinals of the US Open at 4:00 pm pst. If she wins that match, and then two more matches, she will earn 1.6 million dollars for two weeks of work. Yes, 1.6 million dollars. Tennis is the only sport where women earn as much as men for winning titles. Try finding another sport where women have such tremendous earning power.

SHS Tennis is proud to become a Melanie Oudin supporter.

http://www.facebook.com/pages/Melanie-Oudin/75334063060 -

Go Melanie !!

Tonight's 63 session still has two openings. Session will run from 6:30-7:33. Thursday night clinic is on from 6:30-8:00

09/03/2009 @ 10:52:21 AM:

The first "63" session was a booming success; the players that took part got a great workout and did a tremendous job of putting forth a serious effort. Our timing with the stations was a little off which we will continue to hone in an effort to keep these sessions as crisp as possible. Big shout out to Courtney Mostul, Nancy Nguyen, Natasha Hardesty, Savannah Fellers, Gigi Polanco, Allison Marti, Colton Baker, Derek LaFave, and Zach Bowers. This group did what we will demand which was to focus, work, and be grateful for their gifts.

Our 2nd session will be this Saturday (weather permitting) at 3:30 at Hopkins. The first nine people to rsvp are in.

08/19/2009 @ 03:59:07 PM:

Thursday Nite tennis is on for Aug. 20th. We'll be at the Hopkins courts.

08/07/2009 @ 03:25:22 PM:

Video Demonstration of how to hit a serve: Notice each of the phases: 1)start 2)takeback 3loading 4)hitting 5) contact point 6) follow-thru. study each phase and compare it to your serve. how high is your toss? is your toss out in front ? are you fully extended at contact ? after looking at these six phases, click the play button to see it in action.

http://www.playerdevelopment.usta.com/pdmediabooks/assets/women/Iveta%20Benesova/PerformanceAnalysis.html

08/04/2009 @ 03:58:49 PM:

There will be Thursday Nite Tennis (At Hopkins) this week but Sherwood High Players are not allowed to be there due to a new OSAA rule which mandates that all Oregon Prep athletes cannot have any contact with their coaches this week.

Hillsboro High Tennis Touney Info: (if you want to enter simply send an email to Charles Mosley (Hil-hi Coach)

charles\_daniela@hotmail.com

Every once in a while I host tournaments for our Hilhi boys and girls tennis players. In order to keep them hitting the ball in a competitive way, rather than just messing around. Now that summer league has finished there will be a big gap between the next competitive junior league. I decided that we will host an informal round robin type of tournament at Hilhi for all High School age players. I will see what kind of interest we get.

My formats are designed so that all the junior players, play a lot (four matches on Saturday and four matches on Sunday). The matches are eight game pro sets with no ad scoring. The winner at the end of the tournament is the player that has won the most games through out tournament play. Right now I am considering only Boys and Girls Varsity and J.V. singles. But if I get a lot of interested doubles players, I will put together doubles as well.

The charge is $15 per player, which can be brought to the tournament desk on the first day of competition. Competition begins August 22nd and ends August 23rd. Email the name of the player, the players gender, the level of play I.E. Varsity or J.V.

If you have doubles players email their information, and I will see what we can put together? It may happen. Let's cut off entrants by midnight Wednesday August 19th. If I don't have enough players for a draw, I will email those that were interested. But I don't think will happen, I have a lot of players interested already.

There will be awards for 1st and 2nd place.

Charles Mosley,

Hilhi Varsity Tennis Coach - charles\_daniela@hotmail.com

07/14/2009 @ 12:25:30 PM:

Congrats to Toby Krauel and Carl Swanson for winning the men's doubles 40-45 yr. old division at last week's Nike Open Tennis Championships. Great job fellas !

http://tennislink.usta.com/tournaments/TournamentHome/Results.aspx?T=75570&E=14

06/04/2009 @ 08:38:54 AM:

Thursday Nite Tennis returns on June 11th. Sessions are every Thursday throughout the summer from 6:30-8:00. They are free for all Sherwood youth. They will be held at the Hopkins tennis courts until the new facility is finished at Laurel Ridge.

Hope to see you there,

Coach Krauel

05/26/2009 @ 10:46:21 AM:

State Tournament Recap here: (note the focus of the girls as they make contact with the ball)

http://highschoolsports.oregonlive.com/news/article/-997069618953181498/farr-beats-bott-jesuit-hermistons-richole-berger-keep-on-winning/

05/19/2009 @ 08:59:49 AM:

News: Post-Season banquet and awards ceremony is Thursday at 7:15 at the high school. It will be a dessert-only potluck. This event is for all players and their families.

State Tourney Bracket Here: http://www.osaa.org/tennis/2009/5agsingles.asp ( i will be there on Thursday and Saturday if you want to join me) Interestingly, none of the doubles teams from our league earned a seed, and Katie Edwards was the only singles player from our league to earn a seed. Edwards wound up as the # 3 seed but don't be surprised if she wins it all. Also worth noting is that the #1 and # 2 seeded doubles teams are both teams that we beat last year on our way to the state championship match.

Great girls tennis Sportsmanship article here: http://www.gazettetimes.com/articles/2009/05/17/sports/high\_school/6prep02\_tennis0512.txt (fyi, this article involves the # 1 and # 2 seeds in the 5A girls singles tournament)

Great article on Girls Doubles Team winning boy’s district title here: http://highschool.rivals.com/content.asp?CID=946900

Season Recap: The '09 season is now in the books and it will go down as one of our most successful seasons ever. We won 13 of 15 varsity matches, we were able to allow 18 different players earn a varsity letter, and we finished with a 3.64 team gpa which put us in the top 10 tennis programs in the state. We are losing 5 very special seniors, but the future is very, very bright with 13 letter-winners returning next year. In regular season singles this year we won 21 matches while losing 37. We were led by Madison Kirby's 7 wins. Caitlin Matthews won 6 consecutive matches to finish the season 6-2 after losing her first two matches of the season. In dubs, we won 44 matches while losing only 14. We had 3 players who wound up winning 11 matches. The Lushenko/Baker team won 11 matches while losing only 3. Our most flexible player was Ashley Scruggs who won 11 of 13 matches while playing with 7 different partners along the way. Despite some very terrible weather and with limited practice time, we were able to get our younger players geared up for next year and hopefully some of them will push our returning varsity players. Speaking of JV, we had some great success under the outstanding leadership of Coach Matt Rubrecht. At JV districts we managed to get the freshman team of Savannah Fellers and Sydney Zuelke into the championship match and we did very well at the other JV tournaments and matches that we took part in. In fact, of our JV matches, the only one we lost was the W. Christian match. Back to JV Districts. En route to the finals tournament, Fellers and Zuelke beat SHS sophomores Morgan Howell and Gizelle Polanco in the semi's. We also picked up great performances from Kelly Pratt and Stephanie Viers who advanced to the quarterfinals, and, soph's Maddie Grant and Kirstie Stearns finished second in the consolation bracket. In all, our JV players had far more match playing opportunities then what we've had in past years and they did a fine job of capitalizing on the opportunities. On the fundraising front, we managed to sell all of the flower baskets that we had pre-ordered from Al's Nursery so the number of summer car washes will be greatly reduced. Many thanks to all of you who assisted with this project, especially the girls who sold the baskets.

05/19/2009 @ 08:57:12 AM:

District Tournament Recap: Day One: Won 3 of 4 singles matches and 2 of 4 doubles matches. In singles, sophomore Melinda Widows got to play on the stadium court at Tualatin Hills Tennis Center, and she responded to the big-time conditions by delivering a big-time performance. She defeated HilHi’s Nadia Ibrahim 6-2, 6-1. Sophomore Madison Kirby won her first round match against HilHi’s Katie Hocking 6-3, 6-0 and junior Caitlin Matthews beat Liberty’s Megan Markus 6-4, 6-4. So, three matches and three straight-set wins and we were feeling good about ourselves. Unfortunately, our lone senior had a difficult draw and wound up playing Liberty’s Jane Christian in the first round. Christian is a solid club player and her match experience showed in a 6-0, 6-3 win. Meyer acquitted herself very well in the second set before losing. We couldn’t be more proud of her and the way in which she competed.

In dubs, we won 2 of 4 first round matches. We picked up a win from the senior team of Abby Wolf and Elisabeth Alleman who defeated Century’s Hope Fimon and Cindy Mai 7-5, 6-0. They got off to their usual slow start before kicking it into high gear winning the last 8 games of the match. We also got a win from the team of Ashley Scruggs and Theresa Stanley. They beat the Parkrose team of Ethel Hernandez and Mika Maisho 6-1, 6-4. Our junior team of Morgan Lushenko and Hayley Baker suffered a heartbreaking 7-6, 7-6 defeat to the Wilsonville team of Hillary Parmeter and Hannah Anderson. This was a very tough first round match for a team that was seeded 5th in the tournament. However, we definitely had our chances to win it but we just didn’t win enough of the big points and we double-faulted 15 times while they didn’t double-fault once. Our final doubles team of juniors Natasha Hardesty and Michelle Szydlowski drew an even tougher first round match-up. They had to face the # 2 seed – and eventual champion- team of Taylor Farrell and Alysha Hanson from Wilsonville. These were two of Wilsonville’s top singles players that were paired together for doubles in this tournament. Our girls managed to win a couple of games which was a fine accomplishment against the district champions. Final was 6-1, 6-1. Overall, it was a good day but as we looked at the 2nd round pairings it became apparent that things were not shaping as we had hoped.

Day Two: Widows' reward for winning her first round match was the treat of playing the state's best 5A player Katie Edwards. Widow's sophomore campaign ended with a 6-0, 6-0 loss. Edwards is an overpowering player who has virtually grown up with tennis her entire life. As for Kirby, she had to play the overall # 4 seed in Liberty's Ayaka Terakawa. Terakawa is also a club player and Kirby was beaten. Junior Caitlin Matthews played Century's Kiona Cephus in the second round and beat her soundly winning by a score of 6-1, 6-0. In the quarterfinals she was pitted against the # 2 seeded player Natalie Dojcakova from St. Helens. Dojcakova is an exchange student and a very, very good player. She beat Caitlin 0 and 0, but Matthews played some really superb points. In dubs, we lost both of our 2nd round matches. Wolf and Alleman ran into the # 1 overall seed of Emily Apleland and Ariel Usher from Glencoe. We actually did some good things in this match but lost 6-0, 6-1. It was nice to see the seniors finish their careers with a match that they can be proud of. Our other surviving doubles team of Scruggs & Stanley were up against the Parkrose duo of Carmen Avram and Hannah Brent. This is a very unorthodox team and the presented us with a unique challenge. Both players typically start out on the baseline and then Brent attacks the net as either one of them hits a penetrating groundstroke. Their playing style, and their clothing style, definitely caused us problems early as we lost the first set 6-3. We rebounded nicely in the 2nd set winning it by a 6-4 score. In the 3rd, we made way too many unforced errors and eventually lost 6-2. It was a sad end to a Scruggs career, but was a good learning experience for Stanley who will be a major contributor for us next season. The consolation bracket was cut short by rain but in that bracket we picked up 2 wins from the Lushenko/Baker team and one win from the Szydlowski/Hardesty team. The two season-finishing wins by Lushenko/Baker should serve them well as they gear up for their "State or Bust" campaign next season.Overall, we were happy with the way our athletes competed, but somewhat disappointed with our results. It should be noted that we were very pleased with the amount of passion that was exhibited in victory and defeat.

05/19/2009 @ 08:51:59 AM:

Hillsboro Recap:Won final match of season 6-2 giving us an all time best record of 13-2. Got two wins at singles and four at Dubs. At # 1, Amanda Meyer lost 6-2, 6-2 to a very seasoned Hillhi player. At # 2, Melinda Widows lost to the Russian exchange student that she had previously defeated. We're learning that Widows plays better at home than on the road, but we'll get that rectified next season. At # 3, Caitlin Matthews dropped a whippin' on Hilhi's # 3 with a 6-2, 6-2 win. And at # 4, Michelle Szydlowski won her 4th singles match of the year in convincing fashion with a 6-2, 6-0 win. As a singles player, she finished the year with a 4-1 record and with some off-season conditioning, look for "Szyd" to be one of our top singles players next season. In dubs, we followed our customary game plan by winning all four matches. At # 1, junior superstars Morgan Lushenko and Hayley Baker notched their 11th win of the season with a 6-4, 6-1 victory. At # 2, Ashley "Scrugginator" Scruggs and Theresa Stanley rolled to yet another double bagel win. This team is now 5-0 without having lost a set. At # 3, senior Elisabeth Alleman teamed up with junior Jessie Kittel and they played surprisingly well together in earning a 6-3, 6-2 win. Kittel served and volleyed quite well and showed some real promising signs for next season. At # 4, Kate Lierow teamed with Megan Wade to record a 6-4, 6-4 win. It was Lierow's last match and she went out as a winner. As for Wade, we expect her to be one of our top doubles players next season.

05/07/2009 @ 10:48:57 AM:

Thursday: 5:00 pm: Wade/Lierow vs. Ng/Kittel. Varsity Practice: 5:15-7:00, JV Practice : 6:45-8:00

News: District Tournament is next Monday, Tuesday and Wednesday. If you have IB Testing conflicts please let us know. JV Tournament is Saturday at Parkrose from 9:00-3:00.

Banquet is March 21st at 7:15 in the high school commons.

Glencoe Recap: Won match 5-3 to bring our season record to 12-2. Won two of four singles matches ant three for four doubles matches. At # 1 singles, sophomore Madison Kirby had another epic match with Glencoe's Christy Evers. Last month Kirby beat her 6-4, 0-6, 6-3 and yesterday Evers returned the favor by winning 6-4, 1-6, 7-5. Another great match between these two. At # 2, Melinda Widows lost 6-4, 6-2 in a match that should've been much closer. At # 3, Amanda Meyer overcame her wrist injury to prevail 6-1, 6-2 and at #4 Caitlin Matthews won 6-1, 6-4. In Dubs, all four matches were comprised of bagels and breadsticks exclusively. At # 1, the Lushenko/Baker team ran up against the conference's top team of Ariel Usher and Emily Apeland. The Glencoe team kept their perfect season in tact by prevailing 6-1, 6-1. Usher is 6' 1" and her presence and athleticism at the net presents us with a big challenge. At # 2, Abby Wolf and Elisabeth Alleman dropped a 6-0, 6-1 thumping on Glencoe's # 2. This would've been a Double-Bagel win if it weren't for Rita Wolf's hysterics on the sidelines. During a key game, her laughing caused our two netters to laugh uncontrollably which led to us losing one game. At # 3, juniors Connie Ng and Theresa Stanley were again paired together and they came through with a 6-1, 6-0 win. Ng is starting to get more comfortable at the net which will serve her very well next season. At # 4, our versatile senior Ashley Scruggs teamed up with junior Courtney Meyer to post a Double-Bagel victory. This match was the highlight of the day as it afforded Meyer the opportunity for to earn a varsity letter. She is now 2-0 on the season and richly deserves the varsity letter that awaits her at the year-end banquet.

05/01/2009 @ 11:08:20 AM:

Academics: Again, I want to thank all of the varsity athletes for helping us earn the Dairy Farmers Award for finishing in the top 10 in the state for all tennis programs. This is the 3rd straight year that we've been honored. Our team GPA was 3.64.

Friday: JV hosting Newberg at 4:00

Donut Saturday: Varsity Singles players 8:15-9:15, Varsity Doubles: 9:00-10:00. JV 10:00-11:30.

Century Recap: Won match 84-78. Matches were 4-4, sets were 9-9, games were 84-78. In the singles matches they won 54 games while we won 31. In dubs, we won 53 games to their 24. If they had been able to pick up 3 more games anywhere in the 8 matches the final score would've been an 81-81 tie. So, big ups to our four doubles teams who earned this win for us. With two matches left to play, our record is now 11-2. At # 1 singles, Amanda Meyer ran into a buzz saw in Century's Katie Edwards. Edwards is the favorite to win the state singles championship this year and she was at the top of her game yesterday. In addition to Edwards' powerful groundstrokes, Meyer was also battling two sore wrists from a spill she took at the Parkrose match. Final score was 6-0, 6-0. At # 2, Melinda Widows was very competitive before falling 7-6, 6-4. The first set loss was especially painful because she had a 5-2 lead. The coaches need to learn to do a better job of teaching the athletes how to close out games and sets once we have built a lead. We will all improve in this area. At # 3, Madison Kirby lost 6-4, 6-2 to Mindy Nguyen. Back on April 6th, the same two players faced off with Kirby winning that one 4-6, 6-4, 6-2. Hopefully they'll meet again at districts. At # 4, Michelle Szydlowski stepped up to try to keep her perfect season in tact. She jumped out to an impressive 5-2 lead in the first set, but again, we couldn't finish. She bounced back beautifully in the 2nd set winning 6-4 to force the pivotal 3rd set. She led early on but wound up losing the set 6-4. It was a grueling match that lasted over two hours and "Szyd" did a fantastic job of competing.

In dubs, we won all four matches while losing only one set. At # 1, the Lushenko/Baker team was fired up after not getting to play the day before against St. Helens. They took out their frustrations by inflicting a 6-1, 6-2 beatdown on Century's best team. At # 2 the Scruggs/Stanley team took another stroll through the park with a 6-1, 6-0 whitewashing of Hope Fimon and Kiona Cephus. Even with "Hope" on their side, the overmatched pair had no prayer against Sherwood's hottest dubs team. At # 3, the Wolf/Alleman team overcame a wobbly first set to prevail 5-7, 6-4, 6-4. Each of the SHS coaches were a tad bit balder and a tad bit greyer at the conclusion of this match. Had we lost this, Century would've won the match 5-3. To their credit, Abby and E both stepped up in the final set in what was the final home match of their careers. Speaking of which, this was the final time that our varsity will ever play a match there as we will be holding all varsity matches at the Laurel Ridge Facility next season. At # 4, juniors Natasaha Hardesty and Jessie Kittel overcame some pre-match bickering and delivered a huge win for us. After winning the first set 6-4 they delivered a breadstick in the 2nd set, which was enormous. Again, if they had won the second set 6-4 they still would've won their match in straight sets but the overall match would've wound up tied.

Special Shoutout to all the parents who stepped up to help run the grill while Missy and Tammy were away. It was a festive atmosphere yesterday and we always appreciate it when we have lots of spectators on hand to cheer for us. And, thanks to Coach Carter and the fine folks at Johnsonville for the fantastic bratwurst. For all of your sausage needs please visit http://www.johnsonville.com/home.html

Performers of the day : Singles - Michelle Szydlowksi. Dubs: Scruggs, Stanley, Hardesty, Baker.

Performers of the day from St. Helens match: Singles: Kirby. Dubs: Wolf, Alleman, Lierow

Thought of the day: "Cars are lethal, always drive slow and safe." Jim Krauel

04/30/2009 @ 10:44:43 AM:

News:

Today, BBQ during Century Match. We need drinks, coolers and parents who can run the grill. It is our last home match of the year so we want all family and friends to attend.

Academics: We, once again, finished in the top 10 in the Dairy Farmers of Oregon Academic All-State Standings. Mad props to all of our varsity players who helped contribute to our team GPA of 3.64.

Post-Season Banquet: May 21st at 6:30 in the high school commons. It will be a dessert potluck. Save the date !!

St. Helens Update: Won the match 4-0. Instead of returning to finish, the Lions have elected to concede match. Good idea by them cuz we were rollin' yesterday. In the matches that were completed we picked up wins from our # 3 and # 4 singles and from our # 3 and # 4 doubles teams. At # 3 singles, sophomore Maddie Kirby busted out the double breadsticks with a 6-1,6-1 win. At # 4, junior Caitlin Matthews provided another straight set win. She defeated Kaicee Giroski 6-3, 6-4 and in the process recorded her fourth consecutive straight-set victory. At # 2 singles, sophomore Melinda Widows was tied at 1-1 in the second set when the match was rained out. After losing the first set, Widows was putting points together and looking very good. The # 1 singles match never got started. At # 4 dubs, senior Kate Lierow was honored before the match and then teamed with junior Michelle Szydlowski to notch a 6-4, 6-2 win. At # 3, senior Abby Wolf celebrated her birthday, and senior day, by teaming with fellow senior Elisabeth Alleman to record a convincing 6-0, 6-3 win. This was arguably the best match these two have played all season as a doubles team. At # 2, Senior Ashley Scruggs was playing with junior Theresa Stanley and they were leading 7-5, 2-1 when the rains came. They, once again, were playing some stellar tennis together. The number 1 doubles team of Morgan Lushenko and Hayley Baker did not begin their match. With the win we ran our season record to 10-2

Thought of the Day :

We are what we repeatedly do. Excellence, therefore, is not an act but a habit.

Aristotle

04/28/2009 @ 12:09:36 PM:

Today's Match is cancelled and rescheduled for tomorrow. Everone is off tonight so that you can get rested and healthy. Get some good sleep, take your vitamins and be well. Appreciated your attendance at last night's meeting.

Thought for the Day: "What I do today is important because I am exchanging a day of my life for it."- Dr. Heartsill Wilson

Flower Basket standings below: (Some of you are slackers on what you've done individually so you'll be washin' cars all summer) Pretty disappointing that we've got several people that haven't sold a single basket yet. If you knew what the fundraising requirements were for my six year old son's baseball team you'd be shocked..

Name Individual Group Total

Elisabeth Alleman 21 5 26

Kate Lierow 11 14 25

Amanda Meyer 0 10 10

Ashley Scruggs 9 5 14

Abby Wolf 11 10 21

Kahti Fassbender 0 0 0

Hayley Baker 0 4 4

Lauren Curtiss 0 8 8

Dani Ellsworth 0 0 0

Emily Esaki 0 2 2

Natasha Hardesty 12 2 14

Jessie Kittel 17 6 23

Morgan Lushenko 10 0 10

Caitlin Matthews 0 4 4

Courtney Meyer 0 8 8

Connie Ng 1 0 1

Kenzie Owen 0 7 7

Kelly Pratt 7 7 14

Aubrey Ringer 0 7 7

Theresa Stanley 3 1 4

Michelle Szydlowski 7 0 7

Stephanie Viers 6 7 13

Megan Wade 10 4 14

0

Maddie Grant 0 0 0

Morgan Howell 12 7 19

Madison Kirby 8 7 15

Gizelle Polanco 2 4 6

Kirstie Stearns 15 4 19

Melinda Widows 3 10 13

0

Alyssa Bishop 4 8 12

Elizabeth Curtiss 0 8 8

Savannah Fellers 1 0 1

Sydney Zuelke 1 5 6

04/27/2009 @ 11:39:16 AM:

Monday: All Players at SHS in PAC at 5:00. Team dinner at McDonald's afterwards. Varsity practice from 6:15-7:45.

Tuesday: Hosting St. Helens at 4:00

Wednesday: Varsity Practice 5:15-6:45, JV Practice 6:30-8:00

Thursday: Hosting Century (Last home match of season, invite everyone you know)

Friday: JV hosting Newberg at 4:15.

04/24/2009 @ 11:58:00 AM:

Friday: JV at Jacquith Park in Newberg at 4:00. Afterwards, team sleepover at the Meyer's house. Bring $5.00 for food, games and prizes and $2.00 for the Esaki gift. Also, bring your favorite movie.

Saturday: Varsity practice 12-2:00

Monday: Team meeting, All Players, in the PAC at 5:00. Mother's Day basket sales afterwards.

Parkrose Recap:

Won match 5-3 to bring our season record to 9-2. We swept the doubles matches and won one of three singles matches. We could've won the match 8-0 because the three matches we did lose were all very, very close. At # 1, senior Amanda Meyer played one of the best matches of her career before falling 6-3, 2-6, 7-5. At 5-5 in the 3rd Amanda led 30-40 but couldn't win either of the next two points. It was great tennis to watch as both players battled back and forth all day. At # 2, sophomore Melinda Widows lost 7-5, 7-5 against a steady opponent. Widows was stronger and hit harder but just couldn't win her share of the long rallies. At # 3, fellow sophomore Madison Kirby went to a 3rd set for the 7th time in 10 matches this season. This time she wound up on the wrong end of a 4-6, 6-4, 6-3 score but it was a great learning experience for her. At # 4, junior Caitlin Matthews continued her rampage with a resounding 6-0, 6-0 beatdown. That makes three bagels in Matthews' last four sets as she keeps the steamroller revved up and ready to go at all times.

In Dubs, we did not lose a single set. At # 1, juniors Hayley Baker and Morgan Lushenko downed a pretty decent Parkrose team 6-3, 6-1. It was the 9th win of the year for the dynamic duo from Sherwood. At # 2, seniors Abby Wolf and Elisabeth "Lizard" Alleman scratched their way to a 6-4, 7-6 win. It was a somewhat spotty performance as they continue to perplex the minds of the coaching staff. At times this team looks unbelievably good while at other times they look unsure of themselves. We continue to believe that when they put it all together they will prove be a very dangerous team at the upcoming district tournament. At # 3, senior Ashley Scruggs teamed with junior Natasha Hardesty for the first time and they rolled to an easy 6-2, 6-2 win. It was the second 6-2, 6-2 win of the week for Scruggs who continues to exhibit great flexibility with regard to who she is playing with on any given day. At # 4, juniors Theresa Stanley and Connie Ng were happy to be paired together again and they repaid the coaching staff by administering a 6-2, 6-0 throttling of the Parkrose # 4. After falling behind 2-1 in the first set, one of the LadyBowmen coaches gave them a firm order: "Do not lose another game to these people, " was the statement uttered. To their credit, Stanley and Ng did just that reeling off 11 straight games en route to the victory. All of the JV players also got to play highlighted by great performances from Stephanie Viers, Sydney Zuelke, Savannah Fellers and Kelly Pratt.

Next Week: Thursday will be our last home match of the season. It is our tradition to always have a big bbq on that day and to invite the entire community to our match. So, give $5.00 to one of the captains for that. Your $5.00 buys dinner for you and your family. We encourage you to invite your parents, neighbors, aunts, uncles, friends, dentists, etc. We try to make this as festive as possible so please do your part to help promote it.

04/23/2009 @ 09:40:44 AM:

Doube E Update: Spoke with Dad this morning. Her surgery last night ended up being a 6 hour procedure rather than a 3 hour one. She is recovering well and it appears that she will regain full functional use of her hand. She will be in the hospital for several more days and will begin accepting visitors on Friday.

Good news for JV Parents: We were able to persuade the district to provide us with a bus for Friday's match vs. Newberg. Bus will leave SHS at 3:30. FYI, match is at Jacquith Park.

Saturday's Varsity Practice time has changed. New time is 12:00-2:00.

Last night JV's Flower Basket Mini Sales-A-Thon was so successful that we're gonna do it again Monday night with the entire team. Prepare for that. All players to meet at courts at 5:00. If you have orders to turn in please do so today.

04/22/2009 @ 09:43:17 AM:

Wednesday: All players at courts at 5:15. We need parent volunteers from JV to assist with transportation from 5:30-6:30. They will canvass one select neighborhood to sell Mother's Day Flower Baskets. Then they will return to courts for practice until 7:30. Varsity will practice from 5:15-7:30. If you have flower basket forms that have not yet been turned in please bring them tonight and give them to Missy Alleman or Tammy Mullen.

Thursday: At Parkrose. Bus leaves SHS at 2:40. JV will play.

Friday: JV at Newberg (Jacquith Park) at 4:00. We do not have a bus so we need parent drivers to assist. Varsity challenge matches at 5:00: Kirby vs. Matthews, Szydlowski vs. Widows. Everyone else to attend JV match at Jacquith Park in Newberg.

Wilsonville Recap: Lost match 6-2. Honestly can't remember being more proud of a team than I was yesterday. Absolutely loved the way in which we competed. Won one of four singles matches and one of four doubles matches. At # 1 singles, Amanda Meyer lost 6-2, 6-0. It was probably the most impressive 6-2, 6-0 loss I've ever seen. Meyer battled on each and every point and played real big-time tennis throughout. At # 2, Madison Kirby moved up from her usual spot and gave us another tremendous performance. She wound up losing 6-4,4-6,6-4 in an epic showdown with Alisha Hansen. Just a fantastic match to watch and one that Hansen won't soon forget. At # 3, Melinda Widows lost 6-2,6-4 but did a very fine job of pushing her opponent, especially in the 2nd set. Once she combines consistency with her natural power she will be a force in this league. At # 4, Catilin Matthews put on a clinic. Playing an opponent that had whipped her badly just one month ago Matthews showed why she is one of the most rapidly improving players on our team. She won 6-0, 6-4 and did it with serves, groundstrokes and good old fashion elbow grease. The entire coaching staff was ecstatic with what they saw from Matthews yesterday.

At # 1 dubs, Morgan Lushenko and Hayley Baker lost 6-4, 6-3. They played well but lost all of the key points. The Wilsonville team simply did a little better job of finishing points at the net which is usually the difference when two closely matched teams square off. At # 2, Abby Wolf and Elisabeth Alleman lost 6-4, 6-3 to the former # 1 Wilsonville team. Again, they played well but did not win the key deuce points. These two could be special though if they can get better net production because they both can crush the ball. At # 3, we got an electric performance from Ashley Scruggs and Theresa Stanley. They completely dominated the match in winning 6-2, 6-2. It was the 3rd time this year that they've been paired together and they have yet to lose a set. In the three matches together they have won 36 games while only losing 12. At # 4, we paired Megan Wade with Michelle Szydlowski. After leading 5-4 in the first they wound up losing 7-5, 6-4. Again, we just failed to win the key deuce points. As a team, we need to do a better job of winning key points and finishing at the net. The coaches need to do a better job of showing the players how to do this and the players need to do a better job of practicing this. We will get there. If you take away Abby Farrell, who is a very highly regarded USTA player with many years of experience, we played Wilsonville straight up. Overall games won were 73 for them and 67 for us. Of those 140 games many went to deuce and we probably lost 75% of the deuce points, which is the difference between winning and losing. Again, our effort was tremendous and I couldn't be prouder.

Double E Update: Her surgery has been bumped up from Thursday to today. I will be going up to visit her this afternoon and will update everyone later on tonight. Keep her and her family in your thoughts and prayers.

04/21/2009 @ 08:47:38 AM:

Hillsboro Recap:

Bittersweet day for the Ladybowmen. Had a very nice win, but had two of our favorite players wind up in the hospital on the same day. Senior Abby Wolf had an emergency procedure during the day and was forced to miss her match while junior star Emily Esaki was involved in a car accident after the match. Wolf is recovering just fine and Esaki is having surgery today at OSHU to repair a nearly severed middle finger on her left hand. I spoke with Emily's father this morning and he said that Emily is in good spirits and that the prognosis from the doctor is good. Our thoughts and prayers are certainly with Em and her family.

On the court we received fantastic performances from all four of our singles players. For the first time this year we swept the singles. After losing a first set tiebreaker, senior Amanda Meyer stormed back to win sets two and three by identical 6-1 scores. It was complete and utter domination for Meyer who captured her first win of the season. As her confidence grows so does her ability to compete and we're excited about Amanda's second half of the season. At # 2, sophomore Melinda Widows also notched her first win of the year with a straight set victory. She won the first set 6-4 and then played a beautiful tiebreaker winning 7-6 in the second. At # 3, Madison Kirby posted a convincing 6-1, 6-4 win. It was Kirby's 4th straight victory as she continues to display poise and confidence. At # 4, fast rising junior Caitlin Matthews showed off a great first serve and very solid groundies in a 6-4, 6-1 win. Matthews played brilliant tennis in the second set and really has us excited about what she can do in the future. In Dubs, we did not get our customary sweep but did win two of the four matches. At # 1, the Lushenko Baker team played a really terrific match against a very good Hil-Hi duo. We won the match 7-6, 7-6 and it was a very rewarding victory. In the 2nd set tiebreaker we saved a set point while trailing 7-6. During that point Lushenko was engaged in a very long crosscourt battle and had to hit several shots to stay alive in the point. She showed great mental toughness during that point before we finally prevailed. We went on to win the next two points to win the tiebreaker 9-7. At # 2, senior Kate Lierow was a last-minute substitution for Wolf and she teamed up with Elisabeth Alleman. After losing the first set they battled back to win the second before falling in the 3rd. They showed good competitiveness in getting the match the the 3rd set. At # 3, Ashley "The Scrugginator" Scruggs was paired with Megan Wade and they played very well together in securing a 7-5, 6-3 win. Wade did a nice job of making plays at the net while Scruggs was her usual steady self. At # 4, juniors Jessie Kittel and Natasha Hardesty were paired up for the first time and they scuffled a little bit in losing 6-3, 6-2. Despite the loss the match provided one of the best points of the year. Kittel must've hit 9 or 10 balls in a very long rally before Hardesty finally won the point with a winning volley. Overall is was a great match for us. We had the boys team on hand to cook for us we had good support from our team and we had gorgeous weather. Performers of the day: For singles it was all four players, for Dubs it was Lushenko and Baker.

W. Christian Recap: Tough day for the Sherwood JV. We only won 3 of 11 matches but we did gain some very valuable experience. Freshman Sydney Zuelke and Savannah Fellers lost two hearbreakers, losing both of their matches 7-5. Fellow frosh phenoms, Eliza-Bee-Curtiss and Alyssa Bishop did a very nice job winning one match 6-0 and losing another 8-6. Bishop's play was particularly impressive as she contiunes to display great athleticism for us. The soph team of Morgan Howell and Gizelle Polanco continues to impress and they played very well before losing 7-5. Fellow soph's Maddie Grant and Kirstie Stearns lost 6-0 but they are starting to understand the game. The junior class picked up wins from Courtney Meyer/Lauren Curtiss team and from the Aubrey Ringer/Kenzie Owen team. Kelly Pratt and Stephanie Viers lost 6-1.

04/20/2009 @ 09:30:23 AM:

Today: Resumption of Hillsboro match at 4:00. After warm-ups match probably won't resume until 4:30 or so. On court right away will be A. Meyer, M. Widows, M. Lushenko and H. Baker. All three of these matches are close so we need lots of support.

Tuesday: Hosting Wilsonville at 4:00. Everyone needs to dress up (big-time) for school tomorrow. Wilsonville is our biggest rival and everyone needs to get pumped up.

Wed. All players at courts at 5:15. JV to sell flower baskets from 5:30-6:30 while varsity practices. When they return, entire team will practice together until 7:30.

Thurs: Travel to Parkrose. Bus leaves SHS at 2:40.

Fri: JV team traveling to Newberg at 4:00. Need parent help re: transportation

Sat: Varsity practice: 8:30-10:30

LaSalle Recap:

JV team traveled to Lasalle for a match against our former league rivals. It was a beautiful day for tennis and our girls responded very well. In all, we played 27 mini-matches against them winning 17 while losing only 10. We brought along two varsity players (Wade & Szyd) because LaSalle had requested that we bring extra athletes. Megan and Michelle showed why they are on varsity by winning all three of their matches together. Elsewhere, juniors Stephanie Viers and Kelly Pratt continued to show great improvement by winning all three of their matches. Fellow juniors, Aubrey Ringer and Kenzie Owen won two of their three matches in a nice follow-up to their win at Liberty. Lauren Curtiss and Courtney Meyer played well in spite of losing 2 of their 3 matches. Our two sophomore doubles teams both played very well. Kirstie Stearns and Maddie Grant only won one of three matches but showed some good signs of improvement and the team of Gizelle Polanco and Morgan Howell had some flashes of brilliance. Howell delivered what is likely to be the shot of the year for SHS when she sliced a volley with such tremendous backspin that it bounced on the other side of the net and then came back to our side, creating an impossible situation for her helpless opponents. (FYI, that's the only situation in tennis when you can reach over the net to hit the ball) Both of our freshman teams went 2-1 on the day. Eliz-A-Bee Curtiss and Alyssa Bishop again played well together and phenoms Sydney Zuelke and Savannah Fellers were very, very solid.

Liberty Recap:

Won the match 72-63 to move our season record to 7-1. What that means is that we were tied in matches won (4) and tied in sets won (8). We won the match because, overall, we won 72 games and they won 63 games. In the NW Conference this year it is very important that we scratch and claw for each game because our matches will always be tough. At # 1 singles, Amanda Meyer battled through some pre-match jitters and played very well in losing 6-3, 6-3. We definitely needed those games that she did manage to win, so props to Amanda for stepping up. At # 2, Melinda Widows struggled and lost 6-0, 6-1. Fortunately, we picked up huge performances at #3 and # 4 singles. At 3, Madison Kirby won 6-3, 6-2 and at # 4 Michelle Szydlowski continued her perfect season with a convincing 6-2, 6-0 beatdown. Take note of this: If Kirby had won by a 6-4, 6-3 score and Szyd had won by a 6-3, 6-2 score we would've lost the match. So, even if they both would've had easy wins we would've lost the overall tiebreaker. So, a big thumbs up to these two for not only winning, but winning by a big margin. In dubs, Morgan Lushenko and Hayley Baker rolled 6-0, 6-2 at # 1. If they can both improve their first serve percentage I can't see anyone in the league breaking their serve, ever. At # 2, Elisabeth Alleman and Abby Wolf lost 6-3,6-4. At 4-5 in the second they were victimized by a brutal line call that, if called correctly, would've evened the set at 5 all. We need to learn how to address poor line calls and we need to make sure that we never do that to our opponents. At # 3, Ashley Scruggs and Kate Lierow lost 6-4, 7-6 but the games they won proved to be very important. With the match on the line, we need our # 4 doubles team of Emily Esaki and Connie Ng to not only win, but to win big. The pair of juniors came through winning 6-4, 6-1. They were propelled by a nice pep-talk from teammate Natasha Hardesty who encouraged them to bust out the steamroller in the 2nd set.

Performers of the day: For singles, Michelle Szydlowski. For Dubs, Connie Ng.

Hillsboro and W. Christian recaps coming tomorrow..

04/15/2009 @ 02:36:03 PM:

How to jump rope properly: (by next season we'll expect you to have mastered most of these moves)

http://jumpropevideos.com/2009/04/07/kings-firecrackers-jump-rope-team/

04/15/2009 @ 10:50:03 AM:

Wednesday: Pictures at 3:45. Practice: JV 5:15-6:30. Varsity:6:30-8:15. Hillsboro match will be continued on Monday, April 20th.

04/13/2009 @ 09:28:10 AM:

Big Week, play close attention:

Monday: Varsity Match at home vs. W. Christian at 4:15. If we get rained out, entire team will meet in a gym, check back later.

Tuesday: At home vs. Hillsboro at 4:00.

Wednesday: Practice, check back later for specifics.

Thursday: At Liberty, bus leaves at 3:00.

Friday: Home JV match vs. W. Christian, starting at 5:00. (time may change so check back)

Saturday: JV Tournament at LaSalle all day. RSVP to Matt. Varsity will practice at home.

Leage Standings: http://www.nwoc5a.org/standings.asp?Sport=Tennis+%28Girls%29

04/10/2009 @ 12:02:36 PM:

Friday:

Challenge Matches at 4:00. Hardesty/Esaki vs. Wolf/Alleman, Meyer vs. Kirby, Matthews vs. Widows.

Practice for All Players: 5:15-7:00

Saturday: Optional practice for all players from 9:30-:11:00

04/09/2009 @ 03:56:22 PM:

04/09/2009 @ 09:55:25 AM:

Thursday:

If Dry: Challenge Matches at 3:30

Kirby vs. Widows, Wade/Matthews vs. Esaki/Hardesty, Scruggs/A.Meyer vs. Wolf/Alleman

Practice: If dry, All players 5:00-7:00 at courts. If wet, check back later for gym location.

Glencoe Recap:

Defeated Glencoe 5-3 to run our record to 6-1. Went 1-3 in singles and 4-0 in doubles. At singles, Amanda Meyer lost 6-2,6-2 to Emily Apleland who has been a thorn in our side for years. At # 2 Melinda Widows lost to a 6 foot behemoth that has received a full athletic scholarship to play volleyball at the University of Portland. Widows played terrific tennis but on this day it wasn't enough. At # 3, we again received a stellar performance from sophomore Madison Kirby. She defeated Christie Evers from Glencoe 6-4,0-6,6-3 in our match of the year so far. This was an incredible tennis match that featured huge momentum swings. Kirby fell behind 4-1 in the first set only to win five straight games to take the first set 6-4. Evers seized momentum in the 2nd and blasted Kirby with a bagel. She went on to win the first 3 games of the third set and appeared to be on cruise control having won 9 consecutive games. Unphased, Kirby then put together 20 minutes of unforgettable tennis. In short order, she crushed Evers by winning 6 straight games to win the match. At # 4, senior Elisabeth Alleman dropped a 6-2, 6-2 decision to a very steady Glencoe player.

In Dubs, we again swept all four matches easily without losing a set. At # 1, Morgan Lushenko and Hayley Baker cruised to a 6-3, 6-0 win. We were hoping to see their team of Apeland and Usher but they both played singles so we won't get to see them until we visit Glencoe on May 4th. As of now, the top 3 teams in the league are Apeland/Usher, Wilsonville # 1, and Lushenko/Baker. It's worth noting that the top four finishers at districts get to compete at the state championships. Speaking of which, one of our latest goals is to try to develop another doubles team that contend for that fourth spot at state. At # 2 doubles, seniors Abby Wolf and Ashley Scruggs were paired together and breezed to a 6-3, 6-2 win despite some scoring and line-call controversies. At # 3, juniors Emily Esaki and Natasha Hardesty dominated in winning 6-1, 6-2 and at # 4, Megan Wade and Kate Lierow posted a double-bagel win. Performers of the day were Kirby for singles and Wade and Lierow for doubles.

04/07/2009 @ 09:59:48 AM:

If you drive, please read this: http://news.yahoo.com/s/ap/20090404/ap\_on\_re\_us/text\_crash

Tuesday: JV Off, Varsity at Tualatin Park, 4:30-6:30

Century Recap: Won match by the familiar 5-3 score, getting one singles win and sweeping the doubles matches. In singles, Amanda Meyer played # 1 against the state's # 1 player and did a fine job of battling before losing 6-0,6-1. We were ecstatic that Amanda won a game against Katie Edwards. At # 2, Melinda Widows lost a tough 3 setter 7-6,2-6,6-2. Widows led 5-2 in the first set but couldn't close the deal which enabled her opponent to gain the confidence she needed to win the match. At # 3, our three-set specialist Madison Kirby did it again winning 4-6,6-4,6-2. This win was crucial and allowed us to relax as we were in jeopardy of losing this match 5-3. At one point the team score was 3-1 with 4 matches still in doubt. We had Abby Wolf and Elisabeth Alleman engaged in a 3 set slugfest, Kirby was in the 3rd set of her match, Widows was in the 3rd set, and Caitlin Matthews was losing and the verge of a 3rd set. Once Kirby won we knew it would be at least 4-4 with the tiebreaker going to us, but it was very nice when Wolf and Alleman won to give us a more glowing score of 5-3. As for Matthews, she lost the first set and then trailed 3-0 in the 2nd before making the internal decision to compete. And compete she did. She battled back to tie the second set at 6-6 to force a tiebreaker. She lost the tiebreaker but showed some real grit which we were very happy to see.

In dubs, we again were able to bring out the brooms. At # 1, the Lushenko/Baker team finally showed us what we've been waiting for all year. They played brilliantly when they were in control of points and they played brilliantly when they weren't in control of points. They exhibited passion and joy which is our team mantra. They returned well. They served well. They volleyed very, very well. Basically, they showed why they will be a factor at the state tournament next month. Oh, and they posted their first ever double bagel winning 6-0,6-0. At #2, we teamed a pair seniors in Wolf and Alleman. After a very shaky first set they established their dominance and won 6-7,6-1,6-1. One of the poor Century girls now has a tattoo of a tennis ball on her abdomen courtesy of a filthy Alleman backhand. At # 3, senior Ashley Scruggs teamed up with junior Connie Ng for the first time. Scruggs showed great leadership in getting Ng to relax and just play tennis. Ng came around nicely, made a few plays at the net, and helped her partner deliver a 6-2,6-4 win for the LadyBowmen. At # 4, the team of Kate Lierow and Megan "Sherlock" Wade were paired up again and they breezed to a 6-1, 6-3 victory. In all, we won 54 doubles games while losing only 19.

Performer of the day honors for singles go to Madison Kirby for winning another 3 setter, and to Amanda Meyer for winning a game against Katie Edwards. For doubles, the honors go to Morgan Lushenko and Hayley Baker.

Team Picture Info: Pictures are April 15th at 3:45 at the tennis courts.

04/06/2009 @ 11:44:21 AM:

Today: At Century. Depart time is 3:10, approx return time is 7:45.

JV Tourney Recap:

The 2nd Annual Sherwood Invitational was a booming success. The good lord provided the weather and our great team of parents and players provided everything else. Special thanks to John &Tammy Mullen, John & Missy Alleman, Maureen Kardish and all of the other parents that were on hand to support our athletes and to assist with the BBQ. I have received several notes from coaches and parents from Wilsonville and Westside Christian thanking us for our hospitality. They were very impressed, and I was very proud to be part of the SHS Tennis family on Saturday.

On the court we had some great success, but the main thing that the coaches noticed was how well everyone competed. All of our players showed maturity and poise and everyone competed with intensity and pride. In pod # 1 we had the teams of Courtney Meyer and Lauren Curtiss along with the team of Kelly Pratt and Savannah Fellers. All four did themselves proud with Meyers and Curtiss winning 3rd place in their pod. Fellers and Pratt were playing together for the first time due to untimely ankle injuries suffered by each of their partners, but they proved to be an effective duo and their play was very solid. In pod # 2 we were represented by four rapidly improving sophomores. Maddie Grant and Kirstie Stearns made up one team and Morgan Howell and Gizelle Polanco made up the other. Neither team finished in the top 3, but they both lost matches 3-2 with key deuce points proving to be the difference. A couple of different points here or there and both of these teams could've earned their way to the prize podium. In pod # 3 the LadyBowmen were repped by the team of Dani Ellsworth and Eliz-a-Bee Curtiss and Alyssa Bishop and a partnerless freshman from Wilsonville. Ellsworth and Curtiss went undefeated to dominate their pod and earned gift cards for their effort. Bishop played with a girl from Wilsonville because we had one extra player and they were short one player. Ellsworth was particularly effective all day long. She played well at the net and did a great job of helping Curtiss get introduced to live competition.

St. Helens Recap:

Won match 5-3 to improve our record to 4-1. Had a great bus ride home and overall enjoyed a very successful road trip. At singles Amanda Meyer played at # 1 and lost to Megan Mannen who is one of the top players in our league. Amanda did a great job of competing for points. At # 2 Elisabeth Alleman lost 6-2,6-3. The match was closer than the scored would indicated as "E" lost several deuce points. Alleman is getting better at learning how to be mentally tough and how to fight for points and we will continue to push her in this area. At # 3, sophomore Madison Kirby notched another key victory for us winning 6-3,6-4 in a hard-fought match. Once Maddie learns how to prepare herself for competition she is going to be a real force in this league. At # 4, junior Michelle Szydlowski continued her unbeaten career with a 6-3, 6-3 win. "Szyd" as she is affectionately know, has yet to lose a set in her varsity career. The coaching staff is in agreement that her groundstrokes are perfect and that her lack of foot speed, and her serve, are the only things keeping her from becoming a big-time player. In Dubs we won 3 of 4 matches with the only loss coming at the # 3 slot. At # 1, juniors Morgan Lushenko and Hayley Baker did a nice job of implementing some new strategies on their way to a 6-3,6-3 win. At # 2, senior Ashley Scruggs was once again paired with junior Theresa Stanley and they again looked fantastic in a 6-4, 6-1 romp. Scruggs was serving missiles all day long while Stanley was making plays everywhere with her superior quickness. We lost at # 3, but juniors Natasha Hardesty and Emily Esaki did a nice job of battling back in this match. In fact, they had to battle back twice. After a wobbly first set they showed nice composure in winning the second set only to see themselves fall behind 5-0 in the 3rd. However, with their backs against the proverbial wall, they fought back to win four straight games to get to 5-4. With Esaki serving the Bowmen faithful were optimistic, but it was not to be as nerves got the best of in the decisive game. At # 4, senior Abby Wolf teamed with junior Jessie Kittel to smack down an overmatched team from St. Helens. The final score was 6-3,6-1 and it could've been a Breadstick/Bagel situation had a few points gone the other way. The match was highlighted by the greatest backhand ever hit in the history of SHS Tennis. The epic blast was delivered by Wolf on a fairly short ball that came courtesy of one of the unsuspecting St. Helens players. The shot was so devastating that it sent murmurs throughout the crowd and it forced the poor team from St. Helens to spend the remainder of the day ducking for cover whenever Abby loaded it up from the backhand side.

Performance of the day honors go to Madison Kirby for singles and to Abby Wolf and Ashley Scruggs for doubles.

04/03/2009 @ 08:44:12 AM:

Friday: At St. Helens, leave SHS at 2:25, return at approx. 8:30. Bring dinner money.

Sat: Meet at courts at 9:00. Varsity to sell flower baskets, JV to prepare for tourney. Tourney will last until 3:00 pm. Bring sunscreen, water, blanket. Prizes will be awarded for winners of each of the 3 pods.

P.S. Check out Parkrose's recent scores: Parkrose 4, Glencoe 4 (Sets 8-8, Games 57-57) - Parkrose 4, Sherwood 4 (Sherwood wins 10 sets to 8 sets) Parkrose 4, Century 4. (Sets: 8-8, Games 73-72)

04/01/2009 @ 11:23:45 AM:

Wednesday: If wet, all players at Hopkins Elementary gym from 5:30-7:00. Bring racket and rope. If dry, JV at Westlake Park (4800 Melrose St., Lake Oswego, OR 97035) at 4:00. Varsity at courts from 5:30-7:30.

Parkrose Recap:

Won match 10-8 (sets) and we are now 3-1 on the year. This is the first time we've ever tied 4-4 in matches and had to use the tiebreaker formula. We won the tiebreaker thanks to sophomores Madison Kirby and Melinda Widows who each won a set despite losing their match. With Amanda Meyer not playing, Melinda Widows moved to the # 1 singles spot and delivered a fantastic performance before falling 7-5 in the decisive 3rd set. It was a riveting match that lasted well into the evening. At # 2 singles, senior Elisabeth Alleman played some fine tennis and really showed some competitive spunk against Parkrose's Anhtu Tran. Alleman lost 6-2, 6-2 but the match was much closer than that as 6 of the games she lost were on deuce points. At # 3 singles, Kirby again went 3 sets, this time coming up on the wrong end of a 6-4,4-6,6-4 score. She fought very hard and battled leg cramps throughout the final set. At # 4 singles, junior Michelle Szydlowski came up huge for us in posting a 6-3, 6-3 win in her first-ever varsity singles match. Without Michelle's win we lose the match 5-3.

In dubs we picked up solid victories at # 1, # 3 and # 4. At # 1 juniors Hayley Baker and Morgan Lushenko got a nice workout in a 6-4, 6-2 win over a very good Parkrose team. These two continue to strive for improvement from match to match and their quality of play just keeps getting better. At # 2, juniors Caitlin Matthews and Megan Wade lost to a very determined Parkrose squad 6-4, 6-4. Both sets were close but we could never come up with big shots on the key points. At # 3, senior Ashley Scruggs teamed up with junior Theresa Stanley and they cruised to an easy 6-0, 6-3 win. Scruggs continued her fantastic play to start the season and Stanley did a great job of making plays at the net. At # 4, senior Abby Wolf was paired with junior Jessie Kittel and they dominated with a 6-1,6-2 victory. Kittel continues to improve and now has her 2nd varsity match under her belt.

Performance of the day honors go to Widows and Szydlowski for singles and to Baker and Stanley for doubles.

03/30/2009 @ 09:58:32 AM:

Big week, pay close attention:

Monday: Optional practice for Varsity: 5:15-7:00, Optional Practice for JV: 6:30-8:00

Tuesday: We host Parkrose at 4:00. Varsity, arrive by 3:10, JV by 4:00.

Wednesday: JV at W. Christian (Lake Oswego) at 4:00. We need parent drivers ! Varsity: 5:15-7:30 at our courts.

Thursday: At St. Helens. Bus departs SHS at 2:25

Friday: JV vs. Newberg at home at 4:00 pm. Varsity to attend.

Sat: Sherwood Invitational JV Tournament 10:00-3:00. Need parent helpers to organize Potluck.

03/25/2009 @ 02:59:21 PM:

Wednesday practice is cancelled.

03/25/2009 @ 11:17:34 AM:

Good Instructional Website: (Jessie, visit it on Sunday) http://www.tennis4you.com/lesson-lounge/lessonlounge.htm

Cruise around the site and learn.

Wednesday: If courts are dry, Voluntary practice, 5:00-7:00

Thursday: If courts are dry, Voluntary practice, 5:15-7:00

Friday: If courts are dry, Voluntary practice, 5:15-7:00

Saturday: Off, Try to hit on your own or set up practice matches.

Aloha Recap:

We defeated Aloha 5-3. They are a 6A school with a huge student body so this was a good win for us. They were missing some of their players but so were we. With Amanda Meyer, Madison Kirby, Catilin Matthews and Abby Wolf gone we had to shuffle our singles line-up. Melinda Widows moved up to the #1 slot, Elisabeth Alleman returned from a long illness and played at # 2, Jessie Kittel played her first-ever varsity match at #3 and freshman Sydney Zuelke played # 4. Zuelke was our lone singles winner. She won the first set, lost the second and then dominated the third in posting a 6-2,3-6,6-0 win. It was nice to have to see Alleman back on the court, and Kittel displayed some grit in battling their # 3 player. In doubles, we swept all four varsity matches. Morgan Lushenko and Hayley Baker cruised to an easy win at # 1, Kate Lierow and Megan Wade dominated at # 2, Theresa Stanley and Connie Ng posted a double bagel at # 3, and Courtney Meyer and Natasha Hardesty overcame a shaky second set to earn a hard-fought 3 set win at # 4 doubles. It was the first-ever varsity match for Meyer and she did a nice job of stepping up when it mattered. In all, we only lost one set in the four doubles matches. Performer of the day for singles was Sydney Zuelke and top doubles performers were Kate Lierow, Theresa Stanley and Connie Ng. Lierow had a great day serving the ball and Ng/Stanley get the nod because of the double bagel. (fyi, when you post a double bagel, or a double breadstick, or a bagel and a breadstick, you will make the coaches very happy and will garner performer of the day recognition)

03/20/2009 @ 01:40:38 PM:

Today's Match Cancelled !!! Hope to see some of you on Monday Night..

03/20/2009 @ 10:58:14 AM:

Today: Meet at High School at 3:30 for trip to Westlake Park in Lake Oswego. Check back later for possible cancellation.

Sat/Sun : Off

Monday: Voluntary practice, 5:00-7:00

Tuesday: At Aloha. Need to figure out carpools. Meet at courts at 3:00. http://www.beavton.k12.or.us/aloha/

Wednesday: Voluntary practice, 5:00-7:00

Wilsonville Recap:

Lost 8-0. They are still better than we are.. Received solid performances from Madison Kirby at #3 singles and from Megan Wade and Abby Wolf at # 2 doubles. Collectively, we need to realize that everyone gets nervous early-on, but after a game or two it's just tennis. Kirby was the only member of our team to win a set against the Wildcats. Singles line up was Amanda Meyer at #1, Melinda Widows at # 2, Kirby at # 3, and Caitlin Matthews at # 4. For dubs, Lushenko/Baker played # 1, Wade/Wolf #2, Lierow/Scruggs at # 3 and Esaki/Hardesty at # 4. All of the doubles matches were relatively close but we simply failed to capitalize on game-winning opportunities. Other than Kirby's match, none of the singles matches were close. Performance of the day honors went to Kirby for singles and to Wolf, Wade and Scruggs for dubs. On a brighter note, our JV won all but 1 match versus their JV and all of our athletes got to play.

Liberty Recap:

Won 5-3. Match was tied 3-3 but we eked out 3 set victories at #2 dubs and # 3 singles. The # 2 dubs match was a doozy. Juniors Connie Ng and Theresa Stanley won in dramatic fashion 7-6,6-7,6-4, overcoming a 3-0 deficit in the pivotal 3rd set. Coach Rubrecht deserves much of the credit for helping to get them re-focused after their dismal start in the final set. This was their first varsity match together and it's a real contender for match of the year honors. At # 3 singles, sophomore Madison Kirby shook off a shaky second set and rolled to a 6-0 third set triumph. It was Kirby's first-ever varsity match. Senior Amanda Meyer was a little nervous in her debut as our # 1 singles player. After a very poor first set she settled down and did a great job of competing in the 2nd set. At # 2 singles, sophomore Melinda Widows lost to a very steady player from Liberty. It was Widows' first-ever varsity singles match and she exhibited flashes of brilliance. The # 4 singles spot was filled admirably by senior Abby Wolf. After a horrendous start, Wolf came back and nearly forced a 3rd set. If the same two were to play again today I'd put my money on Abby. We wound up winning all four doubles matches which is a SHS trademark. At # 1, juniors Morgan Lushenko and Hayley Baker showed why their are district championship contenders with an easy straight set win. At # 3, seniors Kate Lierow and Ashley Scruggs played beautifully in dismantling an overmatched Liberty squad. And, at # 4 dubs, juniors Emily Esaki and Natasha Hardesty delivered a tremendous performance in their Varsity debut as they posted a double bagel win. Performance of the day honors went to Madison Kirby for singles and to Esaki, Hardetsy and Scruggs for dubs.

03/18/2009 @ 11:49:46 AM:

Season Preview:

Greetings. The '09 version of the mighty Lady Bowmen can be described in one word: Depth. We are incredibly deep this year which is why we'll probably have 15-18 players earning varsity letters. We've been severely hampered by the bad stretch of weather, but so have most of our rivals..

We are very fortunate to have received the help of additional coaches while I've been recovering from shoulder surgery. Todd Wilcox and Edmund Carter have been wonderful in the way they teach the game and the way they relate to our players. Matt Rubrecht has also been very instrumental, helping us in a variety of ways. Matt is now in his third year and he continues to be a great asset to our program. I said it at our pre-season meeting and I'll say it again, this is the finest tennis staff in the state.

While we have to replace a fantastic senior class from last year, we feel that we can do so with the help of an enormous junior class. This class of 17 comprises more that 50% of our team. They are led by our # 1 doubles tandem of Morgan Lushenko and Hayley Baker. This team will contend for a district championship and should be able to make a good run in the state tournament. While they are a great doubles team they certainly aren't the only juniors that will contribute to our success this year. We expect to get huge contributions from the doubles teams of Theresa Stanley /Connie Ng and Natasha Hardesty/ Emily Esaki. These two teams are vastly improved and are eager to make the jump from JV to Varsity. Joining these four in making the ascension from JV to Varsity are Megan Wade, Caitlin Matthews, Jessie Kittel, and Michelle Szydlowski. Matthews and Szydlowski are trying to make their mark as singles players while Wade and Kittel will fill in at the varsity doubles positions and may wind up as a doubles pair themselves. On the JV side, we've got some new faces from the junior class. Aubrey Ringer, Kelly Pratt, Kenzie Owen and Stephanie Viers will join returnees Dani Ellsworth, Courtney Meyer and Lauren Curtiss in rounding out ou huge junior class. Meyer and Curtiss are improving rapidly improving as a doubles team and could put some pressure on some of the varsity teams as the season progresses.

While the junior class is large in numbers our senior class is long on experience. Elisabeth Alleman, Kate Lierow, Amanda Meyer, Ashley Scruggs and Abby Wolf have each been in the program since their freshman year. Their collective improvement over that time has been remarkable. Their attitude and academic excellence is also something that we are extremely proud of. All five are university-bound next year as we continue our amazing streak of sending our seniors off to college. On the court, we expect to get big contributions from each of them. Meyer will begin the season as our # 1 singles player and Alleman will push her all season long. Wolf will swing between singles and doubles while Scruggs and Lierow will form one of our top doubles teams. We're also happy to announce the arrival of foreign exchange student Kahti Fassbender who is now part of this class.

The youngsters from the freshman and sophomore class will be led by Madison Kirby and Melinda Widows. These two sophomores will compete for top singles spots all year long. Also back from last season is Morgan Howell who has shown tremendous improvement from 2008. New to the sophomore class are Kirstie Stearns, Maddie Grant and Gizelle Polanco. Each shows promise and will help us in the coming years. The freshman class is small but talented. Sydney Zuelke, who recently moved to town, is a very promising player who possesses good knowledge of the game and great athleticism. She is joined by Savannah Fellers, Alyssa Bishop and Elizabeth Curtiss.

With the loss of so many outstanding seniors from last year this could be labeled as a rebuilding year but we don't look at it that way. While we're still tinkering with our ladder and lineup, we feel that we'll again be near the top of the league and will continue to push Wilsonville. The Wildcats will again be the conference favorites and we expect St. Helens, Liberty and Glencoe to be vastly improved.

We have been blessed with a great group of kids this year and we look forward to coaching them up. We're hopeful that we will get a great deal of support from friends and family at all of our home matches.

Thanks for your continued support of our program. Coach Krauel

03/17/2009 @ 01:14:12 PM:

Today's match is cancelled and rescheduled for tomorrow. Tonight: All players in Hopkins Elem. Gym from 5:30-7:00

03/17/2009 @ 10:46:57 AM:

Liberty Match at Home Today. Arrive at 3:15 if you're on Varsity, 3:45 if on JV. If we get rained out we will post practice schedule later on today so please check back.

03/16/2009 @ 11:18:34 AM:

Monday: Gyms not available, courts at Tual. Hills not available, so...

It's LadyBowmen Movie Nite: Meet at theater at 6:30. Depending upon what your folks allow you to see you'll either be watching Slumdog Millionaire at 6:45 or Coraline at 6:50. Bring $5.00 for movie.

If you need transportation use your phone tree..

03/13/2009 @ 06:29:57 PM:

NO PRACTICE SATURDAY, ENJOY THE DAY OFF

03/12/2009 @ 07:38:06 PM:

FRIDAY: ALL PLAYERS OPTIONAL PRACTICE 4:30-6:00

03/12/2009 @ 10:26:57 AM:

Thursday Schedule: JV: 5:15-6:45, Varsity 6:30-8:00. (JV is early)

03/11/2009 @ 11:15:06 AM:

News & Notes:

Participation Fees need to be paid on Thursday. Please have your parents fill our a transportation form if you plan on riding to any of our matches with a teammate.

If you don't know how to keep score, and don't know the rules of doubles, you cannot play in our matches. Here are some helpful lins for you: http://www.ehow.com/how\_1154\_keep-score-tennis.html / http://tennis.about.com/cs/forjuniors/a/girlshighschool.htm

If you're off tonight, and have your homework done, feel free to stop by the courts to watch some of the challenge matches.

Challenge Matches Today. If you're not listed, you are off. Use the time to Study !!!

5:05 : Ct. 1 - Matthews vs. Kirby, Ct. 2 - Stanley/Ng vs. Lierow/Scruggs, Ct. 3 - Hardesty/Esaki vs. Kittel/Wade

6:10: Ct. 1 - Szyd vs. Wolf, Ct. 2- Curtiss/Meyer vs. Zuelke/Fellers, Ct. 3 - Lush/Baker vs. A. Meyer/Widows

03/10/2009 @ 10:13:18 AM:

Tuesday Practice:

Varsity: 5:30-7:00, JV: 6:30-8:00. If you have paid, you will get your gear tonight..

If wet: All players meet at courts at 5:30.

03/05/2009 @ 10:53:00 AM:

If challenge matches get rained out we'll be in the gym from 5:30-7:00

03/04/2009 @ 04:54:26 PM:

Thursday Schedule:

At Tualatin Park (8515 SW Tualatin Rd.) at 5:00: A. Meyer vs. Widows, Kirby vs. Alleman. Play first one to 10, must win by 2. Carpool if possible. Get new balls. Coach Krauel to supervise.

Rest of the matches will last exactly one hour. The score at the end of the hour is the final score. Keep going past completeion of set. In other words, the final could be 11-4.

At our Courts at 5:00: Howell/Ellsworth vs. Bishop/Curtiss, Pratt/Viers vs. Polanco/Fellers, Owen/Ringer vs. Stearns/Grant. At our courts at 6:10: Curtiss/Meyer vs. Kittel/Wade, Szydlowski vs. Zuelke, Lushenko/Baker vs. Scruggs/Lierow. At our courts at 7:15: Ng/Stanley vs. Esaki/Hardesty, Wade vs Kittel, Wolf vs. Matthews

03/03/2009 @ 02:05:13 PM:

Tuesday, March 3rd: Varsity: 5:15-6:45, JV 6:30-8:00

02/24/2009 @ 08:41:55 AM:

Tuesday: As of now, we're in the gym from 5:30-7:00. Check back at 4:00 pm. If anything changes it will be posted by then. Bring jump rope tonight.

All players, Lookie Here: http://www.playerdevelopment.usta.com/pdmediabooks/players.asp

you'll be quizzed about how to utilize this website. If you don't know exactly how to use it you'll be in the doghouse.

select player you want to learn from, select stroke, study all parts of the stroke: Preparation, Unit Turn, Loading, Hitting, Contact, Follow-Thru.. Click on comments and analysis. Use the slide show feature. Watch it in slo-mo and in fast motion. Practice this in front of a mirror, with or without a racket. You are in control of how good you get and how fast you get there !

02/23/2009 @ 04:49:45 PM:

Monday Update: We're still on for gym but if courts continue to dry we may switch to the courts.

02/11/2009 @ 12:29:14 PM:

1st day of practice is Feb. 23rd from 5:15-7:30 for ALL PLAYERS. If courts are wet check back for alternate plan.

All returning players need to re-take the tennis test that is posted here on the site and bring it to the first practice. Make sure that you do not miss more than one question on the test. Try to get out and hit between now and the 23rd !

New Players: Don't forget to bring a jump rope to first practice. Also, wear shorts, tennis skirt or sweatpants to practice.

New Coaches: Edmund Carter and Todd Wilcox. Both are excellent additions to our staff !

08/29/2008 @ 03:20:44 PM:

News & Notes:

Our annual Sunriver trip was a fantastic experience for all of our athletes. Special thanks to all that were involved with transporting and supervising the girls, and to those that assisted with fundraising.

Speaking of fundraising, we are selling Entertainment Books for $20.00. Each tennis player is expected to sell two Entertainment Books. They will be available next week.

The Booster Club auction/dinner is set for October 18th at the Wilsonville Holiday Inn. Please contact Tammy Mullen at megnjohnsmom@yahoo.com for info on how to help donate and to get info on the table that the tennis parents will share. Here is a link for the SHS Booster Club: http://www.sherwoodboosterclub.com/content.cfm/Fundraising/SHS-Booster-Auction

The tennis test is loaded in pdf format on the left side of this page. All returning players must be able to answer 34 of the 35 questions prior to the beginning of next season.

Let Coach Krauel or Coach Rubrecht know if you are interested in signing up for the Edge Performance Training Program that Club Sport in Tualatin has offered the SHS Tennis program. It's a 6 week program that includes 2 sessions per week. If we can get 8 athletes to sign up the cost would be $149.00 per person. If we started our 6 week stint in early January it would take us right up to the start of the season. From their brochure: "At the Edge, we provide a high energy training program designed to enhance athletic performance. We focus on fine tuning your inherent skills and teaching proper technique to help you get the "edge" over the competition. The Edge is a dynamic 6 week program that will develop speed, agility, power, coordination, and flexibility to push you beyond your current athletic abilities. Our proven methods are taught by nationally certified performance coaches." This program might be good for those of you that don't get out and do conditioning on your own. Many local prep athletes have signed up for it. More info is available if you are at all interested.

07/02/2008 @ 02:53:36 PM:

The Kinteic Chain and the Serve, read it and understand it:

http://www.revolutionarytennis.com/step12-2holistic.html

05/14/2008 @ 08:38:41 PM:

I would like to take minute to thank you all for a fantastic tennis season. I really enjoyed coaching all of you and I am already looking ahead to next year. Thank you for the wonderful card and gift card, Alyson and I will definitely enjoy it. The beautiful roses look great on our table, Alyson loves them. I will be around all summer, so please call or text me whenever you would like to go hit.

I will see you out at the courts!!

Matt

02/14/2008 @ 11:22:37 AM:

Golfsmith Info: Use this number for all purchases.

Welcome to the Golfsmith Player Rewards program!

Your Player Rewards Program number is:

415259052272

The Golfsmith Player Rewards program offers many benefits that will help you in every aspect of your game.

As a Player Rewards member, you will receive:

• 15% OFF ANY SINGLE ITEM ON YOUR NEXT PURCHASE\* (see coupon code below)

• Special product offers and money-saving coupons throughout the year

• An extra 10% trade-in bonus for your golf clubs

• Advance notice of sales, special invitations to VIP only events

• Every fifth tennis racquet stringing is free

02/07/2008 @ 12:52:26 PM:

http://www.playerdevelopment.usta.com/home/default.sps

click "Learn from the Pros" box, select player, select stroke, study all parts of the stroke: Preparation, Unit Turn, Loading, Hitting, Contact, Follow-Thru.. Click on comments and analysis. Use the slide show feature. Watch it in slo-mo and in fast motion. Practice this in front of a mirror, with or without a racket. You are in control of how good you get and how fast you get there !

04/25/2007 @ 07:18:11 AM:

ACADEMIC ALL STATE TEAMS: (Great job ladies !)

http://www.osaa.org/awards/allstate/0607/spring/girltennis.asp#5a

OSAA News Release

Wilsonville, OR - Churchill High School (girls golf and boys tennis) and Union High School (boys track and softball) each earned two awards to lead the way as twelve teams received honors in the Spring edition of the Dairy Farmers of Oregon Academic All-State program released by the OSAA. Other winning teams include Tigard (speech), Western Mennonite (choir), West Salem (band), South Salem (orchestra), Burns (boys golf), North Salem (girls tennis), Triad (girls track), Santiam Christian (baseball).

"We are proud to join the Dairy Farmers of Oregon in saluting these outstanding student-athletes," said Tom Welter, OSAA Executive Director.

"What a great statement all of the participating schools are making about the important role academics play in our high school activity programs."

The twelve teams listed below earned the highest team grade-point average (GPA) in the entire state for their activity, regardless of classification. The winning team in each Spring activity will receive a plaque in honor of outstanding scholastic achievement and each team member will receive a "got milk?" sweatshirt and a certificate.

Additionally, the Dairy Farmers of Oregon help recognize the achievement of all Top Ten teams by providing each student-athlete with a commemorative lapel pin. More than 7,900 lapel pins are being distributed to deserving student-athletes this season.

03/22/2007 @ 08:49:32 AM:

http://www2.oncourtoffcourt.com/TennisArticles/TeachingandCoaching/tabid/239/ctl/NewsArticle/mid/613/CategoryID/3/NewsID/22/Default.aspx

All Players: read situation 2 and 3 carefully. (above)

Friday Practice: Challenge matches at 5:15: Court 1: Puckett vs. M. Anderson, Court 2: K. Anderson vs. A. Lund, Court 3 : Alleman/Meyer vs. Jarone/Noblet. Challenge matches at 6:45: Court 1: Boulton/McGee vs. McCreery/Adams, Court 2: Lierow/Choi vs. Baker/Lushenko, Court 3: Esaki/Lewis vs. Szydlowski/Kittel. Be sure to play best two out of three sets and be sure that you have two or three good tennis balls to start the match. If you don't show up for the challenge match you automatically LOSE. Everyone else is encouraged to join me at the baseball field to support the baseball team.

03/13/2007 @ 08:41:53 AM:

serious tennis players please study this link, especially item # 5.

http://tennis.about.com/od/strategysinglesdoubles/a/mentaltough5tip.htm

MATCH TODAY AT HOME AT 4:30: ALL PLAYERS MUST ATTEND

03/01/2007 @ 02:25:02 PM:

All Doubles Players need to read and study this link. Learn all of this material. Study it and learn it!

http://www.jimloy.com/tennis/doubles.htm

03/01/2007 @ 10:46:59 AM:

All Players Need to Study this Link: (it's the basics of serving)

http://tennis.about.com/od/serve/a/faqbasicserveor.htm

12/08/2006 @ 11:05:47 AM:

I encourage ALL SHS tennis players to view this link re: US Tennis Association college scholarships:

http://www.osaa.org/tennis/07USTAT&EFScholarshipInfoApp.pdf