



**Lynx**  
Healthcare



**PRESENTS**

**TRI-CITIES HIGH SCHOOL  
FOOTBALL PREVIEW**

**A Tri-City Herald PUBLICATION**



# CHIAWANA RIVERHAWKS



## 5 Facts You Need To Know

**1** Chiawana brings back Andrew Vargas, the standout running back who was the Mid-Columbia Conference's co-Offensive Player of the Year in 2015. Vargas blossomed under the Riverhawks' offensive system, which is to hand off to the featured running back 25-30 times a game as he takes advantage of a physical offensive line blocking for him. Oh, by the way, he doubles as the team's punter.

**2** That offensive line is experienced, starting with senior Anthony Reisch. The 6-3, 280-pounder started as a sophomore in 2014, when the Riverhawks made it to the 4A state finals and lost to Bothell. Juniors Julian Benitez and Ford Powers were starters last season as sophoms. A fourth starter, Josh Alvarez, earned second-team all-conference honors last season as a sophomore.

**3** The Simpkins brothers are back. Troy will once again start at quarterback, while Trent will play defensive back, where he was an honorable mention MCC selection in 2015.

**4** There may be no better player in the entire league than linebacker Caleb Weber. He started at middle linebacker as a soph in 2014 and was one of the team's top tacklers. Last season as a junior, opposing teams game planned towards him, and Weber's teammates had a tough time picking up the slack. "But this is his senior year," said Chiawana coach Steve Graff, who expects nothing but great things from him. "He's been a good leader in the weight room. Other teams are going to have a hard time blocking him this year." Graff plans to use Weber on the offensive side of the ball too, whether it's as a tight end or spelling Vargas at the running back spot.

**5** About the defense, Graff has concerns about his secondary, saying it needs to pick up the pace. But he did get an added bonus when Josiah Richardson, who started in the secondary last season at Hanford, transferred to Chiawana in the offseason. Graff is also impressed with DL Austin Penny and AJ Vongphachanh.





## 2016 SEASON SCHEDULE

- Sept. 2 @ Moses Lake
- Sept. 9 @ West Valley (Yakima)
- Sept. 16 Kamiakin (Kennewick)
- Sept. 23 Hanford (Richland)
- Sept. 29 @ Kennewick
- Oct. 7 Southridge (Kennewick)
- Oct. 14 @ Pasco
- Oct. 21 Richland
- Oct. 28 @ Walla Walla
- Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.



## AUTO ACCIDENT?

Dr. Ray Stroup, Chiropractic Physician,  
has over 15 Years of Experience working  
with patients injured in Auto Accidents.

[www.lynx.healthcare](http://www.lynx.healthcare)



**CALL NOW!!! 509-591-0070**





# HANFORD FALCONS



## 5 Facts You Need To Know

**1** After a 4-6 first season, second-year coach Brett Jay is looking for some defense. Over the final five games, Falcons offensive stars averaged 32 points over that stretch. Unfortunately for the Hanford defense, opponents averaged 51 points a game against them. At least it was fun to watch. Still will be. Tayvonne Miller is back at running back. Last season he rushed for 647 yards. He caught 28 passes for another 272 yards. He scored 11 touchdowns.

**2** Jay is leaning towards sophomore Garrett Horner to start at quarterback. Horner, at 5-10, 147 pounds, played on the freshman team last season. Another sophomore, Josh Fonner, started on varsity midway through the 2015 season, passing for 1,575 yards and 12 TDs. But as this season starts, Horner has beat out his classmate for the starting nod. "He's executed well," said Jay. "He distributes the ball well."

**3** Whoever is throwing the ball will have plenty of targets. Desmond Samples, who has been on varsity since he was a freshman, is finally a senior. Samples started last season at

QB but was then moved to the outside to take advantage of his speed. Thomas Kitchens, Demetri Woody and speedy track star Joe Gauthier (10.7 seconds in the 100 meters) add to the team's depth at receiver.

**4** The offensive line will be led by senior Brock Wellsfry, a standout who has already verbally committed to Oregon State University. He'll be assisted by juniors Max Busselman and Gavin Cooper.

**5** Above all, though, Jay is going to depend on his defensive unit to help keep the Falcons in the game. DL Drezdyn Lyons-O'Daol, a second-team All-MCC pick at defensive line last season as a sophomore, will lead the way. So will LB AJ Wiegand, DB Joe Montoya, and senior captains LB Mateo Valdez and DE Dimitri Fonti. "We've got to have a defense that can shut down our opponents," said Jay. "We're excited about what we've put into place. Now it's time to execute."





## 2016 SEASON SCHEDULE

- Sept. 2 @ Davis (Yakima)
- Sept. 9 Moses Lake
- Sept. 16 Walla Walla
- Sept. 23 @ Chiawana (Pasco)
- Sept. 30 Kamiakin (Kennewick)
- Oct. 7 Kennewick
- Oct. 13 @ Southridge (Kennewick)
- Oct. 21 Pasco
- Oct. 28 @ Richland
- Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.



DR. STEVE DECHTER, DO



DR. SCOTT SPENDLOVE, DO



DR. DANIEL SMITH, DO

## INTERVENTIONAL PAIN MANAGEMENT Tri-Cities Pain Clinic

Our board-certified, fellowship-trained interventional pain medicine physicians are leading the way in nonoperative care for chronic pain.

BACK PAIN  
NECK PAIN  
HEADACHES/MIGRANES  
PERIPHERAL NEUROPATHY  
WORK INJURIES

CANCER PAIN  
POSTOPERATIVE PAIN  
SCIATICA  
SHINGLES  
PHANTOM LIMB & STUMP PAIN

# CALL NOW!!!

509-591-0070  
[www.lynx.healthcare](http://www.lynx.healthcare)







# KAMIAKIN BRAVES



## 5 Facts You Need To Know

**1** Kamiakin returns a large number of veterans from last season's 8-3 team. Enough that the Braves are ranked second behind Eastside Catholic in the Associated Press' first high school football poll this season. "We've got a lot of talent," said Braves coach Scott Biglin. "Do I think we're No. 2 in the state? Not yet." Offensively, things start with returning quarterback Zach Borisch, a second-team all-leaguer who threw for 1,490 yards and 21 TD passes. "He's a judo guy, so he's tough," said Biglin. "I've never met a guy who works as hard as he can." As for the offense, "We're going to try to play real fast this year."

**2** Borisch will have a number of quality receivers to throw to, including standout Darreon Moore. He was a second-team all-MCC receiver last season. But there's more. Biglin is high on Isaiah Brimmer, a 6-foot-6 basketball star who will be tough to defend 1-on-1; Champ Grayson and Benson Smith. "I think our outside receivers are pretty good," said Biglin. "Grayson's father played at WSU, and Smith is going to turn a lot of heads."

**3** When the Braves aren't throwing, they'll be handing the ball to running back Jethro Questad, who was first-team all-MCC last season after rushing for 1,241 yards and scoring 13 touchdowns.

**4** Biglin will have a strong offensive line, led by Wyatt Musser. "We need more depth on our offensive line, though," said Biglin. "We've got good guys all the way up to guys five, six and seven. But it's a long season and we need to find that eighth and ninth guy."

**5** The Braves should be outstanding defensively too. DB Moore, DL Hayden Larson and LB Alex Bayuk were all first-team MCC selections last season. "Hayden had a good offseason," said Biglin. "And in spring ball, Alex was phenomenal. We did have to tell him to slow down. He was going to get somebody hurt." Bayuk will also help on the offensive line.





## 2016 SEASON SCHEDULE

- Sept. 2 Eastmont (East Wenatchee)
- Sept. 9 @ Lewis & Clark (Spokane) 8 p.m.
- Sept. 16 @ Chiawana (Pasco)
- Sept. 23 Pasco
- Sept. 30 @ Hanford (Richland)
- Oct. 7 Richland
- Oct. 14 @ Kennewick
- Oct. 20 Walla Walla
- Oct. 28 @ Southridge (Kennewick)
- Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.

Dr. Ray Stroup, DC



# CHIROPRACTIC

OVER 15 YEARS OF EXPERIENCE!!!

Auto Injuries  
Sports Injuries  
Neck Pain  
Sciatica

Work Injuries  
Fibromyalgia  
Hip & Knee Pain  
Low Back Pain

Carpal Tunnel Syndrome  
Shoulder Pain  
Tendonitis/Bursitis  
and more....



# CALL NOW!!!

509-591-0070  
[www.lynx.healthcare](http://www.lynx.healthcare)





# KENNEWICK LIONS



## 5 Facts You Need To Know

**1** The Lions went 4-5 in regular-season play last year, but got hot at the end with a regional win over Mt. Spokane and state playoff victory over Wilson of Tacoma, before being eliminated in the quarterfinals by Lakes. “That Mt. Spokane game last year was probably the most satisfying win I’ve had in my life,” said Lions coach Bill Templeton. A lot of freshmen and sophomores were on the sidelines during the late season run, exposing them to success and what it takes to win.

**2** “I think our offensive and defensive lines are solid,” said Templeton. “But we’re not real deep though.” So they have to stay healthy. Leading the group will be Brendon Villasenor, a second-team all-MCC choice last year. TE-DE Moses McAninch, whose parents were missionaries in Africa, has impressed Templeton with his motor. Sumner transfer James Cozad, a defensive lineman, has also been impressive.

**3** The coach’s son, A.J. Templeton, is an outstanding athlete, playing late last season on varsity as a freshman. The

youngster was impressive as a quarterback on the freshman team, and with the varsity he played wide receiver and special teams. Now a sophomore, he’ll get the start at quarterback in Friday’s season opener at Prosser.

**4** Templeton’s targets will include Blake Loftus and Keyshawn Owens. Loftus, a second-team all-star, was second in receiving last year with 42 catches for 460 yards. The speedy Owens was one of the top kick returners last season, averaging 21.9 yards a return. “Keyshawn has really dedicated himself to the school year,” said Templeton. “He’s been real solid and focused.” Kennewick has a number of standouts returning at running back, including Ronnie Loomis (572 yards rushing in 2015) and Isaac Ruiz (539).

**5** Templeton loves his linebacking corps of James Bambock, Andrew Fridley (2nd-team All-MCC) and Alejandro Manzano. “They’ve done a good job,” said Templeton. DB Jared Gray led the Lions last season with four interceptions.



## 2016 SEASON SCHEDULE

Sept. 2 @ Prosser  
Sept. 10 @ Cleveland (Seattle), 12 p.m.  
Sept. 16 Richland  
Sept. 23 @ Walla Walla  
Sept. 29 Chiawana (Pasco)  
Oct. 7 @ Hanford (Richland)  
Oct. 14 Kamiakin (Kennewick)  
Oct. 21 Southridge (Kennewick)  
Oct. 28 @ Pasco  
Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.



## EXPERIENCING PAIN? GET RELIEF!

 **Tri-Cities  
Pain Clinic**  
a Lynx Healthcare company



ALEXANDRA STONE, PA-C



NICOLE SLADE, NP



RIC MELENDREZ, PA



JIM PETERSON, PA



SAL LOPEZ, PA-C

- LET US MANAGE YOUR MEDICATIONS & SIDE EFFECTS
- WE CAN HELP YOU BECOME LESS DEPENDENT
- WE WORK WITH ALL OUR OTHER SPECIALTIES



# CALL NOW!!!

509-591-0070  
[www.lynx.healthcare](http://www.lynx.healthcare)



# LIBERTY CHRISTIAN



## 5 Facts You Need To Know

**1** In most seasons, losing a player like John Lesser to graduation would be the top story for a team going into the new season. But not for Liberty Christian. The Patriots, who went 12-1 and lost in the state 1B semifinals last year, are moving from 8-man football up to 11-man. They're also playing in a new league, called the Eastern Washington Athletic Conference, which also includes Dayton-Waitsburg, DeSales, Kittitas, Lyle-Wishram, Mabton, Tri-Cities Prep and White Swan. "We've emphasized conditioning more this year because of the 11-man game," said Pats coach Craig Lukins. "The kids are used to a 4-play scoring drive with a 70-yard touchdown. Now they have to be ready for 5, 6-yard gains and 12-play scoring drives."

**2** But about Lesser. He graduated last spring after setting national 8-man records in rushing with 9,019 yards and scoring touchdowns with 147 over his four-year career. But the Patriots have some guys ready to step in. And it's time to move on.

**3** Nico Shupe rushed for 885 yards last season. Konnor Denhoed saw time at quarterback and was the No. 2 guy on the team in tackles with 96. Teammate Eric Swanson had 94 tackles last season. Mason Knode may get the start at QB. But Denhoed will be on the field getting his touches.

**4** To play 11-man, Lukins grabbed a few new guys to fill out his roster to 28. And some of them are talented athletes. That includes baseball and basketball stars Trey Davis and Riley Sullivan.

**5** It's going to be tough for the Patriots to get their feet underneath them at the start of the season. They lost their first game opening weekend when Seton Catholic cancelled on them. Their Week 2 opponent, Wilbur-Creston, opted to drop to 8-man over the summer. The Pats were able to schedule the Hanford JV on Sept. 10 for their opener. So they'll get one game in before the EWAC schedule begins.





## 2016 SEASON SCHEDULE

Sept. 10 @ Hanford JV (Richland), 4 p.m.

Sept. 16 @ Mabton

Sept. 23 DeSales (Walla Walla)

Sept. 30 @ Kittitas

Oct. 7 Tri-Cities Prep (Pasco)

Oct. 14 Lyle-Wishram

Oct. 21 @ White Swan

Oct. 28 Dayton-Waitsburg

Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.



## SPORTS INJURIES

SPORTS INJURIES KEEPING YOU FROM BEING A PART OF THE TEAM?  
LET OUR TEAM OF MULTISPECIALTY PROVIDERS AT Lynx Healthcare HELP YOU GET BACK IN THE GAME!

SHOULDER/ROTATOR CUFF INJURIES  
KNEE SPRAINS/TENDONITIS  
WRIST SPRAINS/INJURIES

HIP SPRAINS/BURSITIS  
GOLFER'S/ TENNIS ELBOW  
PLANTAR FASCIITIS

ANKLE SPRAINS  
BACK INJURIES/SPRAINS  
NECK INJURIES/SPRAINS



# CALL NOW!!!

509-591-0070  
[www.lynx.healthcare](http://www.lynx.healthcare)



# WHO TO WATCH

## Top 5 Players



Darreon Moore, WR-DB  
Senior for Kamiakin

EWU has already offered Moore a scholarship, as his stock really went up over the summer. "He is a workhorse," said Kamiakin coach Scott Biglin. "He played on a 7-on-7 tournament team, practicing in Seattle and playing with a lot of those Bellevue guys. He went to camps in Mississippi and California. He'll play both sides of the ball, and guys will fill in when he needs a break." Moore is a 4-year starter for the Braves.



Jethro Questad, RB  
Senior for Kamiakin

First of all, the guy has the best first name in the MCC. But he can also run with the football, rushing for 1,241 yards last season, averaging 7.8 yards per carry, and scoring 13 touchdowns last season. Kamiakin coach Scott Biglin says Questad should be even better this season. "He started working with (former Tri-Cities Fever standout) Brandon Wilson," said Biglin. "He came in every day during the summer to work out." Questad has a couple of NCAA Division II schools looking at him.



Paxton Stevens, QB  
Senior for Richland

Last year, as a junior, the 6-3, 180-pound Stevens started the season behind schedule after an offseason injury. "A lot of people didn't know he was hurt all winter and spring before last season started," said Richland coach Mike Neidhold. "Paxton was smart enough and understood defenses enough, that all we told him was 'you need to work on your accuracy.'" He has a gun for an arm, but it took him awhile to get that touch. And he did. He finished the regular season with 1,788 yards passing with 13 TD passes, leading the Bombers to the state 4A semifinals. He was also first-team all-MCC at quarterback.



# Lynx Healthcare Tri-Cities High School Football Preview



Andrew Vargas, RB  
Senior for Chiawana

The senior was the Mid-Columbia Conference's co-Offensive Player of the Year in 2015. At 5-9, 205 pounds, Vargas was hard to bring down. He sees his lanes very well and knows when to make the right cut. He rushed 268 times last season for 2,145 yards for an average of 8 yards per carry. He also found the end zone frequently, scoring 25 touchdowns. He was also the MCC's first-team punter, averaging 33.4 yards per kick.



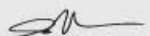
Caleb Weber, MLB-TE  
Senior for Chiawana

Weber has been a standout for the Riverhawks since his sophomore year, when he was one of the leading tacklers for a team that played for the 2014 state 4A title. In the spring, Weber was invited to the prestigious Nike Football The Opening Regional camp in Seattle, where he performed well. At 6-2, 227 pounds, Weber will have the ability to freelance on defense from his linebacker position and should be in on a number of tackles. He'll also play some tight end and spell standout running back Andrew Vargas at times.



A message from Ian Evans  
Lynx Healthcare CEO

At Lynx Healthcare we have made a long-term commitment to the Tri-Cities area, from not only a health standpoint, but also with our community involvement. It is our hope that through sponsorship of this Football Preview and putting the focus on each high school and all the spectacular student athletes in the area, we can bring more fun, excitement and enjoyment to the 2016 Football Season. Our long term plan is to put together future issues focusing on all sports for each season with Winter and Spring Previews later this school year! Look for us in the community as we hope to get much more involved as we continue to grow and expand throughout the Tri-Cities region. We wish all the schools, coaches, families and student athletes a healthy, fun and successful season!

  
Ian Evans, CEO

[www.lynx.healthcare](http://www.lynx.healthcare)  
509-591-0070



Ian Evans, CEO







# PASCO BULLDOGS



## 5 Facts You Need To Know

**1** Second-year coach Kevin Jolley led Pasco to a 1-9 record in 2015. That wasn't as good as the 2-8 the previous year. However, a closer look at the Bulldogs' 2015 reveals that four of Pasco's losses were by a touchdown or less. And a number of those players return for this season. "I think our first groups could be pretty good," said Jolley. "But now we need to go find some good backups."

**2** Kolby Killoy, the starting quarterback for the last few seasons, has graduated and is now on the Carroll College football roster. So Jolley is looking for a new QB. He has two candidates in senior Keaton Stewart and sophomore Emilio Davila. Stewart can throw the ball, while Davila is an all-around athlete, playing varsity basketball and baseball last year as a freshman.

**3** Deondre Hendrix wasn't the starting running back last season. That job belonged to Kaleb Ash, now at Central Washington University. But when Hendrix did play, he could

do some damage, running over smaller defensive secondary players with his 6-foot-2, 225-pound frame. "I think he's going to be fun to watch," said Jolley.

**4** Tayden Jenkins is smaller than Hendrix at 5-7, 155, but he could see plenty of touches at either halfback or receiver. Jenkins is speedy and was an honorable mention MCC selection last season as a kick returner after he returned 16 kickoffs for an average of 22.6 yards per return. Together with Hendrix, something potent could be happening to Pasco's offense. "I think running the ball with Deondre and Tayden is going to be our strength," said Jolley. "That's a pretty good 1-2 punch combination."

**5** Jolley says his receiving corps is strong. Ryan Calveard, Izmael Mercado and Jacob Sandoval were guys who saw plenty of playing time last season. The key, Jolley said, is giving Stewart or Davila enough time to throw the ball. So the offensive line will need to be a strong, cohesive unit.





## 2016 SEASON SCHEDULE

- Sept. 2 Eisenhower (Yakima)
- Sept. 9 Davis (Yakima)
- Sept. 15 @ Southridge (Kennewick)
- Sept. 23 @ Kamiakin (Kennewick)
- Sept. 30 Richland
- Oct. 7 @ Walla Walla
- Oct. 14 Chiawana (Pasco)
- Oct. 21 @ Hanford (Richland)
- Oct. 28 Kennewick
- Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.



Lynx Healthcare **TRI-CITIES ATHLETE OF THE WEEK**



CHECK HERE EVERY WEEK FOR THE TRI-CITIES ATHLETE OF THE WEEK THIS FALL!  
ONLY FOUND IN THE *Tri-City Herald*!!!

**DON'T MISS A WEEK!!!**

 FOLLOW US ON FACEBOOK! @lynxhealthcare

**WE LOVE OUR COMMUNITY!** 509-591-0070  
www.lynx.healthcare







# RICHLAND BOMBERS



## 5 Facts You Need To Know

**1** The Bombers lost 22 seniors off of last season's 11-2 state 4A semifinal team, including standouts Lakota Wills, Brecken Galliher and Griffey March. But by blowing out a number of teams last season, the Bombers' backups still got a lot of playing time in. Throw in the extra month of practices because they played deep into November, and the fact that Richland's junior varsity and freshmen teams haven't lost a game in two years, the Bombers are primed for another run.

**2** The guy who makes the offense go is quarterback Paxton Stevens. The 6-3, 180-pounder was a first-team All-MCC choice in 2015. He'll be throwing to Alex Chapman, a senior WR-DB combo who was all-conference on both sides of the ball. But Stevens will have a number of targets to throw to, including Ryan Piper, Kyle Kirby, Nate Mitchell and Adam Weissenfels.

**3** Remember this name: Brigham Whitby. Last season, on the third play of the first game, he broke his right foot and didn't return

until Week 9. Whitby, a 6-foot, 280-pounder, will be the offensive line leader. He'll be joined by standout Dontae Powell and sophomore Aric Davison to shore up a strong line for blocking.

**4** The Bombers have a lot of confidence after participating in the Boise State University football camp this summer. Richland lost 6-0 title game ... to Bishop Gorman of Las Vegas. Yes, that Bishop Gorman. Ranked No. 3 in the nation, with at least 10 players already committed to Division I schools. "We stood toe to toe with those guys and we didn't back down," said Richland coach Mike Neidhold. It gave the team a ton of confidence for this season.

**5** Parker McCary could be the X factor. The junior left Connell High School last winter, transferring to Richland in January. Neidhold said McCary hasn't missed a workout since and will never leave the field – playing running back, defensive back and special teams. "He's a three-way player for us," Neidhold said.



## 2016 SEASON SCHEDULE

Sept. 2 Skyline (Vancouver)  
Sept. 9 @ Wenatchee  
Sept. 16 @ Kennewick  
Sept. 23 Southridge (Kennewick)  
Sept. 30 @ Pasco  
Oct. 7 @ Kamiakin (Kennewick)  
Oct. 14 Walla Walla  
Oct. 21 @ Chiawana (Pasco)  
Oct. 28 Hanford (Richland)  
Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.



DR. JASON WRIGHT, DO

## CONSIDERED STEM CELL OR PRP? Tri-Cities Pain Clinic a Lynx Healthcare company

- REDUCE THE NECESSITY FOR MAJOR SURGERY
- SPEED UP THE HEALING PROCESS

Our regenerative medicine specialists, led by Dr. Jason Wright, are trained in the use of platelet rich plasma (PRP) therapy and Stem Cell therapy to heal injured tissues and relieve chronic pain. These advanced methods use your body's own natural healing mechanisms to give you lasting pain relief and improved mobility.

**CALL NOW!!!** 509-591-0070  
[www.lynx.healthcare](http://www.lynx.healthcare)







# SOUTHRIDGE SUNS



## 5 Facts You Need To Know

**1** The Suns have a new football coach, as Keith Munson replaces Tony Reiboldt, who resigned after last season. Munson was the defensive coordinator at Belen High School in New Mexico last year. Before that, he had once been an assistant coach for current Pasco High head coach Kevin Jolley when the two were both at Los Lunas High in New Mexico. The hard part for Munson was that he wasn't able to get into the Tri-Cities until the end of May, putting him far behind. "We're installing things," said Munson. "New coach, new offense, new defense. So far, the kids are coachable and willing to learn."

**2** Zayid Al-Ghani is back at running back, where he was an honorable mention selection in the MCC last season. Al-Ghani was the leader in a rushing attack that was No. 2 in the MCC with 2,384 yards. Al-Ghani had 1,255 of those yards, ranking him second in the conference. He was a workhorse too, with 243 carries. Al-Ghani also scored 11 touchdowns. Teammate

Samuel Kori is also back. He rushed for 449 yards last season as a junior.

**3** There is a quarterback battle being waged for the starting spot. The Suns rarely passed the ball last season, but they will throw some this season in Munson's Spread Option offense. Mason Martin and Mason Perez are battling for the starting QB spot. Logan Grigg is also pushing for playing time.

**4** The Suns actually ranked fourth in the MCC in defense last season. And they have some talent from that side of the ball back. Derrick Gillespie led the MCC in interceptions last year with six. That earned him second-team all-MCC honors.

**5** Besides Gillespie, Munson is really starting to like his defensive front. Rush defensive end Russell Masterson has impressed the new coach. "He's been really good," said Munson. Linebackers Cory Bibe and Jordan Walter have also played well enough to catch Munson's eye.





## 2016 SEASON SCHEDULE

- Sept. 3 Wenatchee, 4 p.m.
- Sept. 9 @ Sunnyside
- Sept. 15 Pasco
- Sept. 23 @ Richland
- Sept. 30 Walla Walla
- Oct. 7 @ Chiawana (Pasco)
- Oct. 13 Hanford (Richland)
- Oct. 21 @ Kennewick
- Oct. 28 Kamiakin (Kennewick)
- Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.



DR. RAY STROUP, DC

## CHIROPRACTIC & MASSAGE Tri-Cities Pain Clinic

BY COMBINING THERAPEUTIC MASSAGE AND CHIROPRACTIC, OUR TEAM CAN MOST EFFECTIVELY HELP YOU REACH YOUR INJURY REHABILITATION AND WELLNESS GOALS!

COVERED BY MOST INSURANCE PLANS

### BENEFITS OF COMBINING TREATMENT:

- ENHANCE EXERCISE PERFORMANCE
- PROMOTE RELAXATION
- REDUCE MUSCLE TENSION
- SLEEP BETTER
- DECREASE STRESS



**CALL NOW!!!** 509-591-0070  
[www.lynx.healthcare](http://www.lynx.healthcare)





# TRI-CITIES PREP JAGUARS



## 5 Facts You Need To Know

**1** Dan Whitsett, the head football coach and athletic director, got tired of having just three league games each season in the Southeast 2B league. So he pushed for, and got, a new league with the Eastern Washington Athletic Conference this fall. It's eight teams, meaning the Jaguars only have to find two non league opponents.

**2** The Jaguars' offensive line and defensive interior will be the team's strengths this season. For a 2B school, Prep has some big guys. Brennan Bence, Brendan Merk, Jesus Higareda, Colton Tinnin, Leo Schroeder and Kenny Ireland average 5-10, 231 pounds. "Combined, they completed 678 workouts out of 720 times they had opportunities in the offseason since Thanksgiving," said Whitsett.

**3** Juniors Kenny Ireland and Mario "Bubba" Valencia should make names for themselves this season. Ireland, a junior who plays on both the offensive and defensive lines, stands 6-3, 285. He was a first-team all-leaguer last season, and he missed just three of the team's 120 workouts in the offseason.

So he's put in the work. Valencia, a running back and safety who also ran track last spring at Pasco High, rushed for 331 yards over the team's final three games last season. "The offensive line and Bubba really came together at the end of the season and started figuring things out," said Whitsett.

**4** Linebackers Will Duturi and Colton Tinnin may be small, but they'll chase you down. Duturi (5-8, 170) led the Jaguars in tackles last season as a junior with 87.5 and was first-team all-Southeast B-11. Tinnin started as a freshman last year. At 5-10, 185, he had 57 tackles, three for loss. "The kid is bigger, faster, stronger and going to be pretty darn good," said Whitsett.

**5** Whitsett's assistant coaches come with a lot of experience. Whitsett, a former Tri-Cities Fever coach and radio color commentary guy, used those connections to bring in ex-Fever stars Lionell Singleton, Dennis Kennedy and Jake Killeen to help with the team.





## 2016 SEASON SCHEDULE

Sept. 2 Riverside (Boardman, OR)

Sept. 9 Lyle/Wishram

Sept. 16 @ Irrigon, OR

Sept. 23 Dayton-Waitsburg

Sept. 30 @ White Swan

Oct. 7 @ Liberty Christian (Richland)

Oct. 14 DeSales (Walla Walla)

Oct. 21 Mabton

Oct. 28 @ Kittitas

Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.

DR. RAY STROUP, DC

DR. DANIEL SMITH, DO

## KNEE PAIN? ARTHRITIS?

Tri-Cities  
Pain Clinic  
a Lynx Healthcare company

- KNEE STIFFNESS IN THE MORNING
- PAIN GOING UP AND DOWN STAIRS
- KNEE REPLACEMENT IS NOT THE ONLY CHOICE
- **Lynx Healthcare** OFFERS A NON-SURGICAL OPTION



**CALL NOW!!!** 509-591-0070  
www.lynx.healthcare







# WALLA WALLA BLUE DEVILS



## 5 Facts You Need To Know

**1** Walla Walla struggled to a 3-7 record last season. But one person who can't be blamed is quarterback Mitch Lesmeister. Last year, as a junior, Lesmeister was fourth in the Mid-Columbia Conference in total yardage with 1,863. He passed for 1,337 yards and 14 TDs. He also rushed for 526 yards and scored five more touchdowns. Wa-Hi coach Eric Hisaw needs Lesmeister – a standout baseball player, by the way – to step up and lead the Blue Devils this season. “I think any second-year starter feels so much more comfortable in the package,” said Hisaw. “He’s in tremendous shape.”

**2** Sam Hoe will provide some energy. Last year, as a junior, Hoe was named second-team all-MCC at both defensive back and kick returner – where he averaged 25.8 yards a kickoff return. For added measure, Hoe rushed for 400 yards. “Hoe had a great year,” said Hisaw. “He’s a dynamic player, a physical ball player.”

**3** Lesmeister will miss the graduated JC Wicklund. But everyone else in the receiving corps is returning. That

includes Isaiah Moss, who snared 24 passes for 391 yards last season.

**4** Only half the league saw Carter Davis last season, thanks to a meniscus tear. But those who did see Davis play had to be blown away. In a win over Kennewick last season, Davis caught two TD passes from his tight end position, and he had 12 tackles from his linebacker spot. A healthy Davis this season will mean a lot to the Blue Devils.

**5** Hisaw lost standout lineman Reed Bond during spring workouts when he fell over during a drill and ruptured his spleen. But he still likes his line. “I think we’ve got a great front defensive line,” said Hisaw. “I think that will be one of our strong points.” Offensively, his line will be large, with guys averaging around 6-5, 250 pounds. There are no transfers this season. “We don’t get those. Unless they’re 65-year-old men who come to drink wine.”





## 2016 SEASON SCHEDULE

- Sept. 2 @ Lewiston
- Sept. 9 Eastmont (East Wenatchee)
- Sept. 16 @ Hanford (Richland)
- Sept. 23 Kennewick
- Sept. 30 @ Southridge (Kennewick)
- Oct. 7 Pasco
- Oct. 14 @ Richland
- Oct. 20 @ Kamiakin (Kennewick)
- Oct. 28 Chiawana (Pasco)
- Nov. 4-5 Crossover games

ALL GAMES START AT 7:00PM  
UNLESS OTHERWISE NOTED.

### Try Different—Try Multidisciplinary—Try Lynx



Dr. Stephen Dechter, DO  
Interventional Pain Medicine  
Physical Medicine & Rehabilitation



Dr. Daniel Smith, DO  
Interventional Pain Medicine



Dr. Ray Stroup, DC  
Chiropractic Physician



Dr. Scott Spendlove, DO  
Interventional Pain Medicine



Dr. Jason Wright, DO  
Regenerative Medicine  
General Surgeon



Tri-Cities  
Pain Clinic  
a Lynx Healthcare company



# TEAMWORK!

509-591-0070  
[www.lynx.healthcare](http://www.lynx.healthcare)