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Edenstrom helps Capital win first

The Olympian

ENUMCLAW - Sophomore Alyssa Edenstrom returned to action for the Capital girls soccer team, scoring two goals in the Cougars' 3-2 nonleague victory over Enumclaw on Thursday.

“She was fabulous,” Capital coach Anna Boatright said. “She makes such a difference.”

Edenstrom sat out the previous two games after receiving a red card during the Cougars' season-opening game against Olympia on Sept. 7.

Edenstrom has now scored at least one goal in the two games she's played. Her play Thursday helped the Cougars earn their first win (1-3). Her breakaway goal in the second half was the game-winner, breaking a 2-2 halftime tie.

Freshman Dani Taylor scored Capital's first goal of the game.

“It's a good, competitive team,” Boatright said. “Their keeper is nationally ranked. It was a good team to get a win from.”

Tumwater 8, North Thurston 1: Krissy Buckler, Abbey Bergquist and Katie Bergquist scored two goals apiece in the Thunderbirds' Evergreen Conference win over the Rams.

VOLLEYBALL

Tumwater 3, North Thurston 0: The Thunderbirds responded after a tough, five-game loss to Centralia on Tuesday with a three-game sweep of the Rams, 25-16, 25-8, 25-19.

“It's the first time in a long time that we have 12 full varsity players,” Tumwater coach Tana Croft said. “They're good, all-around players. We were able to get everyone in.”

Karlee Sampson and Gabby Johnson had seven kills apiece to lead the T-Birds, who earned their first EvCo victory.

Setter Courtney Bowen dished out 22 assists and was 28-for-29 serving, including eight aces. Lakeisha Anger had five blocks.

Northwest Christian 3, North Beach 0: Northwest Christian started off its Pacific 2B League play with a three-game sweep of North Beach, 25-12, 25-15, 25-13.

“It was a good start to our first league match,” Navigators coach Pat Bowker said. “We played well. We have some things to clean up, but overall, they did really well. Everybody contributed.”

It was an all-around effort for the Navigators (1-1), including Michaela Kier (four kills, three serving aces), Kacey Marshall (10 serving aces), Shantelle Hartman (three kills, four serving aces) and Madison Derrick (10 assists).

Black Hills 3, River Ridge 1: After a slow start in which Wolves coach Kara Peterson didn't use her usual lineup, the Wolves prevailed, 18-25, 25-13, 25-10, and 27-25.

Whitney Martin led the way offensively with a match-high 16 kills.

Kendra Henry was a perfect 33-for-33 serving with two aces, and Avery Noble had eight kills and six blocks at the middle hitter position.

Centralia 3, Aberdeen 0: The Tigers handled the Bobcasts in less than an hour. Tyana Andrews had a match-high eight kills and 13 assists. As a team, Centralia was 68-for-73 serving with 15 aces. Five starters had at least three kills.

“It was a nice team effort,” Centralia coach Neil Sharp said. “We had balanced attacking.”