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'Cat Tracks

Linfield Magazine Staff

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Boehme named best athlete



Linfield quarterback Aaron Boehme '11 was named the Ad Rutschman male Small College Athlete of the Year at the Oregon Sports Awards in January. Boehme, together with Linfield national champion decathlete Josh Lovell '11, were among five male finalists for the Rutschman Award, presented annually to the top student-athlete from among the state's NCAA Division II and III and NAIA institutions.

Boehme led the Wildcats to the Northwest Conference title and NCAA Division III semifinals. He was the NWC offensive player of the year. He threw for 3,261 yards and 33 touchdowns, with 12 interceptions. He also rushed for 10 TDs and 466 yards. Linfield finished 12-1.

The award is named for Ad Rutschman '54, retired Hall of Fame Linfield coach and athletic director.

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Frank Baumholtz working with Newberg students.

Baumholtz earns top honors

Frank Baumholtz '95 strides around the Newberg High School gym, twirling his whistle as he guides students with special needs in tag and floor hockey before leading them in the chicken dance.

"I have a blast with these kids," he said later. "It's a real bright spot in my day."

Baumholtz's goal for them is the same as for all his students: to instill in them a lifelong commitment to fitness. His dedication recently earned him recognition as Oregon's PE Teacher of the Year from the Oregon Association for Physical Education.

Baumholtz is creative in his approach. Now a varsity baseball coach, he competed in athletics from youth through high school and college, and now looks for ways to engage students beyond traditional sports. Newberg High's gym houses not only basketball hoops but also a rock-climbing wall. PE classes have included dancing and kayaking skills.

And Baumholtz expects students not only to throw a ball or pass a puck but also to write about those skills. He assigns reflective essays on each activity. "It gives a lot of students a voice, especially if they're not very athletic," he said, noting that one student made a connection to her singing in a paper on breathing.

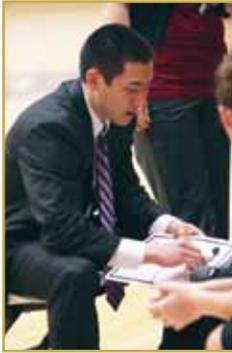
His dedication to fitness isn't limited to students. He also offers staff a semi-weekly early-morning fitness class, which has helped a couple of dedicated participants shed more than 30 pounds each.

Baumholtz has fond memories of his Linfield years. "Scott Carnahan '73 was my baseball coach for four years and very influential to me," he said, adding that his football coach, Ad Rutschman '54, and his adviser, Garry Killgore, also were great mentors.

The college truly is part of his family. Wife Heather '95 graduated with him. Heather's mother, Marsha (Hileman) Mackie '71, and sisters Laura '06 and Emily Mackie '10 also are alumnae. And her father, Bill Mackie '71, is a Linfield physics professor.

- Beth Rogers Thompson

Alumnus leads program



Casey Kushiya '05 is the interim Linfield College women's basketball coach. The 26-year-old was hired in August to take over leadership of the program following the departure of coach Robyn Stewart. Kushiya played and coached basketball at Linfield and also assisted with the Whitworth men's program.

Klimek finishes strong



Marci Klimek '10 finished 17th at the NCAA Division III cross country championships in Ohio in November. Klimek's time of 22 minutes, 32.6 seconds earned the senior All-America honors in cross country for the first time in her career. It was the highest finish by a Linfield athlete in NCAA cross country competition.

Lindsey Gummersall '12

Sport: Basketball

Hometown: Seattle, Wash.

Major: Exercise science, minoring in chemistry, 3.82 GPA

Sports History: I started playing basketball in first grade and competitively in the sixth grade for a select club team. It's been a huge part of my life. In high school I was captain my senior year, voted MVP and was second team All-Metro.

On Linfield basketball: I picked Linfield first for the school and basketball was a bonus. (Coach Casey Kushiya) is very good about finding the little things and helps us correct them. Improving on the fundamentals helps you in game situations.

Goals on the court, in class: Athletically, to contribute 100 percent to the team and continue to improve my game. Academically, I try to push myself as hard as I can. My ultimate goal is to attend graduate school for physical therapy.

Balancing athletics and academics: My parents always stressed that academics come first and athletics second. They set standards that shape how I approach academics and athletics now, and that has carried on throughout my life.

Learned from athletics: Time management, how to balance different aspects of my life, leadership, how to interact with other people, how to deal with adversity. Every life lesson, I've learned from basketball, and I'm sure I will keep learning more.

Favorite class, professors: Anatomy has inspired me to continue learning about the body and how it works, how it can get injured and how to fix it. I appreciate Debbie Canepa, associate professor of biology, and Steve Bricher '86, professor of mathematics.

Inspired by: My parents have been really supportive my entire life and have always encouraged me to set lofty goals. It's all about trying to achieve my goal and once I do that, setting a new one I want to reach. There are many pieces that shape an overall goal and it is important to take necessary steps to reach that goal.

Advice for younger classmates: Continue to work hard, and never get complacent with where you are. People settle at times and it is important to know that you can always reach something higher and make yourself better; it's important to improve yourself in whatever aspect – sports, academics, socially – there's always some aspect to improve.

Professional goals: Last summer I volunteered at the Children's Hospital in Seattle in the physical and occupational therapy department. It was cool to see physical therapy from a hospital background versus my experience in sports injuries. It was especially interesting to see how hospital staff work with children. I've gone through different phases, and right now physical therapy is what I want to do.

