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## 'Cat Tracks

Linfield Magazine Staff

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## Linfield to host playoffs

Linfield College has been selected as one of the eight regional host sites for the 2009 NCAA Division III baseball playoffs. The tournament will be held May 13-17 at Roy Helser Field. It marks the first time Linfield will host a regional since joining the NCAA in 1998.

"This is a wonderful opportunity to showcase our campus and baseball facility," said Scott Carnahan '73, director of athletics.

The regional will be staged in McMinnville regardless of whether Linfield's baseball team is competing. Last season, Linfield won the Northwest Conference title, competed in the Central Regional tournament and

advanced to the eight-team NCAA Finals, placing fifth nationally.

## Soccer coach leads siblings

When Dominic Doty takes the reins as Linfield College head women's soccer coach, he'll be leading two very familiar players. Included on the Wildcat team are Doty's twin sisters, Rennika and MacKenzie, both '10. Doty spent the fall as assistant men's soccer coach and is in his second year as an assistant men's basketball coach under his father, Larry Doty '79.

"I've grown up teaching, directing and coaching my sisters in everything they do, or at least I like to think I have," Doty said. "My hope is that we can bring

the program to a place where we have an opportunity to compete for a conference championship every year."

## Super video work

Ryan Devlin '05, a video intern with the Arizona Cardinals, took part in the team's efforts during the Super Bowl. As a video intern, Devlin edits team practice and opponent video, scouts opposing special teams units and manages college video. He also creates scout books for coaches and players to use on the sideline. Devlin served on the Linfield College football coaching staff from 2003 to 2007.

## Brynn Hurdus '11: steady swing on and off the green



**Sport:** Golf

**Hometown:** Gig Harbor, Wash.

**Major:** Environmental studies

**GPA:** 3.93

**Athletic achievements:** Top finishes in collegiate competition; placed in state all four years of high school.

**Favorite sports memory:** "When I holed my second shot from the fairway on a par 5 for a double eagle to win the tournament!"

**Favorite professor:** Dana Libonati, adjunct professor of music. "He connects with his students. I take jazz piano lessons with him and he has so much experience in music, I just want to absorb all of it!"

**Balancing sports and academics:** "I am an avid believer of the well-rounded individual. While education is the foundation of literally everything, I also believe it is incredibly important to discover different interests, and more importantly, one's passion in life. I make a point to manage my time so I can do everything I love. If the passion is there, everything will fall into place – and you can accomplish it all with a smile."

**Why Linfield?** "As a small liberal arts college on the West Coast, it seemed perfect for me. After visiting the campus and meeting golf coach Karly Mills, I knew Linfield was the place for me."

**Learned:** "There is more to life than just textbooks, and there is more to life than just sports. Both are vital in growing as an individual, and I would never compromise one or the other. With such a broad sense of so many different things, I feel like I can do anything."

**Will miss about Linfield:** "The incredible people I have met."



# Killgore recognized for work as coach, teacher, researcher

Professor Garry Killgore combines coaching, teaching and research as smoothly as an Olympic swimmer executes a kick-turn. In recognition of his accomplishments in all three areas, Killgore was named Oregon Teacher of the Year at the college/university level by the Oregon Association of Physical Education.

Killgore, in his 20th year at Linfield, teaches in the Department of Health and Human Performance. He also coaches track and cross-country. His research in physiology and biomechanics produced the first deep-water running shoe, designed to maximize training while minimizing injury. He is founder and president of AQx Sports, which markets the shoe and a Neoprene suit he also designed to collegiate and pro athletes, as well as people of all ages and fitness backgrounds.

Killgore, who has lectured on aquatic training in Britain and Spain, and across the nation, says it has been used for centuries. "And yet there are still so many unanswered questions about how best to use that method," he said. "The hardest part is that once you go down a path, realizing there are all these tangents, and so many ancillary parts, it's tough to stay focused."

Sharpening his focus, he takes lessons in biomechanics and exercise physiology from the classroom to the pool. Every weekday he is there, guiding athletes and others in deep-water exercise. This is where Killgore's teaching, research and coaching intersect.

On a Monday in January, he barked drills from the deck to three baseball players and a former football player sidelined by knee injuries. Ten track/cross country teammates jogged in a circle at the other end of the pool. All wore AQx shoes, which add resistance during workouts, and Killgore's Zero G suits for buoyancy.

Gabe Haberly '09 has been taught as well as coached by Killgore. "He's so laid-back and easy-going. It's nice in his class, because you don't just sit and listen to a lecture. And he definitely lets you know why we do this or that, how it protects or prevents certain injuries. He really knows how the body works."

Kyle Ward '09, a physical education major, has had Killgore for two courses, biomechanics and exercise physiology. After five major knee injuries, he is struggling to lose what Killgore calls "non-effective body mass." Ward began exercising in September under Killgore's tutelage, and has lost 15 pounds. He works out three days a week in the water, which he said provides the benefits of training on land without punishing his knees. He also lifts weights and cycles.



Garry Killgore, professor of health and human performance, involves his students in collaborative research projects in physiology and biomechanics. His work as a teacher, coach and researcher was recognized when he was named Oregon Teacher of the Year by the Oregon Association of Physical Education.

Like Haberly, Ward appreciates Killgore's hands-on teaching methods, adding, "The best thing I like about him is that he not only explains things in a way that you can understand but also in a way that relates to what you want to do," such as teaching or coaching.

Linfield provides an ideal place for his approach, Killgore says. "They want experiential learning here. Students learn to be creative, how to think on their feet and not be afraid to fail. That's the most important thing – to know how to get up again after you fail."

And Linfield, unlike a large university, allows Killgore to be both a coach and a professor. For him, the roles are inseparable.

"So many research questions of interest come from athletics," he says. "I see examples every day. I take these into the classroom and on to research with my students, which then gets applied to athletics. It goes full circle. Linfield is just a superlative place for that."

Next, Killgore will compete for the Northwest District Alliance for Health, Physical Education, Recreation, and Dance Teacher of the Year, College and University Level, to be announced at the organization's annual conference Aug. 4-5 in Missoula, Mont.

– Beth Rogers Thompson