

Sports

Nationals rally for title



The Nationals celebrate after defeating the Astros in Game 7 to win the World Series Wednesday in Houston. MIKE EHRMANN/GETTY IMAGES

Ben Walker
ASSOCIATED PRESS

HOUSTON – Almost out of contention in May, champs in October.

Howie Kendrick, Anthony Rendon and the Washington Nationals completed their amazing comeback journey – fittingly with one final, late rally on the road.

In Game 7 of the World Series, no less.

Kendrick and Rendon homered in the seventh inning as the Nationals overcame a two-run deficit, rocking the Houston Astros 6-2 Wednesday night to claim the first title in franchise history.

With all eyes on Max Scherzer and his remarkable recovery after a painkilling injection, these Nationals truly embraced their shot in the first Series when the road team won every game.

Even more against the odds: Juan So-

to and Washington rallied from behind to win five elimination games this postseason, an unprecedented feat.

Stephen Strasburg, Patrick Corbin and the Nats brought the first World Series championship to the nation's capital since ol' Walter Johnson delivered the crown for the Senators in 1924.

This franchise started out as the Montreal Expos in 1969 when the major leagues expanded beyond the border, putting a team with tricolor caps at jaunty Jarry Park. They moved to D.C. in 2005, ending Washington's three-decade-plus wait for big league baseball after the Senators left town to become the Texas Rangers.

But the incredible path these wild-card Nationals with the curly W logo took, well, no one could have imagined.

Having lost star slugger Bryce Harper to free agency and beset by bullpen woes, Washington plummeted to 19-31

in late May. It got so bad there was talk around town the Nationals might fire manager Dave Martinez and trade away Scherzer.

Instead, they stuck with the motto that sprung up on T-shirts – Stay In The Fight.

And months later they finished it, indeed.

For the 43,326 revved-up fans at Minute Maid Park, it was a combination of shock and disappointment. So close to seeing the Astros win their second crown in three years, they watched their chance suddenly vanish as Houston fell apart.

Washington kept pulling away after taking the lead, with Adam Eaton's two-run single in the ninth accounting for the final margin.

Zack Greinke was in complete control until Rendon – a Houston prep and college star – hit a home run.



Bremerton head coach Lance McCoy poses for a photo with his team prior to their game against Klahowya on Tuesday. MEEGAN M. REID/KITSAP SUN

Bremerton's McCoy meets his last match

Jeff Graham
Kitsap Sun
USA TODAY NETWORK

There were some tears involved Tuesday night as Bremerton girls soccer coach Lance McCoy made his final appearance on the sidelines for the Knights.

But McCoy also sported a wide grin while walking around field, following a season-ending 6-1 defeat at Klahowya in a game where the final score mattered little for either team.

"You like my du-rag?" McCoy asked, revealing the black wrap he wore under his baseball cap to keep his head warm on a frigid evening. "My girls got it for me."

Before the opening whistle, Bremerton's players took turns giving gifts to McCoy, who announced before the season that the 2019 fall campaign would be his last with the Knights.

McCoy had three stints coaching Bremerton, leading the team for 13 seasons in total.

During pre-game introductions, Klahowya thanked McCoy for his dedication to the sport and provided the Knights with gifts in the form of non-perishable food and a \$100 check. Bremerton's girls soccer team has been gathering goods for the Bremerton Food Line.

"We've collected over 300 pounds of food," McCoy said.

Klahowya coach Troy Oelschlagler

said it's the latest example of McCoy being a coach who was always interested in more than just wins and losses.

"I've always admired that about him," Oelschlagler said.

"He cares about our kids and he cares about our community as a whole," added Bremerton athletic director Casey Lindberg, who attended Tuesday's game.

"He's a good man, a good man."

A lifelong Bremerton resident, McCoy never played a minute of soccer as a youth. A chance meeting with a soccer-playing foreign exchange student from Morocco toward the end of high school led to McCoy and some friends occasionally kicking a ball around Bremerton's Jackson Park.

That's the origin story of the Bremerton Chuggers, a men's team that played for 27 years, won over 250 games while competing in various state and local leagues, and entered the Kitsap Sports Hall of Fame in 2013.

As head groundskeeper in the Bremerton School District, McCoy began coaching in the late 1990s. He always took his job seriously and admitted that coaching typically added to his stress level. He'd struggle falling asleep after games while contemplating the outcome.

"Why didn't I do this? Why didn't I do that?" McCoy said. "I've tried to let that burden go this year."

McCoy hoped to lead the Knights to the postseason this fall. Bremerton (7-8)

ended up tied with North Mason for fourth place in the Olympic League 2A.

"We were one point away from making the playoffs," McCoy said.

At age 64 and a few years away from retirement, McCoy said he won't have troubling finding things to do with his time in the fall.

"I have passion to be with my wife, I have passion to hike," said McCoy, who also loves photography and landscaping.

How did McCoy feel as Tuesday night drew to a close?

"Happy ... and melancholy," he said. "Satisfied that I did my best during my career and that I met so many interesting people over the years."

Postseason play begins Saturday

Postseason girls soccer games begin Saturday with North Kitsap and North Mason playing Saturday in the Class 2A West Central District tournament. North Kitsap (13-1-1) hosts Franklin Pierce at noon, while North Mason (5-7-0) faces Eatonville at Franklin Pierce Stadium at noon.

In 1A West Central District play, Klahowya (8-3-2) will host a game Nov. 5 at 5:30 p.m. against Vashon Island.

Central Kitsap (10-3-3) starts play in the 3A West Central/Southwest bi-district tournament at home Nov. 5 against the winner of Wilson/Kelso. CK athletic director Bill Baxter said the start time will likely be 7 p.m.

Seattle shuffles after deadline

Tim Booth
ASSOCIATED PRESS

RENTON, Wash. – A day before the NFL trade deadline, Pete Carroll lamented the lack of noise surrounding his Seattle Seahawks.

The deadline came and went with no movement. No new center nor any other option for a banged up offensive line. No additional tight end or defensive back for depth.

The Seahawks kept their surprise moves for the day after the deadline.

Seattle placed free safety Tedric Thompson on injured reserve Wednesday, with Carroll saying the third-year player needs surgery to repair a torn labrum in his shoulder. Carroll said it's an injury that Thompson has been playing through for a significant period, but the optics and timing of the move raise questions.

Thompson has not been listed on any injury reports this season with a shoulder injury and he played every snap in last Sunday's 27-20 victory over Atlanta. Three days later, his season is over and comes as Seattle is expecting to get safety Bradley McDou-

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Playoff mettle again defines the Sounders

Greg Beacham
Special to Kitsap Sun
USA TODAY NETWORK

The tough, tested Seattle Sounders go deep in the MLS playoffs almost every year.

After Wednesday night's stunning road win against Los Angeles FC – owners of the best regular season in Major League Soccer history – they'll get to play for another championship.

The post-season grit that has defined the Sounders in recent years was on display again during the Western Conference final, when goals by Nicolás Lodeiro (one) and Raúl Ruidíaz (two) put Seattle in reach of its second MLS Cup.

That championship game could have a familiar playoff feeling for the Sounders as well. Depending on Wednesday night's result from the Eastern Conference final between Toronto and Atlanta, the MLS Cup could become the rubber match between the Sounders and the East's perennial contender from up north.

Seattle won the 2016 Cup against

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